



# Najma Flower & Energy Essences

“the essence narrows the gap between the body & the unconscious mind, & the parts of the self are able to communicate with one another more.”

*Unveiling Essence,  
made at the Eshmoun Temple in Saida, Lebanon*

The Najma Essences are made in the holy land of Lebanon, from Lebanese wild flowers and at Holy places, according to the principles of Dr. Edward Bach. The Essences are designed to ease the psychological blocks and sufferings that may end in physical disease; and also to help you in your inner growth, and with your work on yourself. These essences may work on a deeper level than the expressed symptoms, so they should be taken in a conscious way. The use of Najma Essences should not in any way replace diagnosis or treatment by a qualified medical practitioner. Nor should it replace a healthy lifestyle and good diet, with adequate sleep and water intake.

## How to choose your Essence

Read through the description of each remedy, and decide which one covers the difficulties you are facing at the moment. You may feel intuitively drawn to one for reasons you can't logically explain.

We recommend that you take the remedy you have chosen 1-4 times a day for at least three weeks, or until you feel a clear relief of your symptoms, before changing to another one. It's better not to mix the essences together, but to use one at a time. Some of our Essences are already mixed with herbal tinctures or Gem Essences.

## Dosage

The usual method is to put 4 to 6 drops of the remedy in a small glass of water and sip it slowly, holding it in the mouth for a few moments before swallowing. If a particular dosage system is recommended for an essence it is listed beside the description.

It's always preferable to take the Essence from a glass, rather than directly from the pipette into the mouth, as you risk contaminating your bottle with bacteria. If you don't tolerate even the small amount of alcohol present, you can put the drops in hot water, and wait a few minutes for the alcohol to evaporate.

## Treating children

Najma Essences are perfectly safe for use in the family, and can be very helpful for children's psychological development, although we don't recommend giving them to children under 2 years of age. When treating children the remedies can be given in juice or any other liquid, if the child won't readily drink water.

We welcome your feedback on these remedies.  
[www.najmaessences.com](http://www.najmaessences.com) • [info@najmaessences.com](mailto:info@najmaessences.com)



# Najma Flower Essences



## Barbary Nut

For people who suffer from violent mood swings. They are controlling and perfectionist, and when things don't go their way they have a huge emotional reaction to even the smallest problem. The remedy calms the frazzled nervous system, brings order, and a maturity of vision - enabling the person to see that others have the right to their opinion.

Possible uses: Helpful for sick children, teething babies, adolescents, during pre-menstrual syndrome and periods of great stress.



## Cyclamen

For those who are on the brink of a huge change in their lives, this remedy will give them the confidence to take the first steps.

Helpful for transitions.



## Judas Tree

This Essence can help you to forgive yourself and others and release feelings of betrayal, old grudges, guilt and sorrow.

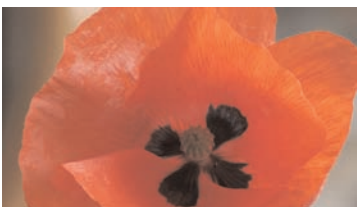
It can help you to stop blaming others.



## Phoenician Anemone

This essence may help those who have suffered great grief and loss - of loved ones, homeland or birthright. For those whose energy is scattered and unfocused, it helps them to find their way, to focus on a path.

Possible uses: Homesickness, problems of the nervous system resulting from grief (twitching, spasms, numbness and tingling), heart problems after grief.



## Poppy

For those who are trying to overcome addictions -to anything; tobacco, work, materialism, alcohol, drugs. To those who are overwhelmed by the constant daily struggle to survive, but who take a fighting stance rather than one of acceptance. It can help on long journeys, and is good for jet-lag.

Possible uses: Addictive behaviours, after long flights, and after surgery to the lower half of the body.



## Rock Rose

This essence can help depression based on fear - fear of separation, of not being loved or wanted, of abandonment. Fear and terror before great life changes - when your personal world feels threatened. The remedy brings a sense of security that life will resume after the changes have happened.

It may help people who feel they have been betrayed.



# Najma Energy Essences

## Unveiling

This essence narrows the gap between the body and the unconscious mind, allowing material to surface as dreams or realisations. Old trauma is gently brought to the surface, making it easier to work with.

It can help to release 'creative block' in artists and writers, and resistance or blocks during psychotherapy.

Possible symptoms: Recurrent or chronic illness for which there is no obvious external cause. From the site of the Eshmoun Temple, Saida, Lebanon.

## Emerging

After a period of retreat or withdrawal from the world, this essence can help you to return to the community - so; it's useful after illness or depression, long travel or living abroad, caring for family/children, deep immersion in study.

This essence also helps those who need to speak up for themselves, and gives them the courage to say what is really in their heart.

Possible symptoms: Recurrent throat or mouth problems.

Related chakra: Throat. Made at the shrine of the Prophet Jonah, Jiyeh

## Patience

This essence helps you to be patient, to see the richness and beauty in a period of waiting. It brings acceptance of the now to those who are projecting their happiness on some future event. It brings peace and acceptance of things that cannot be solved by action. It brings understanding and reflection when suffering from chronic health problems.

Made in Magdoucheh

## Re-vitalise

For those who have become weary of life or exhausted by illness this essence helps them to become playful, spontaneous and carefree again. It re-kindles sexual desire and love of life in general. It helps you to be more present in your body, to forget your worries and to enjoy yourself.

Related chakra: Sacral. Made in Amchit.

## Perspective

During times of great confusion, or overwhelm, this essence can help you to see your way through your problems. It can give you a wise, stable and unemotional overview of a situation, helping you to make a rational decision. It helps you to examine your own mistakes and see where your responsibility lies when a situation has gone wrong.

It may help you when you need to organise study or work.

Possible symptoms: Sleeplessness, lack of concentration, muddled thoughts, learning difficulties, eye problems, headaches and migraines.

Take this essence in the morning only.

Related chakra: The Brow, or Ajna. Made at the Hermel Pyramid.

## Belonging

This essence may help those who have suffered a sudden shock, abuse or violence in the past, and have a deep sense of shame, which sometimes results in addictive behaviours. For people who feel they don't belong; that their opinion is worthless; or who lack a sense of being on 'solid ground'.

Possible symptoms: Chronic constipation or diarrhoea, Irritable Bowel Syndrome, recurrent colds and flus. Related chakra: Base. Made on the Chekka peninsula.