

FLOWER ESSENCES

# For Fertility

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# WORK WITH KIM



Flower and vibrational essences are great healers which have a subtle energetic way of restoring energy and nurturing spirit & soul. Used for children, adults and animals as there are no contra indications, they are completely natural.

If acupuncture isn't for you, flower essences are wonderful for fertility support whether your trying conceive naturally or with assisted conception. Bespoke combinations suited to your needs work naturally to support you through this journey.

Kim is an Advanced Flower & Vibrational essence practitioner graduating from the Chalice Well program in Glastonbury, additionally she is a certified practitioner of Bach Flower essences.

Spend an hour with Kim (in person or virtually) to discover your customised fertility essence. This includes a 30ml oral remedy & a 50 ml essence aura spray. Kim ships all over the UK and beyond if your not local.

[Learn More](#)

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## HOW TO USE FLOWER ESSENCES

You can find flower essences in natural food stores or holistic pharmacies. There are various flower essences discussed in this guide.

Suggested companies:

- Healing Herbs
- Chalice Well Essences
- Bach Flower Essences

Dosage: Two to three times per day add 2 to 4 drops to a glass of water. If your in a rush you can take them neat under the tongue.

Bach Flower remedies contain alcohol, for those you abstain mix 4 drops in water and put in a 30ml glass spray bottle. Spritz yourself several times a day (you could add your favourite essential oil as well).

Flower remedies produce subtle shifts, so give the remedies time to work there magic. Look at trying a remedy for 3 to 4 weeks and observe shifts.

# Impatiens

Feeling impatient, wondering if you'll ever get pregnant? Impatiens takes away the feelings of frustration, immediately allowing you to breathe a sigh of relief. Life will just feel much easier to you with this orchid like flower which grows in towers in special areas along rivers and streams. Think of your energy flowing freely without stagnating.

# White Chestnut

Worry worry go away come back another day! If you experience relentless thoughts which seem to run you down, White Chestnut will blow these away like a gentle summer breeze. Feel at peace, theres no need to think about anything, trust in the universe.

# Gentian

Each month your period arrives or you start to feel pre menstrual symptoms take Gentian to melt feelings of disappointment. It's hard not to feel disappointed each month as you have put so much effort into your fertility journey. Rest assured it will happen. Gentian releases this energy to allow you to feel encouragement to move on to the next cycle.

# Elm

Does everything feel a little to over the top? When there are so many unanswered questions or decisions around your fertility journey Elm can alleviate the feelings of burden and responsibility. Stop the **overwhelming** thoughts, this remedy allows you to feel faith in your choices to move forward.



## Star of Bethlehem

If you feel in shock or experience deep feelings of grief around conceiving or a miscarriage this is a supportive essence. Star of Bethlehem will soothe away tears and hurt allowing you to move onto the next stage or cycle. It's a beautiful star like flower which blooms in the spring.

## Gorse

This bright yellow flower comes from a very prickly shrub which is found in wind swept hedgerows. When you feel pessimistic and think there's no way to move forward Gorse will shine it's golden light to regain hope and optimism that there are possibilities still present to conceive.

## Willow

Find forgiveness in yourself and others with you on this journey. It's in our nature after a long period of things not going the way we want for bitterness to creep in. Come back into flow with Willow to melt victim patterns and blaming others for what has passed. You own this journey, remember how courageous you have been.

## Oak

When faced with great challenges sometimes mental and physical tiredness becomes the norm. Oak provides strength and sovereignty to remain rooted in what you believe. Each year it produces acorns beckoning new life to begin, Oak provides the mental space to move forward and feel confident.



# Apple Blossom

Fertility journeys can be arduous leaving one feeling depleted. Apple Blossom can provide deep replenishment and abundance. This is especially important to allow connection between the Heart and Uterus from a Chinese medicine view.

Chalice Well Essence

# Growth

This is a vibrational essence created at the Chalice Well. It provides momentum towards manifesting the ability to conceive. It's also great when the journey has been ongoing for a period of time and you need that spring in your step and soul.

Chalice Well Essence

# Golden Rose

Negativity can set in each month you feel your period starting. Golden Rose dissolves energetic barriers which have come to be. Imagine the golden light of this magnificent essence enveloping you to create joy and connection of unconditional love.

Chalice Well Essence

