

Flower Essences for the Flu Season

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fear and the first chakra

From a holistic viewpoint, the idea of a pandemic strikes at the very core of our energetic architecture. The foundation of our human temple is the Muladhara or root, the base chakra that anchors us to the earth. From a strong first chakra, we develop firm boundaries, an aura of safety, security, tenacity and responsibility. In the words of Anodea Judith, these boundaries represent our ability to "face what is in front of us without flinching, to remain anchored in truth in the face of opposition and to remain calm and secure;" qualities that represent the antithesis of the reactions to a pandemic.

Fear is a natural response and tool to initiate action to avert danger that threatens our survival. Fear weakens the first chakra. Overcoming fear strengthens it. The first chakra is our grounding and the baseline for developing strong boundaries, where one clearly defines where one ends and another begins. Without strong boundaries, we cannot transform nor transcend the circumstances that define us. We become the effect rather than the cause in our world. Our right to exist and have what we want is compromised by the uncertainty of fear.

As we fully incarnate, our experiences are consonant with our state of consciousness. Emotions create



attractor patterns that draw to us the often repeated life dramas that are the processes for learning our lessons. If a child does not get her needs met, she learns to distrust the world. If she is

unsuccessful at achieving her aims and arriving at her destinations based on her instincts, she learns to not trust them. This mistrust weakens the first chakra and her ability to set clear boundaries.

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Strong boundaries require grounding and strong connection with the Muladhara. Without this strong connection to her foundational chakra, she becomes vulnerable to the collective consciousness and external will forces, including those that promulgate fear.

Our survival depends upon our ability to use right discrimination. When we are presented with data that identifies a pandemic in our backyard, it is important to become accurately informed. Likewise, it is important to develop survival tools that enable our full potential to manifest, based upon a functional internal dialogue with a higher wisdom source.

Flower essences are survival tools that help us achieve our full potential in spite of the obstacles, both real and imagined, that block our paths. All emotions, including fear, are energy in motion. Flower essences are forms of energy medicine that maintain and restore vitality to our entire system, from the energetic anatomy to the physiology. Bach Flower Essences can help with the fears of flu pandemic, help you stay healthy and help with your recovery should you actually contract one of the flu viruses.

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bach flower essences for fear and the flu

APSEN To allay unconscious fears that propel the mind into envisioning the worse case scenario when there is no apparent, proven or grounded basis for the fears.

CENTAURY To amplify the will force and gracefully avoid compromising one's self. Should someone who is sick ask you to do something that would affect your well-being, Centaury helps you say “no” if you really mean it, without guilt or perceptual impropriety.

CHERRY PLUM For fear of a virus taking over the system and the actual loss of normal, healthy bodily functions. Cherry

Plum helps one regain composure, release the fear and realize the experience is temporary.

CRAB APPLE For exposure to germs and thoughts of being unclean. Crab apple is cleansing at both the physical and etheric levels and discharges any emotional residue from feeling or being contaminated.

GORSE To overcome feelings of hopelessness, that all is lost and that they will never recover from the flu. When one must be convinced to do something to try to get better.

IMPATIENS For patience with an illness or another who is sick. When the rate at which life is happening is not to your liking, impatiens can help one see the light at the end of the tunnel and rest assured the end of suffering is near.

MIMULUS To calm the mind from conscious, known fears, such as fear of getting sick or having an illness linger too long.

OLIVE To regain energy after a long bout with the flu. Olive will not give you immediate energy. It will help you recognize the need for rest, which then leads to restored energy.

RESCUE REMEDY Containing Impatiens, Clematis, Rock Rose, Cherry Plum and Star of Bethlehem, Rescue Remedy can restore a sense of calm and peace in the face of emergency. Rescue Remedy is a must for travel, particularly during the flu season.

ROCK ROSE To alleviate a frozen state of fear. Say you are seated next to a passenger with “swine flu” on your flight to a vacation or work destination. Rock Rose gets you back to projecting thoughts of health and gives your system a chance to manifest wholeness. Read *The Biology of Belief* by Bruce Lipton. Your emotional environment is as important to your health as your physical one.

SCLERANTHUS To facilitate decisions such as to vaccinate or not. To take the active, live vaccine up the nose or the inactivated one in a shot. Important decisions.

WALNUT For protection from negative thoughts of others. Thoughts are real and we must maintain the integrity of our auric field so negativity directed even unconsciously at us can be deflected back to its source. This keeps us healthy. Likewise, Walnut helps us accept change in our lives and release that which is not in our highest and best good.

WILLOW For releasing resentment toward the person who shared their flu germs with you. Willow helps us release buried anger, realize our own power and recognize the lesson in everything in life, even the swine flu. 

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