

Enchanted Wildwood Healing Arts Oasis



FLOWER ESSENCES FAQ

Close your eyes for a moment and listen to your body. Right now, just sit in silence and listen to how beautiful your very breath is. As you breathe in, listen to your lungs fill with clean air. As you let the air out, listen to the sound of a low gentle whistle come from your lips. You can't help but smile when you realize how much noise you make when you breathe deeply. Try again; feel your chest rise as you fill your lungs with yet another refreshing breath. Feel the tension leave your body as you let out the breath, pouring the air from your lungs into the atmosphere around you. Listen to your thoughts melt away and the static in your mind become hushed. Feel goosebumps on your skin as you run your hands softly up your bare arms and back down again. Wrap your arms around yourself and squeeze gently. Become aware of your scent and how warm you feel as you hug yourself. Run your fingers gently through your hair. Keeping your eyes closed, try to imagine your body as a symphony. Every fiber of your being singing in harmony. The strings, the harps, the flutes all working together. Imagine your body as one whole vibrational being in a world of energy. Imagine your body as this beautiful rainbow, with its own unique color and vibration. Try to see how your body is capable of healing itself. Listen. Listen to the orchestra that makes your beautiful body. Imagine being able to bring healing and balance to your emotional, mental, physical and spiritual being. Imagine the possibilities of connecting your beautiful being with the being of another. Imagine. Listen. Breathe. Do. With *flower essences*, you have the power to stimulate your own abilities in the healing process. You have the power to free yourself of imbalances on an emotional, mental, physical and spiritual level. You have the power to change your healing from a temporary "cover-up" of symptoms, to a lasting change of the healing process that is contoured to your individual needs. If you want to experience healing that lives within your very own intricate being with the help of a simple and gentle method; use *flower essences* to help you on your way. Flower Essences assist in the relationship between one's body and soul. Below are the answers to some of the questions you may have in helping you get started in your healing journey today.



Who is able to use Flower Essences?

Before we get you started on your journey to healing, let me reassure you that Flower essences are non-toxic. Flower essences do not contain biochemical components, therefore they are safe for anyone from baby to elder, animals and even plants to use.

Who created Flower Essences and when did they come into being?

Flower Essences were developed by an English physician, Dr. Edward Bach, in the 1930's. Dr. Bach is seemingly the superstar in the Flower Essence world. Bach used his training and research in bacteriology and chronic disease, homeopathy and vaccine therapy to begin his venture in his great works, known as "The 38 Remedies", (or Bach flowers). Strongly drawn to natural sources of treatment, he believed that flower essences would be useful in the healing of the emotional states of people he observed in everyday life. Bach always seemed to observe people and used his observations as a main source of research concerning the people and their emotions. He believed that our thoughts and emotions affect our physical health and if we can reduce stresses, the body and mind can maintain better health. Dr. Bach spent a great deal of time in the countryside, collecting dew and drinking it from certain plants. He then kept note of how he felt and carried on, devoting every bit of his time researching and developing what became the 38 Remedies.

What are Flower Essences and how are they prepared?

Flower Essences are the spiritual make up of a plant, whereby the blossoms are infused with sunlight or moonlight, in a bowl of spring water and preserved with alcohol. Flower essences are a spiritual force of energetic properties in a flower that can be extracted for holistic healing, which includes homeopathy, therapeutic touch, acupuncture and similar modalities. These beautiful creations of essences have their own individual energetic pattern, which offers healing therapy, through vibrational resonance. Essences can be prepared through water and sunlight, water and moonlight, the boiling method, pouring water over flowers, or dipping live flowers into water. Flower essences are very different and should not be confused with aromatherapy and essential oils.



Are there preservatives used in preparing Flower essences, if so what are they?

It is not necessary to use a preservative in your Flower essence if it is used within a week or so. If you wish to have long-term storage, then it is advised to use organic grain alcohol or brandy as a preservative. If the bottle of essences has been mixed for you or you purchase it from a company, it will typically have about 1 teaspoon of brandy in it to preserve the flower essence.

What should I expect to happen when taking Flower essences?

I will first answer your question with a question and then answer this to the best of my ability. My question – What *do* you expect from the flower essences? While it is not necessary to “believe in” the flower essences, (as they will work regardless of belief), it is helpful to have belief in the magic of the powerful flower essences. The effects of using flower essences varies from person to person. Some people have reported immediate gratifying results, while others hardly notice a difference at all. Most people are somewhere in the middle of immediate dramatic effects and little to no effects. Remember, if you don’t notice a difference or feel the Flower essence “isn’t working”, simply try another essence, as the essence you might be trying just isn’t the one your body requires for healing at this time. Flower essences stimulate our ability to heal and respond. To be perfectly honest, the more you are in tuned with your body, your feelings and emotions, more likely you will see immediate and profound results.

When should you stop using Flower Essences?

When you feel that the problems you have addressed through the treatment of Flower Essences is gone, you can simply stop taking the flower essence. There are no beta-blockers or steroids in flower essences, so it is not necessary to “wean yourself” off of the treatment. You do not need to take the essences for a certain period of time, you can take the essences as long or as little as you like. If for some reason you seem to observe your problem as becoming worse over a time, it is more than likely the flower essences are stirring up feelings that need to be cleansed before healing can be complete. Kind of like a storm. A storm gets wild and scary sometimes before it calms and comes to a stop. If you feel that the effects are coming on too strong, simply try another remedy or flower essence. There is generally no need to stop taking the flower essences all together, as they have only positive effects. Even if you discover you have been taking the wrong essences; this just means that they will not be effective, as there was no need within the body for those particular essences, so move on and try something else. Flowers essences cannot hurt you, they can only help you to heal.



Where can I buy Flower Essences?

Through personal research, it has been found that viable companies to purchase Flower essences from are:

- 1) Bach Flower Remedies: <http://www.nelsonsnaturalworld.com/en-us/us/our-brands>
- 2) Green Hope Farm Flower Essences: <http://www.greenhopeessences.com>
- 3) Desert Alchemy: <http://www.desert-alchemy.com>
- 4) Tree Frog Farm: <http://www.treefrogfarm.com>

Of course, if you are daring you could create your own flower essences as well. Which leads us into your next question.

How do I know which Flower essence to choose?

If you are not working with an essence practitioner, you can simply tap into your emotional state to see how you are feeling right now and take into consideration the type of person you are. Then look at the emotions compared to the flower essences offered on the company's website you wish to purchase from. Flower essences work by striking the right chord. In other words, what flower essence would most resonate with us? This essence will be the one to stimulate your own unique response. There is no right or wrong essence to take. This will be a perfect and exciting journey to your own healing, beginning from the inside out. It is advisable that you work with an essence practitioner, however, not required. There are a few other ways to choose a flower essence that is right for your current emotional state. Choose a method that speaks to you best:

Logic and pattern-matching technique – This is where you can jot down your feeling and thoughts and then match the emotional and mental pattern with the descriptions of the given essences.

Dowsing – This technique involves using a pendulum to dowse over a selection of essences on hand to determine the most effective essence.

Muscle testing – Based on the Meridian system, this test can reveal the body's imbalances. Choose a muscle that you can maintain the position with minimal effort when there is applied pressure. The muscle will indicate the flow of energy in the body.

Intuition – Use your own intuition to decide what works best for you.



How are Flower Essences made?

Flower essences do require a certain skill set to make them. However, one who is making the flower essences should have an understanding and awareness of the care, respect and spiritual connection to the plants they wish to use. One who truly wishes to create a Flower essence of their own, should be prepared to use their intuitive nature in working with the plants. Before you decide to pick a flower from a plant, use your intuition as to whether or not the plant has granted permission for you to pick the flower. Remember, that while the vibrations and spiritual nature of the flowers are what is memorized by the water, take care to keep your own energy out of the essence, by keeping yourself in mind as a tool for collecting the flowers. Pick flowers that are at peak blooming time. Traditionally, flower essences are created on sunny days, using solarization. This is when the sun's rays shine through the flowers to help transmit the message to the water.

- 1) To make the flower essences, fill a clear glass bowl with fresh clean spring water and put the bowl of water in the sun.
- 2) Next, drop the flowers onto the surface of the water so that the flowers cover the entire surface of water. Leave the bowl of water and flowers in the sun for at least two hours, avoiding shade or shadows.
- 3) Use a clean instrument to remove the flowers from the water, so you don't physically touch the water.
- 4) Using a glass funnel, pour the water through the funnel into the bottle, filling it half way. Use a brown or blue glass bottle, (using the dark colored glass helps protect the essence inside).
- 5) Fill whatever size bottle you would like, just remember, only half way with the flower water and fill the remaining half with organic grain alcohol or brandy. You have created your first "mother essence" or "mother tincture"! Congratulations!
- 6) From here, take seven drops from the mother tincture and put them into a 20ml size bottle. Fill the bottle with organic grain alcohol or brandy. Label the bottle. The essence is ready for your usage. This is called your "stock" bottle.

Sometimes, people like to make a dosage bottle from here as well. This can be done by adding two – seven drops from the "stock" bottle to a very small bottle filled with alcohol or apple cider vinegar.



How much Flower essence do I take and how do I take it?

As you have learned, the flower essences are a liquid, preserved in brandy, as a preferred preservative. So it is commonly taken by way of a dropper bottle. You are able to take four drops of the flower essence in a glass of water or tea and sip it, or simply under your tongue. You can take up to four drops at a time, four times a day. You cannot overdose on the flower essences, as they are 100% natural and safe, however take care to consider the alcohol content, if you plan to drink several bottles of the flower essences at one time. The essences will work in accordance to what your body needs. Flower essences at any dosage are safe to take even if you are on medications. They will not disturb your homeopathic or traditional physician advisements of medications. Please be aware however, that if you chose an essence that is preserved with alcohol, there is a very minute amount, so be sure to consult your physician if you are taking a medication or have a condition that strictly prohibits the use of alcohol. If you are a recovering addict or alcoholic, consult your physician and/or counselor for advisement on how to proceed. You could always use a non-alcoholic flower essence to avoid any unforeseen issues. If you wish to have an essence that does not contain alcohol, you can use apple cider vinegar or vegetable glycerin instead for a preservative. Whatever your choice is, be sure to use a 50:50 ratio of spring water and preservative in your “mother tincture” bottle. You can use up to six or seven remedies in a treatment. You can also use the flower essences as part of your cream or lotion regimen, by adding a few drops to the cream of your choice before applying. You can use flower essences in a spray bottle, or absorb the flower essences in a bath.

Dosage Guide:

Direct from stock: Most flower essences are sold in “stock” form, (which is a level of dilution derived from the mother tincture infusion). With this dilution, place four drops under the tongue or in a little water, tea etc. as described above and take it four times a day.

Water mixture: Even if you are using multiple essences, add four drops of the combination to a large cup or glass of fresh water. This can be sipped several times throughout the day.

Spray bottle: Fill your spray bottle $\frac{3}{4}$ the way full of spring water. Add a small amount of brandy or apple cider vinegar, if your bottle will be used over an extended period of time. Add two to four drops of flower essences from your stock bottle to the water. Shake the bottle gently and spray one or two times into your mouth. You may also spray the mixture onto your body or in the environment you are in. Be sure to shake the bottle before each use.

Bathing: While running warm tub water, add 20 drops of your flower essence and swirl around for about a minute. Soak in this solution for at least 20 minutes. Upon leaving the bath soak, pat your skin dry.

Topical use: Choose your favorite cream, oil or lotion. Add 6-10 drops of your stock supply of flower essence to about 1oz of your chosen cream, oil or lotion.



From my own personal experience and notes, I enjoy iced tea, soups, even home cooked meals with my flower essences. I add just a few drops of the flower essences to my conditioner and let it soak in my hair as well. To me, there aren't any "wrong ways" to take flower essences, so be creative! Let your inner beauty and healing take flight. Allow your soul to connect with your body. Set yourself free of imbalances.

Why should I take Flower essences?

Do you love yourself? If you don't yet love yourself, (there are many who don't), do you want to love yourself? Do you trust in your body and its own unique abilities? Do you want to find a way to naturally bring healing to the very special, one and only you? Then these are good enough reasons as to why you should take Flower Essences. There really is no wrong or right reason for taking flower essences. It is completely up to you and your soul searching emotional well-being as to why you should or should not take flower essences. Good luck in your journey to health and well-being.

Should you have any more questions that need to be addressed, there are more FAQ's at the listed companies I provided for you above.