

## **Stop and Smell the Flowers -**

Flower essences are an exciting and powerful way to work with plants for healing. Flower essences are particularly helpful for addressing emotional and mental issues. These emotional and mental distresses are often translated into physical dis-ease. By changing these thoughts and emotions, users of flower essences may find relief from their physical discomforts as well.

Unlike herbs and aromatherapy, which rely largely on the chemical components of the plant for healing, flower essences are vibrational remedies. In other words, they contain a minimum of the chemical and biological components of the plant and rely wholly on the plant's vital energy for their healing properties. Like Homeopathy, there is currently no scientific explanation for why flower essences work. Each essence has its own special frequency. When a person places a few drops of an essence under their tongue, the plant's frequency infuses their energy body and these frequencies travel to the parts of the person's system that are blocked, out of balance, overloaded or "short circuited". This restores balance to the person's mental and emotional patterns, which in turn often provides relief from physical symptoms as well.

Flower essences are chosen based on emotional or mental patterns. Choose the essence(s) based on a single behavior or issue you want to change. Be aware of positive transformation goals as well as areas of distress. The essences work subtly. They are not a "quick fix" so be patient. Often taking an essence or combination formula resolves one emotional issue allowing an underlying emotion to rise to the surface to be resolved. This is called "peeling". With the peeling effect, as each new layer emerges, a change in essence(s) may be necessary to resolve this new layer.

We can use flower essences to help adjust to the fast pace of life. We must constantly change and adjust our lives. This continuous change often makes us vulnerable to mental and emotional imbalances. Flower essences can help us rebalance and handle change and stress easier. Flower essences can also help us to develop self-awareness and to take responsibility for life's lessons and challenges.