

## **Bach Flower Essences For a Better Nights Sleep**

Many people take Rescue Remedy for a sleepless night but here's five essences from the collection you might consider. There is no one flower essence to help you sleep, but many. That's because the trigger which causes stress for one person may be different than it is for another. So when it comes to looking for a flower essence (or a combination of them) it is beneficial to identify your personal stress trigger.

### **White Chestnut (broken record thoughts)**

If you can't sleep because your mind feels like a broken record with the same thought or experience constantly running consider trying White Chestnut. It's like a botanical reset button for internal chatter, it will interrupt the endless loop of replayed dialogues, events and other details of the day that has you mentally tossing and turning.

### **Red Chestnut (worrying for others)**

If you're staying up at night worrying about something for someone else. Your teenage child's test results, your ageing parent's health or the current COVID crisis and how it will effect your family. Red Chestnut can help! It will help your confidence and allow you to feel more secure about difficult situations. It will allow the mind to rest more readily.

### **Aspen (fear of the unknown)**

For when you feel anxious or have sudden anxiety out about a situation. This is the type of fear that is groundless and you may not be able to pinpoint the reason. There's something that's just not right and it's keeping you awake.

Aspen is the remedy for sensitive types who sometimes experience a disquieting feeling stemming from a fear of darker haunting type thoughts.



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### **Mimulus (fear of the known)**

For some, it's the Aspen-type vague anxiousness that keeps them awake. In contrast Mimulus is for fears of the known type. This can range from any experience a person is thinking about. Here are a few examples: A presentation for the next day, having a car accident, catching COVID. If this is the case, Mimulus is a good flower essence to help someone move beyond those anxieties and face crippling fears.

### **Vervain (over activated mind)**

Excitement about a project is great but when you dream about to do lists or completing work in your dreams at night this can be an issue. If you need to calm an over-activated mind to fall off into the quietude of sleep, Vervain essence is for you.

### **How to use the Bach Flower Essences?**

Find flower essences in natural food stores or holistic pharmacies. All of the flower essences discussed are Bach flower remedies.

Doage: Two to three times per day using two drops from the bottle in a glass of water. If your in a rush you can take them neat under the tongue.

Bach Flower remedies contain alcohol, so if you don't want to take them internally, mix the drops with water in a mister bottle and spritz yourself several times a day. Try to take them through out the day for best results. Just like any therapy that is natural and vibrational the changes are quite subtle, so give the remedies time to work there magic.

