



## THE BURREN FLOWER ESSENCES

### *the burren*

The Burren, one of Ireland's majestic National Parks, is a wondrous place of inspiring rocky formations. Located in County Clare, the Burren got its name, meaning "great rock," from the lyrical Irish language.

The Burren is a region unique in Europe in that an amazing variety of Mediterranean, Alpine and Arctic varieties of plants grow alongside each other. This includes such botanical species as Mountain Avens, Irish Saxifrage, Fairy Foxglove, Large-Flowered Butterwort, Blue Gentian, Dense-Flowered Orchid and many others.

The Burren is rich in historical and archeological sites like megalithic tombs, portal dolmens, many ring forts and a Celtic high cross in the village of Kilfenora. The region has remains of early scholastic and Christian settlements, which establishes its importance as a center of learning in times past.

The book, *Be Happy, Healthy, Prosperous*, by Angela Burr-Madsen explores the Burren and its flowers, inviting the reader to discover the mystery and gifts of the Burren Flower Essences, including the healing of physical, mental and emotional challenges.

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### *what are flower essences and how do they work?*

Flower Essences are the vibrational frequencies of flowers in sunlight captured in water and preserved but not changed with the addition of alcohol. Flower Essences are used in the treatment of emotional, mental and physical issues that prevent us from experiencing our full potential. Flowers are the most beautiful, colorful and expressive aspects of nature; you automatically smile when you look at them. They instantly lift your spirits and connect you to the state of 'being happy.' They have the ability to affect us and reconnect us to joy much like beautiful music does or like the gentle touch of another being or animal. This effect is accomplished by frequency; the energetic frequency of the flower can touch our soul and immediately neutralize the negative energy matrix that was activated through our negative thought patterns and misperceptions. Our divine design is to be Happy, Healthy and Prosperous; the flower essence simply reminds our energy field of this original state. Specific flowers affect different components of our energy field, as they are stabilizers of the Chakras, the auric fields and the meridians.

### *flower essences — a little history*

Flower essences are subtler than homeopathic remedies as only their essence is used: there is no material substance at all. Dr. Edward Bach developed the original flower essences in the 1920's to mid 1930's. He recognized the soul / spiritual dimensions of health long before the idea became popular. He knew that prescribed medicines were harmful to the subtle aspects of the human being. Dr. Bach spent his life looking for remedies that were safe, gentle and effective with no adverse reactions—neither would they be harmful or unpleasant to take. He wanted remedies to address needs of the inner soul. He stated, "There is no true healing unless there is a change in outlook, peace of mind and inner happiness." He developed a new way of capturing the essence of the flower that also captured the environment of the plant. Today there has been much advancement in the process of essence collection as well as the variety of the flowers used. Flower essences are accepted all over the world in the complementary healthcare field.

*generations of inherited emotional patterns* as well as

### *how are the burren flower essences different?*

The process used to collect the essence of the flower is different from that used for other flower essences. The plant is not picked or destroyed in any way. The essence of the flower in sunshine is collected in its own environment, in a safe, gentle manner that will not harm the plant in any way. The source material is then released into purified water in sunshine and stored until bottled. Water has a great sensitivity to electromagnetic fields and has the ability to hold and memorize information as researched by Masaru Emoto. The Burren process of extracting the essence is called 'the rainbow method of extraction.' This rainbow method of extraction dispenses with the need to pick the plants, which is essential at the Burren as the plants are protected. There is something very mystical and respectful with leaving the flower intact to live out and complete its life cycle and then go to seed. This method of collection is similar to capturing music in a CD or taking a picture or a photograph. The flower information released to the water is then used to heal and neutralize imbalances in the energy field, which immediately impacts the nervous system.

### *what the essences are designed to do*

Within every individual there is the blueprint of complete and total health at all times, irrespective of how the person feels and expresses themselves. The First aid combination essences are designed to support and promote the healing of common physical/emotional and acute physical symptoms and problems. They assist the 28 cardinal frequencies that make up the human body to reestablish balance. Stress, trauma, chemical and pathogen exposure are a part of our physical experience and we need assistance to release and heal these health disturbances. Using flower essences to assist us in restoring our energy field to a balanced state is one of the most valuable things that we can do so that the body can heal itself. Taking care of our three primary systems; the endocrine system, the nervous system and the immune system not only assists in healing it also leaves these systems with increased vitality after the problem. Problems are in the mind before they are in the body.



*learned emotional responses* that are negatively affecting us from the full enjoyment of this life experience can be quieted or neutralized safely, gently, easily and effectively.

## THE BURREN FLOWER ESSENCES



### *first-aid combinations*



### salvation combination essence

shock · trauma · panic · fright · soreness · swelling · redness

This combination essence is for emergencies, shock and trauma. It assists on all levels of the individual when they have been in an accident, an illness or have been exposed to bad news, have nightmares or sudden terror etc. **Salvation Combination** cannot replace medical treatment. It can be of great assistance in preventing or assisting the person to overcome trauma that may have consequences. It promotes the balance of all 28 Cardinal Frequencies, and works at all levels physical, emotional and mental. The flowers used to heal the belief system of victim and vulnerability in this combination are: **Dark Red Helleborine:** Terror, Panic, Fear of physical harm. **Selfheal:** Shock, Hopelessness, Fear. **Shrubby Cinquefoil:** Fear of death, Lack of clarity. **Turlough Dandelion:** Fear of loss of control, Anxiety, Detoxify. **Twayblade Orchid:** Defensiveness, Anxiety, Shock, Trauma. **Wood Anemone:** Irritability, Vulnerability, Struggle. **Yellow Wort:** Nervous and afraid, Sadness, Emptiness. These flowers assist in keeping the person conscious and present with the willingness to be here in the moment. Reconnect to safety with **Salvation**.



### no-bac combination essence

throbbing pain · oozing · exhaustion · high fever · redness · soreness

This is the combination essence to assist the body to remove and recover from bacterial infection. A bacterial infection can be the primary or secondary infection. When it is the primary infection it needs to be addressed through detoxification and when it is a secondary infection to assist in detoxifying another infection, it needs to be addressed by supporting the immune system. This combination addresses both components at once. The flowers used to heal the belief system of being consumed or overcome in this combination are: **Dense Flowered Orchid:** Supports lung function, Fatigue. **Fly Orchid:** Detoxification, Overwhelmed. **Great Juniper Berries:** Self-destructive behavior, Pessimism, Over-reaction. **Irish Eyebright:** Depression, Regrets, Scornful. **Kidney Vetch:** Cleansing, Fear of being overcome, Congestion. **O'Kelly's Spotted Orchid:** Sinus congestion, Irritation, Physical tension. **Turlough Violet:** Nervousness Irritation, Timid. These flowers assist in the release and detoxification of bacterial infections as well as supporting the general health of the individual.



### envir-friend combination essence

watery eyes · runny nose · hay fever · itching · redness · headache · sneezing · coughing

This is the combination essence to assist the body's autoimmune response to the environment. Being allergic to one's environment has to do with feeling victimized and vulnerable. Looking at the symptoms of environmental allergies, they resemble a cold and crying, which is a form of releasing. Allergies are letting you know that you need to release certain beliefs and vulnerable patterns, they are not diseases: they are immune responses that are overactive and too responsive. The flowers used to heal the belief system of being out-of-control in this out-of-control world in this combination are: **Blue Gentian:** Communication difficulties, Breathing, Depression. **Irish Eyebright:** Regrets, Closed off from intuition. **Lesser Butterfly Orchid:** Inability to focus, Lack of self-control. **Northern Bedstraw:** Indecisive, Poor concentration, Foggy thinking. **O'Kelly's Spotted Orchid:** Lack of vision, Inflexibility, Irritation. **Tufted Vetch:** Lack of self-direction and self-trust, Compulsive, Addictive. **Turlough Violet:** Inability to concentrate, Nervousness. These flowers assist in the balancing of the immune system and the believe system of vulnerability to the environment and the world.



### recovery combination essence

recovering from injury · surgery · therapy for acute or chronic illness · addictions

This combination essence repairs all aspects of the energy field and belief system around being a victim. Not expecting our life experience to be Happy—Healthy—Prosperous, is our problem. When we experiences major injury through accident, surgery, abusive behavior, addictions or cruelty, this essence is beneficial. If one has a procedure that is potentially harmful to the vehicle, nature provides us with everything we need to return us to our natural state. The flowers used to heal the belief system of vulnerability and the expectation of tragedy in this combination are: **Bearberry:** Suppressed, Poor self-image, Impatience. **Common Dog Violet:** Promotes circulation, Encumbered, Self-pity. **Dk Red Hellborine:** Tonic, Hurt and grief, Recovery, Fear of harm. **Devil's Bit Scabious:** Un-grounded, Spacey, Nervous, Low self-esteem. **Fuchsia:** Repressed fear, Ignoring gut feelings. **Gr. Horsetail:** Calcium assimilation, Lack of joy, Exhaustion. **Selfheal:** Stress relief, Hopelessness, Independence, "There is no cure," Sadness. These flowers assist in balancing and healing the belief about being a victim without responsibility. There are no victims, only volunteers.



### tempera-sure combination remedy

high fever · hallucinations · convulsions · fatigued · swelling · redness

This combination essence is for high fevers, fatigue, restlessness, delirium and confused thinking due to high temperature. Fevers are the body's attempt to kill an infection through heat and detoxify the toxin through perspiration. This combination is to assist the body in this process and support the immune system through the thymus gland and the physical body 1st auric field. A fever is natural and should not be shut down but instead supported so that it can continue to assist the natural function while not endangering the person. A low-grade fever is also benefited with this combination. The flowers used to heal the belief system involved with the need to defend ourselves in this combination are: **Fairy Foxglove:** Physically disconnected, Lack of co-ordination, Impatience. **Fly Orchid:** Overwhelmed, Vulnerable, Poor survival instinct. **Great Horsetail:** Exhaustion, Sadness, Fatigue. **Turlough Dandelion:** Detoxification, Anxiety about the future, Over-striving. These flowers assist in supporting the natural action of the body so that it can be most efficient in both releasing toxins and promotes the recovery process.



### no-vir combination remedy

fatigue · achiness · exhaustion · pain in many areas · apathetic · brain fog

This is the combination essence to assist the body to remove and recover from viral infection. Viruses are small pathogens that are very insidious as they break down healthy tissue. The host becomes the vulnerable aspect of this as the virus has great survival instincts, this could mean death to the host. The physical body needs specific assistance in the detoxification of viruses and it needs a great deal of both immune support and nervous system health. The flowers used to heal the belief system involved with being taken advantage of in this combination are: **Bee Orchid:** Hopeless, Disconnected, Depression. **Fairy Foxglove:** Not feeling at home in your body, Fear of the future, Impatience. **Flecked Marsh Orchid:** Scattered energies, Temper tantrums, Restlessness. **Guilder Rose Berries:** Discontent, Unhappiness, Jealousy. **Large Flowered Butterwort:** Not grounded, Disconnected from self, Lack of awareness. **Selfheal:** Nutritional assimilation, Life is hard, Sadness. **Turlough Dandelion:** Foggy thinking, Detoxification, Muscular tension, fevers. These flowers assist in the release of the viral pathogen as well as supporting the immune function for regeneration.



### pain-be-gone combination essence

throbbing pain · chronic pain · nerve pain · pulsation · stabbing · soreness

This is a combination essence to assist the body in healing the beliefs that trigger the pain response; it also assists in resetting the pain sensors. Instead of healing the problem, we want to shut the pain down. This combination essence addresses both the in-flammation and degenerative mind conditions that ignores the body signals of distress as well as having a strong belief in pain and suffering. The flowers used to heal the belief system of suffering and pain in this combination are: **Devil's Bit Scabious:** Pain, Nerve tonic, Lack of self-worth. **Fuchsia:** Movement problems, Deep-seated pain & trauma, Repressed fear. **Gr. Juniper Berries:** Fluid balance, Fear of own power, Pessimism. **Ling Common Heather:** Complaining, Needy, All pain. **Rock Samphire:** Ungrounded, Body pain, Nerve support, Tension. **Thrift Sea Pink:** Doom & gloom thinking, Sciatica, Pain, Anxiety. **Thyme Broomrape:** Physical & emotional pain, Uncontrolled outbursts. These flowers assist in the balancing the nervous system and the believe system of punishment and pain that is so prevalent in the world.



### immune-build combination essence

increase vitality · frequency enhancer · above illness · abundant health · entitlement

This combination essence promotes better health and increased energy in all three systems, the immune system, the nervous system and the endocrine system. Our objective is to become stronger and stronger and less vulnerable to outside influences. We believe that aging makes us more vulnerable and less safe. The concept of anti-aging is within us, simply because it is possible. The flowers used to heal the belief system of vulnerability and the loss of hope for the full expression of who we are in this life experience are: **Bee Orchid:** Disconnected from Source, Courage to heal, Enthusiasm. **Cat's Foot:** Stuck energy, Pressure cooker release, Suppressed emotions. **Dk. Red Helleborine:** Tonic, Deep grief, Anxiety. **Gr. Horsetail:** Tonic, Calcium assimilation, Unworthiness, Procrastination. **Harebell:** Limitation, Stamina, Prosperity, Apathy. **Lg. Flowered Butterwort:** Tonic, Disconnected, Ungrounded, Awareness. **Primrose:** Enhances immune function, Insecurity, Low self-esteem, Shyness. These flowers assist in the reconnecting us to our design—as opposed to balancing. They assist in correcting the belief system that we are anything less than our design.