Charmaine is moody, irritable and easily upset. Because she is not able to release emotional tension, it gets stored in her stomach and solar plexus. Like a ‘thunder storm’, moodiness comes over Charmaine for the smallest thing and stays until a more pleasant event clears the ‘clouds’ and she can feel her sunny side again. This internalization of tension often affects her sleep, causing bouts of insomnia. As a child she would spend hours screaming, especially in the evening and she was even diagnosed with hyperactivity and attention deficit hyperactivity disorder (ADHD). As an adult, Charmaine doesn’t seem to hold emotional tension quite as long as she used to, but she knows this is still a problem for her. Charmaine longs to be in emotional balance with a peaceful, sunny disposition. She wants to cultivate a peaceful centeredness in her heart.

Chamomile is one of those few remedies where the whole herb, flower essence and homeopathic action are very similar.
Chamomile is very specific for children, especially the child who always insists on being held, and begins screaming the moment they are put down. This child will demand something for no reason and then immediately discard it. Chamomile will calm childhood temper tantrums, and will also calm adults displaying the same characteristics, which can often happen when one is going through a sensitive time in life. For both children and adults it makes one feel safe, loved, as if being held.

Chamomile flower essence allows us all to be kids again. It can help heal family issues that have been passed down through the generations. It will gently release family pain that is stuck in the physical or energetic bodies.

Even though most of the tension resolved by Chamomile flower essence is held in the stomach and solar plexus, it is also specific for PMS and menstrual sensitivities. It will release menstrual cramping, and the emotional congestion that comes along with it.

Chamomile flower essence is the great remedy for mood swings and hyperactivity. It is useful for sensitive people who internalize tension. It is especially beneficial to people diagnosed with ADHD. Chamomile brings harmony into these people’s lives, helping them connect with their inner self and creating a sense of inner peace. Chamomile will help to slow down a person’s world, creating a space for quietness.

Chamomile flower essence works well on animals, calming barking, nervously upset puppies. It is beneficial for high strung animals that seem to be too sensitive and for animals with stomach distress, such as gas or vomiting.

**Chakra:** Solar plexus and sacral
Angels: Arch Angels Jeremiel and Jophiel

Affirmation: I have a serene, sunny disposition and am emotionally balanced.