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it is an extract from our book  
'Healing the Past'  
available, along with this flower remedy from:  
[www.aquariusflowerremedies.com](http://www.aquariusflowerremedies.com)

### Lunar Alder

Alder is the remedy to heal sexual problems that have occurred in past lives. It is particularly applicable to those souls who have experienced sexual servitude of some form and are still suffering. Past life cases where disempowerment has occurred through such actions as rape, abuse or prostitution can be healed by this flower remedy. Alder is useful where there has been incest for it has a strong therapeutic impact upon sexual abuse committed in the family.

Alder treats the guilt and self-disgust of those souls who are aware that they themselves have sexually abused in a previous life.

The karma of the water element is retention; this element stores all past life experiences in the memory. Alder can be given to souls who have a great deal of karma to release. Some souls are "walking karma", their whole lives seem to be reliving old karma, paying off karmic debts, continuing work on karma that was not completed and looking increasingly unlikely to be finished this time. There may be a sense of always being pulled back into the past with little opportunity to develop or move forward towards future lives. Alder has the ability to draw excessive water from the soul, dry out the ground, so to speak, so that the new seeds can be raised on well-drained soil.

The Deva of Alder came to the Earth during the time of the first attempts at hierarchical structure on the continent of Atlantis. For the first time human souls were subjected to servitude and the loss of free will. An empathetic link was created between Alder and those who found themselves in positions of subordination. This pattern is carried through to the present use of Alder.

Lunar Alder resonates with the water element.