

Record	Item	Dial Settings Left Right	Comments
13007	Essence, Bailey Flower, Almond, Prunus dulcis, Inner Circle	88 . 00 76 . 50	Helps to disentangle ourselves from past difficulties, to see our path ahead, forms links with out soul, gentle but deep, ease away from old patterns and how to understand how they occurred
13008	Essence, Bailey Flower, Apricot Poppy, Papaver postii, Pure Clear Mind	50 . 40 50 . 25	Works by opening the door to hidden places of the boy and mind, to access unlearned wisdom of the intuitive mind, encourages us forward away from stagnation, embracing change, knowledge and joy
10916	Essence, Bailey Flower, Arizona Fir, Abies lasiocarpa var. compacta, Balance	30 . 00 61 . 60	Helps Us see from a different viewpoint, We Then Are better Able to Love Life & Love Our Self
13009	Essence, Bailey Flower, Betony, Stachys officinalis, Inner Truth	41 . 75 67 . 00	For unrecognizable & unidentifiable fears, these are deep fears, enables us to discover inner truth so that we can get beyond negative thinking, sheds light on those inner demons, to show they are just thought forms with no real substance
13010	Essence, Bailey Flower, Bistort, Polygonum bistorta, Breakthrough	35 . 90 29 . 50	Helps Those At A Major Changing Point In Their Lives, Provides Loving Support During The Processes Of Change, Helps The Development Of The Power To Rise Above Difficulties
13011	Essence, Bailey Flower, Black Locust, Robinia pseudoacacia L., Psychic Protection	36 . 75 54 . 40	Use If You Ever Feel Seriously Depleted With No Obvious Cause Or When Some Form Of Psychic Interference Is Suspected, Mirrors The Characteristics Broadcasting Healing Energies To Others & Ourselves While Protecting From Undesired Attention
13012	Essence, Bailey Flower, Blackthorn, Prunua spinosa, Into Light	29 . 50 04 . 50	For the ultimate state of despair, helps with trauma the climbing out of a seemingly endless pit, illuminates the way forward, helps us find a new & totally transformed way of living
13013	Essence, Bailey Flower, Bladder Senna, Colutea orientalis, Catharsis	56 . 50 70 . 50	helps us to become free of guilt of the past, helps get past old learned patterns & emotional responses, a wonderful cleanser of the mind
13014	Essence, Bailey Flower, Blue Pimpernel, Anagallis arvensis var. caerulea, Spirituality	34 . 00 46 . 60	helps us discover our true roots without being dominated or restricted by particular views, helps us discover our true nature of our being



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10917	Essence, Bailey Flower, Bluebell, Hyacinthoides non-scripta, Openness	33 . 60 91 . 60	Helps With Self-esteem, Unlocks Hidden Potential, Release Old Conditioning To Bring Joy Into Darkness
10918	Essence, Bailey Flower, Bog Asphodel, Narthecium ossifragum, Slowing Down	42 . 50 55 . 00	A gentle reminder For Those Who Take Life Too Seriously
13015	Essence, Bailey Flower, Bracken Alc, Pteridium aquilinum, Growing Up	25 . 50 41 . 75	Help for those who were not encouraged to take increasing responsibility for their lives, helps dissolve the influence of childish states & begin to realize they have much more power than believed
13016	Essence, Bailey Flower, Bracken Aqueous, Pteridium aquilinum, Intuition	60 . 40 59 . 80	help unblock the intuitive mind, encourages the right & left sides of the brain to communicate with one another
10919	Essence, Bailey Flower, Bracken, Unblock	25 . 60 29 . 00 40 . 00 60 . 50	Reminds Us that some things cannot be destroyed, helps to gently unlock intuition and intuitive abilities.
10920	Essence, Bailey Flower, Butterbur, Petasites hybridus, Personal Power	29 . 75 51 . 45	Gives a Sense of the Bigger Picture, Helps clear and dissolve feelings of self-distrust so that the surrounding world is seen more clearly.
10921	Essence, Bailey Flower, Buttercup, Ranunculus acris, Sunshine	33 . 50 47 . 80	Helps with releasing Trust Issues by helping one to open up to the Joy Around Them
13017	Essence, Bailey Flower, Charlock, Sinapis Arvensis, Maturing	49 . 50 06 . 00	Reveals Clearly What Is Going On In The World Around Us, Opens The Door To Being Confident, Competent, Joyful & Understanding That Responsibility Does Not Need To Be Heavy-handed & Humorless
13018	Essence, Bailey Flower, Compact Rush, Juncus conglomeratus, Joy to Life	42 . 00 43 . 75	a remedy for sadness, for those that feel life has passed them by, enables us to embrace the present moment with new energies & insights
13019	Essence, Bailey Flower, Conifer Mazegill, Gloeophyllum sepiarium, Positive Change	36 . 25 50 . 50	For sudden, irrevocable changes to our life. Continually activates energies of positive change
13020	Essence, Bailey Flower, Cymbidium Orchid, Cymbidium hybridus, Spirit Balance	41 . 40 52 . 80	Relates to the hidden side of our nature, brings peace and harmony to the subconscious parts of our mind
13021	Essence, Bailey Flower, Cyprus Rock Rose, Fumana arabica, Emotional Disturbance	19 . 75 36 . 50	For deep terrors and fears that are difficult to expose and resolve. More powerful and deeper-acting than common Rock Rose
13022	Essence, Bailey Flower, Delphinium, Delphinium consolida, Wider Horizons	39 . 50 34 . 30	Searches deep into our innermost being to discover our true spiritual destiny. It then gives us the courage to put that knowledge into actual practice



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13023	Essence, Bailey Flower, Dog Rose, Rosa canina, Loving Comfort	16 . 25 43 . 60	For loving comfort and support, for help along our path when life gets difficult.
10922	Essence, Bailey Flower, Double Snowdrop, Galanthus nivalis flore-plena, Lightness	35 . 00 55 . 75	Used to Release the Heavy Feelings that Often Accompany Fear of Change. Use when there is a need to feel safe and to trust
13024	Essence, Bailey Flower, Dwarf Purple Vetch, Vicia villosa ssp. eriocarpa, Relationships	29 . 60 25 . 60	For deep-rooted, hidden patterns usually originating in childhood and often resulting in sexual difficulties
10923	Essence, Bailey Flower, Early Purple Orchid, Orchis mascula, True Nature	25 . 00 86 . 50	Works Well With Other Essences, Helps to dissolve blocks & old patterns As Well As Encourage New Patterns
10924	Essence, Bailey Flower, Firethorn, Pyracantha atalantioides, Stabilized	04 . 00 21 . 00	Helps with root causes, Brings balance & Maturity When Deciding the best course of action
13025	Essence, Bailey Flower, Flame Azalea, Rhododendron calendulaceum, Renewal	23 . 75 39 . 50	Helps us to regain our vital life force and sense of community after major changes in life
10925	Essence, Bailey Flower, Flowering Currant, Ribes sanguinem, Discovery	67 . 00 47 . 50	Helps One find the Truth, Discovering Truth releases the fear of what the truth was perceived to be, Helps reveal what is actually present in life
10926	Essence, Bailey Flower, Flowering Rush, New Beginnings	63 . 75 31 . 00	Beneficial for the Sadness that Accompanies Suppressed anger, Brings a fresh start
13026	Essence, Bailey Flower, Forsythia, Oleacea Intermedia, Spiritual Reality	52 . 50 43 . 40	Forsythia Helps Us Open Up To Our Spiritual Nature, Bringing Joy And A Sense Of Freedom In That Realization
10934	Essence, Bailey Flower, Foxglove, Digitalis purpurea, Confusion	41 . 00 56 . 65	Helps release emotional blocks, quiets the mind, brings clarity of accurate perception
13027	Essence, Bailey Flower, Fuji Cherry, Prunus incisa, Reflective Mind	51 . 90 59 . 40	Helps us to relax and take life less seriously. The key essence for personal tranquillity
13028	Essence, Bailey Flower, Giant Bellflower, Campanula latifolia, Catalyst	30 . 25 49 . 75	The clarion call for change. It is the catalyst for action where old habit patterns have been holding us back
13029	Essence, Bailey Flower, Greater Celandine, Chelidonium majus, Self-Acceptance	41 . 30 47 . 60	Encourages us to go deeper into our consciousness - to discover more of what we really are
10935	Essence, Bailey Flower, Hairy-Sedge, Carex hirta, Difficulty	45 . 00 66 . 80	for any situation that is particularly difficult, good for releasing fear, & being in the present moment
13030	Essence, Bailey Flower, Hawkweed, Hieracium vulgatum, Balanced Confidence	55 . 75 52 . 75	For those times when we have little confidence in ourselves because life seems to be so uncertain



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13031	Essence, Bailey Flower, Heath Bedstraw, Galium saxatile, Easing Change	59 . 75 16 . 25	For helping us to find inner stillness and the peace of tranquil meditation states, allows us to let go of our tensions, supports major change in our life
13032	Essence, Bailey Flower, Himalayan Blue Poppy, Meconopsis betonicifolia, Realizing Talents	29 . 00 71 . 50	The essence of spiritual lineage, To fulfill our potential in this lifetime, we need to build on strengths gained in the past, Furthers insight, intuition & psychic skills
13033	Essence, Bailey Flower, Holly Leaf, Ilex aquifolium, Releasing Anger	26 . 40 31 . 90	Helps us to see things as they really are and therefore to let go of pent-up anger, bitterness & resentment, Acts as protection by taking the sting out of the situation
13034	Essence, Bailey Flower, Honeysuckle, Lonicera periclymenum, Easing Sadness	34 . 60 46 . 50	Helps us to become more open to the world and those around us
13035	Essence, Bailey Flower, Indian Balsam, Impatiens glandulifera, Quietness	34 . 00 59 . 60	Brings quietness and peace to an overactive and disturbed mind
13036	Essence, Bailey Flower, Ivy, Hedera helix, Grounding	34 . 75 48 . 50	Helps us to be strongly rooted in the world when we feel uprooted by the forces around us
13037	Essence, Bailey Flower, Larch, Larix decidua, Reception	43 . 75 50 . 25	Encourages the intuitive side of our nature to expand and take its rightful place in our life
10936	Essence, Bailey Flower, Leopardsbane, Doronicum pardalianches, Awakening	54 . 30 53 . 25	Helps To Lessen Or Release Extreme Emotions & Broadens Perspectives, Able One To See Own Life Experience With Understanding & Compassion
13038	Essence, Bailey Flower, Lesser Stitchwort, Stellaria graminea, Insight	40 . 75 52 . 25	For possession, ie for those whose behaviour is dominated by others or by strongly held ideas
13039	Essence, Bailey Flower, Lichen, Marchantia polymorpha L., Bonding	44 . 60 57 . 80	To help us feel at ease and at one with our surroundings
10937	Essence, Bailey Flower, Lilac, Syringa vulgaris Massena, Development	34 . 00 44 . 50	Unlocks locked-in energies & encourages opening up of energy channels
10938	Essence, Bailey Flower, Lily of the Valley, Convallaria majalis, Yearning	14 . 50 53 . 00	Builds trust, helps to lessen process of emotional searching for answers that block progress
13040	Essence, Bailey Flower, Magnolia, Magnolia x loebneri Leonard Messel, Balanced Surrender	48 . 75 46 . 25	For unconditional love. This essence helps to bring and awaken within us the energies of love and compassion
13041	Essence, Bailey Flower, Mahonia, Mahonia aquifolium, Inderent Goodness	24 . 25 44 . 25	Helps us to let go of our illusions and thus see into the true nature of things



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13042	Essence, Bailey Flower, Marigold, Calendula officinalis, Femininity	32 . 25 36 . 75	For where there is a rigid materialistic approach to life, often with a total denial of the psychic and spiritual dimensions
10939	Essence, Bailey Flower, Marsh Thistle, Cirsium palustre, Gentle Approach	19 . 00 47 . 75	Helps release fear of newness & allows change to take place gently
13043	Essence, Bailey Flower, Meadow Rue, Phalictrum dipterocarpum, Discernment	32 . 60 06 . 30	For discerning what is worth striving for in life and what is unhealthy. Brings clarity to see where we need to be heading to fulfil our true purpose in life
13044	Essence, Bailey Flower, Mediterranean Sage, Salvia fruticosa, Mother Earth	20 . 50 33 . 80	For the Earth qualities of warmth, comfort and wisdom. Helps to catalyse insight from a firm earthed base
10940	Essence, Bailey Flower, Milk Thistle, Sonchus oleraceus, Open	43 . 00 65 . 90	Opens the heart area allowing more light & love to enter aid the chest area to ward off being shut down
10941	Essence, Bailey Flower, Monkshood, Aonitum Napellus, Roots	13 . 75 40 . 00	helps to use present wisdom to see past experiences
10942	Essence, Bailey Flower, Moss, Discranella heteromalla, Fear of the Dark	35 . 00 53 . 00	helps lessen addictive fears & begins to release constrictions, Brings light into deep places
13045	Essence, Bailey Flower, Nasturtium, Tropaeolum majus, Changes	14 . 30 37 . 90	For those who know that they need to make changes in their life but seem to be unable to make the first move
13046	Essence, Bailey Flower, Norway Maple, Acer platanoides, True Nature	27 . 75 36 . 50	Helps us understand more about our true nature, freeing up our mind so that we can more easily enter other levels of consciousness
13047	Essence, Bailey Flower, Oak, Quercus robur, Rooted	30 . 00 60 . 50	Mirrors quiet inner strength and wisdom. It helps us to relax and find our own strengths
13048	Essence, Bailey Flower, Oriental Poppy, Papaver somniferum, Awakening	34 . 90 13 . 90	For those who have a dependency on a substance, person or situation
13049	Essence, Bailey Flower, Oxalis, Oxalis pes-caprae, Flowing	42 . 40 58 . 50	For things that have you by the throat and seem so overpowering that there appears to be no way out
10943	Essence, Bailey Flower, Pine Cones, Pinus sylvestris, Controlled	28 . 75 27 . 50	helps break the chains that come from having to keep everyone happy
10944	Essence, Bailey Flower, Pink Purslane, Montia siberica, Illusions	31 . 00 70 . 00	Expands Ones Awareness, Brings Realization That Their Is No End To Learning
13050	Essence, Bailey Flower, Ragwort, Senecio jacobaea, Release	26 . 80 53 . 80	To break the power of obsessive thoughts that keep on endlessly looping round and round
13051	Essence, Bailey Flower, Red Clover, Trifolium pratense, Emotional Balance	10 . 50 25 . 50	For those who are blocked off by fear of their own emotional nature



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13052	Essence, Bailey Flower, Red Frangipani, Frangipani plymeria rubra, Oneness	32 . 40 32 . 60	The essence of awakening. Re-unites us with the true source of our being which lies beyond the spiritual dimension. Brings joy and new levels of perception and confidence
13053	Essence, Bailey Flower, Red Poppy, Papaver argemone, Self-Control	16 . 50 28 . 50	This is to help us leave our limitations behind and to find our true energy and power
10945	Essence, Bailey Flower, Rhododendron, Rhododendron ponticum, Detachment	21 . 25 16 . 25	Helps With Letting Go Of Theories Or Beliefs, Helps With Perspective & To Feel What Is Happening Within
13054	Essence, Bailey Flower, Rosebay Willowherb, Chamaenerion angustifolium, Stability	04 . 50 13 . 00	For times of major upheaval when we feel disoriented and lost
13055	Essence, Bailey Flower, Round-Headed Leek, Allium sphaerocephalum L., Uncovering	09 . 25 22 . 25	For unknown difficulties stemming from childhood, particularly when other essences have been ineffective
13056	Essence, Bailey Flower, Sacred Locust, nelumbo nucifera, Personal Growth	12 . 50 54 . 25	A powerful essence to open up the Heart to the love of the Universe and the Divine
13269	Essence, Bailey Flower, Scabious, Healing	32 . 75 36 . 50	For Shock or Trauma, Helps Accept what has happened & bring comfort, opens love & compassion
10961	Essence, Bailey Flower, Scarlet Pimpernel, Anagallis arvensis, Entangled	38 . 00 51 . 50	Strengthens our ability to release ties and to disconnect from unhealthy situations
10962	Essence, Bailey Flower, Sea Champion, Silene maritima, Separation	27 . 25 58 . 25	Balances at our source, helps find peace within chaos, helps to release insecurities of the heart
13057	Essence, Bailey Flower, Sheep Sorrel, Rumex acetocella, Understanding	30 . 75 59 . 50	For the bitterness that arises when we feel that life is being desperately unfair to us
13058	Essence, Bailey Flower, Siberian Spruce, Picea omorica, Grounding	42 . 25 46 . 00	This remedy is for those whose male energy is lacking, producing frustration and a lack of clarity
13059	Essence, Bailey Flower, Single Snowdrop, Galanthus nivalis, Evolving	19 . 50 37 . 75	For breaking through to new levels of consciousness. Helps to bring insight and support during such times
10963	Essence, Bailey Flower, Soapwort, Saponaria ocymoides, Change	28 . 75 33 . 60	Encourages new patterns, helps clear old ones, releases negativity
10964	Essence, Bailey Flower, Solomon's Seal, Polygonatum verticillatum, Less is More	30 . 75 63 . 00	Finds The Quiet In Which Trivia Is Released. Efficiency Is Gained, Helps To Steady The Mind, Clear Thinking
13060	Essence, Bailey Flower, Spotted Orchid, Dactylorhiza, Courage	41 . 50 46 . 25	To help us to overcome difficulties and blocks on our path of personal growth
13061	Essence, Bailey Flower, Spring Squill, Scilla verna, Freedom	07 . 00 46 . 75	For freedom after breakthrough. Helps us to soar like a bird, finding our own true path in limitless space



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10965	Essence, Bailey Flower, Sumach, Rhus typhina, Self-Acceptance	27 . 30 43 . 75	Helps reveal true & authentic self, encourages you to accept what is & not yearn for or deny
10966	Essence, Bailey Flower, Thrift, Armeria maritima, Stabilization	29 . 50 49 . 50	Establishes A Safe Place To Stabilize Emotional & Mental Aspects, Increases The Spiritual Ones
13062	Essence, Bailey Flower, Trailing St Johns Wort, Hypericum humifusum, Healing	39 . 25 57 . 75	For helping us when our life has been irrevocably changed
13063	Essence, Bailey Flower, Tree Mallow, Lavatera arborea, Tranquility	27 . 75 57 . 50	For those who have become addicted to being permanently busy
10967	Essence, Bailey Flower, Tufted Vetch, Vicia cracca, Sexual Identity	43 . 25 44 . 50	Helps Encourage A Healthy Sexual Identity
13064	Essence, Bailey Flower, Valerian, valeriana officinalis, Balanced Love	28 . 50 54 . 25	For those who have not had their need for love fulfilled in their childhood
10968	Essence, Bailey Flower, Welsh Poppy, Meconopsis cambrica, Re-inspire	23 . 75 26 . 50	Unblocks creative energies & increases inspiration, Can helps drifters find their true path
13070	Essence, Bailey Flower, White Cherry, Prunus taihaku, Deep Healing	35 . 75 53 . 75	This essence helps past negative influences to lose their grip and be dissipated
13065	Essence, Bailey Flower, White Dead Nettle, Lamium album, Releasing Addiction	35 . 50 10 . 75	For removing the addictive effects of obsessive thought patterns
13066	Essence, Bailey Flower, White Lotus, Nymphaea alba, Peace	36 . 40 26 . 00	For bringing peace and unification to body, spirit, mind and soul
13067	Essence, Bailey Flower, Wild Mallow, Malva sylvestris, Revealing	38 . 25 41 . 75	For helping to free us from energies that otherwise tend to possess us
10969	Essence, Bailey Flower, Witch Hazel, Hamamelis mollis, Balance	37 . 25 64 . 00	Useful for gaining a broader view & taking self & life less seriously
10970	Essence, Bailey Flower, Wood Anemone, Anemone nemorosa, Deep Rooted	26 . 00 54 . 40	Releases deep feelings particularly guilt or fear, helps release blocks & rebalances
13068	Essence, Bailey Flower, Yew, Taxus baccata, Resilience	11 . 50 17 . 25	For resilience where previously the person has been too brittle - not bowing to the inevitable
13069	Essence, Bailey Flower, Yorkshire Fog, Holcus lanatus, Grieving	13 . 50 24 . 60	For grief, helping us to express it without becoming entangled in it.



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