

Flower Essence Medici

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All life energy is connected amid the interplay of darkness and light. This is the natural balance of the earth. Night follows day. Depth of soil produces plant life. Animals hibernate during the winter months and awaken to new life in the spring. Nature transforms darkness into light continually and we exist within this rhythmic exchange. As apprentices of Earth energy our lesson is to meet the positive and negative forces of nature with acceptance. Not to conquer or control but to strive for equilibrium. The subtle energy that emanates from flowers is a positive, light-filled power that can be used to stabilise the darkness of illness and negativity.

Spiritual healers have known for centuries, and scientists concur, that energy is exchanged between all life forms, at all times. It's no accident that flowers are alive and thriving amid a world of pollution and disease. The medicine available through the use of flower essences works by harnessing the beneficial energy from a selection of flowers. By using flower essence remedies to meet emotional challenges we are able to engage an energetic resonance that supports health and harmony. Why not use the positive energy of flowers to balance the negative

energies associated with challenging emotions and ill health?

Connecting with Flower Energy

The use of flower essences as a holistic therapy was developed in 1930 by British physician Dr Edward Bach. His system of using plant essences to relieve the disharmony of disease emerged as a simple method to restore out of balance emotions using liquid extracts from the flowers of wild plants and trees. Flower essences are energetic imprints of the life force of flowers which transfer subtle energy to humans and awaken positive qualities within us. They are made by harvesting the freshest blooms of a selection of healing flowers and, floated in water, potentised by the sun. Essences are taken internally over the course of several weeks as an energetic shift gradually takes place.

Using flower essence remedies is an easy and effective way to benefit from flower energy. By ingesting the remedies we are able to experience their effects first-hand. This part of the energetic resonance asks us to be aware of the emotions we are faced with in order to

address the shadow elements with the healing force of light. We hone in on what exactly the challenging emotions are at the root of the illness or imbalance, decide which essences will offer support and take the remedy orally.

Another simple and powerful way to join with the healing energy of flowers is to physically be with them. Going into the wild and finding connection with nature is a healing experience that most humans can tap into quite easily. When I go for wildflower hikes I am always in awe of what I find. Often tiny gems of flowers, camouflaged and missed by most eyes, call to me. The more I sit with flowers the more their messages resound loud and clear. By tuning into their growth habits, colours and scents, we engage with the healing energy offered. This routine when practised regularly is a source of spiritual growth and healing.

Using Flower Energy to Transform Trauma

The definition of trauma is: 'A deeply distressing or disturbing experience.' All humans have experienced trauma in one form or another, at some point in their lives. The very essence of being born is traumatic. More severe forms of trauma occur from physical and emotional abuse and even more commonly with unexpected incidents, such as accidents or emergency situations. The trauma associated with abuse that occurred early in life is especially detrimental, in that someone betrayed you and you were unable to make sense of what was happening. You felt unsafe and scared. This trauma often shows up later in life in the form of unhealthy behaviours, poor relationship choices and post-traumatic stress. The good news is that healing is possible. Humans have an innate capacity to strive toward wholeness of being. Although recovering from trauma is a challenging process, with the aid of flower essence remedies, therapeutic support and positive habits, you have the ability to shift repeated patterns and discover new ways to grow and ultimately heal.

Photo: David Spofforth



ne for Trauma Recovery

Here are some essences I find particularly useful in working with trauma survivors; this is only a partial list and when meeting with a client and discussing their specific challenges I am better able to hone in on the best combination of remedies to use:

■ **Aspen** is used when there is a sense of fear that cannot be named. Trauma survivors suffering from PTSD often have disturbing feelings that sneak up on them and find it hard to feel safe. With the use of Aspen a sense of security is restored and feelings of inner peace and courage are kindled. This remedy also helps with nightmares or any ominous feelings.

■ **Centaury** is a helpful ally for a trauma pattern that shows up later in life: the inability to recognise your own needs, and to put the needs of others first, to the extent of seriously lacking in self-care. Since abuse survivors often didn't have their needs met early on it can become a habit to neglect their own needs later in life. This remedy helps to cultivate a deeper understanding of and a determination to follow one's own life path.

■ **Cherry Plum** is one of the five flowers in Rescue Remedy and is used to counterbalance fear of losing control. Many abuse survivors inflict harm upon themselves, or others, as a way to gain control over an out of control situation. This flower helps to connect you to your body and mind, allowing for a pause before committing a harmful act. Cherry Plum offers a sense of true control in the form of emotional composure.

■ **Chestnut Bud** is the best remedy to help learn from past mistakes and to stop repeating habitual patterns. Often trauma survivors aren't even aware as to why they are unable to make progress in their lives but tend to replay the same dysfunctional experiences over and over. This remedy helps one observe mistakes objectively and gain the wisdom necessary to grow from life's lessons.

■ **Clematis** is used for the dissociation that comes with surviving trauma. I point out to my clients that when they were children and something frightening was happening to them it was a self-

preserving measure to dissociate from the situation. Years later many survivors still unknowingly use this tactic to protect themselves even from minor discomforts. They tend to get lost in daydreams and stories as a way to escape a disturbing reality. This flower helps you re-connect to your body with a sense of grounding. After this restoration you can begin to use your creativity in healthy, productive ways.

■ **Crab Apple** is an effective remedy for a distorted sense of body image that many abuse survivors hold on to, which sometimes shows up as obsessive-compulsive tendencies. For those who feel unclean and impure, finding it hard to accept any imperfections, this flower allows for self-acceptance and a positive self-image with the ability to release preoccupation with perfection.

■ **Larch** is another remedy associated with the after effects of trauma. Abuse survivors often harbour a lack of self-confidence, never feeling like they are good enough. This flower enables positive vulnerability, leading to certainty in your efforts.

■ **Mimulus** is useful when fear and anxiety take over. The cause of the fear is easily recognised and there is a feeling of uncontrollable nervousness. This remedy instils courage and inner-calm so that you are able to proceed with life in a fearless manner.

■ **Mustard** is used when there is a deep sense of gloom which comes on suddenly. Trauma survivors typically have periods of depression and free-floating anxiety that come on out of the blue. The essence of mustard restores joy and stability in the midst of dark, dismal feelings.

■ **Pine** is useful when feelings of guilt surface. Often survivors were made to feel guilty about their abuse, living in secrecy, which produced feelings of shame and self-reproach later in life. Pine is a wonderful ally in restoring feelings of self-worth and acceptance.

■ **Rock Rose** is another one of the five flowers in Rescue Remedy and is used for feelings of terror. It is used with success for panic attacks where there is frozen fear and helplessness. This flower restores a sense of calm, courage and clarity.

■ **Star of Bethlehem** is the remedy I always turn to first when working to unblock trauma. The state the client exhibits is one of shock; whether the abuse occurred recently or many years ago. Unfeeling and numb, often with a quiet voice and dazed look, this potent remedy is the star that helps you be able to feel again. Dr Bach described this remedy as: "The comforter and soother of pains and sorrows."

■ **White Chestnut** is used for the mental anxiety of recurring thoughts that can't be stopped. Trauma survivors often replay unwanted scenes over and over in their minds and feel trapped by these thoughts and images. The essence of white chestnut restores peace of mind with the ability to stay focused in the present moment.

■ **Rescue Remedy** should always be kept on hand and used whenever any intense emotions arise during trauma recovery. This combination formula acts to rebalance equilibrium, bringing you back to a clear, calm presence.

Everyday there is more data released on the ill-effects of negative emotions and the healing potential of our minds to create equilibrium and wellness. Flower Essence Therapy is based on ancient principles of trusting Earth energy as medicine. As we connect with this vibrant energy we discover a potent method for self-healing on a deep soul level. In this way we embrace ourselves as our own healers and become empowered in our discovery of optimal health and wellbeing.

■ *Guiding others in manifesting their deepest desires, experiencing the beauty in each moment and regarding Nature as the ultimate source of healing, are my passions. A master flower essence therapist with over 20-years' experience, I trained with the Bach Foundation and the Flower Essence Society and hold the certification as a Bach Foundation Registered Practitioner (BRFP). A National Board Certified Health Coach, as well as seeing clients in my private practice, I lead classes and workshops on Flower Energetics, personal empowerment and health coaching, in-person in Santa Cruz, CA and online.*