

Calm Kids Blessed Water Kit

This kit contains flower essences which are remedies that are made by infusing the flower or plant in spring water. Alcohol is added to preserve the remedy. Flower Essences work on an energetic or vibrational level and are gentle and safe to use. Flower essences are known for their subtle yet powerful abilities to work on emotional and energetic imbalances without overwhelming the body or mind. Flower essences can be used by anyone including children, by the elderly, and animals.

Directions for use: Place 2-4 drops directly on or under the tongue or in a glass of water. You can add 2-4 drops to a teaspoon of water and administer. Adding the flower essence to a water bottle is an excellent way to be exposed to the remedy. Flower Essences can be added to the bath or rubbed on the skin. Flower Essences can be added to a spray bottle and spritzed on clothes or used as a room spray.

Five Flower Formula (5X)

Five Flower Formula is most effective when used in any profound trauma or emergency in helping the person cope with extreme pain and shock. Five Flower Formula brings immediate calm and helps with the physical and emotional aspects of shock.

This formula is also useful for energy work when the client becomes too involved in the trauma they are trying to work on. I have also found this remedy to be a wonderful resource for children that are upset or frightened.

Positive Qualities: (rosin-wood) The symptoms here are a full range of allergic responses such as lung disorders, respiratory distress, asthma, rashes, and itching eyes.

Patterns of Imbalance: (stinging nettle) This polycryst remedy has a wide range of severe allergic reactions in its symptom picture and is especially suited for use with bee stings and for the ill effects of eating shellfish. Unusual and noteworthy symptoms include chronic gout, joint pain, hives, itchy blisters on fingers and hands, and burning pain in the throat.

Focus (5X)

This uplifting combination is designed to support mental clarity, attention, and inspired action. Ideal for those who struggle with day-dreaming, mental fog, or a lack of motivation, Focus encourages a wakeful, present mind and a renewed engagement with daily tasks.

California Wild Rose: Positive Qualities: Love for life on this earth. Enthusiasm for doing and serving. Open-hearted relationships. Responsible behavior.

Patterns of Imbalance: Apathy toward people, responsibilities, and life in general. Avoidance of any experience that might bring pain or challenges.

Chestnut Bud: Positive Qualities: Learning from personal experience and the experiences of others. Understanding spiritual laws. Deep spirituality. Great wisdom.

Patterns of Imbalance: Lack of connection between action and consequence. Failure to learn from life's experiences. The continual repeating of the same mistakes and destructive patterns.

Clematis: Positive Qualities: Inspired in practical daily situations. Awake, focused presence. Ability to bring dreams into reality.

Patterns of Imbalance: Continual daydreaming as a means of escaping the present. Impractical ideas. An attraction to psychotropic drugs or fantasy games and movies.

Hornbeam: Positive Qualities: Unlimited reserves of energy. A new approach to old situations. Dynamic involvement in life's tasks, steady state of energy.

Patterns of Imbalance: Fatigue. Feeling that life is monotonous. Emotional exhaustion. Unexplained fatigue and weariness due to feeling life is overly dull or bored from routine.

Peppermint: Positive Qualities: Mentally alert. Mindful and wakeful clarity. Excellent metabolism and digestive processes.

Patterns of Imbalance: Dull, or sluggish, especially mental lethargy. Unbalanced metabolism which causes brain fog and mental fatigue.

Rest (5X)

Rest promotes deep relaxation, emotional balance, and peaceful sleep. Ideal for children or anyone struggling with restlessness, mood swings, or sleep issues, Rest encourages calm evenings and a more serene state of being.

Chamomile: Positive Qualities: Serene, sunny disposition. Emotional equilibrium and balance.

Patterns of Imbalance: Easily upset. Moody. Irritable. Accumulated tension in the stomach or solar plexus. Inability to release emotional tension. Changeable moods. Inner weather is "stormy" and easily "clouded". For children whose myriads of stomach complaints are often emotionally based.

Lavender: Positive Qualities: Spiritual sensitivity. Stable and vibrant physical health. Able to relax and rejuvenate.

Patterns of Imbalance: Nervousness. Depleted physical reserves. Low energy. Stressed. Insomniac. Prone to spiritual, emotional, or mental emergencies. Nervous or high-wired energy states, over-stimulated, insomnia.

White Chestnut: Positive Qualities: Having a calm and peaceful mind, spirit, and heart.

Patterns of Imbalance: Repetitive thoughts. Chattering mind. Compulsive. Obsessive. Anxious.

Poise (5X)

Poise is a grounding and confidence-boosting remedy designed to help children (and adults) feel steady, secure, and self-assured. Poise fosters balanced confidence, openness, and the ability to face life's challenges with grace and strength.

Elm: Positive qualities: Serves joyously, creative expression, ability to bear tasks effectively, have confidence and faith to complete their tasks.

Patterns of imbalance: Personal and work commitments are overwhelming, feeling unable to perform tasks, scattered or dysfunctional to commitments and responsibilities. Lack of confidence, expect failure.

Larch: Positive Qualities: Self-confidence. An ability to express oneself verbally and creatively. Spontaneous. Willing to take sensible risks.

Patterns of Imbalance: Doubting oneself and one's abilities. Lack of self-confidence. Afraid to try anything new or take any risks. Boost self-confidence, overcome feelings of inadequacy.

Mallow: Positive Qualities: Warm and caring. Open-hearted and friendly. Compassionate. Trusting.

Patterns of Imbalance: Socially insecure. Fear of reaching out to others. Creates barriers to friendships.

Mimulus: Positive Qualities: Courage within oneself. The confidence to face the challenges presented.

Patterns of Imbalance: Fearfulness in everyday situations. Shyness, hypersensitive, anxiety and stress in the solar plexus.

Sunflower: Positive Qualities: Balanced sense of individuality. Healthy, but not overbearing, ego. Radiant personality.

Patterns of Imbalance: Distorted sense of Self. Either bragging or insincere modesty. Vacillating between low self-esteem and arrogance. Poor relationship with father and men in general.

Please be aware that, while every effort was made to ensure that you have quality droppers, it is a normal occurrence for the droppers to allow evaporation and dissipation of fluids. When storing your essences/remedies we recommend that you check your essences/remedies on a yearly basis, and if they are getting low or dissipating, fill them up with a solution of distilled water with alcohol (80 proof) at least a 60/40 ratio. Please be sure that you keep the lids closed tightly to minimize dissipation. Be sure that you store your essences/remedies in a cool dark place, away from magnets, microwaves, computers, chemicals or strong-smelling items, essential oils, motors, and TV's. For long term storage it is best to find a place in which the temperature remains consistent.