



Flower Essences

a gift of nature

What are flower essences?

Flower essence therapy is a very delicate natural way of healing. The therapy uses energetic essences, made from the flowers of wild-growing or organically-grown plants, trees or shrubs. Only the life energy of the plant or flower is used. The essences are used when emotions are out of balance. An ongoing fear, for example, will affect the life force and vitality of a person. Flower essences are catalysts that help us gain insight into our consciousness. Fear, for instance, is then not seen as fear, but as lack of courage. Flower essences don't push away the fear, but show you the way and give you the insight of how to rediscover and develop your courage. When the mind is then back in balance, the body can also recover in a natural way.



field scabious

Which ones to choose?

All over the world flower essences are being made. Some are of better quality than others, depending on how and by whom the preparation process is being done. Edward Bach, an



borage

English Homeopathy Doctor, created the first flower remedies about 75 years ago. Since then with many production companies the preparation has slowly become a more mechanical process, which makes the product less valuable, as I will later on explain. Other initiatives show an increased sensitivity and awareness of how to tune in to the plant kingdom and its energies and they adapt the making process accordingly.



Flower Essences The Netherlands are made by Bram Zaalberg. His major goal is to develop and distribute flower essences of high quality and to provide information about healing and flower essences. The following example of the preparation of flower essences is describing the process that he uses.

The preparation

Since 1986 Bram Zaalberg started making flower essences from his own garden, trying as much as possible to cooperate with the Devas, the essential energies of the plants. First only for personal use in his own therapy practice, later because of growing demand distributing them to a larger public. When making flower essences Bram Zaalberg works with Nature

as a living Being, from the heart and with as much respect as possible. Meeting with the plant is the moment of conception. Then a period of examination and investigation follows. These first steps into forming a relationship with the plant can sometimes take years before the Being of the plant is understood. It is also an inner personal meditative process for the person meeting the flower and only then a good essence can be made. This can be compared with a human relationship; first you have the moment of encounter and then comes a period of time in which you can reach a deeper level of communication. The actual preparation of the essence is performed in a highly meditative state, using a strongly developed intuition, with an inner listening to the plant and its environment. When the right moment is found the flower or plant itself will indicate that the time has come. The flowers are picked or if possible preferably bent over, into a bowl of spring water. The bowl containing the flowers is left there in the sunshine or under the moon for several hours. After this period the flowers are removed from the water, which now contains the life-force or Deva of the plant. Preservation of this energized water is done with high quality organic brandy and together this is called the mother essence. A few drops of the mother essence are put in a small bottle of organic brandy mixed with spring water; this dilution is called the stock bottle. The diluting process needs to be



sensitive weed - touch me not



angelica

done with a lot of love and attention, by a person who is in tune with the flowers, never by a machine. When people use the remedies a dosage bottle is made using a few drops from the stock bottle into a bottle with spring water and some organic brandy for preservation. From this dosage bottle a few times a day one takes several drops, so that the energy of that plant can ‘sing’ through your system and the transformation process may even take place unconsciously.



You can use flower essences for:

Coming to deeper levels of understanding within yourself, connecting with the universe, becoming aware of the beings of nature; Spiritual development, inner growth, inner balance and peace, letting go of difficulties, transformation of problems; Creating physical, emotional, mental and spiritual insight and balance.

It can be both used for a long term process as well as in acute situations. Not only for humans, animals respond strongly too, even plants in your garden will benefit. Children have a strong positive response by using flower essences and results are often quick and amazing, especially for children who are highly sensitive. Flower essences are 100% safe and have no contra indication, because they are energy based and contain no material ingredient of the plant. Provided the person who makes the essence is completely in tune with that plant or flower and while preparing the essence no personality aspects interfere, but only the deeper transforming qualities of the flower are released.

Whenever I work with flower essences in my therapy practice it fills me with joy and gratitude. Such richness and subtlety, so much gentle loving energy, a great and wondrous gift nature has to offer enters the Being.

– Helena Hutte
Specialist in Education and Healing Therapy



red poppy



The doctor aims a drug at a disease; sometimes it hits, sometimes misses. The misses are left out of account, the hits treasured up, reckoned and systematised into a science.

We laugh at the savage for his faith in the medicine man; but how are the civilised less superstitious who have faith in the doctors? The savage finds that when a certain incantation is repeated, he often recovers from a certain disease; he believes. The civilised patient finds that when he doses himself according to a certain prescription, he often recovers from a certain disease; he believes. Where is the difference?

Sri Aurobindo