

FLOWER & VIBRATIONAL ESSENCES



Flower and Vibrational essences or remedies as they are sometimes known come in many forms. The most famous of these are Bach Flower Remedies which were first prepared by Dr Bach (pronounced "Batch") in the 1930s.

Dr Bach was a successful homeopathic doctor who devised a system of categorizing negative states of mind or emotional disharmony. These remedies are thought to work by enabling the body to balance negative feelings and thereby stimulate the body's own ability to heal or realign itself.

Bach Flower Remedies are made using the vibrational signatures of various flowers but today there are many more types of vibrational essences available. It is possible to buy gem or crystal essences, tree essences, colour essences and even animal essences.

Producing a vibrational essence is a highly intuitive process which is usually involves a meditative contact with the flower, crystal or whatever the chosen medium is. Many producers develop their own way of creating an essence, but the most well-known method is the 'Sun Method' used by Edward Bach. This involves placing a bowl of spring water containing the crystal, flower, or whatever the essence is to carry the vibration of, in the sun for 3-8 hours. During this process, which is known as 'solarisation', the energy signature is transmitted and held in the spring water as a memory. Much scientific debate has raged over whether water is able to contain a memory and the work of scientist Jacques Benveniste and Masaru Emoto – "Messages from Water" are beginning to prove what essence producers have known all along.

Once this process has taken place, brandy or some other preservative is added to create the 'Mother Tincture'. This is further diluted to create a 'Stock Essence'. Stock Essences are then diluted to create the final dilution known as the 'Dosage' concentrate.

When purchasing an essence, it is always advisable to check whether it is stock or dosage – sometimes an essence can seem expensive but when you compare stock to dosage in terms of the dilution you might find that the more expensive is actually cheaper as it will last longer.

Essences can be selected in a number of ways:

- traditionally, Bach practitioners use a process called "unpeeling the onion" – this means that you combine the essence taking with counseling skills – the essence is chosen by the counselor and relates to the emotional issues that are being worked on.
- muscle testing
- dowsing

- choosing the essence from the description of it's qualities
- some practitioners "scan" the bottles and can feel an energetic response or pull to the appropriate essence

Vibrational essences only need to be taken into the auric field to start working. Some people, who are particularly sensitive to this form of energy, need only to hold the bottle containing the essence but more usually the essence is taken by mouth. Usually 3-4 drops in a glass of water and sipped several times a day.

The best way to benefit from essences is to take them regularly over a period of time. A large amount of essence taken in one go will not work more quickly – the energy field takes whatever it needs and releases the rest. Thus, if an essence is wrongly selected, the person taking it will neither derive benefit nor harm from its use.

Other methods of incorporating essences into the energy system are as follows:

1. Add 3-4 drops to massage oil
2. Mix with a little water and pour into a plant sprayer or atomizer. Use by spraying around the room or the auric field.
3. Place a few drops on the pulse points: throat, wrists, back of neck, forehead, soles of the feet etc.
4. When having a bath simply add a few drops.
5. Place a few drops on the palms of the hands and using a sweeping motion, pass your hands through the aura.
6. Again place a few drops on the palms of the hands and simply inhale.

Reactions to use of essences vary from person to person and from situation to situation. There can be strong emotional reactions as the blockages are released and this is sometimes known as a healing reaction. Usually the reactions are more gentle and subtle and take place over a period of time.

For healers' and therapists' essences are an invaluable tool to use and recommend to clients encountering healing reactions due to emotional trauma, spiritual growth, ingrained reactive states, long-term conditions etc. They are easily available, and clients can purchase them and use as they feel

appropriate to alleviate uncomfortable reactions to healing, to promote growth and release as necessary.

There are courses which not only train practitioners in the use of essences but also teach students how to make their own essences. For more information on these courses or to find a trained essence practitioner see the website for British Flower & Vibrational Essence Association www.bfvea.com

Essences should always be stored in a cool dark place, preferably away from electromagnetic energies such as mobile phones etc and also away from strong smells.

As with all complimentary medicines it is important to understand that use of these do not replace medical attention, but they may help in the removal of underlying emotional imbalances which thereby aids the self-healing process.

Lucis College (www.luciscollege.com) offer an online course which teaches people how to use essences and other more in depth courses are available.

Many essences are made from flowers but nowadays there is a vast range of essences available which also incorporate crystals, sound, colour and so on. For more information on different essence producers and the ranges of essences available take a look at the website for British Association of Flower Essence Producers www.bafep.com