

The Essence of Supporting Others

There are many ways of supporting others but for most of us the easiest is to ‘lend an ear’ or convey some words of comfort. With various formal support groups for this, that and the other, we are perhaps the most supported society at anytime in our history! Whether it is through our work, family or friendships, many of us these days are involved in providing a support role to others. Although hugely positive for humanity, there are personal draw backs if we are not mindful about how we approach this responsibility.

A healthy sense of self

It is often those who have suffered in some way or who lack basic childhood nurturing who most easily support others, because they have empathy for another’s suffering, distress or situation. Whilst this is helpful it is not always healthy, especially for those who derive their own self esteem by taking care of, or becoming indispensable to those that need looking after. We can dis-empower others by allowing them to become too dependant on us but equally we too can give our power away.

In order to support others a good sense of self is essential, yet this is often contrary to what some people treading a spiritual path believe. It is neither selfish nor egotistical, but crucial for survival on this physical plane. The ability to balance the ego in harmony with the wisdom and guidance of the higher self is the key.

In keeping fit for the supporter’s role, we need to be able to ‘cleanse’ ourselves, so we do not dwell on or become debilitated by another’s worries or sorrows. At times we may need to accept that we are not here to ‘fix’ everything, and to walk away, especially when an issue is beyond our capabilities.

When providing support for others it is useful to examine our motives, to see if we really are coming from a place void of expectation or judgement. As we usually only see things from our own perspective we can fall into the trap of thinking we know what is best for others. Listening with our heart to another’s reality enables us to truly know what needs to be done or said, regardless of our personal wishes or what is in our best interests.

Support from nature

Vibrational essences (commonly known as flower essences) are an excellent way of strengthening ourselves, clearing any unhealthy patterns, protecting ourselves from negative influences or enhancing our listening skills.

Greatly inspired by the healing, empowering and supportive power of essences, this has led me and my friend Shelley Sishton to produce our own range of essences, named “Purely Essences”. Following are some suggested essences from this range and from a few of the many other essence ranges, now produced worldwide.

When we focus too much on attending others we can lose sight of our own needs and goals. If we are too accommodating, we can unfortunately be used or taken advantage of. ‘*Centaury*’ (B) essence instils awareness of one’s own individuality, helps one to be true to oneself, enabling one to say ‘no’ if necessary, yet still provide ‘service’ to others in a balanced way.

Some of us naturally fit into the role of ‘supporter’, whereas others can, at times find they need to develop their people skills by improving their listening ability or communication expertise. *‘Twinflower’* (AK) essence is for those who wish to be ‘present’ for others, to truly hear what they say and to express themselves with calmness and clarity.

Invaluable for people whose tendency is to sacrifice or give too much of themselves away to others, the essence *‘Leafless Orchid’* (AL) enhances one’s capability to know exactly how much is healthy to give to others and when appropriate to stand back.

Renewing and revitalising those who have become worn down by the responsibility of others, *‘Alpine Mint Bush’* (AB) rejuvenates and motivates especially for those working on behalf of another’s welfare.

Possessing qualities of compassion and receptiveness make it easy to empathise with others, but many people working with others are ill-equipped to protect themselves from those who are negative or over demanding. The *‘Guardian’* essence (AK) is extremely useful for all sensitive people. It helps establish boundaries if we find it all too easy to take on someone else’s ‘stuff’. This essence protects by surrounding one with a strong energetic boundary which helps prevent the absorption of unwanted energies from others.

The range of essences from Purely Essences is aimed at supporting Mums to be, Mothers and their families. What better place to start than by supporting new souls to earth by sustaining those who parent them, and backing up the family unit which in today’s society is sadly fragmented. The essence *‘Hello Dad’* (PE) helps men adjust to being a Father, without bringing to this role ingrained behaviours or learned patterns that can be detrimental to parenthood. *‘Soothe Baby Blues’* (PE) addresses what can be a vulnerable time for both Mums and Dads and *‘Mum’s Everywhere’* (PE) provides valuable assistance for Mum, usually the supporter and caretaker to many.

There are times in life when we find ourselves without support or help, when we must invoke the helper and healer within. Times like these assist our growth and in developing the necessary strength and wisdom to be there for others and aid them in whichever way is appropriate. Providing inner strength, reinforcing our awareness of our higher Self and the guidance from those in spirit, *‘Wild Cyclamen’* (LH) supports us when we ourselves are in need.

B=Bach Healing Herbs www.healing-herbs.co.uk or 01873 890218

AB=Australian Bush, AL=Australian Living, AK=Alaskan from www.natureswisdom.co.uk or 01506 463879

LH=Light Heart www.lightheartessences.co.uk or 01986 785216

PE=Purely Essences www.purelyessences.com or 01892 724244