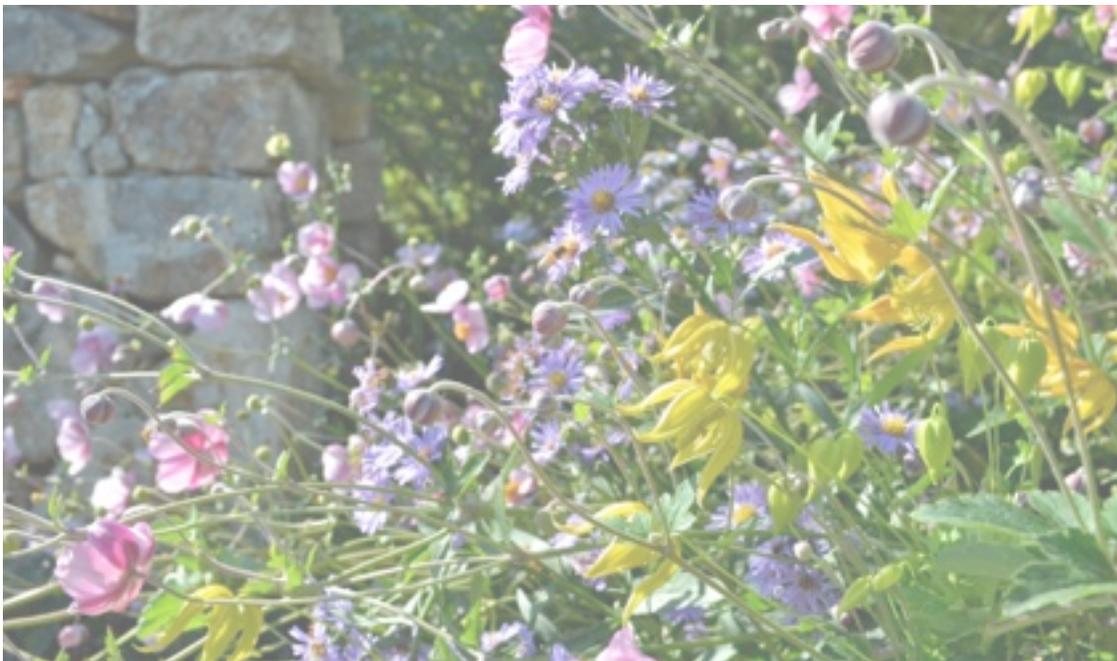


# *Flower Essences*



*for you and  
your animal family*

**BY KATHLEEN ASPENNS**

# Getting Started

*This book is intended to empower you to use flower essences to support yourself and your animal companions.*

*But remember, flower essences are not a substitute for appropriate medical or psychiatric care.*

*Take good care of yourself and your companions by seeking medical care when needed.*

# Flower Essences 101

## ***Introducing Flower Essences***

Flower Essences are vibrational medicines created from flowers. They are extremely dilute tinctures of flowers that work on mental, emotional and spiritual levels. While they do not work directly on the physical body or treat disease, some models of healing view physical issues to be a result of underlying stresses or tensions in the mind or spirit. Once these issues have been resolved, the body can heal itself.

## ***The History of Flower Essences***

The first modern Flower Essences were created by Dr Edward Bach, an English physician and homeopath, in the 1930's. He found that by treating the personality imbalance with the correct essence, whatever disease they were suffering from would be alleviated. His system of 38 essences and one combination formula (Five Flower Formula aka Rescue Remedy) is the most widely known system of Flower Essences. Many other Flower Essences have been researched and developed from plants all over the world.

## ***How Flower Essences are Made***

Most Flower Essences are made by a process of solarization, also known as the sun method. On a clear sunny morning, when the chosen plant is in full bloom, flowers are picked and floated on the surface of a clear glass bowl of pure water placed in the sun. After about four hours, when the flowers have begun to wilt, the flowers are removed and the water preserved with 50% brandy. This resulting mixture is the

mother essence. To prepare a stock bottle, two drops of mother essence are added to an ounce bottle of 50% water and 50% brandy.

## ***Crisis Formulas***

In any kind of emergency situation, use Rescue Remedy!

Rescue Remedy, aka Five Flower Formula, is an excellent essence for any kind of stressful situation. In a minor situation, you can offer the essence as you offer first aid. In a serious crisis, you can help the injured and yourself to stay calm and avoid panic while you are on your way to the emergency room.

I recommend having a bottle available at all times - you never know when you will need it. I keep a bottle in my purse, in the glove box of my car, at the barn, and in my kitchen.

Offer two drops by mouth (for a person) or on a treat (for an animal). You can also put a few drops on your hand and pet into the coat, or add to a misting bottle and mist the environment and bedding.

Flower essences are not a substitute for appropriate emergency medical care, but they can be a very supportive adjunct as there are no contraindications with any other types of treatments.

# Recommended Crisis Formulas

## **Rescue Remedy** (Bach) - AKA Five Flower Formula

Used in crisis situations, especially for: shock, extreme stress, frightening experiences

## **Soul Support** (Alaskan Flower Essence Combination)

The Alaskan emergency formula, excellent for maintaining stability during times of upheaval and transformation

## **Terra** (Bloesem Remedies, Netherlands)

I use this formula as a spiritual crisis formula, whenever you need to feel the support of the angels and unseen world

## **Crisis** (Desert Alchemy Combination)

I recommend this formula when you feel overwhelmed by your emotions

## **Eye of the Storm** (Flora of Asia Flower Essence Combination)

Helps you maintain your center when all around you is in chaos

## **Animal Care** (Alaskan Flower Essence Combination)

Specifically created for animal rescue work

## **How to Use Crisis Formulas:**

### **Human Use**

Take 2-4 drops directly from the bottle and repeat every few minutes until you feel stabilized. If the stress is ongoing, add 2-4 drops to your water bottle and sip throughout the day.

### **Animal Use**

Options:

Give 2 drops on a treat

Put 4 drops per 8 oz water in water bowl

Put drops on your hand and pet onto the animal

Put 4 drops per ounce water in a misting bottle and mist the animal and surroundings

***Dose as frequently as desired, usually 4 times a day - in crisis you may wish to use every few minutes.***

# Flower Essences 101

## ***How to Use Other Flower Essences:***

Other flower essences can be used in both acute and ongoing issues. For acute issues, use as in the directions for crisis formulas. To work with a longer term issue, create a dosage bottle for daily use. To make a dosage bottle, add two drops of each chosen essence to a one ounce bottle of pure water preserved either with 25% brandy or 50% glycerin. It is recommended to choose no more than 4-6 essences to use at a time. It is better to be specific with your selections than to try to address every problem in one formula.

## ***Human Use***

From the dosage bottle, take four drops four times daily. Take the drops just before bed, upon waking in the morning, and two other times during the day it is convenient for you. After a month (a one ounce bottle will last one month at this dosing rate), evaluate your progress and goals and see if the formula should be changed or modified.

## ***Animal Use***

From the dosage bottle, offer four drops twice daily to your animal either on a treat, in food, or in the drinking water. After a month, evaluate your animal's condition and see if the formula should be changed or modified.

Keep all essences in a cool, dark place and away from strong smells (such as essential oils). Stock essences (Rescue or other essences you have purchased) will keep indefinitely. Dosage bottles will keep for a few

months. Discard any essences that have become cloudy or smell odd.

## ***Selecting the Right Essence***

There are a variety of options for selecting flower essences for your animal or yourself. Typically, the first thing is to research essences for your situation in a book or catalog. There are also repertories and online resources that can help you research your issue.

## ***Selecting essences for yourself***

Once you have identified a few essences that might be helpful to you, spend some time narrowing down your selections. For instance, it is better to take the essence that describes the type of fear or anxiety you experience, rather than all the essences recommended for fear.

## ***Selecting essences for your animal***

When you have come up with some essences you think will be helpful I recommend checking with your animal and seeing what they have to say about it. Take the stock bottle in your hand and show it to the animal. I find they will generally turn towards and sniff or otherwise show interest in the essences they want, and turn away from those they don't want.

There are also a variety of intuitive methods for essence selection that can be used to narrow down your choices. Kinesiology (muscle testing) and dowsing with a pendulum are two commonly used methods.



## Combination Formulas

*When you are starting out with flower essences, it can be overwhelming to have so many individual flowers and to remember what each one is for. Many flower essence companies have developed combination formulas that include multiple flower essences to address various situations and are easy to use. I recommend having a few of these formulas on hand to help you and your pets get through typical life challenges.*

**Guardian** (Alaskan Flower Essence Project)

This formula offers a sense of energetic protection and grounding - very beneficial for sensitives and anyone in a crowded or stressful environment.

**Purification** (Alaskan Flower Essence Project)

Clears your field of energetic debris - take anytime you have to spend time in a energetically chaotic or toxic environment.

**Grief Relief** (Flower Essence Society)

An excellent essence to support you through the grieving process.

**Fear Less** (Flower Essence Society)

A formula to ease fears and worries.

**Clean Sweep** (Jane Bell Hawaiian Essences)

A clearing formula that helps you release beliefs and thoughts that are no longer true for you and replace them with hope and optimism.

**Replenish** (Jane Bell Hawaiian Essences)

This rest and restoration formula helps you unwind and de-stress, supporting deep sleep.

**Inner Temple** (Flora of Asia Flower Essences)

This protection and boundaries formula gives you grounding and peace, helping you feel completely safe anytime.



## My "Desert Island" Flower Essence Kit

*Clients often ask me which is my favorite flower essence. This is a hard question to answer because there are so many wonderful essences, but here are a few I find indispensable.*

**Arnica** (Flower Essence Society)

Helpful for grounding and reconnecting with your body after a shock or trauma.

**Blue Corydalis** (Flora of Asia Flower Essences)

An essence to help you trust and follow your path, even though you can't see where it is going.

**Elm** (Bach)

Helps you regain your capability and calm when you feel overwhelmed by your responsibilities.

**Larch** (Bach)

Gives courage and confidence.

**Northern Lights** (Alaskan Flower Essence Project)

An environmental essence of the Northern Lights, this essence encourages you to follow your heart and consciously create your life.

**Pine** (Bach)

Relieves guilt and encourages self-kindness.

**Pink Monkeyflower** (Flower Essence Society)

Helps you overcome the fear of being judged as not being lovable or just not being good enough.

**Pink Yarrow** (Flower Essence Society)

For those who are sensitive to the emotions of others, to help you develop boundaries and not take on others' issues and feelings.

**Schima** (Flora of Asia Flower Essences)

A very gentle energy to help you maintain your center even when life is chaotic.



## Top 10 Flower Essences For Animals

### *Aspen* (Bach)

For vague undefined fears - loud noises of unknown origin (to the animal) such as fireworks or thunder.

### *Cherry Plum* (Bach)

Remedies terror - especially useful for animals who fear confinement or being controlled and panic violently.

### *Evening Primrose* (Flower Essence Society)

Beneficial for animals who had a disturbed babyhood or were weaned forcefully or too early.

### *Grove Sandwort* (Alaskan Flower Essence Project)

Restores a sense of safety in the world, and helps to regain calm and groundedness.

### *Holly* (Bach)

Excellent for sibling rivalry - anytime there is resource guarding or jealousy.

### *Mimulus* (Bach)

For "known" fears - any fear that can be defined, such as men, trucks, hats, etc.

### *Northern Lady's Slipper* (Alaskan Flower Essence Project)

I use this essence anytime there has been a trauma, particularly when the trauma was early in life. It has a very gentle enfolding and nurturing energy.

### *Red Clover* (Flower Essence Society)

This essence is helpful for situations where multiple animals escalate each other's panic.

### *Self Heal* (Flower Essence Society)

Encourages the strength of the forces within to heal - when the individual may not believe they can get well again.

### *Star of Bethlehem* (Bach)

Centering and grounding after shock, even when the shock was some time in the past.

# FAQs About Flower Essences

## ***What are flower essences?***

Flower essences are extremely dilute tinctures of flowers. They hold the energetic imprint of the healing potential of a plant and work on a vibrational level and the energy body instead of through chemical interaction with the physical body. They are similar to homeopathy.

## ***Are flower essences safe?***

Flower essences are completely safe for the entire family, including pets. Flower essences work on the energy body, and have no potential for toxicity. There are no chemical components to flower essences other than the brandy which is used as a preservative. There are several ways to administer flower essences that do not involve ingestion and therefore avoid even minimal exposure to alcohol. Versions of Rescue Remedy (aka Five Flower Formula) are also available with glycerin as a preservative.

## ***Is it harmful for my other pets to drink water with essences?***

## ***What is I choose the wrong flower essence for my pet?***

Flower essences have no harmful side effects. An essence that is not beneficial to the animal will have no effect. Flower essences can be put into a shared water dish without harm to the other animals in the household.

## ***Can flower essences be used with Western medicine or other treatments?***

Flower essences combine well with other healing modalities and can be added into any kind of health care program. They do not adversely affect any other medicine or treatment.

## ***Can flower essences cure physical illness?***

Flower essences work on underlying emotional states that cause stress. Flower essences do not cure illness, but they do support the body and help you relax so that medical care or other therapies are better tolerated. The body does a better job of healing itself when stress is reduced.

## ***What are flower essences used for?***

Flower essences primarily treat mental, emotional and behavioral issues. They are very effective in alleviating stresses and fears.

# FAQs About Flower Essences

## ***How do I take flower essences?***

Flower essences can be taken in a number of ways:

take 2-4 drops directly from the bottle 4 times daily

put a few drops from the bottle in a glass of water and sip during the day

drops can be added to a mister bottle and sprayed around the body and immediate surroundings

apply a few drops to pulse points such as the wrists or temples

## ***How do I give flower essences to my pet?***

Flower essences can be given in a number of ways:

put a few drops from the bottle on a treat - if your animal doesn't like the smell of the brandy you can put a few drops in a glass of water, stir well, then dip a treat in the water and offer

add a few drops in a misting bottle filled with water and mist around the animal, bedding, cage, or room

put a few drops on your hand and pet into the animal's coat

put drops in the animal's drinking water (offer new water twice daily)

## ***How many essences do I take at one time?***

It is better to use fewer essences, targeting the most important issue at the time. A rule of thumb is to use 3 to 5 essences at any time, but good results can come from using a single remedy.

## ***How do I choose flower essences for my animal?***

Most people choose flower essences for their animals based on descriptions of essences found in books or catalogs. I recommend people also ask their animal which essence they would prefer. If you show a few bottles to your animal (one at a time) they will let you know what they want. Usually they will turn away from what they do not want, and turn towards, sniff or otherwise touch the bottle containing the essence they want.

## ***How long do I take the essences?***

Essences can be taken for immediate issues, or on a longer term basis to aid in personal growth and healing. Immediate effects can often be noted after a few minutes. Deeper changes take place over time and can be tracked with practices such as journaling or the assistance of a counselor.

# FAQs About Flower Essences

## ***How long do I give the essences to my animal?***

*animal in crisis* - give immediately and as often as every few minutes until improved

*long term issues* - give for 2 weeks and evaluate, change the formula or continue at this time

Be sure to pay attention to your animal - they will often tell you when they no longer need a flower essence by not reminding you when it is time for their next dose or refusing it when offered. If you are giving flower essences in a water bowl, offer two bowls (one with essences, one without) and see which your pet prefers.

## ***How often do I give the essences to my animal?***

for long term or chronic issues, give twice daily

for acute issues, give four times a day or as often as every few minutes

There is no need to worry about giving essences too often. Some animals respond almost immediately to the essences, and others take a few weeks to a month to show any changes. Pay attention to any behavioral changes. The best way is to take written notes of behaviors and note how often they take place. If there has been an overall reduction of problem behavior over a period of weeks, you know you are on the right track with the essence.

# Resources

## **Recommended Reading**

*Flower Essence Repertory*, by Patricia Kaminski and Richard Katz

*The Healing Herbs of Edward Bach*, by Julian and Martine Barnard

*Bach Flower Remedies for Animals*, by Helen Graham and Gregory Vlamis

## **Flower Essence Companies**

***Alaskan Essences***

[www.alaskanessences.com](http://www.alaskanessences.com)

***Bloesem Remedies***

[www.bloesemremedies.com](http://www.bloesemremedies.com)

***Desert Alchemy***

[www.desert-alchemy.com](http://www.desert-alchemy.com)

***Flora of Asia Flower Essences***

[www.floraofasia.com](http://www.floraofasia.com)

***Flower Essence Society***

FES carries their own essences and the Healing Herbs line, my preferred Bach flower essences

[www.fesflowers.com](http://www.fesflowers.com)

***Jane Bell Essences***

[www.janebellessences.com](http://www.janebellessences.com)



## *A note to the reader*

*This book is intended to empower you to use flower essences to support yourself and your animal companions. One of the wonderful things about flower essences is you cannot cause any harm. If the essence you choose is not the right one, it will simply have no action. Knowing this, you can feel free to experiment and play with these healing tools.*

*I was introduced to flower essences many years ago in my quest to help my cranky adolescent parrot, Kali. Parrots are sensitive creatures, and I was happy to find something that was effective without potential for harm. When Kali responded so well to the essences, I became very interested in learning more about them. I read and studied everything I could find, and eventually enrolled in the practitioner training program of the Alaskan Flower Essence Project, taught by Jane Bell. After finishing the course and my case studies, I was certified as a flower essence practitioner in 2008.*

*Since then, I have been happy to help people and animals from all over the country, creating custom flower essence formulas to address their needs. The private and confidential consultations take place over the telephone, and the essence formulas are shipped through the mail. If you would like to learn more about my services, you may wish to visit my website [www.kathleenaspenns.com](http://www.kathleenaspenns.com) or contact me via email or phone at (707) 431-0482.*

*Wishing you and your animals all the best,*

*Kathleen*