

Removing Abundance Blocks With Flower Essences & More!

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✿ Defining abundance:

- ✿ What does abundance mean to you? Is it plenty of money? Plenty of time and space to work your passions or spend with your family? Maybe its just affording organic, healthy foods and having enough time to create them. Think about this, define what abundance means to you.
- ✿ Now when you think of this meaning, let's picture you actually achieving the areas you are struggling with. For example, if you want to make \$4,000 this month. Think about that goal... what do you feel in your body? Where do you feel it? What emotion does it feel like? How is your body reacting? Some of us can actually FEEL our abundance blocks within our body... more on this later :)

✿ What are abundance blocks?

- ✿ Abundance blocks are thoughts, conscious and unconscious beliefs, behaviors or energy that circulates throughout our lives.
- ✿ You can see this as common patterns throughout your life.
 - ✿ You get a promotion and a new bill come in or your landlord raises the price of rent
 - ✿ You get Christmas money and your car breaks down shortly after
 - ✿ You pay a significant amount off on your credit card and then you take both your dogs to the vet and the bill is astronomical

- ✿ You can close to falling in love with a really good person and you push them away
- ✿ You continue to distract yourself with cleaning your house because subconsciously, if you work on your business, your fear of failure is too great so instead you do nothing...
- ✿ Not charging enough for your services
- ✿ Lacking clarity on goals
- ✿ They show up in MANY different, normally reoccurring different face different place type of situations. Most of the time too, we are doing it ourselves because of fears, doubts, assumptions and behaviors.
- ✿ This is MUCH MUCH deeper than 'law of attraction' methods. We are living our abundance blocks DAILY so spending 20 mins a day meditating or visualizing what you want doesn't cut it because the rest of the time, you are stuck in a pattern of stagnation. In order to truly remove blocks and achieve your desires, you have to be vibrating and energetically sending out messages of abundance a lot more than 20 mins a day...

✿ **How are energetic blocks created?**

- ✿ Learned behavior or ways of thinking from our parents, authority figures, society or friends
- ✿ Assumptions we made about ourselves because of past experiences
 - ✿ Examples: Not being good enough, not deserving something nice, not being allowed to shine brighter than our mothers, not being able to make more than our fathers or spouses, not speaking up about needs
- ✿ It all comes down to self-worth and what we FEEL we deserve from life

✿ **How can we find out our energetic blocks and get rid of them?**

- ✿ Observation of ourselves (thoughts, behaviors, actions)
- ✿ Pattern searching

- ✿ Meditation with guides
 - ✿ Subconscious work in silence
 - ✿ Flower Essences (see below)
 - ✿ Eft Tapping
 - ✿ Kundalini Meditation (see below)
 - ✿ Pendulum Testing (see below)
 - ✿ Lower Chakra Work
- ✿ I found for myself that combining flower essences, kundalini meditation AND the rest of the above in proper succession can really create a learning, tidying up and then high-vibe shining affect on the soul so that you can vibrate abundance truly and then create a life of your dreams (you can check out more explanation about the process from my course Soul Expansion School With Flower Essences : <https://www.enchantedlivingspaces.com/soulexpansionschool>)

✿ **What flower essences aid in tackling these types of issues?**

- ✿ These are all ones I have created myself, worked with and have results from, you can find them all on my website (<https://www.enchantedlivingspaces.com/enchanted-living-essences>)

✿ **Autumn Olive Flower Essence**

- ✿ Perfect for those venturing into areas out of their comfort zone such as a new job, new school, moving to a new place or even studying a new topic.
- ✿ Autumn Olive will bring out inner strength and gives the courage to face the unknown. It also helps to diminish overwhelm, intimidation and timidity.
- ✿ Autumn Olive promotes the shift from fear to confidence
- ✿ Chakra: Heart (Fifth Chakra)

✿ **Bird's Foot Trefoil Flower Essence**

✿ Bird's Foot Trefoil aids in those experiencing sudden mood swings, bursts of emotions for no apparent reason, weight gain, weight loss, binge eating, bulimia or anorexia.

✿ Bird's Foot Trefoil will allow us to see the emotions or traumas behind the negative patterns and help us to understand them.

✿ This essence is also for those who are going through depression, confusion and are overly-emotional.

✿ Chakra: Solar Plexus (Third Chakra)

✿ **Black Eyed Susan Flower Essence**

✿ Black Eyed Susan Flower Essence allows us to release our old habits, negative behaviors, suppressed emotions and traumas, and shadow self to bring us fully into the realm of light.

✿ This essence allows everything that is hidden subconsciously to come forth and be realized consciously. It provides the courage to go within and unburden ourselves from the things we have stored within us.

✿ Chakra: Solar Plexus (Third Chakra), Third Eye (Sixth Chakra)

✿ **Bluebell Flower Essence**

✿ Bluebell Essence helps us rise above the past, forgive, and open up to love.

✿ A person who needs bluebell may have low self-worth or even reject loving themselves. They feel everything they do is wrong and feel like they were never approved of.

✿ Bluebell Essence combats darkness and fear with openness and joy. It helps us release our old beliefs, attitudes, and works especially to release feelings of unworthiness. This essence allows us to grow our self-love and self-respect.

✿ Bluebell Essence also works to harmonize our throat chakra and open us up to communication and self-expression.

✿ Chakra: Heart (Fourth Chakra), Throat (Fifth Chakra)

✿ **Bog Blueberry Flower Essence**

- ✿ Bog Blueberry Essence allows us to open our life up to abundance in all forms instead of getting tunnel vision on the “HOW” we want it to present itself in our life. The mantra for this would be “abundance flows to me in all forms”. Who knows, you may scratch a \$10,000 scratch ticket instead of making it through your job! Be open to abundance coming in in the way it is meant to be is the message of Bog Blueberry.
- ✿ Bog Blueberry works to release our limiting beliefs around abundance and restores our soul back to the knowledge that we are all capable of creating the prosperous life we were meant to have.
- ✿ It also works to help us RECEIVE abundance with gratitude and complete acceptance.
- ✿ Chakra: Root (First Chakra), Third Eye (Sixth Chakra)

✿ **Chicory Flower Essence**

- ✿ Chicory essence is wonderful for those who are full of love and overly care for their family, friends and even animals. This essence is especially for those who enjoy correcting things they feel are wrong in other’s lives.
- ✿ Chicory comes in hand when after giving away all of our love, we expect to receive the same amount of love and attention in return, otherwise, we feel hurt. This may lead to a ‘clinging’ and ‘co-dependent’ type of behavior towards those we love. You may even hear the words “after all I’ve done for you” come out of your mouth when others don’t cooperate with your emotional needs.
- ✿ This essence allows us to let go, love unconditionally with absolute freedom, keeps us from being overly sensitive and able to create boundaries.
- ✿ Chicory is also good for children who are fussy, manipulative, have very emotional tantrums to get their own way, and the need to be the center of

attention. This essence works gently to allow the child to mature and be more self-sufficient.

✿ Chakra: Solar Plexus (Third Chakra), Heart (Fourth Chakra)

✿ **Cornflower Flower Essence**

✿ Cornflower Flower Essence helps us release the past and move on to the beautiful, potential-filled future. It allows us to step into the world with confidence, assurance, and enthusiasm, allowing us to move beyond our current circumstances.

✿ This essence also works to balance fluid imbalances such as edema.

✿ Chakra: Root (First Chakra), Heart (Fourth Chakra)

✿ **Cranesbill Geranium Flower Essence**

✿ Cranesbill Geranium Flower Essence eases self-doubt, self-criticism, fear of rejection, and having an overall sense of unworthiness or shame. This can show up in daily life, as procrastination or fatigue when working on goals, or even within times we need to show up to be the star of the own life but instead hide from our opportunities to do so.

✿ This essence allows us to connect with our hearts and establish safety and security within our ever-changing life. It brings about joy, happiness, and positivity towards life and allows us to feel secure in transformational times.

✿ Chakra: Solar Plexus (Third Chakra), Heart (Fourth Chakra), Third Eye (Sixth Chakra), Crown (Seventh Chakra)

✿ **Dame's Rocket Flower Essence**

✿ Dame's Rocket Flower Essence allows us to strengthen our spiritual abilities by raising our vibrations. It uplifts our thoughts, emotions and even our own body to awaken all of the senses.

✿ This essence is also wonderful to clear the auric field and to balance the subtle frequencies within the chakra system. It works to instill a sense of calmness and

peace within and really allow us to connect to our humanly abilities both physically and spiritually.

✿ Chakra: All Chakras

✿ **Dogwood Flower Essence**

✿ Dogwood Flower Essence really allows us to step into our true essence and develop grace. It allows us to heal our guards, our shields that protect us so that we can heal our past and transform for the best.

✿ Repeated abuse whether it be physical or verbal, creates a shriveling effect on the soul and hardening of the body to protect ourselves. This tends to show up as repeated life patterns of abusive relationships or even self-destructive behavior.

✿ Dogwood Flower Essence allows our body and hearts to soften, it cultivates a gentleness within and allows us to heal, regain our grace and dignity and create a harmonious life.

✿ Chakra: Root (First Chakra), Heart (Fourth Chakra)

✿ **False Hawksbeard Flower Essence**

✿ False Hawksbeard Flower Essences allows us to release our emotional issues from childhood. When doing this, it helps us to forgive and also connect more to those who have hurt us in the past.

✿ This essence also brings us new life, energy, vitality and helps us create boundaries between obligations and rest.

✿ Chakra: Root (First Chakra)

✿ **Goldenrod Flower Essence**

✿ Goldenrod allows us to uncover our true self and individuality and then have the gall to stand firmly in it. This essence allows us to grow our social confidence and not allow our family, friends or society to pressure us into being something we are not.

✿ Goldenrod allows our backbone to grow strong. It supports us to develop courage, clarity and diminishes our fear of judgment and rejection. It also supports the growth of our self-worth and encourages acceptance of our true self and beliefs.

✿ This essence also opens up our crown and third eye chakra, allowing the development of our own clairvoyance.

✿ Chakra: Root (First Chakra), Throat (Fifth Chakra)

✿ **Holly Flower Essence**

✿ Holly Flower Essence restores our heart back to unconditional, real love, especially in those times when it is hard to forgive and forget.

✿ Hate, jealousy, envy, resentment, holding on to past slights, and anger all burden the soul. Holly allows us to release these emotions and restore us back to wholeness, back to our true essence of divine love.

✿ Chakra: Sacral (Second Chakra), Heart (Fourth Chakra)

✿ **Johnny Pop Ups Flower Essence**

✿ Johnny Pop Ups Flower Essence restores our heart when it has experienced hurt, betrayal, disappointment, rejection, and loneliness. It works to bring comfort to our heart as it heals emotional pain, inner child pain, disappointment, and anxiety.

✿ This essence helps us to adjust to change, see things more clearly and gives us understanding as to why the changes in our life are occurring.

✿ Chakra: Heart (Fourth Chakra)

✿ **Multiflora Rose Flower Essence**

✿ Multiflora Rose helps us to bring our light, uniqueness, and gifts to the world. It instills a trust within that comforts us knowing that all will happen in due time. We just need to get our gifts into the world and trust and this essence helps us to do so.

✿ It also helps us create a healthy balance between activity and relaxation and allow us to make choices based on our heart not feeling like we need to.

✿ Chakra: Heart (Fourth Chakra)

✿ **Raspberry Flower Essence**

✿ Raspberry Flower Essence is great for those who are very sensitive; their feelings are easily hurt, they take things too personally, they are sensitive to the words of others. Raspberry also works well for those who feel unworthy and also harbor resentment, blame, and anger.

✿ This essence allows us to open our hearts, to forgive, to release ourselves of past traumas, emotions, and abuse, and to step into a place of kindness and emotional freedom.

✿ Chakra: Root (First Chakra)

✿ **Rhododendron Flower Essence**

✿ This essence is really for the mothers, nurturers, caretakers or those who overly give and have great responsibilities to others. Rhododendron allows us to create that balance between our obligations and our own personal needs. It creates a sense of grounding, softens our heart, releases resentment and eases the overwhelm from the overextension of our own personal energy. Great for those who feel depleted or unfulfilled by their responsibilities.

✿ Rhododendron brings new life and vitality within us to combat the exhaustion or numbness we might have felt before, breaks our own negative patterns and really allows us to create boundaries with ourselves and with others too.

✿ Chakra: Root (First Chakra), Heart (Fourth Chakra), Throat (Fifth Chakra)

✿ **Spiderwort Flower Essence**

✿ Spiderwort Flower Essence is great for healing the auric field, as it aids in releasing emotional trauma, pain, and negative patterns that keep us stagnated in the same situations or emotions.

✿ This essence helps us notice things that we normally wouldn't, guides us to make the right choices and take the right actions even if we are receiving mixed information from people or life situations.

✿ Chakra: Root (First Chakra), Throat (Fifth Chakra), Crown (Seventh Chakra)

✿ **Sweet Alyssum Flower Essence**

✿ Sweet Alyssum Flower Essence helps us to release negative patterns, traumas, and emotions that no longer serve our highest self any longer. It unburdens our souls and allows us to create more emotional and spiritual freedom.

✿ It works to keep us grounded, to see the light and amazement of life. Sweet Alyssum gives a sense of acceptance, confidence, motivation and supports the manifestation of our heart's desires.

✿ Chakra: Sacral (Second Chakra), Third Eye (Sixth Chakra)

✿ **Tufted Vetch Flower Essence**

✿ Tufted Vetch Flower Essence is a very special flower essence as it works directly with releasing our childhood patterns particularly relating to our relationships and our sexuality. This is usually due to childhood conditioning that sex is shameful and normal human bodily functions are embarrassing so you end up being closed off, ashamed of having sexual relations, or even guilty when you do partake.

✿ This essence works with us to accept and love ourselves as sexual beings, to tap into our own sexuality without having shame or guilt, and also enables us to release our childhood programming around it.

✿ Chakra: Root (First Chakra)

✿ **Pendulums**

✿ Kinesiology methods: body swing or pendulum testing

✿ Aids in helping you discover what is underneath hidden in the subconscious

✿ Some revealing and fun questions to ask yourself:

✿ Do I believe I don't deserve to have money

- ✿ Do I believe I will be living paycheck to paycheck forever
- ✿ Do I believe I have to stay in my miserable job to make money
- ✿ If I have more money, my family or friends will ask for money
- ✿ If I have more money, I might lose my friends and family
- ✿ Do I believe I am not worthy of love
- ✿ Do I believe I am unloveable
- ✿ Do I believe if I am successful, people won't like me
- ✿ Do I believe I am a fraud and can't be successful following my passion
- ✿ Do I believe I don't deserve success
- ✿ Do I believe I don't deserve to charge for my services
- ✿ Am I blocking myself from abundance and wealth
- ✿ Am I blocking myself from being happy
- ✿ Am I sabotaging myself in life
- ✿ Am I ready to change, to accept wealth, abundance, and self-love
- ✿ Do I believe that I don't deserve to feel pretty
- ✿ Do I believe that I can never really be myself
- ✿ Do I believe that all people do is judge me
- ✿ Do I make accusations out of my own fears
- ✿ Do I judge others out of my own fears
- ✿ Am I blocking myself from my true intuitive gifts

✿ **Kundalini Kriyas & Meditations For Abundance & Success :**

- ✿ Ganpati Kriya
- ✿ Subagh Kriya
- ✿ Har Har Har Har Gobinday Meditation with Mudras
- ✿ Guru Nanak's Treasure Meditation