

Simplicity of Flower Essences

Written by Amy Page, The Barefoot Homeopath, with inspiration from Flower Essence Services

What are Flower Essences

Flower essences are water-based extracts used to help mind-body health, soul growth and emotional well-being. I like to say, they work on the emotional level and connect to the Soul. They work beautifully with homeopathy as a compliment but in their own right, they are their own modality. Profound changes have occurred with just the essences.

Where, who and when did flower essences originate

The more modern use of flower essences was primarily developed and attributed to Dr. Edward Bach who was an English physician and homeopath in the 1930s. He prepared the 38 flower remedies, mostly from English flowers. Most widely known is the Bach formula, Rescue Remedy.

I have studied all of the English flowers extensively, taught them and utilize them in many of my formulas.

I purchase most of my essences from Flower Essence Services. In agreement for me to use their high-quality essences, I submit my product for their approval.

How are essences prepared

Many people want to smell my essences but they do not smell. What it is, flower essences are diluted herbal infusions prepared from flowers, trees and even one from a particular source of water! The process is collecting the fresh, dew-filled blossoms in the early morning on clear, sunny days. They float on the surface of a bowl of water and irradiated by the warmth and light of the sun for several hours. This process creates an energetic imprint of the etheric energy pattern of the flower. The water is now embodying the healing archetype of the plant. You see, water captures the "vibration" or "frequency" of the plant material and is a carrier. For a very good explanation of how water can carry a vibration, learn Dr Emoto's work.

I purchase "stock" essences that is preserved with brandy and further diluted from the "mother essence".

Use with prescriptions medicines: Because these essences are essentially the energetic imprint of a flower, vibrational therapy, the impact is not from direct physical or chemical intervention in the body so they can be used in conjunction with other therapies, including prescribed medication for both physical and emotional ailments. It is important for anyone taking prescribed medications to have their condition professionally monitored and not to attempt to discontinue medication without supervision.

How to use flower essences

I do provide instructions on how to use the essences after purchase with the essence or described in detail in my wellness package from consultation.

They are typically taken orally from the blue dropper bottles. Each bottle of prepared essence should last a month when utilized per instructions. The more common standard dosage is four drops four times a day. I typically recommend adding four drops to a large bottle of water and drink throughout the day.

There are many other ways to use them, such as in a cream base, in baths or spritzes. I send spritzes to professionals as they will spritz their clients with my formulas.

Store the essences in a cool dry place out of the sunlight. For longer storage, place in refrigerator. Those sensitive to alcohol, please read FES FAQ.

Can more than one essence be used at a time

All of my essences that I create are not to be added to or combined with another essence. I typically use seven essences in my combinations as I've found these to be most effective with my clients. Seven essences are the maximum number for formulas.

Now, with my Flower of Life essence system, I utilize up to three combinations in the same day but at separate times.

Can flower essences be used with other modalities



Flower essences are gentle healers that work very well as a complimentary modality or as a stand-alone therapy. While I prefer to integrate them with homeopathy, other practitioners have other preferences.

Flower essences and homeopathy are kindred yet they have important differences. Similar in that they are both based on energetic; rather than biochemical principles and physically diluted. Both modalities work with the persons healing process rather than suppression. Homeopathy was developed by the Law of Similars, "Like Cures Like". I like to describe flower essences to provide positive virtues of negative states.

The differences in preparation and usage: Flower essences are made exclusively from fresh blossoms of plants, whereas homeopathic remedies are made from mineral, plants, animal or human substances. As a Classical Homeopath, I may give one dose of a homeopathic remedy and tell my client to wait and observe changes. Flower essences are best to be taken over time, typically daily.

Convenience of Flower Essence Combinations

I have created 7 flower essence combinations that have been approved by Flower Essence Services in America. These essence combinations target patterns that I see in my clients and I bring them to you without consultation. Simply just choose which essence fits best for your current state. I call it Flower Power. These beautiful essences are amazing!

Specialty Flower Essence Combo

Believe is an amazing essence designed to help a person regain hope and faith. Whether it is from their current life experience or simply helping to believe that a flower essence can help them. Be ready to begin some major changes because I believe you can do this.

Nurture Embrace "the change"!

Are you ready to embrace this powerful transition time as you move through the change of life? Try Nurture. This flower essence combo was specifically created for women. May you move through this time with **ease** and **grace**.

Grounding is for the daydreamers, with a lack of concentration, easily distracted and just down right hyper. Becoming impatient with a bit of melancholy. Helps to get a little more control and teaching them to have better boundaries. This essence also helps a child sleep well by protecting and solving nightly issues. For adults and children alike.

What can we have more of when we are grieving? **LOVE** As the song goes, love mends a broken heart. This essence is love in a bottle. It's not to help you forget your loved one. On the contrary, this essence helps to nourish the bonds that you had while honoring self.

Calm creates serenity during stressful situations. This essence relieves anxiety during times of chaos and change. Gracefully, it soothes emotional upsets. Specifically designed to ease transitions and quiet the mind of reoccurring thoughts.

Protection When we are going through our personal growth, we encounter times when we don't feel protected energetically. This essence has some excellent qualities to help protect an individual from various sources of negative energies. It has the potential to restore the aura from damages occurred, protects the energy field from outside influences and **adds inner strength**. Don't get me wrong, this is not a crutch but merely a tool to help you through tough times.

Sunshine offers rejuvenation, physical strength and the will to continue through everyday tasks. Let this essence restore your vitality, to become refresh and awake even when you are away from the life-giving sun.

Illume The illume essences are divided by four bodies: physical, emotional, mental and astral. The goal of these essences is to stimulate the vital force by working directly with cellular memory in the energy fields of these four bodies.

Can't Decide

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