

...It is necessary to realize that we can't take the responsibilities for everybody and everything because we would miss our own purpose in life. It takes a lot of courage and self-esteem and even more strength to realize what is good and right for us and others. This combination is very helpful in finding the right amount when and how much responsibility to take or give away.

*"Freedom stands for Responsibility which explains why people are afraid of it."* G. B. Shaw

### **Forgiveness and Reconciliation**

*(Vergeben und Versöhnen)*

*Created 2001/2009; Ingredients: Holly, Honeysuckle, Passiflora, Pine, Rose Superstar, Rose Snow-white, Rune ISA, Sedum, Sweet Chestnut, Wermut, Willow, Walnut*

We often feel neglected, envied or offended. When confronted with rejection or hate, we do not know how to handle our feelings. Bad experiences can make us bitter, hard or cold. We often feel that we are wrongly blamed and believe that we do not deserve this injustice or modification. We may withdraw from others and avoid those whom we believe should be blamed. It is a recognition process that helps us understand that guilt and redemption are based on cause and effect. Simply stated, you "should love your enemy".

*"Forgiveness and Reconciliation begins in us and with ourselves".*

### **Exhaustion/Fatigue**

*(Erschöpfung)*

*Created 2009; Ingredients: Hornbeam, Oak, Olive, Amaranth, Joy and Energy*

After periods of overexertion or illness, the psyche and body are exhausted. It is recommended to put one dropper in every drink until the condition improves.

### **Resolving Conflicts**

*(Konflikte lösen)*

*Created 2009/2010; Ingredients: Agrimony, Acceptance and resolve, Beech, Cerato, Clematis, Insight and tolerance, Heather, Holly, Marguerite, Willow*

To master our duties and responsibilities in life, with a lasting effect, we are confronted with conflicts over and over again. These conflicts either originate within ourselves or can be found in our environment. The term "conflict" comes from the Latin word "conflictio" which means "collision/crash". Conflicts put us in the situation of facing and having to deal with the "clash of conflicting opinions" in all stages of our life as well as the interpersonal life with others..

The remedy "Resolving Conflicts" will help us to openly approach these conflicts and acknowledge what is a burden for us.

Conflicts have many causes and facets. They are in correlation with Dr. Bach's 38 flower remedies and/or my contemporary combinations. If the conflict situation cannot be resolved by simply opening ourselves up, the remedies and/or combinations, with each relevant flower energy, will help us to better manage and solve these conflicts.

Especially the energy of the flower "Marguerite" can give us enlightenment, strength, self-reliance, and self-confidence. This luminous strength and peace allows us to attain inner peace and love in the confrontation. If we succeed, we might even prevent conflicts from developing.

## **SUPPLEMENT**

### **"FLOWER BALM"**

**AND OTHER**

**CONTEMPORARY COMBINATIONS**

**FOR**

**WELLBEING**

**selected by Erika Lang-Büttner ©**

**New Combinations 2009/10**



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## **Acceptance and Resolve**

*(Akzeptanz u. Wege zum Tun)*

*Created 2007; Ingredients: Eyebright, Clematis, Elder, Release, Rune ISA, Scleranthus, Sunflower, Star of Bethlehem, Sweet Chestnut, Sense-of-basic-Trust, Wild Oat*

Many people have a problem with realizing their innermost desires and goals for a long time. They can't overcome their weakness because they think it is not the the right time, the right quality of time or outside factors are against it. Often, we wait too long to do anything. We keep putting it off, limit ourselves which makes us weak. We have to learn to accept and find new ways to deal with circumstances that we can't change. This doesn't mean that we should change things right away without looking at the consequences. When we recognize the right time and know what we should change, the appropriate energy can be released.

*However, the most important thing is to follow our destiny and listen to our inner voice.*

## **Parents and Children**

*(Eltern und Kinder)*

*Created 2008; Ingredients: Old Burdens, Insight and Tolerance, Calmness, Release, New Orientation, Sense-of-basic-Trust, Reconciliation and Forgiveness*

This subject is as old as mankind. It is so layered that it was necessary for me to try it with the most apparent combinations and find a basis for mutual acceptance. However, it is possible to use each combination by itself according to situations and problems. Then, the single remedies of the 38 flowers by Dr. Bach, like Holly or other contemporary flowers (ex. 'Kratzende Distel – Thistle) should be used for a successful cooperation.

## **Mental Presence**

*(Geistige Präsenz)*

*Created 2008; Ingredients: Fear/Stress, Flower Balm, Gentian, Evergreen, Concentration, Kratzende Distel (Thistle), Evening Primrose, Shock/Trauma, Forget-me-not, Wild Carrot*

This combination is meant to help people to clear their thoughts, especially when the feeling arises that we become forgetful and that our memory and orientation is fading. This is no medicine but an attempt to lower mental pain when obvious.

*Confidence and Hope in God.*

## **Shock/Trauma**

*(Schock/Trauma lösen)*

*Created 1977; Ingredients: 7-Aid-Helpers, Flower-Balm, Crab Apple, Honeysuckle, Star of Bethlehem*

Sudden traumatic and tragic events in live affect the soul and if no treated, can lead to multiple symptoms of pain. These blockages can reappear when similar events occur, and then must be processed and treated which can take a long time. Manifested experiences have to be released from our subconscious minds. The learning process will help us to heal and lead us to a complete cure.

## **Help with Addiction**

*(Sucht-Hilfe)*

*Created 2008, Ingredients: Amaranth, Fear/Stress, Chestnut Bud, Elm, Relaxation, Joy and Strength, Calmness, Impatiens, Release, Morning Glory, Self-Confidence, Walnut*

The Bible citation below is meant to make us think why we have to grasp at straws in order to feel better. We reach for everything we believe will put us in an alleged calm and satisfying state. Depending on our addiction, and in search for the "Good Feeling",

we are reaching for the wrong things like sweets, cigarettes, alcohol, Non-stop TV, drugs and many others including excessive or unhealthy eating.

*Look and you will find. (Bible)*

## **Environmental Aid**

*(Umweltschutz)*

*Created 1994 et seq; Ingredients: Amaranth, Flower Balm, Chicory, Elm, Daisy, Scleranthus, Forget-me-not, Walnut, White Chestnut, Wild Oat, Lemon*

Environmental Aid, consisting of plants that have practiced the art of adaptation and survival, boosts one's ability to separate personal and professional demands, enabling one to better deal with negative environmental influence.

*"And protect us from all evil".*

## **Recognize Responsibility**

*(Verantwortung erkennen)*

*Created 2009; Ingredients: Fear/Stress, Cerato, Gentian, Hornbeam, Mimulus, Self-Confidence, Oak, Sense-of-Basic-trust, Walnut, Wild Oat*

Many people are not aware that we have to take the responsibility for our own life. They don't realize that the main factor for developing our personality is "to train ourselves to personal responsibility". We often avoid responsibility and leave it to others which makes it much easier to blame them for our failures. Some people feel unable to take their life in their own hands because they feel weak and don't even try to put effort into it. Others, who always want to help, freely take over responsibility for others without being obligates. Even the responsibility for our own health is left to others instead of dealing with the cause and effect. Each person has self-healing powers that can be used if wanted.....