



GREEN HOPE FARM

FOR THE CHILDREN

This listing was first compiled a decade ago at the request of a number of folks working with children diagnosed as having Attention Deficit Disorder. Many wonderful parents, children and practitioners gave us vital feedback about what Essences helped these children. Periodic revisions of this list reflect this feedback from parents, practitioners and also our Angelic helpers.

Since we began to send this list out into the world, we have found it to be a tool more versatile than anticipated. The definitions given are geared towards children's issues and each Essence is described as it might affect a child not just a child diagnosed as having ADD. Thus the list can help almost anyone working with any child to zero in on which Essences this child might benefit from. Going one step further, a number of adults have told us that the listing has been helpful in their self diagnostic process because the descriptions illuminate the Essences differently than in the Guide. What seemed a specific tool for a specific situation has proven to be helpful in a variety of situations.

This list continues to evolve and change in response to your feedback. Like everything else at Green Hope Farm, this list is a work in progress. Please share your experiences, your wisdom, and your insights so we can further refine and improve this list. Thank you so much!

One important note about HOW to use these Flower Essences

Flower Essences are going to serve a child whether he or she takes them in water or juice, takes a few drops directly in his or her mouth or just carries the bottle around in a pocket. However, in critical situations we have found that putting Flower Essences in a child's bath and giving the child a bath for a number of nights in a row with the Flower Essences in the water is an extremely effective way to use the Flower Essences. If possible, have the child totally submerge herself or himself in the water at some point during the bath. This method of using the Flower Essences completely addresses every part of the child's energy system and is absolutely the most efficient way to get Essences to every part of the child's electrical system. Please call us if you want any to talk about how to work with the Flower Essences or which ones to use. 603-469-3662

We look forward to hearing your feedback! All Blessings from all of us at Green Hope Farm!

Abandonment & Abuse- This combination remedy can be used by any child who has gone through experiences of abandonment or abuse at any point in their life. It will help heal the emotional, spiritual, mental wounds that stay with the child even after the experience has passed and is especially helpful for post traumatic stress.

Anxiety- Offers much diverse vibrational information to ease or eliminate many different kinds of anxiety, also helps with anxiety related behaviors.

Arbor Garden- This combination Essence carries an energy of harmony and oneness, reassuring a child that she cannot ever be truly lost or lose anything because we are all one. It is helpful in situations of loss, grief, sibling rivalry, competitiveness, fear of loss, and any other situation where there is a lack of peace and harmony. It is an extremely versatile calming and balancing mix.

Arrowhead- There is nothing wrong with any emotion. Problems arise when a child has a hard time figuring out acceptable ways to express his or her full range of emotions. Arrowhead reveals the pure gifts in all emotions and gives a child a way to express their emotions in an evolved and uplifting way. As a flower, it grows in pond muck and produces wands of luminous white flowers rising in a pyramid into the sky. It helps a child find this way to take his inner muck and use it constructively for learning, expression and spiritual growth.

Autograph Tree from Coole Park Support for the unusual child who is a bit of a dreamer, poet, mystic, not quite in tune with these times but marching to his own drummer.

Baby Blue Eyes- Children have so much wisdom but because of their size, they are often overlooked as a source of wisdom. This remedy helps a child feel she is “on the map” whether others acknowledge this or not. It helps a child know that she matters. It helps a child find inner strength and resilience, flexibility and spiritual strength. It helps a child so she doesn’t feel like she needs to resort to belligerence or false bravado to get attention because she knows from within that she is valuable.

Borage- This is a wonderful Essence for any child who is having a hard time 'keeping on keeping on'. It offers encouragement to any child weighed down by the situations they find themselves in. It goes right to the heart of the matter and thus encourages a child to be honest with himself and with others, even as he courageously faces the circumstances of his life.

Bottle Gentian- This Essence will help a child focus and see clearly no matter what situation he is in. It is a good Essence for a child who is having problems standing up for himself. It is an excellent remedy for a child who is having difficulty concentrating whether this lack of focus is happening at home or at school. It is a very empowering Essence which helps a child see his own strengths and see his situation clearly without being afraid he can’t handle it.

Breathe- Good for hearing and ear related issues as well as all breathing related issues.

Cardinal Flower- When a child knows the truth that she has a mission on the planet which only she can do, it can really help her to commit herself to being here to fulfill this purpose. The children on this planet right now are not casual visitors. They each are here with very specific spiritual goals for themselves and specific tasks they hope to accomplish. When they find even the general current of this spiritual purpose in their lives or when they know there is a plan for them, Cardinal Flower is a great Essence to offer them. It helps them to commit themselves to their life purposes. Cardinal Flower is an Essence of consecration. Children often know exactly how they want to work with it.

Carouby de Maussane Pea- This Essence helps a child feel acceptance towards himself and others in group situations. It promotes a climate of gentle forgiveness and compassion for others. It can help a child who gets out of balance in crowds to find a role of peaceful co-existence.

Chinese Hat Plant- When a child feels disoriented or out of balance both literally and figuratively, this is an excellent remedy. It also helps a child to calmly hear and process information that she might otherwise want to shut out. For example, if a child is caught in a cycle of counter productive behavior, this Essence

can help her hear the course corrections offered by adults. When she can process this feedback about her behavior she can begin to let go of destructive behavior patterns in favor of more constructive ones.

Clematis and Comfrey- Children who are accident prone, drifty, daydreaming all the time, reluctant to wake up in the morning, bumping into themselves and the furniture, or otherwise spaced out and ungrounded can benefit from this combination. Clematis helps a child to ground in the body while Comfrey can help when there is information in the memory of the child which is making him reluctant to be in his body. Comfrey helps to release these traumatic memories so the child feels more ready to be here fully while Clematis gently eases them into union with their physical vehicle. The mix Grounding is another way to do this, it is an excellent mix with many grounding tree Essences.

Corn- This is another very grounding Essence. It also is useful for situations in which a child is not getting the message of a repeated learning lesson as Corn helps a child to translate experience into wisdom and then ground this wisdom into changes in behavior.

Crab Apple- This is good for children who complain, whine, relentlessly criticize themselves or others or find themselves stuck in patterns of self loathing and judgment. It helps cleanse a child of the judgment and returns him to a place of better self worth and equilibrium.

Dandelion- This Essence is helpful for when a child feels emotionally or mentally overloaded. Dandelion helps to discharge all these feelings and thoughts in a safe, benign and even gentle way. This is probably the most efficient "all purpose cleanser" Essence which we make.

Digestive Woes- All situations of digestion including the more metaphorical task of digesting our life situation.

Emergency Care- Excellent for any situation of stress, illness, or trauma. It supports the electrical system of the body to keep working at optimum capacity even when challenged by sudden illness, injury, or shock. Consider using it to calm any child who has been hurt, any child who is ill or any child going through an intense experience.

The Fairy Rose- This one reminds a child that being in a physical body can be joyous and fun. It encourages playfulness, laughter and delight in the daily experience of life in a body.

Feverfew- This is an excellent remedy for any child who is suffering from a nervous habit or restlessness. It also is very calming for children suffering deep emotional distress or depression. This one crops up all the time for situations of nervous distress or a repeated pattern of anxiety. It is one of the key ingredients in the combination remedy Anxiety.

Flee Free- This Essence was developed to help animals resist fleas and ticks but it is also an excellent remedy for people. If your child has a hard time not being affected by other people's negativity or if you feel he is being pestered in any way by negative situations or people, this is an excellent remedy to have him take. It helps immensely with any boundary work a child might need to do. If you live in an area where there is a lot of negativity in general, this is a very helpful remedy to give on a daily basis.

Flow Free- This combination encourages flow in all systems of the body. We developed it for urinary tract health but found immediately that it was a vastly more versatile remedy for all issues of flow.

French Marigold- When your child is not hearing what is said this Essence can help. This Essence has many strengths including an ability to help us with intense shifts in energies or radical course corrections. As one of the most hybridized Flowers on Earth, it helps us adapt. It helps us rebuff aberrant energies like viruses. If you feel like your child needs this one but have no concrete understanding why, I would trust your instincts. This Essence is extremely versatile in its talents.

Golden Armor- A protective buffering combination Essence. Consider this when a child is taking on other people's "stuff", when a child is feeling challenged by the dissonant sound vibrations of modern life, when a child is spending a lot of time in front of the computer, or when a child is run down and in need of the strong protective vibration that this combination provides. The Angels suggest we take this Essence every day.

Grief & Loss- For when a friend or family member dies, for loss of a home, sense of purpose, break up of family or any situation of brokenness, loss or grief.

Grounding An excellent mix for helping a child to fully inhabit his body. Traumatic experiences can lead a child to stay a bit outside his bodies and not be fully present. This mix, loaded with deeply rooted tree Essences, helps a child to ground in his body by first helping him know that it is safe to do this, actually safer than staying only partly fused to the body, then by helping him make the merge.

Healthy Coat- Another one of our remedies with a name which makes it sound like the remedy is just for animals, Healthy Coat is wonderful for all skin issues. This remedy contains seven Aloes as well as all the Essences we know of that are linked to healthy skin. This is one to consider along with the combination Breathe for allergic situations

Hyssop- This is the Essence to use in situations of guilt. Hyssop helps the child who blames himself for situations which are not his responsibility or who feels very self critical.

Immune Support- Another of the remedies with a self explanatory name.

Jacob's Ladder- Helps with moving from one task to another in an organized productive fashion.

Jealousy- Elisabeth Kubler Ross feels that jealousy is a natural emotion encouraging emulation by a younger child of an older child's abilities and accomplishments. She believes this constructive emotion gets derailed, twisted and magnified in unproductive directions by forces outside the child. This remedy supports a return to the purity of the original feeling of aspiration and appreciation.

Joe Pye Weed- This is a good remedy for a child with abandonment issues. It is also excellent for any child who feels he must do it all alone. You might say that this Essence is like a life raft that buoys up a child when he feels like he is drowning in responsibilities or weighed down in any way. This Essence reminds the child that he is not alone and can ask for help and receive it.

Konigin von Danemark Rose- This is an excellent remedy for shame spirals.

Lemon- This is a great remedy for a child to take when she needs to think more clearly and be more alert. It releases illusions, cuts through confused thinking and cleans up mental garbage. It is excellent for kids who are having difficulty concentrating and understanding everything at school. Excellent support for test taking.

Mallow- When issues of aging crop up for adolescents or any other age child, Mallow is a very helpful remedy to take as it helps release the tensions and anxieties about the aging process.

Maltese Cross- This is for the child who has been through wrenching experiences including divorce, death, separation from loved ones, sudden moves, or loss of any kind. It helps them feel whole when their lives are falling apart and also helps them know that even though it looks like things are falling apart, there is unity and healing purpose underneath it all.

Maple- This is another helpful Essence for situations in which a child is not fully grounded in his body. Some signs of this ungroundedness might be spacy behavior, lots of tripping and other kinds of accidents and a general unfocused quality as if the child is 'not all there'. When a child takes Maple it awakens in him a vibration of vitality and inner strength which can lie dormant in a child's energy system. This vibration appeals to the child and encourages him to be in his body experiencing this lovely vibration. If he is already grounded but is feeling low in energy, Maple will help him feel refreshed and ready to continue on with his daily life. Maple is such a sweet blessing. It helps children to be in their body in a balanced and invigorating way. It helps them know the strength and glory of their bodies.

Meadow Sweet- This is an Essence which reminds the child that she is loved and deserves this love. It is a nurturing Essence and encourages self nurturing as well as opening to be nurtured by others. It helps the child to remember to be less critical of herself but to treat herself with unconditional love and gentleness.

Neediness- Obviously children are born needing us completely and their childhood is all about the shifting of this terrain to greater and greater independence. This remedy does not challenge this dynamic so much as to support the child to feel whole and in right relationship with himself in this situation of dependence. This remedy has proven helpful in unexpected ways. Neediness encourages a child to address the issue of asking for and getting what they need from their caregivers versus covering their feelings of emptiness, loss and disconnect with food or other pursuits that only temporarily offer a feeling of being full.

New Beginnings- For any new situation in a child's life

Orange- This is very calming for children in any heated situation. This is a good remedy for a child in constant rage or turmoil as it helps the child release these emotions more constructively. If stormy temper tantrums are exploding in a household, anyone connected to the situation will benefit from taking Orange. Such scenes can create stored up emotions in everyone in the family, so taking Orange or Emergency Care will help everyone release this emotional firestorm energy in a benign way.

Orange Hawkweed- This remedy helps a child channel her creative energies into constructive, satisfying acts of self expression. It doesn't suppress a child's energies but it will help in any situation where a child's unruly or uncontrolled energies have been difficult to manage.

Outburst- This is a good remedy to give a child who just can't seem to calm down, who engages in unproductive releases of emotions through destructive physical activity, or who has outbursts of violent behavior. It is for both the child who repeatedly has these outbursts and for those for whom these outbursts are out of character or unexpected.

Because children are sponges, absorbing negativity wherever they go, it is easy for them to absorb too much negativity and get electrically overcharged. This remedy is to help them discharge the negativity constructively versus through destructive behaviors. It does not suppress the symptoms so much as it releases the electrical overcharge in a benign and gentle way. This electrical release is what a child who is

dashing about a room causing havoc is trying to accomplish. Outburst just helps him to do it much more efficiently and in a way that doesn't result in a lot of negative feedback or shame. This is a remedy to consider in a very figurative as well as literal way. For example it has proven to be great for fevers and acne, two other kinds of outbursts.

Pear- This Essence helps families and other groups to work with each other more cooperatively. It is an excellent group harmonizer, working best when everyone in the group is willing to take the Essence.

Pumpkin- This is a good remedy for a child who is having difficulty getting things done. It encourages momentum and will help a child get going when he needs to get going. This is the Essence for issues of procrastination.

Red Hibiscus- This remedy is for any child who has experienced any sort of abuse. This includes sexual abuse, verbal abuse or physical abuse. It helps the child release the sorrow and hurt so she can begin to heal the wounds and find wholeness and inner peace for herself. It is a key ingredient in Abandonment & Abuse.

Run & Play- Supports the healing process for any injury or condition which interferes with joyful, flexible, carefree running and playing. Excellent for all orthopedic concerns as well as encouraging joyful play when a child has lost the bead on fun.

Sarah Van Fleet Rose Extremely soothing to overwrought nerves.

Scarlet Runner Bean- This is an excellent remedy for children who are feeling afraid. This remedy helps them to look at their fears. When they can figure out what it is that is making them afraid, the fears can begin to dissolve away because understanding the fears is the beginning of releasing the fears.

Separation- This one helps with separation anxiety and other issues of separation.

Snapdragon- This is for situations in which a child is having difficulty controlling what he says. It helps curb the impulse to be rude and say rude things in a child and releases the tension stored in the throat and skull area that may be prompting such outbursts. It is an excellent general system strengthener as well.

Sweet Pea- This Essence is very helpful for the child plagued by sleep difficulties, restless sleep or nightmares.

Thistle- This is a helpful Essence for those with boundary issues. If your child has had his space violated (something that happens routinely to kids) or if your child is having a hard time figuring out what is an appropriate way to involve himself with other people, this is a very clarifying and healing Essence. This is also a great Essence for kids who feel that everything is their responsibility. It brings a child back into a place of balance in terms of his relationships with others.

Thyme- This is an excellent remedy for a child who is preoccupied with past worries or future concerns. It helps bring a child into the NOW. If he is fully present in his body and in this now it is so much easier for the child to process information and open to receive all the loving attention he desires and deserves.

Tree Peony- This would be a good remedy when a child is feeling envious of others. Tree Peony would be good for situations of extreme possessiveness or worries that there is not enough to go around. It helps

to remind the child exactly how much he is loved and exactly how much love there really is to be had by all. The flower carries an energy of loving abundance which is very comforting to children.

Trillium- This Essence has the unique ability to help ground a child in his body while also helping him to feel open to his spiritual lessons. It carries the energies of the Star of David which perfectly represents the balanced peace of being both fully grounded and open to new spiritual ways of experiencing life.

Turnera- Children are evolved spiritual beings with specific missions here on earth, yet society often treats them as worthless commodities. Turnera helps children know they are valuable. It helps them to know their purpose here on Earth. This is a very good remedy to give a child who has just grounded himself in his physical body or who needs to ground himself more fully in his body and in his life. Turnera helps these children commit to being here. If a child knows why he is here, then he is much more likely to be willing to fully commit to being here. This small yellow flower opens only during daylight hours and swiftly closed up when the sun goes down. Consequently, Turnera also has the ability to help a child get on more of a schedule in their daily life. It can help a child feel more alert during the daylight hours and more ready for sleep at night.

Watch Your Back- As mentioned during the description of Outburst, children absorb the negativity of everyone and everything around them. During their travels in the world they pick up the unaddressed issues and negativity of everyone they encounter. Some children learn constructive ways to discharge this electrical energy and some do not. The Watch Your Back Flower Essence combination helps a child to release all the electrical energy that is physically overloading their systems. All Essences do this to some degree, but Watch Your Back is particularly good for when the symptoms of such an overload are physical in nature. This is because it works to rebalance and re-energize the entire chakra system which is often profoundly affected by electrical overcharge. Watch Your Back is made from many Flowers including about a dozen different kinds of palm blossoms. If you think of the resiliency and strength of the palm tree you can imagine how this strength might be a gift to children going through all the tumult of childhood. Outburst and Watch Your Back could be a great combination to use together for a child who seems particularly weighed down by the world around him or her.

All of the described Flower Essences are available from Green Hope Farm, POB 125, Meriden NH 03770 telephone(603)469-3662 fax (603)469-3790 email: green.hope.farm@valley.net Please contact us if you have any questions or would like us to send you our complete 'Guide to Green Hope Farm Flower Essences' or any Flower Essences. Blessings! Molly Sheehan