

## Grounding, Focus and Being Present

### Flower, Gem & Crystal Essences to Help

We all need a good connection with the Earth – or good grounding – to function well and thrive in our lives. However, being ungrounded is very common and happens so unconsciously that many of us don't even recognise that's the problem.



Signs of being ungrounded include feeling chaotic, disorganised, easily distracted, difficulty with focus, concentration and memory, fears about physical survival, daydreaming, dwelling on the past or over-thinking, and disconnection from your physical body and physical needs.

This guide will help you to learn about our most useful flower, gem and crystal essences for feeling more grounded, present, centred, focused and 'in the moment'.

### BACH FLOWER REMEDIES

Bach Flower Remedies help you to balance how you are thinking and feeling in the moment, so they can very quickly help to restore an inner sense of balance and perspective. You can take up to 8 Bach Flower Remedies at a time, and they work best when you choose the remedies that most closely match how you're feeling.

#### Clematis Flower Remedy for Staying Focused and Present

Clematis is the Bach Flower Remedy to take if you are a daydreamer, have your head in the clouds, and drift off into fantasies about the future instead of staying present in the now. It's a great remedy to use if you are forgetful, lose focus, have difficulty concentrating or paying attention, or find it difficult to manifest creative ideas. We also recommend Clematis if you're clumsy or accident prone, disconnected from your body, ungrounded, lacking in energy, or need lots of sleep.

Clematis Flower Remedy helps you to feel focused and organised so that you can achieve tasks and turn your vision into action.

### DEEPER ACTING ESSENCES

While Bach Flower Remedies are very effective for balancing how you're feeling in the moment, we recommend taking a deeper acting single essence or combination alongside the relevant Bach Flower Remedies to clear buried blocks to grounding and being present. We recommend taking only one of these deeper acting essences at a time, but they will work very well alongside a combination of Bach Flower Remedies.



*Crystal Herbs* - Flower, Gem & Crystal Essences

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## **The Base Chakra Essence for Grounding**

The Base Chakra Essence (Chakra Essences) is a combination of flower, gem and crystal essences for releasing the underlying issues that affect your ability to function in the everyday world.

This is an excellent essence to use if you have fears and insecurities about your physical safety and survival, have difficulties with grounding or staying present, or lack vitality. Other signs that it is a good choice include being unfocused, disorganised, indecisive or having difficulty dealing with the pressures of life and bringing ideas into manifestation.

The Base Chakra Essence can help you to feel grounded, safe, secure and abundant.

## **Feet Chakras Essence for Connection with Mother Earth**

The Feet Chakras Essence (Chakra Essences) is a combination of flower, gem and crystal essences to restore connection with Mother Earth for stability, grounding and vitality.

Choose the Feet Chakras Essence if you don't feel a connection with the natural world or lack energy and vitality. It's an excellent essence to use if your sense of physical safety and security has been ruptured as a result of shock and trauma (from this lifetime or others), if you spend a lot of time indoors, driving, using technology, or live or work in built-up areas.

The Feet Chakras Essence can help you to feel physically supported, and connected to the vitality and stability of the natural world.

## **Valerian Essence For Engaging Fully With Life**

Valerian Essence (Karmic Essences) is a single flower essence for illuminating and clearing hidden patterns that stop you from being fully present in this lifetime.

Choose Valerian if you have felt a lifelong or deep reluctance to take part in life and be fully present in this lifetime. This might manifest as recurring feelings of not wanting to be here, an ambivalence about engaging with life, or a secret yearning to return 'home' to another lifetime, star system or civilisation. Other signs that Valerian Essence could help include deep disconnection from the body, always feeling ungrounded and spaced out, or a traumatic birth. Valerian Essence helps you to transform ambivalence about life into a commitment to be here fully.



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## Being Present Essence For Being in the Moment

Being Present Essence (Divine Harmony range) is all about staying fully present and focused in the moment.

Choose Being Present Essence if you often get spaced out and are easily distracted from the moment you're in, drifting into the past or the future but rarely here 'in the now'. This combination of flower, gem and crystal essences can help to draw your energy downwards for greater grounding and inwards to fully connect with yourself and your own energy.

Being Present Essence helps you to make conscious, focused choices, complete tasks easily, and feel more present in your daily life.

## Earth Connection Spray for Strong Energetic Foundations

Earth Connection spray (Pure Vibrations range) is a fast-acting combination for restoring your energetic connection with the Earth if you're feeling ungrounded.

Use it if you're feeling disconnected from your body and are not able to feel your feet on the ground. It helps to clear and release unconscious patterns that make it difficult to fully activate your energetic connection with the Earth.

Earth Connection spray can help you to ground and connect with the Earth so that you can draw up support and nourishment, stabilise your energetic foundations, feel fully present in your body and in the moment.

## How to Use

### Bach Flower Remedies

Use 1-8 Bach Flower Remedies at a time. Put 4 drops of each remedy in a glass of water or put 4 drops of each directly on your tongue. Alternatively, make a combination bottle (see our website for more information). Take 6-8 x a day.

### Deeper Acting Essences

**Essences:** Use one deeper acting essence at a time and put 4 drops on your tongue 3-4 x a day. For best results, do not add to a glass of water or combination bottle. **Sprays:** Spray liberally into your auric field 4 x a day or 2 sprays on the tongue 4 x a day. With all essences, we recommend you continue until the bottle is finished or you notice a difference in how you are feeling.



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