



# Water Violet Bach Flower Remedy

by  
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# Water Violet Flower Remedy

Water Violet people are people who prefer their own company and get on with their own lives without care of the external world.

## ***About Water Violet***

Water Violet people can come across as aloof and reserved but in truth they have little interest in people preferring their own company, they are quiet people who are independent and self-reliant. They don't bother other people and have a live and let live attitude to life. They are often intelligent and talented but never feel the need to demonstrate this to people. They can be hard to get to know on an emotional level which can be challenging when it comes to parenting as they can appear to be cold, distant parents who show little emotional warmth to their children, this can apply to mothers but more so to fathers.

Water Violet flower essence can help to bring down the emotional barriers enabling them to get closer to the people around them and to experience the friendship of others and to be able to interact more with the external world whilst maintaining the calm centeredness they naturally possess.

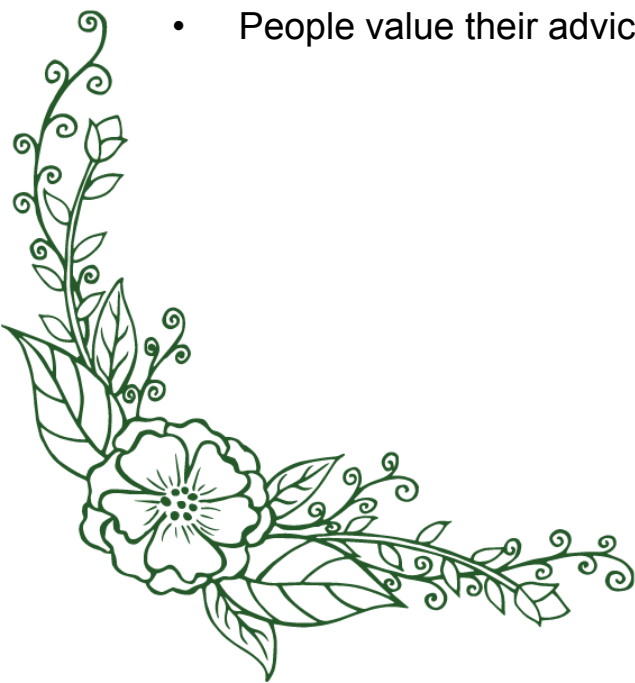


# Signs You May Need Water Violet

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

## *Water Violet Key Symptoms*

- Can come across as superior to others due to being reserved.
- Independent, likes to sort things out for themselves, doesn't like to be a burden to others.
- Can be difficult to get to know and make real connections with others.
- Can appear cold or aloof, rarely cries or shows emotional displays particularly in public.
- Can find it difficult to approach others, can come across as a loner.
- Doesn't allow others to get involved in their life, preferring to keep their own counsel.
- People value their advice and seek them out.



- Dislikes confrontation or any kind of emotional discord finding them exhausting and draining.
- Doesn't like having to make important decisions that affect others because they can see the situation from each point of view.
- When unwell, prefers to be left alone.
- Sometimes wants to withdraw completely, but can also feel isolated.
- Inner reserve, proud withdrawal, feeling of superiority in isolation, little emotional involvement.



## ***How can Water Violet flower essence help?***

The essence of Water Violet 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.

- Comfortable being alone, enjoys their own company without feeling isolated.
- Independent and calm with a tolerant attitude to others, evokes feelings of calm and tranquillity in others.
- Never interferes with others even if they see things differently, preferring to follow the 'live and let live' adage, staying in the background.
- Cold and indifferent replaced with the image of someone who is well-balanced, independent, kind and gentle.
- Self-confident, capable and competent.
- Is in control of life and on top of things.



# **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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