

Flower Essences...Tools to Build Your Place

Written by Charlene L. Briggs, BFRP

Whether finding our place in the family of things relates to our place in the world or awareness of and entitlement to our own feelings, there is always a call that moves us out of reaction and into action. Flower essence therapy can facilitate hearing and acting on that call by releasing old emotional patterns and archaic definitions of ourselves that keep us bound to a reality that progressively lacks relevance. Repeat life dramas continue to manifest until we eliminate the emotional charge of the situations that occupy our reality. Flower essences help release these emotional charges by helping us find our voice, speak our truth, heal our wounds and act with courage from a core that understands the nature of a higher call that implores evolution of the self.



On their way toward a more intentional life, many women come into my practice looking for the origins of and release from their midlife crop of anger, anxiety and depression. Very often the roots of these emotions are found growing in soil fertilized by a good girl, walking on her knees. These emotions are not limited to mid- life. Juggling personal, family and career time is a struggle at any age. The more freshly minted, at-home moms have their own stress, navigating a path through the turbulent waters of an implicit and equally competitive protocol.

Treading respectfully out of my heart-based therapy into the cognitive realm, I find a common thread in our feminine fabric appears to be the vibrational challenge of living our own truth

within an antagonistic reality. Whether that reality is a belief system implanted into our subconscious by our family or an external reality to which we hold ourselves accountable, I find a woman in full manifestation of empowerment the exception rather than the rule. I believe empowerment holds humility and respect and softness along with dignity. It is a conscious grounded connection within and through our selves, not out of entitlement, but out of an ability to take charge of the moment, to be bigger than the moment. Essences help us grasp the moment, stay there and return when we lose our footing.

Brought to the fore in the 1930's by Dr. Edward Bach, flower essences have been used for centuries to balance emotions. Dr. Bach was a bacteriologist, immunologist and pathologist in England. He observed a direct correlation between the onset, intensity and duration of a physical imbalance and one's emotional terrain. For example, he discovered that temperament was more important than genetic predisposition in the development of many illnesses. He also found people of the same emotional temperament housed similar quality, quantity and combinations of intestinal microbes. Dr. Bach argued that modern medicine was too focused upon relieving symptoms while leaving the true causes of illness unattended. Believing there was a simpler cure for the ills of humanity, he left his successful London medical practice to research the healing herbs in the Wales countryside, where he developed the 38 Bach Flower Remedies. Today they are used worldwide and many other systems have followed Dr. Bach's lead.

Flower essences are homeopathic dilutions made from the blooms of healing plants. They are liquid drops that can be put into your water, tea or soup. Each flower addresses and balances a specific emotional state. Like other forms of energy medicine, flower essences work by the law of resonance, and are otherwise known as vibrational medicine. Vibrational Medicine, by Dr. Richard Gerber, Bear & Co., 2001 is a great reference. In short, if all matter is energy vibrating at different frequencies (Einstein), and emotions are energy in motion, then emotions are matter. If an object (matter) once set in motion remains in motion traveling in a straight line at a constant speed until acted upon by an outside force (Newton) and if Psychoneuroimmunology has

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proven that what we think and feel affects the physiology, what are we doing to ourselves? Look at the effects of unobstructed anger. Fears burrow into our psyche and emerge as chronic anxiety and panic attacks. Traumas leave emotional residue that gets buried alive to reemerge from our cellular memory. The unfinished business of our childhood becomes our children's to finish. All of these emotions are energetic vibrations that exist resonating like an old song in our energetic anatomy. A powerful outside force acting upon them, balancing them and creating homeostasis within the system is found in flower essence therapy.

There are no contraindications to flower essences like other forms of homeopathy. They are safe enough for babies and those in convalescence as well as during pregnant and nursing. They can be taken as a single remedy or in combination. As a practitioner, I can create up to nearly 300 million combinations of treatments from the Bach system. Each treatment bottle is a synergistic combination specific to the constellation of reactions indicated by the client's emotional climate. They also work to enhance other forms of therapy, whether cognitive or physical and do not interfere with other modalities of treatment.

Here are some examples of indications for the essences. The resonance of anger can keep us awake at night, until we take some Holly to release it. Persistent unwanted thoughts blur our focus and can be eliminated by White Chestnut. Fears of public speaking and confrontation can make us choke on our words. Mimulus and Larch help us overcome fear of the future and self-imposed obstacles. Personal boundaries and life transitions are strengthened and facilitated with Walnut. Old traumas can slowly evaporate with Star of Bethlehem. Gorse can shed enough light and optimism to bring one out of hopelessness. There is an essence or essence combination for every emotional state, expressed or repressed, past, present or projected. Flower essence therapy is both curative and proactive. That is, it can help us get conscious and stay conscious. This consciousness translates throughout the entire system and into one's surroundings.

Children and animals respond quite rapidly to the essences. Some examples include children who suffer from separation anxiety, lack of motivation and focus, fears, peer issues and trauma. In animals the essences dissipate the emotions and behavior associated with past trauma, transition to a new home, competition with other pets, fears of thunderstorms, walking a new route or certain people, being left at home and permanent loss. Even plants in process of transplanting can benefit. I revived a half-dead African violet with rescue remedy. It recovered and bloomed within 2 weeks.

A discussion of flower essences would be incomplete without addressing Rescue Remedy, the remedy for emergency situations from impatience to shock and trauma. RR balances our emotional reactions to situations such as dentist appointments, traffic jams and accidents, bad news, anticipation of an event and is great to keep in the desk at work. In England, RR is quaffed from the desktop. Four drops is all you need from the

essences for effectiveness. I carry mine everywhere I go and usually give it away. Once, while circling Philadelphia in a plane during a thunderstorm, a passenger went into a full panic attack, I gave RR to her husband who put several drops in her mouth, she immediately responded and was completely calm within one minute.

Essences are about movement. As the heart lets go, the mind recognizes the lesson and resolves to move forward, propelling us into a more conscious life. I believe that as we focus on the moment, we may experience stillness within. I hope that pause ultimately opens us to recognize diversity in all forms and see that the earth and all who call it home are not a commodity belonging to us, but a community to which we belong. (exp. Aldo Leopold, Sand County Almanac.) Humans and the plant kingdom have shared a symbiotic relationship since the dawn of co-existence. Flower essences are an extension of that relationship. They offer themselves to us, calling us to love what we love and find our place, first within our own hearts and then within the family of the world.

I invite you to experience the wonderful world of flower essences.

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Wild Geese

You do not have to be good.

You do not have to walk on your knees

For a hundred miles through the desert, repenting.

You only have to let the soft animal of your body

Love what it loves.

Tell me about your despair, yours, and I will tell you mine.

Meanwhile the world goes on.

Meanwhile the sun and the clear pebbles of the rain

Are moving across the landscapes,

Over the prairies and the deep trees,

The mountains and the rivers.

Meanwhile the wild geese, high in the clean blue air,

Are heading home again.

Whoever you are, no matter how lonely,

The world offers itself to your imagination,

Calls to you like the wild geese, harsh and exciting -

Over and over announcing your place

In the family of things.

Mary Oliver

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