

# **Michelle's Flower Essence Handout**

## **What are Flower Essences?**

Flower essences are potentized liquid remedies which derive their active powers from the vibrational imprint of each substance (flower, tree or bush).

## **What is the history of flower essences?**

Dr. Edward Bach was a medical doctor and bacteriologist who gave up his lucrative practice to study the causes of ill health. He believed that if a patient's emotional balance were corrected, the body's natural ability to throw off illness would be strengthened. In the 1930's, Dr. Bach discovered that flower essences are able to subtly address the human psyche, enhancing emotional and psychological well-being.

## **What are flower essences used for?**

Flower essences are gentle yet powerful catalysts for supporting our emotional, mental and spiritual selves. They are used to empower the self to shift patterns that do not serve us. Flower essences also support individuals to connect to their inner strength and wisdom as well as the energies of nature. In turn, people have found shifts in the energy and moods as well as their overall well-being.

## **How do they work?**

The energetic pattern of the flower essence gently impacts the energetic state of the individual. Think of how a drop of water creates a small ripple in a pond. Small vibrational waves are sent throughout our body that support the shift associated with the essence we are taking.

## **Are flower essences safe?**

Natural, organic flower essences are safe, do not interfere with other treatments or medications and have no side effects. For those who are sensitive to alcohol, there are formulations that are made without utilizing brandy as the preservative.

## How are they used?

It is best to establish a pattern of taking the flower essences at a minimum daily in order for shifts to begin. Typically drops can be taken orally either directly in the mouth or in a glass of water. My ritual is to take 4 drops of each essence directly under the tongue as I state my affirmation.

Personally, I usually only take the essences once a day, however it is an option to take them 3 to 4 times a day. (If there is something special going on, I may take one or two essences prior to that event/experience). Some flower essence companies suggest not taking more than 5 to 7 different essences at one time. I agree that taking more than seven different essences is too much for the body to integrate at once and limit the amount to six or seven. I always get the 1 oz bottle which will last anywhere from 4 to 6 months for me. If you are new to flower essences, you can get the smaller sized ¼ oz bottles. Choose (or ask your spirit to guide you to) which of the essences are the best fit for your needs each day.

## Where to Buy?

I buy my essences directly on line. Because Bach and F.E.S. are more popular, multiple stores carry them. I have found the best prices for Bach and F.E.S. at the online store [Mother Nature](#). For [Alaskan](#), [Fox Mountain](#) & [Spirit in Nature](#) essences, you can only get these directly through their websites. Click on the links above if you would like to purchase. For Mother Nature, be sure you specify the brand, essence name and size (1/4 or 1 oz size), when you do a search.

## Special Note:

When purchasing flower essences online, they will often have a description regarding what your imbalance is that would suggest you need a particular essence. Please don't get caught up in those descriptions as a personal descriptor about you. Sometimes the descriptors apply. The way I choose essences is not solely based on those descriptors but through a combination of understanding the essences in regard to the ego, my intuition and my experience of using these essences with many others. So don't let your ego take any of those descriptors personally! However, if an essence doesn't feel like a good fit, simply don't get it.