



Flower Essences

Learn how to relieve anger, fear, sadness and other negative emotions effectively with flower essences.

It's no secret that people in our modern world are facing a lot of stress. As we hear about the economy, wars, natural disasters and other troublesome news, it's natural for us to feel negative emotions like sadness, fear, anger or even depression. In addition, we all face everyday problems that bring up negative emotional responses, such as conflicts in relationships, unexpected bills, struggles with health and other challenges.

In helping themselves to feel better, most people try to change their emotions through their mind or body. Many people believe that if they "think positively" that they're never going to feel any negative emotions, but this is unrealistic. It's normal for healthy people to experience emotional shifts depending on what's happening in their lives.

Millions of Americans have also adopted the philosophy that if you're feeling bad emotionally, you need a drug. That's why millions of Americans are on drugs for depression and anxiety. They have bought into the idea that their negative emotions are the result of chemical imbalances. Unfortunately, these drugs often mask the real problem and can have harmful side effects, including making people feel even worse emotionally.

Fortunately, there are ways of dealing directly with emotions that produce more lasting changes. Counseling, which helps a person get to the cause of what's bothering them, is a tried and true method of dealing with emotional problems, but there are other tools as well. One of these tools for emotional healing is flower essences.

Flower Essences to the Rescue

Flower essences are vibrational (homeopathic-like) remedies made from the flowers of plants. They help a person find healing on an emotional, rather than a physical or mental level. They are a form of energy medicine designed to directly affect a person's emotional state.

Dr. Edward Bach, an English medical doctor and homeopath, discovered how to use flowers for emotional healing and created the first 38 flower essence remedies. Dr. Bach was frustrated by the symptomatic approach of modern medicine. He felt that medical doctors focused too much on the pathology (the disease symptoms) and not enough on the patient.

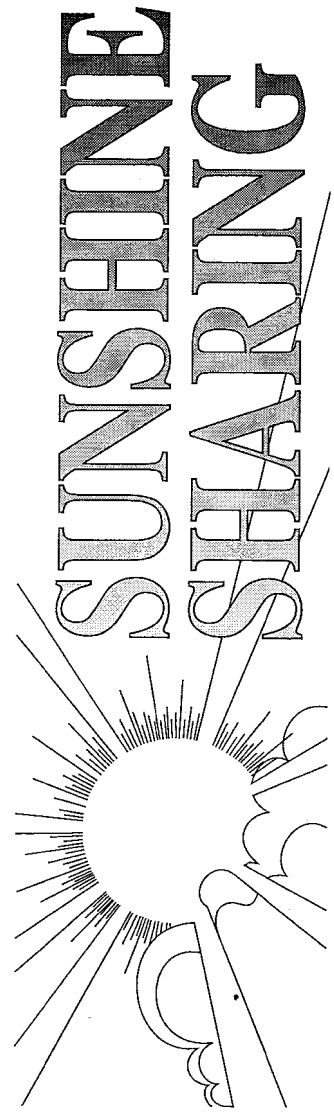
Bach was a pioneer in understanding gut microflora. He developed homeopathic "vaccines" called Bach nosodes to adjust the friendly flora of the gut to improve health. He also was an advocate of healthy diet and detoxification of the gastrointestinal tract as a route to good health.

As he observed patients, however, he began to notice that certain infections and illnesses tended to go with certain personality traits. He also noticed that a patient's emotional state had a lot to do with their ability to heal. Bach felt that unresolved emotional conflicts within the person created disharmony between the soul and the mind, which eventually lead to physical illness. In Bach's mind, health was created by restoring internal harmony, with health being "the true realization of what we are; we are perfect; we are children of God."

Bach wanted to create a system of healing that wouldn't destroy living things and that would be gentle and effective in nature. In his search he found that homeopathic preparations of flowers could guide a person to greater emotional balance. He called these preparations *flower essences* and nearly 80 years later millions of people have benefited from Bach's remedies.

Since the time of Dr. Bach, many more flower essences have been discovered, so that today, there are hundreds of flower essences that can help a person with just about any emotional issue one might face in life. In this issue of *Sunshine Sharing*, you'll learn about seven flower essence blends that make getting started with flower essences easy.

Turn the page to discover how flower essences can balance your emotions...



Your guide to better health the natural way.

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Important Notice

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Seven Flower Essence Blends for Creating Emotional Balance

Nobody likes to feel pain and no one likes to feel negative emotions. However both play an important role in our lives. Pain tells us when something is harming the body or when something is wrong with the body that needs to be addressed. While we can numb pain, the real solution is to fix the problem causing the pain.

The same is true of “negative” emotions. When we feel anger, fear, grief, depression or other “negative” emotions, it is a sign that something is wrong inside of us. Denying what we feel or thinking that it can only be fixed by changing other people or our life circumstances is like trying to numb pain without fixing the cause. We are just treating the symptom.

Flower essences, on the other hand, can help us understand why we are experiencing negative emotions. This can help us make constructive changes that will permanently shift our moods.

How Flower Essences Work

To understand how flower essences work, we need to understand that plants have to overcome challenges, just like we do. They may encounter extremes of temperature or moisture, harsh growing conditions (such as wind or rocky soil) and attacks by insects and animals. Plants, like people, have a “personality,” characteristics that help them rise above these challenges. The plant personality is found in its energy pattern, which can become apparent when we study how the plant grows and the form it takes in meeting its life challenges.

Just as associating with a person with positive personality traits can help you learn how to meet life’s challenges in a constructive way, so can associating with the right plant energies. As Matthew Wood says in his book, *Seven Herbs Plants as Teachers*, every healing plant is the embodiment of a conflict in the environment that the plant has successfully overcome. By capturing the vibration of the plant’s personality through the flower, you can take that vibration into your own being and learn how to experience that same emotional energy. The plant teaches us on a vibrational level how to cope with life in a happy, peaceful and loving manner.

Flower essences are made by soaking flowers in pure spring water, usually in the sunlight, and then preserving the strained water with brandy. The resulting mother tincture is then diluted in a homeopathic-like manner to imprint the plants vibration into the flower essence remedy.

When we take the flower essence, it floods the body with a positive vibration that can break through emotional blocks and helps raise awareness. This increased awareness helps us make constructive changes in our lives, which, in turn, helps us find our way back to a balanced emotional state of peace and happiness.

Just like there are hundreds of single herbal remedies that can help with physical health problems, there are hundreds of single flower essences that can help with emotional health problems. However, by combining some of these remedies into formulas, we can create powerful blends that can help people cope with the most common emotional problems. Here are seven such blends that will help create emotional balance.



Distress Remedy

Everyone experiences problems in their lives; after all, bad things happen even to good people. Loved ones may suddenly take ill, be injured or even die. Accidents, crimes and tragedies may strike close to home, causing people to feel panic, fear, shock, anger and even terror.

Whenever these difficult situations arise, it is helpful if a person can stay calm, centered and focused on what needs to be done. **Distress**

Remedy can be used to restore a sense of presence and awareness during situations that provoke shock or trauma. It can help a person stay calm in a crisis situation, keeping them from going into panic or losing their temper.

The flower essences in this blend help a person to stay present and focused during any crisis situation or stressful event. This helps a person stay calm and able to deal with the problems at hand. **Distress Remedy** can also be used to help a person who has been physically injured and is in shock. It will even promote tissue healing when applied topically to injuries.

Distress Remedy contains the five flower essences found in the famous Bach Rescue Remedy—Star of Bethlehem, Impatiens, Rock Rose, Clematis and Cherry Plum. It also includes two additional flower essences, Arnica and Red Clover, which further enhance the stress-reducing properties of this blend.

Keep Cool

Anger is the emotion that allows us to protect ourselves. Anger helps us to say “no” to people and situations that aren’t good for us. It gives us the will to fight to protect ourselves and others from harm. So, it is natural to feel anger when something threatens our safety and well-being.



Unfortunately anger is also used as a weapon to try to control other people through threats, intimidation and violence. People who experience excessive anger and lose their temper often become abusive of others. They may feel that if people don’t conform to their wishes, they have a right to be angry and go on the attack.

Using anger in this manner is a sign of a lack of love and respect for the rights of others. Using anger in this manner destroys relationships by destroying loving feelings. It drives people away and becomes a destructive force, rather than a protective force.

The **Keep Cool** remedy is a blend of flower essences that calm people who are impatient, easily irritated and quick to lose their temper. It helps the angry person be more receptive to other people’s points of view. **Keep Cool** also helps them work for cooperation, rather than competition, in relationships. It promotes forgiveness of past hurts, tolerance for differences, acceptance of others, and facilitates more open and loving communication. It contains flower essences of Calendula, Snapdragon, Vine, Impatiens, Willow, Holly and Tiger Lily.

Find Strength

Although using anger to try to control other people isn't healthy, completely suppressing it isn't healthy either. When children have suffered abuse at the hands of authority figures or people have just observed the destructive use of anger as a weapon, they may get the idea that anger is a bad emotion, period. This can cause them to suppress their anger in unhealthy ways. When a person tries to ignore or suppress their anger, they tend to sacrifice their own needs trying to please others. They also fail to stand-up to abuse or neglect.



This suppression of anger causes a person to lose control of their own life. They become easy prey for those who take advantage of others. The inability to get angry allows others to "leach" off of and drain one's energy. Low energy manifests as feelings of chronic fatigue, discouragement, loss of enthusiasm and joy in life, and ultimately full-blown depression. It can also weaken the person's immune system and the ability of their body to detoxify.

The **Find Strength** remedy is helpful for "people pleasers" and enablers, who tolerate abuse and neglect instead of standing up for themselves. It helps these people set healthy boundaries and have the courage to communicate openly and honestly. It contains the flower essences of Mariposa Lily, Pine, Centaury, Scarlet Monkeyflower, Fuchsia, Pink Yarrow and Goldenrod.



Release It

It's perfectly natural to feel sad and go through a process of grieving when we lose something important to us. When we lose something we love, we grieve. Healthy grief is actually an acknowledgement of our love. It demonstrates an open, vulnerable heart, capable of feeling connection with others. Healthy grieving isn't just crying, either. Grief can be expressed as sobbing, wailing, moaning, sighing and even screaming.

When a person isn't able to grieve properly, they may be unable to release their pain. They continually seek sympathy from others to try to ease their pain. They create a "sob story" around being a victim and are constantly retelling it. They may complain a lot and try to manipulate others into feeling sorry for them.

Release It is a blend of flower essences that helps a person go through a healthy grieving process. This helps a person let go of their pain and sadness and open up to happiness and joy again. These essences are Self-Heal, Chicory, Love Lies Bleeding, Bleeding Heart, Chrysanthemum, Borage and Star Thistle.

Release It is a good remedy for people who are going through breakups, divorce or death of loved ones. It can also help people who are clinging to the past let go of it, finding hope and confidence to face the future. It is also a good remedy for those who complain a lot and blame others for their problems and lack of success.

Open Heart

Everyone experiences the pain of loss and heart-break at some point in their life. Sometimes the suffering person decides that love and vulnerability are dangerous and painful. They vow to "never fall in love again" and close down their hearts to avoid



getting too close to anyone. They believe that this will help them to avoid future experiences of sorrow and grief.

Unfortunately, this doesn't work because without love and connection it is impossible to experience joy and happiness. The pain doesn't go away, but gets stronger. This can make a person become "hard of heart," resulting in a lack empathy and compassion for others. A person with a closed heart becomes inflexible, rigid and judgmental and lacks joy, happiness and pleasure in their life.

Open Heart is a blend of flower essences that help people to heal wounds that are keeping them from having an open, loving heart. These essences are California Wild Rose, Baby Blue Eyes, Star Tulip, Yerba Santa, Evening Primrose, Pink Monkeyflower and Golden Ear Drops. This blend helps a person recognize and acknowledge their unresolved wounds from childhood and previous relationships. It helps them grieve their losses and open to new possibilities of love and connection. It also increases compassion, empathy and trust in relationships, where trust has been lost or damaged.

Be Courageous

In dangerous situations fear is a useful emotion. It can prompt us to be alert and careful and help us make choices that keep us safe. Some fears, however, have no basis in any real danger. Instead, they have their roots in unresolved emotional wounds. These fears hold us back from achieving our true potential.



When we face these unnatural fears, we are able to take constructive action to improve our lives. This ability to acknowledge fear and still make choices to take constructive action is called courage. Exercising courage in the face of unreasonable fears builds self-confidence. Unfortunately, many people lack this courage and self-confidence. So, they worry excessively and place blind trust in authority figures who promise to solve their problems for them.

Be Courageous helps a person develop the courage to take action in the face of their fears. It helps them find the self-confidence to pursue the goals and directions they desire in life. It helps them trust their own observations and judgment rather than blindly trusting in and following the advice of others. The essences in this blend are Mountain Pride, Aspen, Mimulus, Scleranthus, Cerato, Blackberry and Red Clover.

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Additional Help and Information

For more information about flower essences and other remedies that can help you have greater emotional health, contact the person who gave this newsletter to you. Their contact information should be found at the top of page four. They have additional handouts and resource materials to help you. You can also consult some of the following sources:

The Comprehensive Guide to Nature's Sunshine Products by Tree of Light Publishing

Flower Essence Repertory by Patricia Kaminski and Richard Katz

Flower Power by Anne McIntyre

Bach Flower Remedies: Form and Function by Julian Bernard

Seven Herbs: Plants as Teachers by Matthew Wood

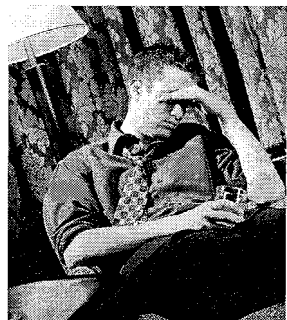


Discover the Power of the Flower

For 80 years remedies made from
flowers have helped people heal
their emotional wounds.

Now learn how flower essences
can help you experience a life with
greater love, joy, happiness
and inner peace.

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Be Response-Able

When something frightens us, the adrenal glands release stress hormones that prime the body to take action in the face of the danger. We are prepared to “fight or flee” to protect ourselves.

When a person seeks to suppress and deny their fears, they experience anxiety. The fear makes us feel the need to “do something.” However, instead of doing something constructive, we may choose to do something to distract ourselves and try to suppress the fear and anxiety we are feeling.

These distracting behaviors can become addictive habits and compulsive behaviors and may include compulsive eating, drink-

ing, smoking, taking drugs or gambling. People may use shopping, playing computer games or watching TV as distractions to suppress anxiety. They may also develop compulsions, such as washing their hands obsessively, counting bathroom tiles or hoarding stuff.

The **Be Response-Able** flower essence helps people who are caught up in these addictive, obsessive or self-destructive behaviors. It helps them get in touch with the hidden, inner emotions that are driving their dysfunctional behavior. It promotes self-awareness and self-honesty, which helps one make more positive choices. The essences in this blend are Black Cohosh, Black-Eyed Susan, California Poppy, Milkweed, Agrimony, Joshua Tree and Mullein.

To use a flower essence take 4-10 drops two to four times a day, or every hour during a crisis situation. Flower essences can also be added to drinking water, baths or applied topically. Flower essences are safe for children, the elderly and pets and do not interact with medications. Use one blend at a time for best results.