

## Emotional issues and their treatment with the help of Gem- and Metal-Essences

Issues	morning	noon	evening
Fear	Zinc, 5 dr.	Gold, Ruby, 3 dr. each	Silver, Pearl, 3 dr. each
Aggression	Copper, 5 dr.	Tin, 5 dr.	Silver, Pearl, 3 dr. each
Arrogance	Rescue-Electrum, 5 dr.	Rescue-Electrum, 5 dr.	Silver, 5 dr.
Loneliness	Copper, Tin, 3 dr. each	Gold, Ruby, 3 dr. each	Silver, Pearl, 3 dr. each
Loss of decision	Copper, 5 dr.	Rescue-Electrum, 5 dr.	Vitriol, Tin, 3 dr. each
Grounding, strengthen	Rescue-Electrum, Vitriol, 3 dr. each	Rescue-Electrum, Vitriol, 3 dr. each	Silver, Zinc, 3 dr. each
Exhaustion, Burn-Out	Gold, Iron, 3 dr. each	Gold, Ruby, 3 dr. each	Silver, 5 dr.
Greed	Zinc, Copper, 3 dr. each	Copper, 5 dr.	Silver, Rescue-Electrum, 3 dr. ea
Helpers' syndrome	Iron, Tin, 3 dr. each	Copper, 5 dr.	Rescue-Electrum, 5 dr.
Homesickness	Gold, 5 dr.	Copper, Diamond, 3 dr. each	Zinc, 5 dr.
Intuition, strengthen	Gold, Ruby, 3 dr. each	Copper, Diamond, 3 dr. each	Silver, Pearl, 3 dr. each
Loss of concentration	Emerald, Rescue-Electrum, 3 dr. each	Gold, 1 hour later Silver, 5 dr. each	Vitriol, Pearl, 3 dr. each
Criticism	Copper, Rescue-Electrum, 3 dr. each	Vitriol, Rescue-Electrum, 3 dr. each	Silver, Chrysoberyl, 3 dr. each
Instability	Diamond, Rescue-Electrum, 3 dr. each	Gold, Tin, 3 dr. each	Silver, Emerald, 3 dr. each
Meditation, strengthen	Gold, Pearl, 3 dr. each	Zinc, Emerald, 3 dr. each	Silver, Pearl, Diamond, 3 dr. each
Nervousness	Copper, Rescue-Electrum, 3 dr. each	Silver, Zircon, 3 dr. each	Silver, Copper, 3 dr. each
Disorientation, Panic	Copper, Rescue-Elec., 3 dr. each	Gold, 1 hour later Silver, 3 dr. each	Silver, Copper, 3 dr. each
Self-opinionated	Copper, Emerald, 3 dr. each	Rescue-Electrum, Emerald, 3 dr. each	Silver, Rescue-Electrum, 3 dr. each
Purification	Gold, Rescue-Electrum, 5 dr. each	Copper, Emerald, 3 dr. each	Silver, Zinc, 3 dr. each
Self-pity, Insecurity	Copper, Vitriol, 3 dr. each	Gold, Emerald, 3 dr. each	Silver, Diamond, 3 dr. each
Sexual blockage	Iron, Rescue-Electrum, 3 dr. each	Gold, Copper, Rescue-Electrum, 2 dr. each	Silver, Pearl, Chrysoberyl, 2 dr. each
Overcoming trauma	Gold, Rescue-Electrum, 3 dr. each	Rescue-Electrum, 5 dr.	Rescue-Electrum, 5 dr.
Dream-activity, stimulate	Gold, Diamond, 3 dr. each	Gold, Copper, 3 dr. each	Silver, Pearl, 3 dr. each
Boisterousness	Emerald, Pearl, 3 dr. each	Copper, Amethyst, 3 dr. each	Silver, Rescue-Electrum, Pearl, 2 dr. each
Hypersensitivity	Gold, Sapphire, 3 dr. each	Copper, Sapphire, 3 dr. each	Silver, Amethyst, 3 dr. each
Discontentment	Gold, Amethyst, 3 dr. each	Copper, Vitriol, 3 dr. each	Vitriol, Pearl, 3 dr. each
Stubbornness	Copper, Rescue-Electrum, 3 dr. each	Gold, Emerald, 3 dr. each	Silver, Rescue-Electrum, Amethyst, 2 dr. each
Selfishness	Rescue-Electrum, 5 dr.	Copper, Tin, 3 dr. each	Silver, Copper, 3 dr. each
Reservedness, Introversi	Copper, Emerald, 3 dr. each	Iron, 1 hour later Gold, 5 dr. each	Silver, 5 dr. for 14 days, after that Zinc, Copper, 3 dr. each
Comprehension, Absorption- capacity, strengthen	Iron, Rescue-Electrum, 3 dr. each	Copper, Iron, 3 dr. each	Silver, Tin, 3 dr. each
Trust	Copper, Emerald, 3 dr. each	Gold, Diamond, 3 dr. each	Silver, Iron, 3 dr. each
<b>Children Issues</b>			
Hyperactivity	Rescue-Electrum, Emerald, Amethyst, 1-2 dr. each	Rescue-Electrum, Rescue of Gems, Emerald, 1-2 dr. each	Silver, Pearl, Emerald, 1-2 dr. each
Indigo-Children	Rescue-Electrum, Emerald, 1-2 dr. each	Iron, Copper, Diamond, 1-2 dr. each	Silver, Chrysoberyl, 1-2 dr. each
Self-opinion, strengthen	Copper, Emerald, Yellow Topaz, 1-2 dr. each	Copper, Iron, Chrysoberyl, 1-2 dr. each	Silver, Diamond, 1-2 dr. each

dr. = drop

For best effects, use the Essences for at least one month or one whole moon-phase