



Flower Essences for Emotional Healing

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

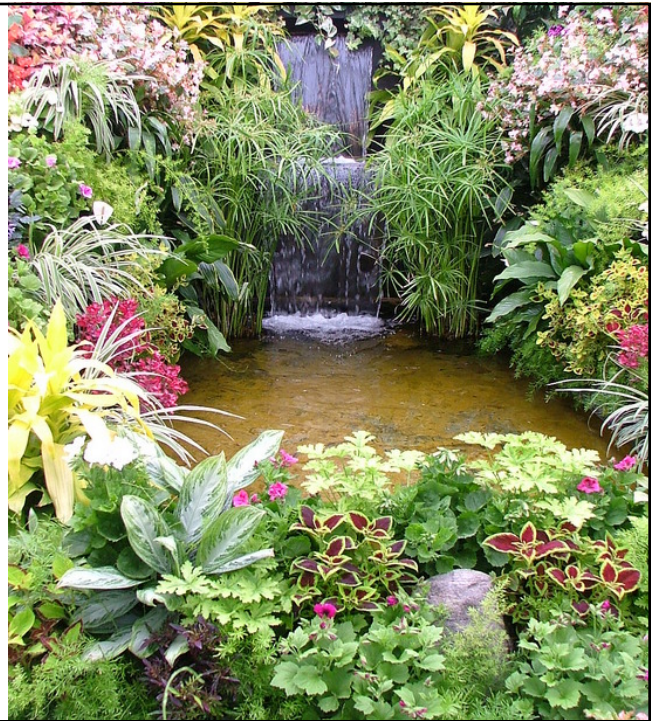
- **My favorite company is:**
 - Flower Essence Services (www.fesflowers.com)
- **Nature's Sunshine Products sells 7 flower essence blends formulated by me (the essences in them come from Flower Essence Services). These are dosage bottles, not stock bottles. I do not receive royalties on these products.**
- **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

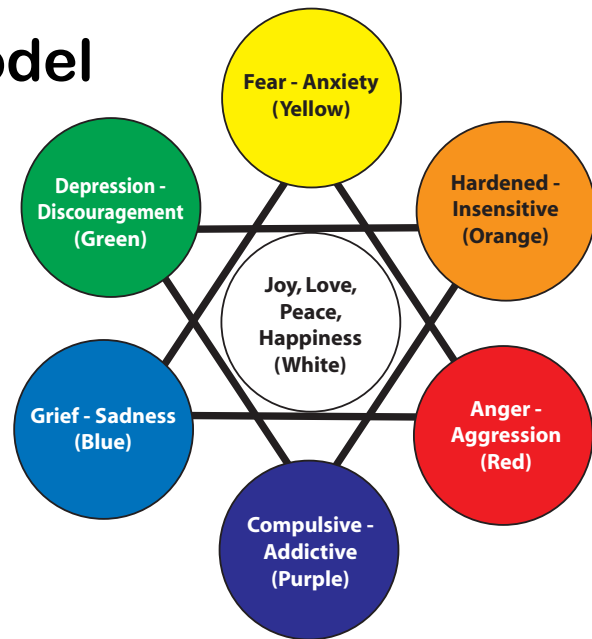


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Seven Remedies

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

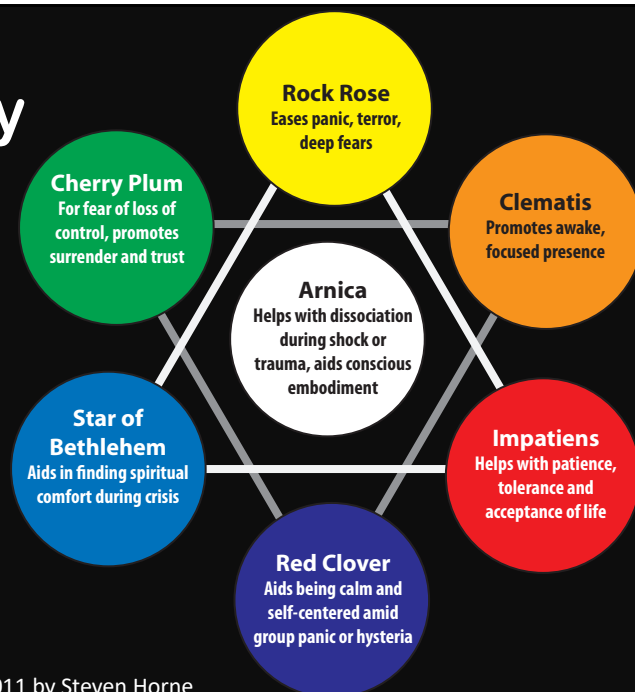


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Arnica

- 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.



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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



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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



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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



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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



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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



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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



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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

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

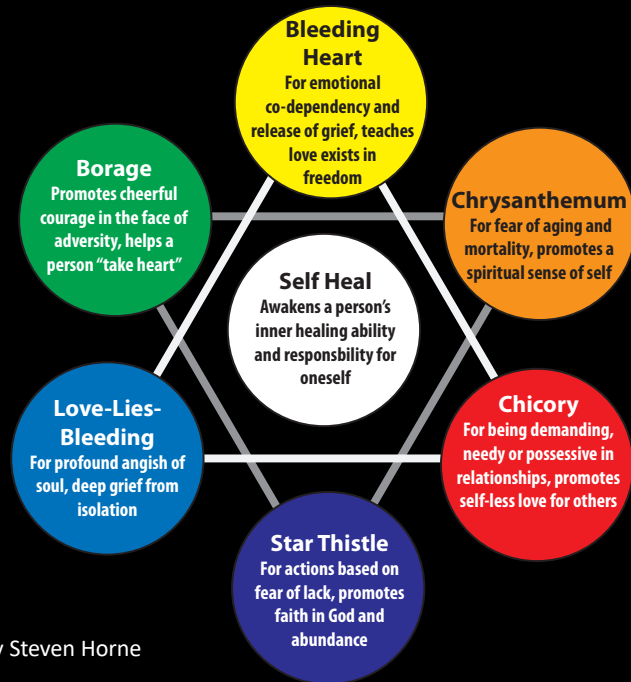


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Self - Heal

- 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

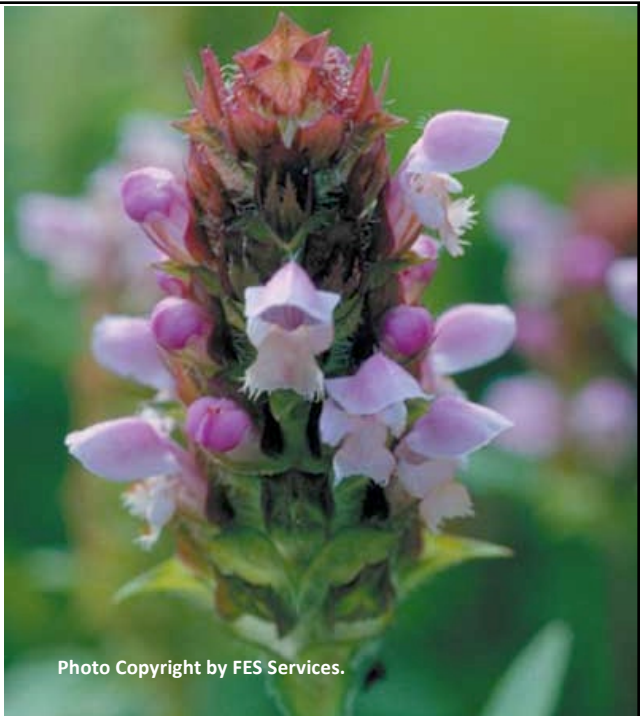


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Borage

- 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

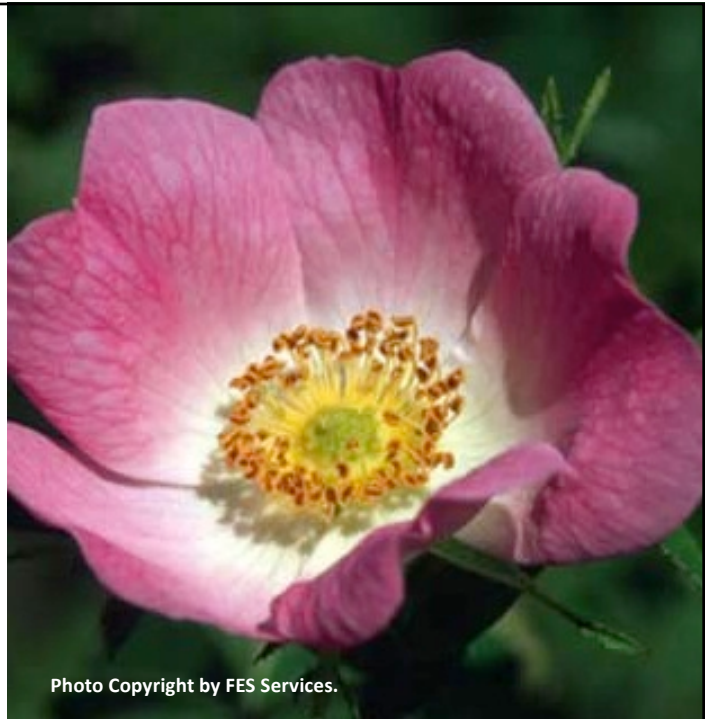
- Basic flower essence for suppressed grief
- Helps people who have hardened their hearts to soften them and be open again to love and compassion
- Helps people who are cold, uncaring and insensitive



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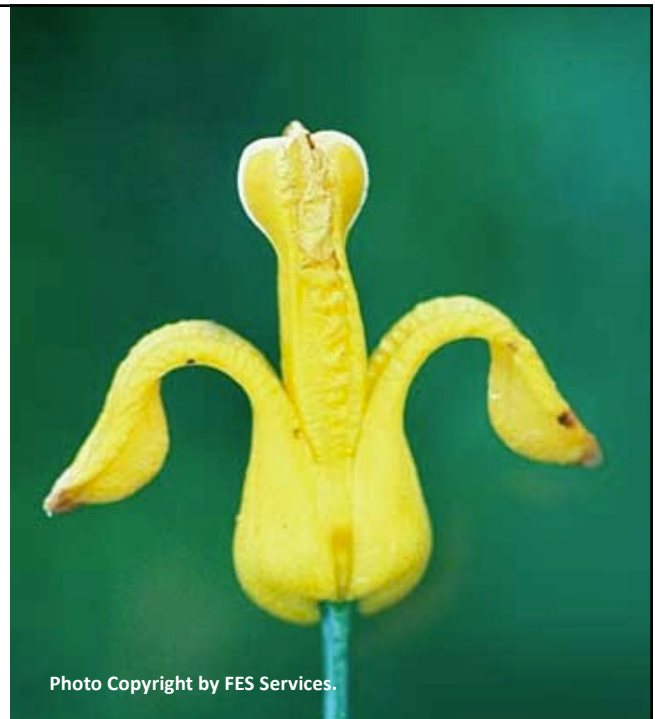
California Wild Rose

- 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

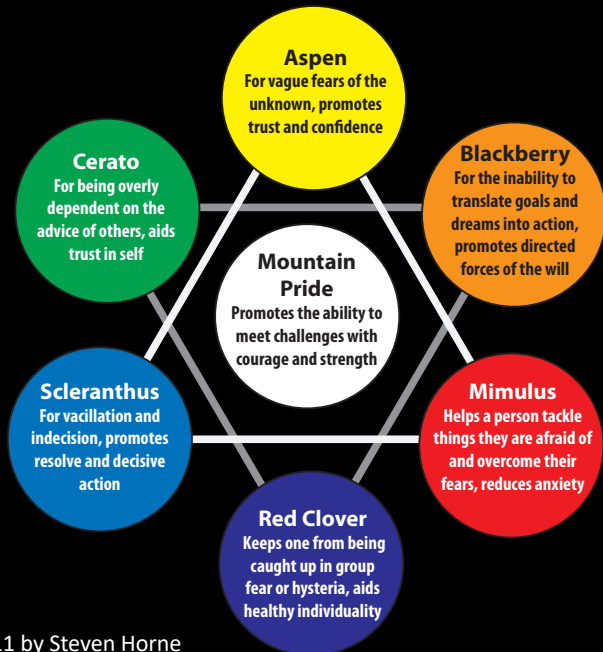


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Mountain Pride

- 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



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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

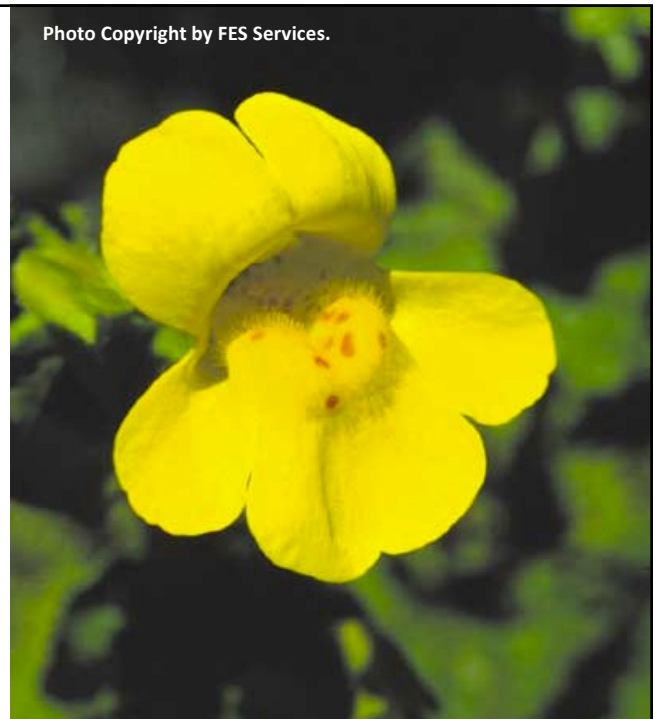


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Be Response-Able

- 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

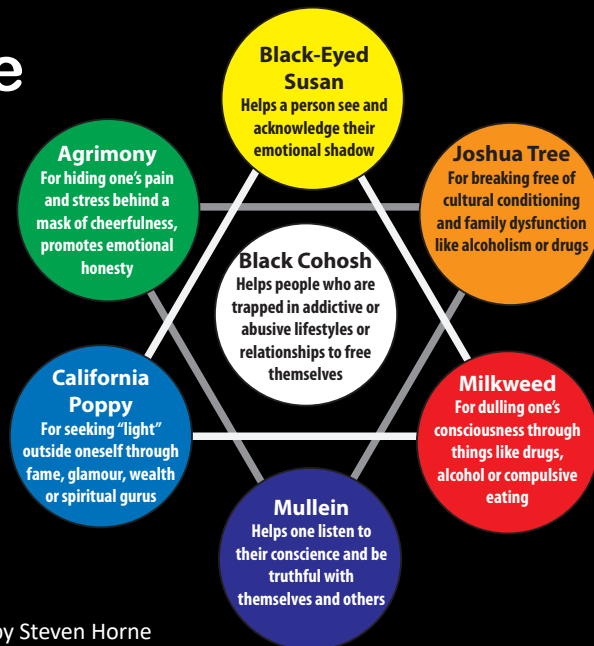


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Black Cohosh

- 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



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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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