

Flower Essences are liquid extracts prepared by sun-infusion and potentization of blossoms in pure water. They are profound remedies that influence the emotional bodies and emotional well-being of animals and people. First developed by English physician Dr. E. Bach in the 1930's, Flower Essences are known and accepted treatments with healers worldwide.

No one doubts the effects that our emotions have upon the physical body and we all see the power that emotions hold over our horses. To use a simple, non-toxic, side-effect free, inexpensive and pleasant treatment that actually works and does so within minutes if not seconds, is a rewarding experience.

Flower Essences are taken orally, two to four drops at a time, under the tongue, in drinking water or on a sugar cube (easiest for horses). These essences work vibrationally in much the same way that Homeopathics work. They are so safe and effective, they are one of the few groups of treatments that can be used in their entire spectrum in the healing of cats (cats are extremely sensitive creatures that can be killed by some drugs and herbs that other animals tolerate).

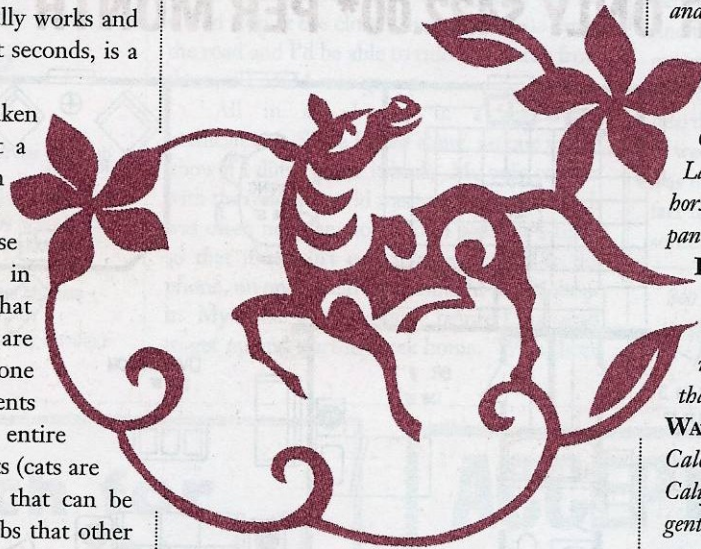
Creating Flower Essence Formulas

Flower Essences can be found in health food stores, and most common are the English/BACH essences, which are 38 specific, individual remedies plus the Rescue Remedy – a blend of five flower essences (cherry plum, clematis, impatiens, rock rose and star of Bethlehem) that is used in cases of panic, shock, trauma and fear. The remedies you buy are in “Stock” form. They have been reduced or diluted from the original “Mother” essence and are intended to be diluted again into a “Working formula”.

This is accomplished by placing four drops of your stock essence (or four drops of each of the essences you wish to use in combination), into a one ounce, dark colored glass bottle that is filled with pure water (if you will use up the mixture within two days). To preserve your mixture, fill with one-quarter Brandy, cider vinegar or vegetable glycerin and three-quarters pure water. Shake this mixture well and often to

energize it and use it by placing four drops on a sugar cube or two, feeding it to the horse immediately.

Drops from the Working formula can be placed directly into the horse's mouth, inside of his lips or in his feed. Stock essences can be used full strength, but it does use it up faster. You can also place four drops of Stock essence into water in a sprayer or mister and “spritz” it over the horse's body and in the air around him. You can put 20 drops of Stock into a bucket of pure water and bathe the horse with it.



You can dilute Flower Essences because they work in an energetic way – not a chemical way – and the more you reduce and agitate them, the more powerful they become. Flower Essences can be added to topical products, i.e. add ten drops of stock essence to one ounce of creme, oil or lotion. Just remember to shake or tap the mixtures against your leg or a cushion to energize them (potentize).

Flower Essences can also be placed directly upon Accu-points. These are the places upon the body where Acupuncture and Acupressure are used. They are where the Energetic body connects its system of flow and where stagnation of the energy (the Ki in Japanese, Chi in Chinese), is reactivated or balanced. Essences can help immensely in this process.

In addition, you can combine essences with compatible properties. Generally, you combine three or five essences. Anything over five tends to “muddy” the energies. Even numbers (two or four essences in combination), tend to weaken each other.

Flower Essences, like all Homeopathics, can be antidoted by strong smells/flavors like peppermint, menthol, tea tree oil, etc. Just remember to use them 15 to 30 minutes apart.

Master Peace Flower Essences

At Master Peace we make our own Flower Essences and specific combinations for animals. For horses we create the following:

FIRE HORSE ESSENCE - a combination of Ocotillo, Rosemary, Yucca, Squash Blossom and Basil Flower Essences to help the horse that “erupts” with emotions unexpectedly, has a temper or resists.

AIR HORSE ESSENCE - a combination of Comfrey, Desert Willow, Echinacea, Lavender and Sage Flower Essences to help the horse who becomes frightened or startled easily, panics or is in shock.

EARTH HORSE ESSENCE - a combination of Chaparral, Honeysuckle, Nasturtium, Peppermint and Zinnia Flower Essences to motivate a lethargic or “herd bound” horse that has no sense of himself and is too grounded.

WATER HORSE ESSENCE - a combination of Calendula, Yarrow, Mesquite, Pine and California Poppy Flower Essences to support the gentle horse who can easily be taken advantage of and needs to stay grounded and aware.

I often suggest that owners/riders take the same essences as their horses (such as the Rescue Remedy or Air Horse Essence), just before a ride, a show, the arrival of the Veterinarian, etc. to bring everyone's emotions into a balanced harmony. Flower Essences effect the Emotional Body. The emotional body is linked to the physical, mental and spiritual bodies and, therefore, has an influence on them. Anything we use to support and balance the emotions will be beneficial to the entire organism. Flower Essences will surprise you with their subtle strength and absolute consistency. **NHMT**

Katharine Lark Chrisley is the director of MASTER PEACE, a Buddhist center of Meditation and healing where she teaches workshops that include a Flower Essence and Equine Alternative Healing Clinic. She is a Reiki Master and Dressage instructor. She makes Flower Essence combinations for people and animals from wild desert blooms and herbs grown organically in the Organ mountains. MASTER PEACE can be reached at 505-382-0782 or P.O. Box 428, Organ, NM 88052.