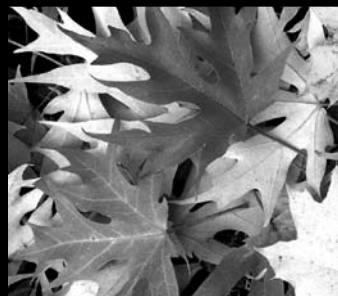


# Separation: a homeopathic approach

Separation from our world as we know it happens regularly, in many guises throughout our lives from birth to death.



**Separation from parents, friends, children are the first examples that spring to mind, but there are numerous other scenarios that can cause emotional and physical stress, like loss of employment, loss of a business partnership, a sportsman not being able to play anymore and retirement. It can become a time of reflection and change.**

**There is often the feeling of needing or trying to let go of the past and move forward with a new chapter in our lives. Many people find this a very difficult time and sometimes need help to get through.**

For many decades Homeopathy and Essences have been used throughout the world to treat emotional and physical manifestations holistically. You may have heard of Bach Flower essences, Australian Bush Flower essences and Gem essences.

In 1994 in Bright, Victoria, Grant Lambert PH.D started work on a new group of essences Falling Leaf Essences, inspired by the autumn leaves. Dr. Grant who is a research scientist, naturopath & homeopath reflected on the experience of the leaf leaving the safety and life it had known, the leaf completely separates from the tree and enters free fall, on hitting the ground it gradually composts and returns to the earth. Referring to the Doctrine of Signatures Dr. Lambert postulated that the essences from falling leaves would aid in releasing and letting go and help one through the scary experience of "free fall", that fear that arises from change, when safety and security are left behind.

Over the years Dr. Lambert has developed a range of Falling Leaf Essences and he and many practitioners have used them successfully in practice.

## **What are Essences?**

Essences are subtle energies using the different parts of plants such as leaves, bar, roots, stems and minerals. Essences catalyse or bring about inner spiritual and emotional changes. They help development of positive qualities.

There are about 160 individual Falling Leaf Essences from which practitioners would pick and choose the most appropriate remedies. Dr. Grant has developed a range of combination essences around the most recurrent themes of need that he has seen in his practice. These are produced by Advanced Alchemy Pty. Ltd. and stocked at Bendigo UFS Pharmacy.

Falling Leaf Essences include:

## **Comfort**

Comfort is recommended for bereavement and for other losses that occur in life, including loss of relationship, loss of employment and loss of a pet. It helps with adjustment and the stages of the grieving process.

## **Courage**

When one is faced with huge change or is forced to let go of the familiar without anything to replace it, fear of the unknown arises. Courage helps with fear of the known and the unknown.

## **Hope**

This essence is for those who have had a hard time and the light at the end of the tunnel seems to be switched off. It helps movement to a state of renewed Hope which springs eternal from the human heart.

## **New Directions**

At a loss as to what to do next or where the road leads from here? This essence will help new things germinate in your life, and over time, New Directions to emerge.

For more information on essences read Dr. Grant Lambert's book "Falling Leaf Essences – Vibrational Remedies using Autumn Leaves" or visit his website [www.advancealchemy.com.au](http://www.advancealchemy.com.au)



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