



# Willow Bach Flower Remedy

by  
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# Willow Flower Remedy

Willow is for people who are in a state of self-pity and feeling sorry for themselves, leading to feelings of bitterness and resentment towards others.

## ***About Willow***

Willow people are people who feel that they have been given a harder hand than other people and feel a sense of injustice and that they have been treated unfairly, this can be from a particular person but more commonly Willow people feel this about most people and life in general. They are filled with self-pity and 'poor me' 'this only happens to me' they often feel hard done by and blame others for their situation. They rarely, if ever take responsibility for their own problems, always looking outward and blaming others. This can lead to resentment and bitterness.

Willow flower essence helps the Willow person to take on a more positive approach to life, it helps people to forgive any wrong doings that might have been done to them either deliberately or inadvertently and also helps them to take responsibility for their own part in things that have gone wrong in their lives and to move in with their life in a more positive way.

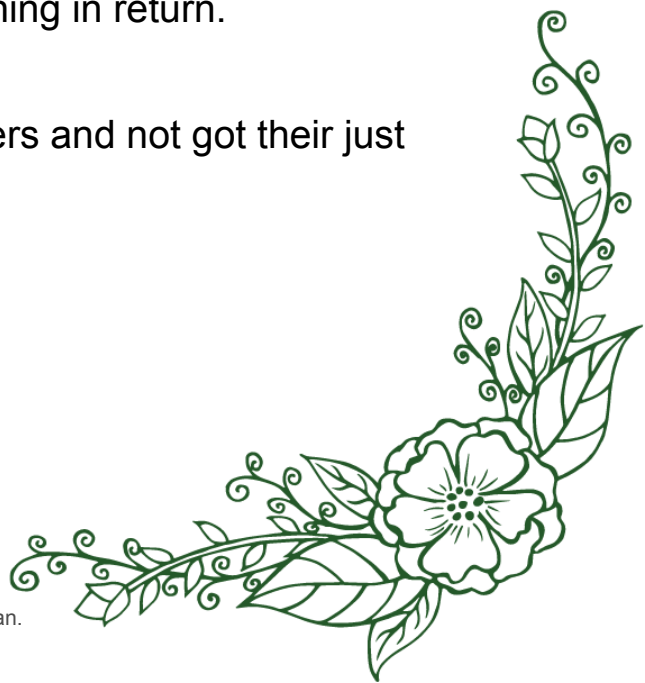


# Signs You May Need Willow

Willow can be used to restore harmony in people who are experiencing the following symptoms:

## *Willow Key Symptoms*

- Feels hard done by and that they have been treated unfairly or unjustly.
- Feels resentment and bitterness.
- Feel like they are a victim and feel sorry for themselves.
- Takes no responsibility for their life or misfortune, placing the blame on others.
- Feels that others have an unfair advantage.
- Feelings of entitlement which inevitably leads to feelings of being let down or wronged by others.
- Makes demands on others yet gives nothing in return.
- Feels they have worked harder than others and not got their just rewards.



- Starts to withdraw from things they used to enjoy as they become trapped in feelings of resentment and injustice, although they deny it, they often begrudge others their good fortune.
- Can become spiteful and bitter, with repressed anger that can bubble to the surface in angry outbursts.
- Can appear negative to others always trying to pour cold water over things, refuses to acknowledge their own negativity and how this is bringing them down.
- Accepts help from others as if they are entitled to it, alienating people who help them with their lack of gratitude.
- Tries to put others' optimistic and positive attitude down.
- Won't admit they are starting to feel better after a period of illness.



## ***How can Willow flower essence help?***

The essence of Willow can help to release the energy block and allow the natural energy to flow freely. People will notice this through changes in their behaviour and feelings.

- Adopts a positive attitude.
- Takes responsibility for their own happiness.
- Recognises the connection between their thoughts and their external world.
- Understands the 'law of attraction' and knows they attract more of what they focus on.
- Reframes themselves from 'Victim' to the master of their own fate.
- Seeks out positive, happy people.
- Takes on creative hobbies as an outlet for self-expression.



# **Dosages**

## **Drops**

- 4 drops x 4 times per day preferable on an empty stomach.
- Using a dropper to put the drops straight on or under the tongue.
- Hold in the mouth for a few seconds before swallowing for maximum benefit.
- Try not to let the dropper touch the tongue as this will transfer digestive enzymes back into the bottle.
- If the symptoms are particularly acute you can increase the dosage to 4 drops every 10 – 30 minutes until you notice the symptoms improving.
- Can be taken as often as it feels necessary but a minimum of 4 times per day to start feeling the benefits.
- Alternatively, in acute cases you can add 2 drops to a drink, such as water or juice and sip frequently refilling as needed.

**NB:** Safe to use for babies, simply add the drops into the baby's bottle.



## Side Effects

It's very rare for flower remedies to have any side effects, however in rare cases people can experience what is known as 'aggravation', this is simply that the original symptoms are temporarily intensified and you may feel worse for a short period of time before you start to notice benefits.





# About *The Reformed Bohemian*

For over 20 years I worked in Health and Social Care, my aim has always been to support and provide people with the inner resources to be the best they can be both mentally and physically. I spent years studying and working my way through and up the conventional system of mental health and well-being. I went through the 'normal' academic route first as an undergrad and then post grad. But far from feeling accomplished and at the top of my profession I felt disillusioned.

So, I went back to my roots and found alternative treatments that didn't just treat and at best masked the symptoms but provided real, long term solutions. I went back and re-focused my studies in Naturopathy and became a certified Herbalist, Flower Remedy Therapist, Aromatherapist, Holistic Nutritionist, Neurolinguistic Programming Practitioner and Holistic Skincare Therapist. I hope by sharing my experiences and knowledge I can help others on their journey into natural healthcare.

You can find out more by visiting me at [www.reformedbohemian.com](http://www.reformedbohemian.com)





*The Reformed Bohemian*  
*Health & Well-Being Powered By Nature*



Find out more at

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