

*Hello
Sunshine*

FLOWER ESSENCES

Born to blossom!

FLOWER ESSENCES SELF-CARE GUIDE



Experience the Healing Power of Flowers





Hello Sunshine!

**I am delighted that you are here!
Are you ready to experience some
emotional and mental shifts?**

Hello Sunshine Flower Essences is a natural range of flower essences & essential oil blends formulated to reduce stress, spark joy and stimulate personal growth.

As a holistic therapist, I have been guided to create a beautiful range of Flower Essences to support my clients on a deeper level.

Hello Sunshine Flower Essences are made with the purest love to bring you back to your highest self.

Inside this **Flower Essence Self-Care Guide** you will find helpful tips and tools to guide you on your journey.

If you want to learn more about flower essences, visit our website at www.hellosunshinehealing.love

Let me know if you have any questions.

Love & blossoms,



Hulda Ludbrook
Holistic Therapist &
Flower Alchemist

FLOWER ESSENCES: A QUICK OVERVIEW



Flower essences are liquid preparations that contain the energetic vibration of a plant. Not an essential oil or a tincture. They don't have a smell.



Hello Sunshine Flower Essences are lovingly made by hand according to method used by Bach's Flower Remedies.



Hello Sunshine Aromatherapy Energy Mists are made with flower essences and essential oils and smell delicious!



Dates back to 12th century used by Hildegard von Bingen to treat patients. Modern flower essences were developed in the 1930s by Dr. Edward Bach.



Catalyst for mental, emotional & spiritual shifts. Releases negative emotions and old patterns. Brings us back to balance.



They are 100% safe and natural. Can be taken with food, beverages or other medication. Safe for babies and pregnant women.

What are
flower
essences?



100%
NATURAL



CRUELTY
FREE



MADE IN SA
WITH LOVE

Benefits of flower essences and what to expect using them on a regular basis.

New Awarenesses

Surprise and delight are waiting for you as you experience new ideas and awarenesses.

Outlook, Confidence & Resilience

Feeling more optimistic and having a clear sense of direction is felt when using flower essences.

Increased Self-Awareness

You become more aware of your self-talk, limiting beliefs and old patterns. It allows you to make conscious shifts.



Heightened Emotions

As old patterns start dissolving, we might experience heightened emotions for a short period of time. This could be tears, anger, irritation, etc. This too shall pass.

Increased Synchronicities

Many people experience a deeper connection to Spirit and their inner-guidance.

Increased Dreams

Many people have more vivid dreams. You are simply processing old emotions while you are sleeping.

Change in Physical Symptoms

As we start healing from the inside, our physical bodies might start to change.



Flower Essence Guidelines



How do I use Flower Essences?

- Simply take 4 drops 4 times a day under the tongue or in water.
- If you are sensitive to alcohol, apply it to your pulse points.
- If you are very busy, take 8 drops in the morning and 8 drops at night.
- You can also add it to your bottle of drinking water.
- Be creative, and add it to smoothies, a bubble bath, or beauty products.



How do I use my Aromatherapy Energy Mist?

- Spritz above your head, neck, and shoulders for an instant shift in energy. Do this 4 times a day, if you can. Avoid contact with eyes.
- Clear your space by misting your living area, bedroom, office, or car.



How do I get the best results?

Although flower essences can have immediate, short-term effects, **the most profound results are seen over a few weeks.** The secret to working with flower essences is **patience and consistency.** If you feel it stopped working, just be patient with the journey! Flower Essences are working on deeper levels that are not always visible to the eye. **For best results, stick to a single Flower Essence or Flower Formula for one month.**

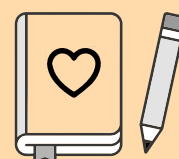


How do I choose Flower Essences?

- 1. Intuitive approach:** What flowers are calling you? Choose a flower essence or formula that you feel most attracted to. Trust your gut and remain open.
- 2. Choose with intention:** Here you can ask questions like, what is my intention? What would I like to let go of? Look for keywords and descriptions that match your intentions. For easy navigation, you can use the search box on the website.
- 3. Book a consultation:** Book an online consultation with me to get your own custom-made formula tailored for your needs. Your remedy will be couriered to you and will last you about a month. I will check in with you after two weeks.

What are the benefits of journaling?

One of the most powerful self-care tools is journaling. It is proven to **reduce stress**, help us **find inspiration**, and help us **keep track of our progress.** Try and journal every day. If you are very busy, try to do a check-in. Remember to have fun with it!




Why should I do a daily check-in?

It helps us to notice any subtle or profound shifts. Herewith is a Check-In Cheat Sheet.

- A - Awarenesses** (Have you had awarenesses of a-ha moments?)
- B - Body** (Have you noticed any changes in your body?)
- C - Co-creation** (Have you experienced any synchronicities?)
- D - Dreams** (Have you experienced more vivid dreams?)
- E - Emotions** (What emotions are you currently experiencing?)
- F - Friends, Family, etc.** (Have you noticed changes in your relationships?)



Remember to enjoy the journey and to remain open to magic and miracles! 



Make yourself a cup of tea and
create space to check in with yourself.



WORKING WITH BIG EMOTIONS

Use the RAIN Technique to master your emotions. The RAIN technique can help you be your own best friend instead of your own worst critic. Here are the basic steps:



R - Recognise what is happening: Take a moment to recognise the emotion that is present. Tune into the present moment experience of what is happening in your body. It can be helpful to mentally name it, for example, “I am feeling angry” or “I am feeling stressed.” This will open up an inner space and brings you into full contact with yourself. (See list of feelings on next page).



A - Allow life to be as it is: Allowing means to ‘let it be as it is.’ It is the acknowledgement and acceptance of your present moment reality. Allowing doesn’t mean we have to like the situation. It means we aim to soften (or drop) our mental resistance to what is happening.



I - Investigate inner experience: You could ask questions like: “why do I feel the way I do?” or “are there physiological factors (such as not getting enough sleep) that are affecting the emotion?” or “what triggered my anger?”.



N - Nurture: This step is all about nurturing your own emotions or parenting your inner-child. You could ask questions like, “what do I really need right now?” or “what actions could I take to support myself?”

Master Your Emotions with RAIN – Cheat Sheet

 **R**ecognise

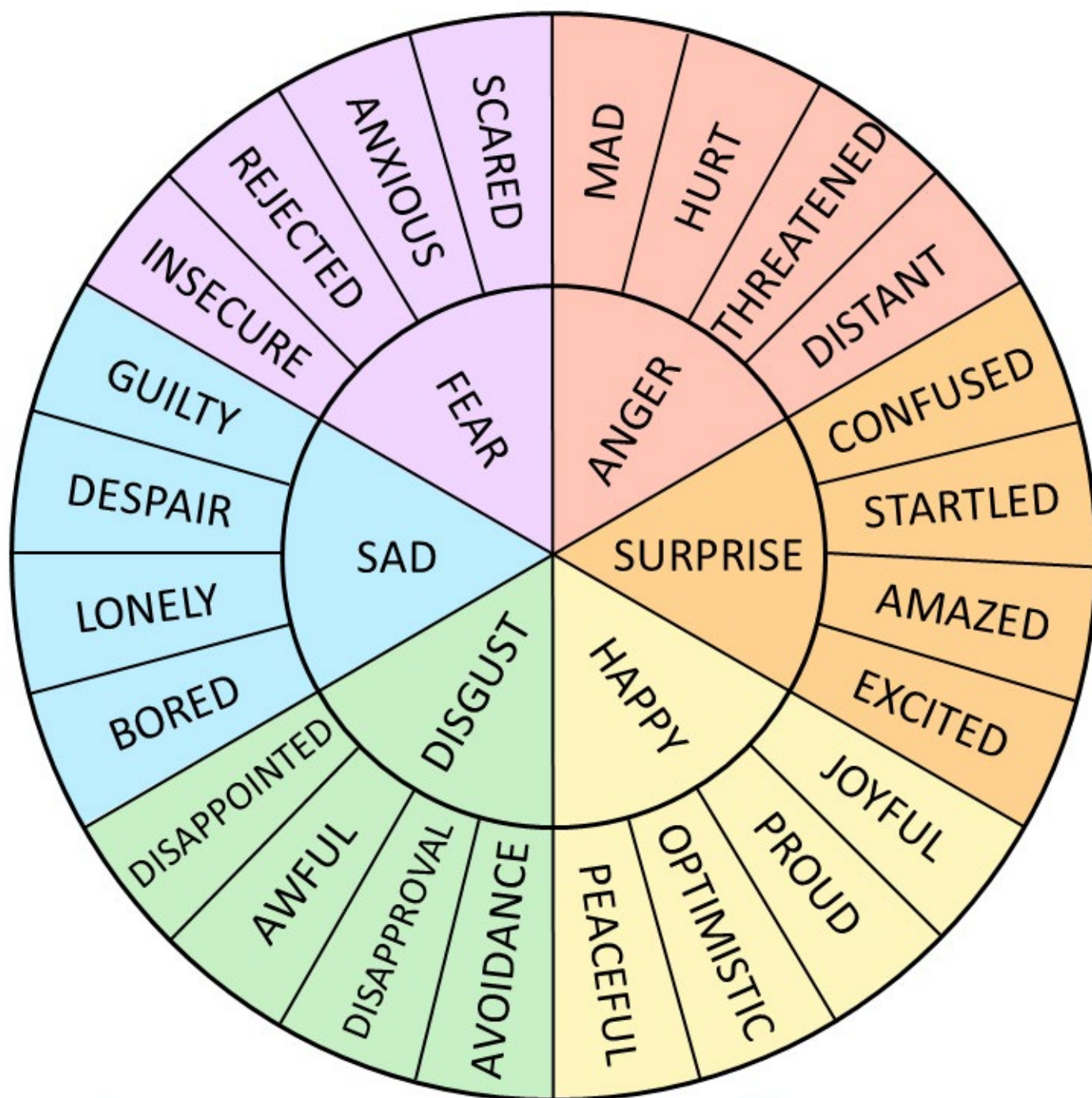
 **A**llow

 **I**nvestigate

 **N**urture

LIST OF FEELINGS

Flower Essences can bring up and help resolve old emotions. Don't label them as good or bad, they are just feelings. We can dissolve big emotions by simply sitting with them. Use the RAIN technique to help you work through big emotions.



If you need extra support, book a session with your therapist.
You can also contact me to book a healing session with me.
[Click here](#) to learn more.



Remember, healing is not linear
– it happens in spirals.

It is a gradual process – a journey
rather than a destination.

Well done for being so brave working on yourself!

As Melody Beattie says:
"Be patient with yourself. Self-growth is tender;
it's holy ground. There's no greater investment."



What people say about Hello Sunshine Flower Essences

“I’ve had a lot of creative insights and inspirations using Flower Essences. I would definitely recommend them. Especially for those people who are feeling stuck and are looking for answers and movement in their life.”- Jan P.

“I experienced a change in general anxiety and I am feeling more positive. I also have increased clarity and focus and more vivid dreams. I also have more awareness about self-care and self-love.” - Lara

“I am much calmer since I started using the Flower Essences and it feels like there is a lot more space in my life. Flower Essences offers a very gentle and subtle support system.” - Christa Davidson

“Since I started using Flower Essences, I’ve made massive shifts to honour my inner child. I am making progress beyond anything I’ve experienced before.” - M.B.

“A lot of clearing has taken place around relationships where I have been holding onto stuff, like guilt, anger, resentment, blame etc. I am generally feeling stronger and more connected.” - Sam

[For more information,
click here to visit FAQs
on our website](#)





VERY IMPORTANT

While flower essences are universally recognised as safe and gentle, it is possible to go through a “healing crisis.” This is where we can have physical symptoms e.g. mood swings, tears, headaches, anxiety, or aches and pains to release old traumas and blocked emotions.

None of these are cause for concern. **They are just a result of the body re-organising its energy systems and integrating the healing process. It's a good indication that healing is happening.** This is temporary and will pass in a few days.

If it is unpleasant, you can do the following:

- Reduce your daily dose of flower essences until you feel better.
- Take only one formula at a time.
- Drink more water to flush the body.
- Find a FREE meditation on [Insight Timer](#)
- Book a session with your therapist.
- Alternatively, you can [book a session with me](#).
- Do some deep breathing.
- Go for a walk in nature.
- Have a relaxing bath.
- Be patient with yourself.
- Get some rest.

Remember to remain open & curious.

You are loved & appreciated!

Love & blossoms

Hulda Ludbrook

www.hellosunshinehealing.love

