

FLOWER ESSENCES HEALING BODY & MIND WITH THE SPIRIT OF NATURE

BY ELLEN WACHS

Have you ever heard nature whisper in your ear? "Walk this way," "Step forward," "Sit on this rock," "Sit and listen to this creek's song." My experience of flower essences has been like that. Sometimes a soft whisper, sometimes a shout, nature has called out with offers of help, healing and support. My own messages from nature have taken me to my backyard flowers, to the ancient land under the Alamo, to an uninhabited Scottish island ocean cave, and to the Chalice Well in Glastonbury. The result has been a new understanding for me of the relationship between man and nature. Instead of nature as destroyer, I have found nature, the healer, in this new and exciting form of energy medicine.

The benefits I have received from flower essences have been emotional and mental support, such as relieving stress, balancing emotions, gaining insights, focusing attention, and recalling inner strength. I have also seen physical effects, such as the quieting of angry boils, fire ant bites, and other skin irritations. All this from nature's healing vibrations preserved in alcohol or water. Children and pets seem particularly sensitive to these benefits. Plants love them too, espe-

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cially when they have been re-potted.

An English physician, Dr. Edward Bach, MD, DPH, who was seeking relief for his patients as well as from his own ailments, developed flower



essences in the 1930's. A sensitive and intuitive man, Dr. Bach felt that the vibration or healing frequency of the plant was at its highest when blooming. As he walked the moors he noticed dew on the flowers. It occurred to him that the dew sitting in the sun would take on the properties of the plant. Dr. Bach discovered 38 flower essences that offered transformation to 38 personality types. He also created a Rescue Remedy for trauma, shock, or dealing with the unexpected. He believed that separation of the body-mind from the soul was the cause of disease. Bach's remedies have been used all over the world for fifty years.

In the 1970's Richard Katz estab-

lished the Flower Essence Society in California. He found that a new series of essences could support people with inner growth and spiritual awakening, offering opportunities to address areas of imbalance. As catalysts, these new essences supported changes around sensitivity, intimacy, sexuality and our psychic and spiritual development.

In 1996 beginnings of more changes were apparent. I was privileged to attend the International Flower Essence Conference in Findhorn, Scotland. Hundreds of practitioners and makers of essences were there representing every continent and over 30 countries. I was surprised to discover how the industry

had exploded into more than 7500 essences collected around the world from flowers, stars, gems, animals, sacred sites and spiritual archetypes.

Traditionally, flower essences have been made by cutting the flower, placing it in a bowl of water in the sun, so that the frequency or vibrational pattern of the flower would be infused into the water. New multi-dimensional techniques for making essences were discussed which did not require the cutting of the flower. Nature communication was at the core of this change. The conference title, "Co-Creating with Nature: Healing with Flower Essences" suggested the future direction of this work cooperatively done by man with nature—as respectful partners. New methods for transfer are emerging, more in line with our evolving consciousness.

Flower essences work on the electromagnetic field or subtle bodies surrounding the physical body. According to Dr. David Gerber, M.D in his definitive work, *Vibrational Medicine*, flower essences affect the acupuncture meridians, chakras, organ systems, hormones and blood. Dr. Gerber also discusses research, which suggests that flower essences affect a crystalline network in the body located between the nervous system and the blood that has not yet been understood by modern medicine.

Certain flower essences have specific purposes. Generally, they transform by supporting change in negative attitudes and limiting beliefs, which hold us back from health and happiness, so they are not medicine in the way we usually think of it. Flower essences are complementary to medicine, not a substitute for it. Not just a placebo, we see their effect with babies, pets and plants that have no belief system. There is no downside to essences. Whatever is not useful is simply cast off.

Choosing the right one for you can be done by a flower essence practitioner, or you can choose by listening to your inner wisdom, what "feels right," muscle testing or dowsing. Often, while holding a bottle of essence in the left hand, people report that they feel a gentle warmth or magnetism. A

practitioner can also blend multiple essences into one custom "bouquet" for a particular dis-ease, imbalance or for personal growth.

Essences are easy to use. Effective when 2-3 drops are taken three times a day under the tongue, placed in drinking water, rubbed on the skin, or mixed in the bath; they may also be added to massage lotions and skin creams. Storage should be away from electro-magnetic and electrical devices, as well as strong odors, such as coffee or camphor.

Today an Internet search for "flower essences" called up 59,700 hits. What began in the 30's with Dr. Bach's flowers continues to grow and expand our understanding of the heart of Nature, bringing support to thousands all over the world. Listen to Nature today. Perhaps you will hear it in a new way.

SOURCES:

Flower Essences & Vibrational Healing by Gurudas, 1989.

Vibrational Medicine by David Gerber, MD, 2001.

Bach Flower Essences for the Family by Bach Flower Essence Co., 1995.

Swanstar Essences: Nature's Wisdom for Conscious Evolution by Ellen Wachs, 2003.



Ellen Wachs, anthropologist, vibrational healer, singer, teacher, writer, and minister, will be the speaker at Women of Wisdom event at Unity of Naples Church on April 10. On April 24, Ellen will present a workshop titled: *Essence Healing: The First Adventure* at The Meeting Room, 5600 N. Tamiami Tr., #15. Call 354-4402.

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