

Working in Partnership with Flower Essences

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

Flower Essences are vibrational healing tools that connect us to the spirit of the flowers to access deep level healing of the mind, body and spirit. Working with intention while connecting to the plant spirits permits greater insight and offers the potential for profound healing and transformation. This process of working in partnership with the essences is easy to learn, and a valuable tool for self-healing.

The Process

The first step in the partnership process is to clearly define the issue you wish to address with the help of the essences. A vague intention or one that tries to address everything will not have a precise or deeply healing result. A good intention would be to pick a specific event and the emotions around it, such as an argument with a friend. Your intention would be to seek insight and healing around this particular argument, rather than expanding it into every argument you have ever had in your life. It is best to write down your intention. This helps to clarify your thinking and create a concrete form for you to work with.

The next step is to connect with the energies you will be calling in to help you with this process. I ask to connect with my Higher Self, the Deva of Flower Essences and the Angel of Healing. You may wish to use different language, or connect to energies that resonate with your spiritual tradition. Then state your intention, asking for the help of the flowers to heal.

Selection of essences is the next step in the process. You may dowse or otherwise intuitively select the essence or essences from the essences available to you that resonate with your intention. Once you have made your selection, ask to connect with the spirit of the flower. Take one drop of each essence you have chosen, and lay quietly for 15-20 minutes. You do not need to do anything - indeed, actively willing something to happen will block the process. Your part is to simply notice what is going on in your body. Maintaining attention to physical sensation will keep you present with the process, and create the opportunity for deeper levels of healing. You may experience a variety of physical sensations, hot or cold, movement of energy, emotions or memories. Maintain an attitude of observation and attention, and know that whatever is happening is temporary, and not to worry.

When the time has passed, allow yourself a few moments to gently come back into normal consciousness. Thank the spirits and the flowers, and close your connections to them. Take a few minutes to review what has taken place, write down your experiences, and check in with the original intention. Often, you will feel a shift in your body and emotions around the topic of your intention.

This process of partnership with flower essences can work with a broad range of healing challenges, offering insight into some of the most deeply rooted and long term issues. In my experience, the issues we deal with in the present often have their beginnings in early experiences. The essences below are some of my favorite essences for gentle healing of these core wounds.

Essences for Core Wounds

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Borage - FES

This essence has a gentle nature and uplifts the heart. It offers the spirit of courage to inspire you to take on the challenges of life.

Showy Lily - Flora of Asia

This brilliant fragrant pink lily fills you with the loving energies of maternal kindness. You will feel enfolded in nurturing so you can begin to feel safe in your body.

Northern Lady's Slipper - Alaskan Essences

The "go to" essence to heal gestational or birth trauma, this orchid heals core wounding. This action takes place very gently, without you having to re-experience the trauma.

Angelica - FES

Angelica provides a connection to your helpers in spirit so you feel completely safe and supported in life.

Holly Grape - Flora of Asia

This essence resets the nervous system to a feeling of safety. When early experiences cause us to feel unprotected, we develop an overactive energetic "radar" that is constantly on alert. Holly Grape allows us to relax into safety, encouraging the restorative response so necessary for our health.

Star of Bethlehem - Bach

This essence helps you regain embodiment after a shock (whether recent or long ago). It is a deeply comforting and nurturing essence.

Columbine - FES, Alaskan Essences

Many times, our upbringing and experiences are not supportive of our special and unique selves. Societal pressures enforce conformity, and discourage those who do not fit in. This essence helps you appreciate yourself and your own talents and gifts.

Pink Monkeyflower - FES

This essence heals fears of the heart - fear of being rejected for who you are, fear of not being loved, fear of being vulnerable. It helps release shame and unworthiness so you can connect in loving relationship with others.