



Rock Water Bach Flower Remedy

by
The Reformed Bohemian

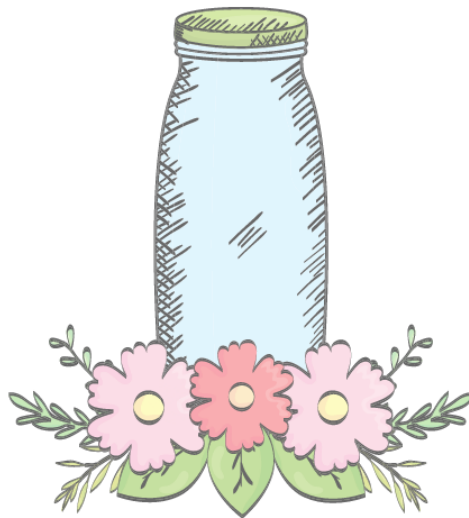


Table of Contents

1. About Rock Water flower remedy	3
2. Signs you may need Rock Water	4
3. How can Rock Water essence help	6
4. Dosages	7
5. Side effects	8
6. About the Reformed Bohemian	9

Find out more at www.reformedbohemian.com



Rock Water Flower Remedy

Rock Water is for the perfectionist who sets impossibly high standards for themselves.

About Rock Water

The Rock Water person is the perfectionist, setting high standards for themselves. Not only do they set high standards for themselves but they can also have high expectations for others and can be harsh and critical of people who don't live up to their expectations. They often live by strict rules and can become fanatical, they are the dieter that takes things to the next level, depriving themselves of anything they might enjoy. There may be a religious element to their ideals or it could be driven by an over idealisation of a belief or idea. The more they deny themselves of pleasure the more pleased they become of their achievement but this leads to more and more rigid thinking and behaving which eventually leads to such a level of deprivation either physically or emotionally or both that they have no joy or pleasure in life.

Rock water flower essence can help to bring about a more balanced perspective. It enables people to enjoy life and have balance accepting that things and people including themselves don't have to attain 100% perfection to be valued and to achieve. It helps to foster feelings of tolerance and understanding to others who do not meet their expectations.

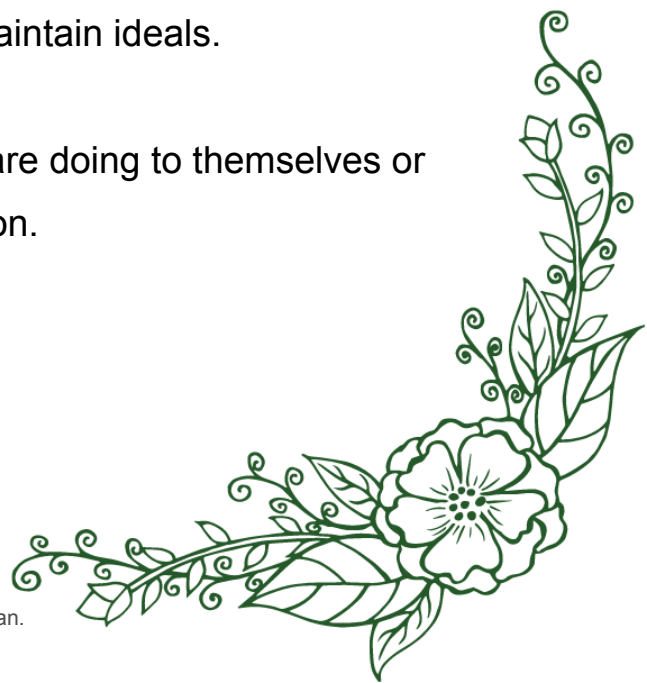
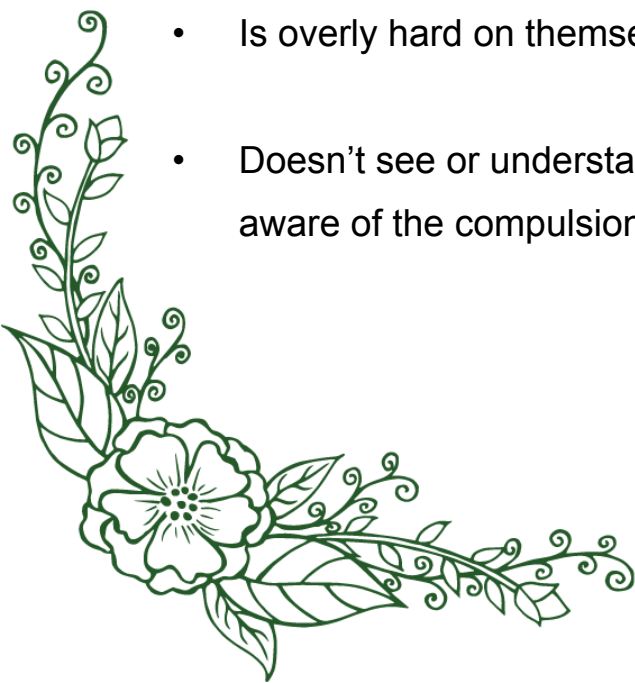


Signs You May Need Rock Water

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

Rock Water Key Symptoms

- Perfectionist.
- Sets high standards for themselves and then forces themselves to live by these standards even if it takes all of the joy and pleasure out of life.
- Very strict, rigid views often suppressing their own inner needs.
- Completely focused and preoccupied by their own needs so they don't notice others.
- Denies and restricts in the belief that they have to live by certain standards for example, if following a healthy eating plan will become almost obsessive, not deviating at all from foods that are deemed as good or make exceptions for special occasions.
- Is overly hard on themselves in order to maintain ideals.
- Doesn't see or understand the harm they are doing to themselves or aware of the compulsions they are acting on.



- Has a warped concept of spirituality, acting on one aspect that is accessible such as meditating or aspect of dieting such as fasting to the point of obsession.
- Wants to be a living saint.
- Can suffer with body dysmorphia.
- The body is put under great stress, especially the muscles and joints.



How can Rock Water flower essence help?

The essence of Rock Water 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.

- Experiences joy and pleasure in life.
- Open minded.
- Idealist.
- Able to let go of beliefs, theories or principles if presented with evidence of an alternative view.
- Is able to live life without imposing strict, rigid rules.



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





The Reformed Bohemian

Health & Well-Being Powered By Nature



Find out more at

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