

Integrating Flower Essences into Other Modalities

Northern California Women's Herbal Symposium 2014 class with Kathleen Aspenns

Flower Essences with Herbs

Flower Essences make natural partners with herbs in all forms. Whether you are simply making a calming tea for yourself at the end of a stressful day or creating an herbal formula for a client, you can find essences that will enhance the benefits of your herbs and provide additional healing benefit. You can add the essence of the same herb you are using to offer another layer of the medicine, or choose an essence that offers a similar effect as the chosen herb but from a different plant, such as for calming anxiety.

When selecting essences, it is generally best to choose no more than a few to use at any given time. Using too many essences at once can overwhelm the system - you will get better results with three well chosen essences than a dozen that cover every possible issue.

If you are making an herb mixture to be made into tea, you may wish to create a dosage bottle of essences from which a few drops can be added before drinking. To make a dosage bottle, fill a one ounce glass dropper bottle with 3/4 pure spring water and 1/4 brandy. To this add two drops of each essence chosen. This can be taken four drops in each cup of tea, or an equivalent number of drops can be added to a larger batch of tea and stored in the refrigerator until needed. If you are using an essence for an immediate issue, such as in a first aid situation, you can simply take two drops of an essence straight from the stock bottle without further dilution.

Flower Essences can also be added to tinctures at a rate of two drops of each essence per ounce tincture.

Using Flower Essences Topically for First Aid

Rescue Remedy is an excellent addition to other first aid techniques. A few drops can be added to any solution to clean and treat minor cuts, scrapes, bruises and stings. It can be added to any topical cream or tincture to be used as the wound heals.

Suggested Crisis Formula Essence Blends

Rescue Remedy by Bach Essences, *Soul Support* by Alaskan Essences, *Crisis* by Desert Alchemy, *Terra* by Bloesem

Bodywork

Many forms of bodywork benefit from integrating essences into the work. Many chiropractors and osteopaths find adjustments to be more easily accomplished and to "hold" better when their clients take essences. This principle applies to all forms of bodywork - the essences can release underlying issues that cause chronic or recurring issues, as well as help the body heal from trauma and injury.

The essences can be offered in a glass of water before or during bodywork, or added to oils or creams used in massage. Additionally, they can be added to water in a spray bottle and misted over the body.

Suggested Essences

Dandelion (FES, Alaskan, for muscle tension), *Arnica* (FES, for grounding after a shock), *Hairy Butterwort* (Alaskan, for going through challenge without creating illness), *Star of Bethlehem* (Bach, for shock)

Self Care for Healers

It is particularly important for healers of all kinds to take good care of themselves. It can be hard to say no when we see others in need, but must learn to give only what we can. If we are

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depleted we cannot serve others well, and may become sick or injured ourselves. Another aspect of self care is maintaining healthy boundaries so we do not take on the energies or patterns of our clients.

Suggested Essences

for clearing: *Clean Sweep* (Jane Bell Essences), *Purification* (Alaskan Essences), *Crab Apple* (Bach), *Black Tourmaline* (Alaskan Essences),

for boundaries: *Guardian* (Alaskan Essences), *Veil of Light* (Jane Bell Essences), *Yarrow* (FES, Alaskan), *Devil's Club* (Alaskan Essences), *Purple Sage* (Flora of Asia), *Inner Temple* (Flora of Asia)

Flower Essences at Home and Work

Essences are wonderful for keeping your home and work space clear of energetic debris. There are a number of useful sprays from companies such as the Alaskan Essences and Jane Bell Essences that combine the benefits of flower essences and essential oils. These sprays are designed for various uses such as space clearing, personal protection, and restful sleep. You can easily make your own sprays as well by adding essences (two drops per ounce of water) to water (20% vodka added if you wish to preserve for extended use), and add essential oils as well. The addition of essential oils helps stabilize the energies of the essences in the environment longer, as well as adding their own healing qualities.

Essences make excellent additions to cleaning solutions and washing machines. Brighten up a room by adding essences to tabletop fountains. Extend the life of cut flowers by adding essences to the water in the vase.

Suggested Essences

Purification (Alaskan Essences), *Clean Sweep* (Jane Bell Essences), *Replenish* (Jane Bell Essences)

Gardening

Many gardeners find essences to be of great value in their work. Crisis formulas (like Rescue Remedy) are very helpful in easing shock in recently transplanted or divided plants. Plants susceptible to insect infestations or blights can be strengthened with *Crab Apple* essence.

House plants and any plants in containers benefit from essences that enhance connection with grounding earth energies such as *Banyan Tree* essence. After harvest, I like to offer essences to my garden as an act of gratitude for the gifts the plants have so freely given me.

Essences can be added to a watering can for a soil drench, or misted on the foliage with a spray bottle.

Suggested Essences

Green Bells of Ireland (Alaskan Essences), *Grove Sandwort* (Alaskan Essences), *Star of Bethlehem* (Bach).