

An Introduction to Flower Essences: Catalysts for Healing, Growth and Change
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Feeling stuck? Overwhelmed? Are you feeling the need for change in your life? Are you going through a period of change and transition? Do you feel the need for support, stability and inner guidance? Are you seeking clarity, insight and guidance about who you are, where you are going and how to get there? Do you feel the need for clarity and insight in your personal relationships? Do you feel the need for personal and spiritual growth but aren't sure where to start? Do you feel that there has to be a better way to live or be? Do you feel that you could be a healthier, happier you? Do you want to be more focused and purposeful in your life? Do you have difficulty relaxing and letting go? Are you ready to break through the fear and insecurities that hold you back from your full potential? If you answered yes to any of these questions, then now might be a good time to explore the healing potential of flower essences.

A gentle, yet powerful, healing modality, flower essences facilitate healing at the soul level, promoting balance and harmony within one's energy system(s). They can have a supportive energy during stressful, or challenging, times; serve as catalysts for change, growth or healing; or facilitate awareness of underlying mental, emotional or spiritual issues that need to be addressed as part of the healing process.

Developed in their modern form in the 1930's by Dr. Edward Bach flower essences are unique in that they are entirely energetic in nature and contain no physical component of the plant or flower from which they are derived. They have no fragrance, and they exert their effect through one's energy field rather than through the physical body itself. Many people have found them to be useful tools for facilitating and supporting the healing process; for personal and spiritual growth and development; grounding; focus; concentration; stress; life purpose; psychic opening and development; anxiety; depression; healing from trauma, abuse and neglect; letting go; and much more.

Flower essences are created by harnessing the energy patterns of selected plants and flowers and then imprinting that pattern upon a liquid. The liquid then stores this energy pattern until it is needed, much like a battery stores an electrical charge. When the essence is then taken into one's energy system, the essence, or energy pattern of that particular plant or flower, then resonates with, or activates, the corresponding aspect of one's energy field that is out of balance, addressing issues at the core level of one's being, thereby promoting balance, harmony and well-being within the individual.

Essences are selected by matching soul qualities, or states of imbalance within the individual, with the corresponding flower essence and may be chosen in a variety of ways. It is best to limit the number of essences used at one time to 1-5 and to focus on one or two key areas at one time focusing on the essences that best fit your current situation and goals. You may choose them yourself, either intuitively or by consulting a resource such as "The Flower Essence Repertory" by Richard Katz and Patricia Kamininski, and selecting the essences which seem most appropriate for you based on their descriptions. Most people find the services of a flower essence practitioner helpful in flower essence selection as it can be a daunting task to the beginner. A professional practitioner is also skilled in recognizing the key patterns and issues which need to be addressed as well as which essences best correspond to those issues for a particular individual. If selecting essences for yourself, you may find speaking with a friend or counselor helpful in identifying the key soul issues that are most relevant to you at the time.

Flower essences are most commonly used orally, two to three drops directly into the mouth two to three times per day or as needed. They may also be added to a beverage or applied topically to the skin. An essence, or a combination of essences, is typically used for three to four weeks. Then the situation is reassessed. In some cases, the same essence, or combination of essences, is repeated for another cycle. In others, new essences are selected as new issues and insights come to the surface as shifts occur within the individual. For some people, the effects of flower essences are immediate and obvious. For others, the changes are more gradual and subtle, requiring time, reflection and introspection for their effects to become apparent. The most common experience is for the essences to have their effect over a period of weeks and in some cases months. While flower essences can be used successfully for short term, or acute, situations, they are most effective when used over an extended period to allow the changes to fully unfold and to address the underlying issues within the individual for a deeper and more lasting change in one's life.

A valuable healing tool in their own right, flower essences are even more effective when they are used in conjunction with energy work, affirmations, counseling with a qualified therapist, or self-awareness techniques such as meditation and journal writing.

-For more information about flower essences and flower essence therapy contact Alexandra Windsong at 301-696-8380 or windsong@thehealingway.com.

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