

CHI · LIGHTFUL[®]

Flower Essences : FIND > BALANCE

Essentially, flower essences treat the emotional body, which can become out of balance due to either physical or emotional trauma.

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What are Flower Essences?

You can research JS. Bach, the person who pioneered the use and defined the healing powers of plants for the emotional body. His brand “Bach Flower” is widely used all around the world to de-stress, regain balance, help in death and mourning, create new hope, confidence, freedom from deeply entrenched habits, joy, and so much more for people and animals. The use of his “emergency...de-stress” formula of “Rescue Remedy” is well known by folks around the world. Flower essences are widely used in Europe and now becoming more popular in the U. S.

Flower essences are “safe” to use in just about any circumstance due to the fact that they “work” from INTENT to balance within the emotional body of a being. Flower essences are NOT herbs, they are considered “water with intent” and do not mingle, disrupt or affect the chemical make up of the body OR any prescription drugs in use. They are “made” by gathering a plant, grass, tree parts, or flowers. As example, let’s use the little flower Impatience. The Impatience flower is gathered and is then placed in a distilled bowl of pure water out into the sun, letting the sun “distill” the water, catching the essence or pure being of the flower into the sun drenched water. Then this tincture is put into sterile bottles (with a little bit of Brandy to preserve) all being gathered with the energy of blessing for each distinct healing intent of the plant. In the case of the flower Impatience...its purpose or intent is to help balance “impatience”, the end result being in balance by finding patience.

Naturalist nurserymen and gardeners use flower essences as they plant or transplant new plants. A little bit of Hornbeam is a true help for new plant sprouts and roots to become strong or get used to a new “home”.

Healers of animals and people use flower essences in their work to balance and comfort the emotional body. For hospice work, Star of Bethlehem is a great essence to help in transition during passing for both patient and care takers.

I use flower essences to help pets’ and peoples’ energy get back into a balanced flow for a variety of behavioral and emotional issues (includes low self confidence, aggression, fear, abandonment issues, etc.) that can come from either emotional or physical trauma or “dis-ease”. When there just does not seem to be any “reason” or solution for an out of balance behavior or emotion, I energetically ask (dowse) for a custom flower essence list that will help bring an animal (or person) back into balance.

Essences will help create balance; they do not remove the “baggage” that created an imbalance. An animal or person sheds the out of balanced behavior as they are using the essences, when a behavior becomes positive or “in flow”, the essences have done their job. Along with other modalities, a person or pet can and will regain harmony and balance, back to their flow.

Flower essences are a great way to help nature, pets, and people...they do no harm, wash out of a system as would water, and create a happier, more balanced environment for all!