



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.

Gateways Enterprises
Shingle Springs, CA
800.833.4718

info@theburrenfloweressences.com
www.theburrenfloweressences.com

what are flower essences and how do they work?

Flower Essences are the vibrational frequencies of flowers in sunlight captured 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

The Burren Essences are designed to cleanse both the inherited energy patterns of past grievances and the energy patterns created by grievances in one's own life experience. Real healing, deep and total healing, occurs when forgiveness occurs. Without forgiveness, the person only heals to a level where at any time they could revert back into the disease process. We live our lives from a position of a "wounded heart," and this position excludes us from the joy, health and prosperity we are all designed to experience. Yes, we are designed to experience happiness, joy, health and prosperity here and now. We do not have to be deprived of this perfect divine design! The Burren Remedies are designed and formulated to break through these defensive walls of fear and grievances that we build into our Chakra system in our relationships with each other. These essences allow us to embrace forgiveness and cross over the bridge of fear to the expression of love, which is our true nature. We are designed by love, to express and receive love, and experience the entire matrix of love.

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



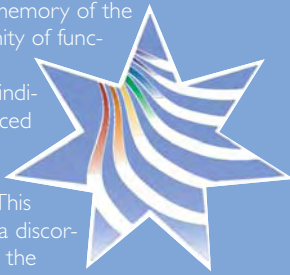
forgiveness combinations

healing relationships through
forgiveness

THE BURREN FLOWER ESSENCES

healing relationships

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 action of the flower essence or its electrical signature is not to manipulate body functions and changes. It is to restore the energy fields to health and balance so that the memory of the original design has the opportunity of functioning optimally. To re-establish the original healthy state of the individual, in some cases an imbalanced system is restored or brought back to health simply by introducing a single flower essence. This essence cancels and neutralizes a discordant frequency that is disturbing the body. In other cases additional frequencies or combinations covering the entire field of energy such as the Burren Forgiveness Combination Essences, need to be used, as the imbalance is imbedded at a very deep level in the individual.



gonad chakra remedy

ovaries/uterus · prostate · testes · liver meridian · gall bladder meridian

The Gonad Chakra Forgiveness Remedy is designed to break through the blockage of non-forgiveness of our partnerships or contracts and free us to relate in a non-judgmental way in our present and future relationships and commitments. It is formulated to calm the inherited DNA responses within our intimate relationships, creative endeavors and contracts. It allows us to free our field so that we can consciously make new choices in how we respond to partnership grievances. Our relationships may have been controlling and stifling, or unfulfilling because we do not know how to communicate what we want. These relationships could even have been abusive and fearful. We need to understand that there are two people in the relationship and all actions are team actions. We cannot have a perpetrator without having a victim. Forgiveness brings us release from the energy patterns that prevent us from having a healthy relationship with ourselves as well as having a deep, meaningful, healthy relationship with others as we open ourselves to joyful self-assertiveness.

heart chakra remedy

thymus gland · heart meridian · small intestine meridian

The Heart Chakra Remedy is designed to bring us to the forgiveness of our self. This is the most important and the most difficult forgiveness of all, as we believe at a deep core that we should have known better than anyone not to be a part of specific grievances. Holding ourselves to a higher standard than others is an egotistical problem as we feel more capable and 'we should know better' than others! This perception blocks us from understanding and knowing our fears and ultimately ourselves. When we judge ourselves harshly, we become unapproachable to our self and knowing our self becomes impossible. All healing comes from within; there is no road outside us where peace is found. Forgiveness of self allows us to embrace another way to look at who we really are. This remedy allows us to see forgiveness as the natural reaction to distress caused by our judgment of the problem. It allows us to call for inner guidance to change our responses to the perceived problem and see that forgiveness and understanding are the only sane responses.

brow chakra remedy

pituitary gland · triple warmer meridian · pericardium or cir/sx meridian

The Brow Chakra Remedy is designed to bring us to the forgiveness of outside authority when we feel that they have been unjust, dictatorial and authoritarian in a way that has made us compromise our spirit. When we are growing up we come under the governance of parents, teachers, religious people, medical people and government in general. If any of these have shown up in a consistent way as being unjust, unfair or inequitable we may be holding on to resentment and grievances that are negatively affecting us in our ability to release and forgive them as well as those in authority today. The result may be that one can be too submissive without questioning authority, which can promote the state of no personal responsibility. Or we may rebel against all authority, which could inhibit our ability to surrender to our inner guidance as we are so repelled by governing of any kind. This remedy assists us in forgiveness by supporting our inward connection so that we may be at ease while looking for inner guidance and counsel.

root chakra remedy

adrenals · kidney meridian · bladder meridian

The Root Chakra Remedy is designed to remove the energy blockages to "Forgiveness" of Parents, Grandparents, Great Grandparents, and Great, Great Grandparents, as well as the cultural society we grew up with. Our Parents could have been very cruel and unkind and we may have several issues we need to work out and forgive. Or we may have a relatively good relationship with our parents in general, but, in one area we could have a huge problem. These issues or this one issue can keep us from relating in a healthy way to our childhood, upbringing or even society. By holding on to our dysfunctional perception about our childhood, we are impairing and hurting ourselves, not the person we have the perceived grievance with. Carolyn Myss in her book, *Anatomy of the Spirit* suggests the Root Chakra represents our baptism as a child and that through the healing of forgiveness we learn to baptize our family and tribe. When we are open to forgiveness of our parents, we open ourselves to a healthy view of our childhood, seeing the benefits and some of the possible gifts we received from the experiences even though they were painful.

solar plexus chakra remedy

pancreas · stomach meridian · spleen/pancreas meridian

The Solar Plexus Chakra Remedy is designed to bring us to the forgiveness of our children or the creations we brought in, when we deem they are not representing our parenting or creativity appropriately. It is essential that our energies are open and ready to heal these relationships so that we can allow our children to make their own mistakes as we made ours. Our identity can be so vested in our children that when they 'do not measure up' so to speak, we take it as a personal affront and evidence of our failure as a parent. This grievance not only burdens us but burdens our children as well. Our children have come through us and not from us; they are their own person and are entitled to their own decisions even if they are making choices that we would not make. It is the remedy of honor. We are taught to honor our parents, but this is the remedy to assist us in honoring our children. This remedy can also be needed when we have a sick child as our lives may have been taken over with the care of the child and compromised by the sickness. We may not be aware of our feelings here as we have closed ourselves off for fear the child may die.

throat chakra remedy

thyroid · parathyroid glands · lung meridian · large intestine meridian

The Throat Chakra Remedy is designed to bring us to the forgiveness of our siblings or peers when we feel that we are unable to communicate with them ourselves, because we feel bullied, compromised or smothered by them. When we are growing up with siblings we may have to be submissive or surrender to the wishes of the older stronger sibling or we may learn to be the bully of our younger weaker ones. Either way our communication skills are compromised. We may have learned not to speak up for ourselves, or we only speak up in angry outbursts as anger gives us the courage we need. We try to control the behavior of those in our environment in the compulsive way we learned as children, instead of listening to our inner guide. When we find this is no longer working for us we need to forgive and release our issues with our siblings, childhood friends and adult peers. This remedy assists us in forgiveness by supporting us connecting inward so that we may speak our minds with gentle confidence and with compassion for the other. Our relationships at work, for example, may be suffering from our inability to communicate with our peers as an adult because of the methods we learned in childhood.

crown chakra remedy

pineal/hypothalamus · governing vessel meridian · central vessel meridian

The Crown Chakra Remedy is designed to bring us to the forgiveness of God, when we feel that He is not caring about us in the way we think He should. If we have a sick child or family member, or if we have a child, husband, sibling, parent or friend who died before their time, or if we lost everything in a natural disaster or even if people we do not know lost everything in what we term as "an act of God," because we feel we have no control over the outcome we feel the control must belong to the Supreme Being. We then feel resentment and anger toward the Divine, as we do not understand the whole picture nor the contribution the law of attraction makes, which is such a huge part of what happens to us as a part of this overall process. Until we understand the role we play in the management of the quality of our lives we are always looking to blame someone or something else, especially when we feel things are not under our control. This remedy assists us in the forgiveness of God, by opening us up to universal wisdom with the understanding that we do not have the whole picture. It also "gentles" us to the aspect of life that we do not like or is not what we wish to happen, like a tsunami or earthquake.