

## The What, Which, When, Why & How of Flower Essence Therapy “Emotional Energetics” Women’s Herb Conference 2017

*“When spirit and body are joined in harmony &  
life is a joy, an adventure of absorbing interest a  
journey yielding happiness, health and knowledge”  
– Dr. Edward Bach*

### WHAT are flower essences?

- Flower essences are plant medicine that is prepared with a focus on preserving a plant’s subtle vibrational energies (sometimes referred to as the *personality* of a plant).

### WHAT is flower essence therapy?

- Flower essence therapy is a type of herbal medicine where particular emotional, mental, spiritual and physical states (conscious or unconscious) are assessed and flower essences that resonate and balance these states are applied.
- It is well applied for all ages, new born to death, animals, plant life and environments.
- As in herbal medicine, effects are often apparent in a single dosage cycle, but most often longstanding change and healing is best effected with successive formulas over time.
- By focusing on the mind spirit along with the body, flower essences and flower essence therapy helps to widen our framework of plant medicine for health and healing.

### HOW are flower essences prepared?

*“If you want to find the secrets of the Universe,  
think in terms of energy, frequency, and vibration.”  
-Nikola Tesla (1856-1943), inventor of the radio and alternating current*

- The flower essence maker first seeks to clear and focus their own energy and mindfully connects to the energies of the plant they are making an essence of, to seek permission and offer intentions for healing energies of the plant to be present in the essence. --- Flower blossoms, in the peak of their vitality, are dropped in pure vital water contained a thin glass bowl. filled. --- The blossoms exposed to sunlight near the plant and are typically left for around 3 hours in the early morning sun. (The maker often uses this time to attune to the plant.) --- The flower essence water is strained without touching or shading it, often with leaves. --- The vibration of the essence water is stabilized and traditionally preserved with brandy. This is called the *mother essence*.
  - The essences of plants that are endangered, at risk or may be harmed by flower picking are NOT made by picking flowers but by dipping the live flower into water or dripping water over flowers or other methods.
  - There are no hard rules in making essences. There are many other ways essences can be made, such as exposing them to moonlight, and also many other types of essences, such as environmental (landscape) essences or gem essences.
- The *mother essence* is diluted (@ 7 drops of the *mother* into 1 oz.) in a neutral solution (often in pure water with 1/3 to 1/2 brandy). This is called the *stock essence*.
  - This is what is generally sold by flower essence producers in commerce. If stored well, the vibration of a *stock essence* can last many years (decades) – similar to an herb alcohol extract tincture.
- The *dosage essence* bottle is the 2<sup>nd</sup> dilution and is also generally prepared by adding @ 7 drops of the *stock essence* into 1 oz. solution of 2/3 pure water & 1/3 brandy.
  - It is in the *dosage essence* bottle where flower essences are generally formulated with other essences.
  - The vibration of a dosage bottle isn’t as stable, formulated for particular times and best used within 3 months.

## WHY use flower essences?

### The need for 'Emotional First Aid'

- The youngest child knows to care for a physical wound, to put on a Band-Aid ... Equally we should care for our emotional wounds.
- Increasing # of studies show childhood trauma affects physical function & health across a lifetime.
- Adverse Childhood Experiences Study by CDC & Kiaser
  - 'exposure' dramatically increased risk for 7 out of 10 of leading causes of death.
  - Effects brain development, immune endocrine Systems & DNA function.
  - Over 3x life time risk of heart disease, cancers, other diseases & over 20 yr. difference in life expectancy

### Emotional Trauma affects Physical Function

- Drs. (& herbalists) are not trained in routine exposure assessment or treatment.
- (not a physical issue - refer to social worker or psychiatrist)
- If a 100 people who drink out of the same well have diarrhea, you can prescribe antibiotics or you can ask (& address) what is in the well
- In healthcare when we understand a mechanism of function imbalance, we seek to prevent, assess and treat.

### Emotions and health

- Traditional herbal medicine systems link emotional states to our life force (*Qui, Prana, Vitalism*) and also to specific organs and energy centers in the body.
- One way to understand this is that an emotion, repeatedly held consciously or unconsciously, can strengthen or weaken a tissue state in the body. And *visa versa*, a weak organ can effect our emotions.

### Are their remedies from nature that help us heal from emotional traumas?

- Nature has the remedies we seek. The great history of plant medicine throughout the world is built on people seeking healing remedies from Nature. We too can see the need (imagine it) and seek remedies from Nature.

### Dr. Edward Bach saw the need to treat emotional patterns and sought remedies from the 'healing herbs'

*"True healing involves treating the very base of the cause of suffering. Therefore no effort directed to the body alone can do more than superficially repair damage." ... "True cure is offered by flooding our bodies with the beautiful vibrations of our higher nature in the presence of which disease melts as snow in the sunshine." -Edward Bach*

- Dr. Bach trained as medical doctor, specialized and did research in bacteria and immunology (developed nosodes). Then he became a homeopathic doctor (developed homeopathic nosodes)
- He felt dissatisfied with the use of poisons to heal in both biomedicine and homeopathy and that they didn't address the core reason of illness.
- He noticed that certain personality types tended to get certain ailments.
- He also was a part of the medical community after WWI that began to recognize emotional trauma could cause physical illness through the common soldier experience of shell shock that now often referred to as PTSD
- Dr. Bach felt there was a gentle and true cure available from Nature and developed flower essences. **His intention was to treat physical disease, not just emotional states.**
- Dr. Bach connected mental states with illness and health and offered vibrational remedies from flowers as *catalysts* to heal emotional traumas and restore balance.

*Treat people for their emotional unhappiness, allow them to be happy, & they will become well. --  
Dr. Edward Bach*

## WHEN to use flower essences?

When - ever! ☺

- One of the glories of the human condition is the full range of emotions: joy and grief, anger and fear, and the infinite range emotions well of responses to life that can flow through us - even in a given day.
- Supporting the flow of a full and healthy range of emotions, even the so-called 'negative' emotions, is critical to physical health, mental peace and a focus of flower essence therapy

- There are as many reasons to seek the support and energies flower essences as there are people. Repeating emotional patterns, familial and relationship difficulties, ‘stuck’ energies, difficult emotions such as paranoia, anxiety and depression are common reasons why people seek out flower essence therapy. Flower essence therapy is can also be a profound healing modality to address emotional traumas and mixes well the other support therapies.

### **WHICH flower essences to choose?**

As with all traditional medicine an energetic model allows the flower essence practitioner to assess the patterns and core imbalances and develop a map for the healing journey and choose plants to assist in that process. An energetic model has largely been missing in the application of flower essence therapy.

### **Emotional Energetics: a model for Flower Essence Assessment Application & Healing**

**The ancient chakra system offers a way to understand plants, flower essences, child development – as well as ways in which emotional wounds affect both the psyche and the physical body.**

#### **Subtle Physiology of the chakra system**

There are numerous interpretations & visions of the chakras (energy centers), but there are common threads related to their subtle energies. The meridians accessed in acupuncture are as vessels for the life force. The chakra energy centers are like organs of that life force.

The chakra system offers a way to for the practitioner to assess a person’s needs through heart and mind, to develop a map of healing journey and to apply the essences in manner the effects profound change.

One can also apply other models and other traditional medicine energetics such as Ayurveda, TWM - Tissue states and TCM which do include the entire body-mind-spirit in its holistic assessment, but I find the ancient subtle physiology of the chakras to be most specific to the application of flower essence therapy.

*Inspired, Developed, Researched, Practiced & Taught by David Dalton [DeltaGardens.com](http://DeltaGardens.com)  
Much for the following information on chakras and flower essences below is from David Dalton*

#### **In Flower Essence therapy, the chakra system offers a functional model**

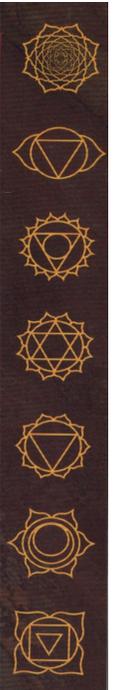
- ⌘ Helps us understand relationship between personality imbalance and disease
- ⌘ Offers a way to diagnose, treat and predict results
- ⌘ Explains flower essence healing action
- ⌘ *Chakras as flower forms* →

#### **Emotional Energetics**

- ⌘ Chakras are ‘organs’ of subtle physiology - holding and distribution centers for subtle energy - often referred to as ‘soul-energy’ as it is personal.
- ⌘ ‘Incarnation’ is a term used to refer to the subtle-soul-energy occupies and moves through the chakras
- ⌘ In a healthy system, the chakras are infused with soul energy that moves through the system easily supporting mental, physical and emotional health, and balanced spiritual development.
- ⌘ Chakras 1, 2 & 3 contain our early history and are the focus of flower essence treatment
- ⌘ Healthy chakras open and close in response to internal and external events.
- ⌘ Chakras transmit energy to each other
- ⌘ Chakras are made of layers that represent periods in our lives
- ⌘ Chakras have muted & shaded colors that change depending on the experience

#### **Trauma**

- ⌘ Trauma is a low-vibrating energy that occupies or attaches to the energy system preventing the occupation and circulation of soul energy.



- ⌘ The settling of trauma in the system causes a lowering of the vibration of the chakra and prevents the circulation of higher energy.
- ⌘ Trauma lowers vitality, and causes disease.
- ⌘ Flower essences can move trauma out of the system and prepare it for higher functioning

### Flower Essences and Chakras

- ⌘ Each essence has a specific energetic influence on the chakra system
- ⌘ Some essences restore a velocity to a chakra ⌘ Some connect chakras
- ⌘ Some resonate with trauma and bring it to the surface

## 1<sup>st</sup> Chakra: Safety & Survival

Soil & root — the beginning of incarnation — the particular environment / tribe / family we are born in

- ⌘ **Supports:** immune system, adrenals, bones, mineral content of blood, legs & feet
- ⌘ **Promotes:** the experience of belonging, safety, grounding and strength
- ⌘ **'On-line':** when child first stands, walks
- ⌘ **Color:** shifts from a deep maroon to a bright red depending on the level of safety experienced
- ⌘ Chakra 1 provides cooling & stabilization to chakras 2 & 3

### Emotional qualities (& questions for assessment)

Sense and experience of safety and groundedness; Lack of inappropriate fear or feelings of abandonment. Does one feel safe? At home on the earth? Grounded? Fearful? Abuse, neglect, mistreatment, abandonment

### Essences:

Brownish red flowers, plants with long tap roots, low growing plants, flowers bending down (Trillium, Wild Ginger, Black Cohosh, Angelica, Borage) Trees (ex. Aspen, Oak, Sumac, Red Cedar, Linden)

**True courage evolves from a sense of 'being here' and acting out of that strength, for true safety for community, despite risk to safety in short-term**

## 2<sup>nd</sup> Chakra: Relationship & Pleasure

Water — closely connected to the emotional body

- ⌘ **Supports:** joints, pelvic area, fluids in body, blood viscosity and functions (clotting, etc).
- ⌘ **Promotes:** relationship, connection, self esteem, pleasure
- ⌘ **'On-line':** at time of toilet training
- ⌘ **Color:** shifts from orange-green to orange-yellow, to orange-red depending on level of connection vs. threat with others.
- ⌘ Chakra 2 provides cooling to chakra 3

### Emotional qualities (& questions for assessment)

*Taking in* energy (love, appreciation, pleasure); *Opening* to pleasure when safe & *closing* to threats; *Connecting* to others. Quality of relationships? Boundaries? Anger? Sense of shame and guilt? Self-esteem?

### Essences:

Lilies, cup-like yellow flowers, golden and orange flowers (ex. Buttercup, Celandine, Motherwort, Missouri Primrose, All Lilies, Lady's Mantle, Blackberry lily)

## 3<sup>rd</sup> Chakra: Identity, Integration, Will Forces, Manifestation

Fire — Sun – connected mental body – Solar Plexus

- ⌘ **Supports:** digestion, stomach, blood flow, liver, spleen
- ⌘ **Promotes** independence, will forces, identity
- ⌘ **'On-line':** when a child starts saying "no"
- ⌘ **Color:** red-yellow to blue-yellow depending on level of threat and intensity of expression of will.
- ⌘ Warms chakras 1 and 2

### Emotional qualities (& questions for assessment)

Integrates information and develops our sense of self; Thinking and acting on our intentions.

Confidence based on self-esteem.

**Essences:**

Daisy family and other sun-ray like flowers (ex. Asters, Chamomile, Sunflowers, Elecampane, Echinacea, Feverfew, Lovage, Lady’s Mantle, Saint Johns Wort (both 3<sup>rd</sup> chakra and protection)

**Personality qualities affected by emotional wounding held in chakras 1, 2, 3**

**Chakra 1:** self esteem, healthy boundaries, loving relationships, lack of inappropriate shame, guilt & anger

**Chakra 2:** confidence good self-identity

**Chakra 3:** ability to think clearly, pursue and manifest one’s goals.

**Energy Field: Protection**

**Energy field: Membrane keeping the individual safe:**

- from intrusion of other energies
- from fears
- from thoughts
- From over-stimulation

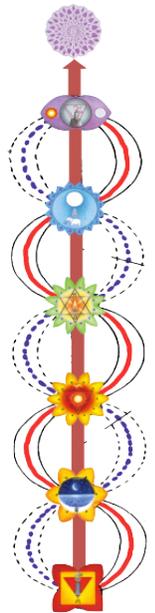
**Energy field & relation to Chakras**

- ⌘ Protection essences maintain the integrity of the Energy Field
- ⌘ Field held by connection to lower chakra
- ⌘ Movement up the chakras opens the field
- ⌘ Movement down the chakras closes the field
- ⌘ Unconscious movement caused by wounding
- ⌘ Conscious movement through spiritual development

**Connecting Channels ‘Nadi’s’:**

**the subtle energies of the sympathetic & parasympathetic systems**

- **Blue channel** connects the downward movement of energy through the chakras. Active when the individual feels peace and safety
- **Red channel** connects the upward movement through the chakras. Active when threat is felt
- Individual chakras become more blue or red when respective channels stimulate.
- Flower essence can engage with nadi’s like blue vervain which encourages the relaxing downward blue energy



**4th Chakra: heart center; connections & perceptions**

includes rose family; pink red colors (all roses, hawthorn, bleeding heart, pink yarrow)

**5th Chakra: throat center; authentic expression**

includes tube like flowers (Jack in the pulpit, Lobelia, Tobacco essences)

**6th Chakra: 3<sup>rd</sup> eye; expanded & authentic perception**

includes plants with eye-like features and openings - Queen Anne’s Lace, blue berry

**7th Chakra: crown; releases & opens to subtle energies**

includes thistle, violet blue colors (ex. Milk thistle, blessed thistle, Canada thistle)

**HOW are flower essences applied & formulated?**

**Assessment & Map - landscape of the healing journey (i.e. strategy) - choosing essences**

- ⌘ Start the energies presenting itself currently - the biggest stresses in the present
- ⌘ Seek to stabilize fears, anxiety, worry, uncertainties, chaotic living, grief - Ease physical symptoms
- ⌘ Always start with chakra 1 and work up – i.e. develop a sense of safety and ‘being here’
- ⌘ **Safety and stability are necessary for recovery and progress**

- ⌘ Spirituality (upper chakra stimulation) can be an ‘insidious’ block to progress when chakras 1, 2 and 3 are not cleared of past trauma
- ⌘ Stay away from catalysts (‘movers’ and ‘pushing’ energies) initially
- ⌘ Don’t try to fix everything with many essences

### Protection Essences in Treatment

- ⌘ Offers an added feeling of security    ⌘ Insulates from attack and absorption    ⌘ Eases fears
- ⌘ Provides relief and confidence        ⌘ Can be used individually or in combination

### Herb and flower essence formulation energetics are similar

- ⌘ Focus the formula on a particular issue.
- ⌘ Seek to address core issue (i.e. the emotional wounds / patterns underlying anxiety)
- ⌘ Seek to make a simple elegant essence: herb/essence can have many actions / energies
- ⌘ Choose essences to address different facets of the issue, but not every essence related to it! Seek elegance & simplicity.
- ⌘ **Detox / release emotions with wisdom** - when one is strong enough and/or particularly ready
- ⌘ **Formulate strong acting essences (‘catalysts’ ‘Pushing’) with soothing supportive and protective essences.**

William LeSassier Triangle formulation: building (+), releasing (-), tonic / strengthening (0)

Karyn Sanders formulation: Lead herb/ essence: Push herb/ essence    Holding /essence    Glimpse or Whisper of energy to come essence

### WHAT are the goals & intentions of flower essences therapy?

Goals reflect our intentions, which in turn carry the energies of the practitioner to the client

- To clear trauma from the chakras
- To assist chakras 1-3 to accept energy from higher chakras
- To assist the personality to change to accommodate a higher vibration, i.e. to spiritualize
- **AVOID** projecting our personal ideas of what a person needs and connect to the dynamic of their own subtle – soul – energy.

“There is no true healing unless there is a change of outlook, peace of mind and inner happiness.” –Dr. Edward Bach

- ‘Being here’-- incarnation of soul identity
- Emotions flow through us but don’t control us
- Health, happiness and joy
- Peace (balance) of body /mind / spirit
- Ability to continue to evolve and be of service to the environment we are in, according to our soul desires
- Expanding our awareness and experience of Nature & Spirit

“When spirit and body are joined in harmony life is a joy, an adventure of absorbing interest a journey yielding happiness, health and knowledge –Dr. Edward Bach

### The Future of Flower Essence Therapy...

But we have only begun to love the earth.  
We have only begun to imagine the fullness of life.  
How could we tire of hope? So much is in the bud.

- Denise Levertov