What is a Flower Essence?

- Flower essences are vibrational (homeopathic-like) remedies made from the flowers of plants.
- Most are made by soaking flowers in water in the sunlight, then preserving the water with brandy to make a mother tincture.
- The mother tincture is then diluted to create the final remedy for the client.
Dr. Edward Bach

- Dr. Bach was an English medical doctor who also practiced homeopathy
- He was dissatisfied with how medicine treated symptoms, while ignoring the welfare of the patient as a whole
- In his search to find a gentler method of healing he created the original 38 Bach flower essences and a blend called Rescue Remedy

How Flower Essences are Made

- Flowers are infused in the sunlight in pure water in a glass container
- Exceptions: A few tree flowers are boiled and plants that bloom at night are left in the moonlight
- Liquid is strained and preserved with an equal amount of brandy
- Remedies are homeopathically diluted for use
- Stock bottles are used to make dosage bottles for clients
Making the Stock Tincture

• Add 5-6 drops of the mother tincture to a one ounce bottle of water and 25% brandy and shake up and down against the palm of your hand at least 10 times to potentate the remedy.
• This creates the stock tincture.

Stock Bottle Kits

• You can purchase kits of stock bottles from various companies, such as FES Services (my favorite).
• These stock bottles may then be used to prepare customized dosage bottles for clients.
Sources for Flower Essences

• My favorite company is:
  • Flower Essence Services (www.fesflowers.com)
• Nature’s Sunshine Products sells 7 flower essence blends formulated by me (the essences in them come from Flower Essence Services). These are dosage bottles, not stock bottles. I do not receive royalties on these products.
• Other flower essence companies
  • Bach Flower Remedies (www.bachflower.com)
  • Australian Bush Flower Essences (www.ausflowers.com.au/)
  • Desert Alchemy (www.desert-alchemy.com)
  • FlorAlive (www.floralive.com)
  • Star Flower Essences (www.pegasusproducts.com)

Making a Dosage Bottle

• Fill one ounce amber glass bottles with droppers with any of the following:
  • Purified water with about 20% brandy
  • 60% glycerin and 40% purified water
• Use spring or purified water, not distilled water
• Add two drops of each flower essence to be used to one of your pre-made dosage bottles
• Shake the dosage bottle vertically against the palm of your hand or wrist about 10 times
• It helps to prayerfully think of what you want this essence to do for the person as you are doing this
• Label this bottle and give it to the client
• Note: plain water may be used if the dosage bottle is kept in the refrigerator and used up within a week
Blending Flower Essences

- You can combine several flower essences 2-7 into one blend
- Try to keep the flowers focused on one issue at a time
- For instance, you could blend several flower essences that help a person deal with fear and develop courage

Selecting the Right Remedy

- One can select flower essences simply by taking a case history and looking up appropriate remedies in a guide
- Other ways to select flower essences:
  - Muscle response testing
  - Feeling and intuition
  - Nature’s Sunshine’s Flower essence blends can be selected using Tree of Light’s Flower Essence Questionnaire (available online)
- As one gains experience, one can select flower essences by observation of the person’s personality and emotional state
How Do They Work?

- Plants have to overcome challenges in their environment, just like we do
- Plants, like people, have personalities which help them rise above these challenges
- Associating with a person with positive personality traits can help you learn how to meet life’s challenges in a constructive way
- A flower essence captures the “vibration” of the plant’s personality, which helps your own emotional energy “learn” how to acquire that same personality trait

Belief is Not Necessary

- It is not necessary for a person to believe a flower essence is going to work for it to have an effect
- Flower essences given to people who didn’t know what they were taking or what it was for still got results
- People who didn’t believe they would work have also gotten results
7-Fold Emotional Model

• Three Primary Emotional Imbalances
  • Anger = Excessive Contraction
  • Grief = Excessive Expansion
  • Fear = Excessive Equilibrium

• Secondary Emotional Imbalances
  • Depression = Deficient Contraction
  • Hardness = Deficient Expansion
  • Compulsion = Deficient Equilibrium

Seven Remedies

White = Distress Remedy
• For promoting awareness, easing stress and coping with traumatic situations. Also helps injuries to heal.

Red = Keep Cool
• For easing feelings of anger, irritability and promoting healthier communication.

Green = Find Strength
• For promoting healthy personal boundaries, standing up to anger and abuse, increasing strength and energy
Seven Remedies, Cont.

- **Blue = Release It**
  - For releasing feelings of grief and sadness, letting go of losses and the past, finding inner strength to carry on.

- **Orange = Open Heart**
  - For insensitivity, lack of compassion and inability to open one's heart to love due to past hurts and emotional wounds.

- **Yellow = Be Courageous**
  - For finding courage to overcome one's fear, aids decision-making and self-reliance, promotes self-confidence and trust in one's own judgment.

- **Purple = Be Response-Able**
  - Helps a person with self-awareness and self-responsibility, aids a person in understanding the causes of their self-defeating, addictive or compulsive behaviors, helps a person break free of bad habits and make better decisions.

Distress Remedy

- Basic Remedy for emotional balance
- Helps promote presence and awareness
- Based on Bach Rescue Remedy
- Use for all situations of stress, shock, distress or emotional upset

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Arnica

- Helps to heal people that have experienced shock or trauma
- It can be especially helpful for unlocking many puzzling or psychosomatic illnesses, which do not respond to obvious treatment.
- Used as a short-term first-aid basis to allow rapid recovery from trauma.

Red Clover

- Helpful for people who get caught up in the “mob” mentality, the anxiety, fear, hysteria, etc. of the group
- Helps a person be calm and self-aware during crisis and emergency situations and disconnect from dysfunctional group energy
Star of Bethlehem

• Useful remedy for shock or trauma, either current or past
• Helps people find comfort and reassurance from the spiritual world
• Brings calming and healing qualities into crisis situations

Keep Cool

• Basic blend for excessive (vented) anger
• Helps a person who is easily angered and irritated to “cool off”
• Promotes awareness of the affect of one’s anger on others
• Helps soften verbal aggression
Calendula

- Helps people who use language to inflict hurt and pain on others
- Helps people who “cut” others with words
- Makes them more open and receptive and less argumentative in communication

Snapdragon

- Helps people who are verbally aggressive, abusive, overly aggressive and hostile
- Helps with repressed or misdirected libido
- Eases tension in the jaw, grinding of the teeth
- Enhances emotional balance in communication
Impatiens

- Helps people who feel impatient, angry, irritated and intolerant
- For busy people, who don’t fully engage with others and the world around them
- Helps a person to flow more with life, instead of resisting it
- Increases patience with others and acceptance of others

Find Strength

- Basic blend for suppressed anger
- Helps people who are “pushovers,” “door mats” and people pleasers to stand up for themselves
- Aids discouragement, depression, jealousy, and excessive sympathy
Pine

• Helps people who suffer from undeserved guilt and shame, excessive self-criticism, feeling responsible for others mistakes
• Promotes self-acceptance
• Frees one from inappropriate guilt and blame

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Centaury

• Helps people pleasers who are weak-willed and dominated by others
• They don’t take care of their own needs
• Helps them learn to say “no” when appropriate
• Teaches them to serve from inner strength, not from weakness or fear

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Release It

- Basic formula for vented grief
- Helps a person with the grieving process so they can let go of what they have lost
- Helpful for people who have a victim mentality, reliving over and over again the losses and injustices they have suffered

Self - Heal

- Helps people who are unable to take responsibility for their own healing
- They are overly dependent on the help of others
- Promotes the forces of healing from within the person and a healthy, vibrant sense of self
Borage

- For feelings of heavy-heartedness, discouragement and lack of confidence
- Helps a person “take heart” and find hope, courage and optimism
- Promotes cheerful courage when facing difficulty

Open Heart

- Basic flower essence for suppressed grief
- Helps people who have hardened their hearts to soften them and be open again to love and compassion
- Helps people who are cold, uncaring and insensitive

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California Wild Rose

• A primary remedy for opening the heart
• Helpful when a person feels resigned or apathetic
• Opens the heart to feelings of love for people and for the earth
• Helps comfort grief and sadness

Golden Ear Drops

• Helpful for healing toxic childhood feelings and memories
• Can help a person connect with suppressed childhood memories of trauma and begin the healing process
• Can help a person connect with childhood experience as a source of emotional well-being.
Be Courageous

• Basic flower essence for vented fear
• Helps people who worry or are prevented from doing what they want in life due to irrational fears and phobias
• Helps people who are overly dependent on the opinions and advice of others to trust their own judgment

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Mountain Pride

• Helpful for people who are afraid to assert themselves, who vacillate in arguments and withdraw in the face of challenges
• Helps a person develop assertiveness and the ability to stand up for their convictions
• Promotes forthright masculine energy and warrior like spirituality, which is able to confront and transform when needed

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Aspen

• Helpful for people who fear the unknown and suffer from vague anxiety and apprehension
• Helps people who “tremble” with fear and are highly sensitive
• Promotes a feeling of trust and confidence to meet the unknown

Mimulus

• Helps people face what they fear, a primary remedy for dealing with fear
• Works on known fears
• Also helps with fear of everyday life and shyness
• Promotes courage and confidence to face life’s challenges
Be Response-Able

- Basic blend for suppressed fear resulting in reckless and irresponsible behavior
- Helps with addiction, compulsion, obsession and other anxiety disorders
- Helps a person “wake up” and become responsible for their life

Black Cohosh

- Helps people who feel trapped, entangled or wrestling in darkness
- Helps them have the courage to confront, rather than retreat from, abusive or threatening situations
- Helps a person free themselves and move from darkness to the light
Black-Eyed Susan

• Helps a person look at the “shadow” inside of themselves, the part of themselves they don’t want to see
• Helps with the repression of painful or traumatic memories
• Promotes awareness capable of acknowledging and integrating all aspects of the personality

Agrimony

• The Cheshire cat remedy
• The person who needs agrimony hides their pain, anxiety and tension behind a mask of cheerfulness
• They deny their emotional pain and smile even when they aren’t happy
• It promotes self-awareness and emotional honesty
Mullein

- Helps people who tend to lie, even to themselves to face the truth
- Helps a person hear the voice of their conscience and act from a place of uprightness and integrity
- Helps a person be “up right” in their behavior

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