



Harnessing the Power of Plants

A Guide to Flower Essences

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Introduction

Plants and flowers have been part of Nature's Pharmacy, appreciated and used by Mankind for millennia. The history of flower essences can be traced back many thousands of years, with many cultures using flower essences to treat emotional health and wellbeing. Even today aboriginal peoples worldwide still use them in their rituals and ceremonies, and are fully aware of the subtle healing properties of flowers.

Emotional wellbeing is a major component of health in the whole person, and imbalances in this area can have a big impact on our ability to heal quickly, and generally engage with life as we would wish to. Nature's gift to us includes the therapeutic qualities of plants which are not only medicinal, but work gently to bring about emotional wellbeing, which helps to re-balance the body.

Modern science is recognizing how important this is and a new branch of science – Psychoneuroimmunology – has been formed to study and understand the impact of our thoughts and emotions on our health.

Everything in existence has a unique vibrational rate. Flower essences are described as a vibrational or energy therapy, and by tapping into the unique vibrational field of different flowers we have a gentle and safe way of working to right imbalances at this level which impacts so deeply on the quality of our lives.

I very quickly added training in various flower essence ranges into my nutrition practice when I saw how much of the issues clients were facing had a big emotional element. They both enabled and supported clients through some of the profound changes needed to bring about wellbeing.

Flower essence therapy is recognized and used worldwide. There are many ranges available, and all offering something unique. I will refer to two main ranges – the Bach Flower Essences and the Australian Bush Flower Essences, mainly because both are widely available and therefore easy to find.

Have fun!

Saira

A Brief History

The use of flower essences has been dated to as far back as Ancient Egypt and Ancient China. The knowledge seemed to be lost for a period, and then re-emerged in the 16th century with the healer and mystic Paracelsus, who used to collect dew from flowers in order to heal emotional disharmony.

He maintained that all disease originated from disharmony with our essential spiritual nature and finding the right remedy to right this disharmony put us back in touch with our Spirit, the only true healer there is....and he was renowned for his cures as they worked.

Further work was undertaken by Johann Von Goethe (1749-1832) who investigated the unique spiritual nature of plants through observation and application of what is called 'the doctrine of signatures'. By observing a plant, how it grew, the conditions it needs, what it looked like clues could be garnered as to how it would help the individual. A very basic example of this is walnuts – they bear a resemblance to the brain, and are a superb brain food!

Flower Essences, in the form we know them today, were pioneered in modern times by Dr Edward Bach. He created the first flower essences in 1928, which developed into the 38 Bach Flower Remedies we know today.

This opened the door for other ranges to follow, either using flowers indigenous to certain parts of the world, such as the Australian Bush Flower Essences of Ian White, Himalayan Essences and Alaskan Essences or from a particular type of plant such as the Orchid Essence range from Living Tree. Very few of the ranges are internationally distributed, and you may well be able to find someone who makes a range local to where you live if you search. However, the main ranges available are all excellent and well-researched as much of the work of discovering the many ways and individual flower can assist has been done.

How Do Flower Essences Work?

Flower essences come under the umbrella of vibrational or energy medicine, which is a holistic approach targeting the 'whole' person – physical, mental, emotional and spiritual.

Vibrational medicine maintains that we are not just a physical body but are, in fact, a multi-dimensional being with a physical body which is inextricably linked to various levels of subtle energetic bodies, which have started to be mapped by pioneers such as Barbara Ann Brennan and Donna Eden. By targeting these energy systems vibrational medicine helps rebalance the energy fields that interact with the physical body, contributing to disease and illness by restoring balance to the system.

This basic vibrational or energetic level is considered to be a higher level of functioning. This approach recognises that energy and matter are dual expression of the same universal substance, as expressed in Albert Einstein's famous equation $E=MC^2$, and that we are all composed of this primal energy or vibration.

This differs dramatically to the current medical model that views human physiology and psychology as purely a mechanical structure composed of chemicals and cells that form a working system. This is very much an approach based firmly within that of the 5 senses, and follows the Newtonian model of physics, whereas vibrational medicine acknowledges and works with the quantum level of physics, or the model of physics which underpins the Newtonian model, but cannot be pinned down to a series of rules and is therefore ignored by most scientists and doctors as it does not obey established 'rules'.

Very inconvenient!

The vibrational model focuses on the animating vital forces that breathe life into the bio-machinery of living systems, treating with pure energy in a range of frequencies designed to bring about harmony within these energy fields – and therefore healing. Fundamental to this approach is the understanding that consciousness is integral to the cellular expression of the body and contributes to both health and illness.

In very basic terms clinical studies have shown that more positive-thinking people are more likely to avoid catching an illness than their more negative companions – the immune system being dramatically weakened immediately we indulge in negative thoughts or emotions.

The unseen, energetic makeup of the human being makes a big contribution to the overall wellness – or otherwise – of a human being.

To learn more about the different subtle bodies and the major energy centres they emanate from see the separate course 'Chakras'.

Chakras control not just the distribution of energy, but also the physical functioning of the body, as well as determining our emotional well-being. Emotions are simply energy-in-motion (e-motion) and are inextricably linked with health or disease. In Traditional Chinese Medicine emotions are seen as being the biggest single causative factor in disease.

The process is straightforward:

Attitudes drive the emotions

Emotional energy determines the state of the physical body

This is not to preclude the part played by agents of disease such as pathogens, chemical toxicity or trauma but set the scene for the energetic environment in which these things will either thrive or die.

Flower Essences become part of a holistic healing approach that takes into account both physical and energetic aspects to clearing disease and wellbeing issues.

And above all they are totally safe and non-toxic. Whilst using the right remedy will bring great benefit, using the wrong one will not have any ill effects and whilst, according to homeopathic principles, less is often more, taking a full bottle of an essence in one go will again bring no ill effects – it will just leave you needing to buy more!

Bach Flower Essences

Dr Edward Bach (pronounced 'Batch') was born in 1886, and trained and qualified at University College, London as a bacteriologist in 1913. Deeply influenced by the ideas of Paracelsus and Samuel Hahnemann, the pioneer of homeopathy, he went on to develop vaccines from intestinal bacteria that cleansed the system of poisons that caused chronic disease.

He was a great listener, encouraging his patients to talk to them, and he came to the conclusion that many of the people he was treating had the roots of their problem in fear and worry, hopelessness and depression. In 1928 he gave up his Harley Street practise and moved to Wales where he discovered the sun method of preparing flower essences, imbuing pure water, left in sunlight with the pure essence of flowers.

His latent sensitivity developed to such an extent that he might instinctively know just by holding a flower which emotional problems it would help. Alternatively, he would find himself overcome by a negative frame of mind or emotion, and wander the lanes until he found just the right plant to help re-balance himself.

Thus the Bach Flower remedies were born. They total 38 in all. Dr Bach grouped them into 7 groups – those for fear, for uncertainty and indecision, for loneliness, for apathy or lack of interest in current circumstances, for insensitivity to ideas and influences, for despondency and despair and for over-care for the welfare of others.

Each of the 38 remedies addresses one of the major negative states of mind from which Man can suffer, helping to turn the negative to a positive outcome. He used only the flowers of each plant, for they grow above ground in the air and sunshine and are the embryo of the plant.

Dr Bach very much believed that physical disease was 'the consolidation of a mental attitude' and that 'the patient is the most important factor in his healing'.

He died in 1936, leaving behind a profound legacy and founding a new field of healing – that of flower and vibrational essences which are simple, effective and, above all, do no harm.

The 38 Batch Flower Remedies

Flower	Positive	Negative
Remedies for Loneliness		
Heather	True interest and connection with others	Self-centred; unable to relate to others
Impatiens	Relaxation; cooperation; balanced poise	Impatience leading to physical, emotional or mental tension
Water Violet	Approachable; connected to others	Overly self-reliant; sense of superiority
Remedies for Over-Care and Over-Concern for the Welfare of Others		
Beech	See that the world is good	Over-meticulous, critical
Chicory	Generous love	Emotional neediness; manipulation; over-attachment
Rock Water	Kind to oneself; open-minded	Overly self-critical; has rigid beliefs
Vervain	Self-containment and relaxation	Overenergetic enthusiasm and idealism
Vine	Desire to give genuine service to others	Domineering or controlling
Remedies for the Lack of Interest in the World Around You		
Chestnut Bud	Is able to learn from experience	Makes the same mistakes again and again
Clematis	Alert; grounded; able to realise vision	Daydreamer; ungrounded; impractical
Honeysuckle	Able to find joy in the present	Caught up in the past
Mustard	Understand reason for moodiness; cheerful	Gloomy, depressed feelings for no known reason
Olive	Spiritual renewal; proper use of energy	For exhaustion; depletion; unwise use of energy
White Chestnut	Uncluttered mind; peace	For people who thought constantly spin
Wild Rose	Enthusiasm; purposefulness	For resignation; apathy
Remedies for Oversensitivity to Ideas and Influences of Others		
Agrimony	Honesty toward self and others; inner peace	Hiding your feelings behind a happy face
Centaury	Balanced service and trueness to own needs	For people who serve others to their own cost
Holly	Love; humility; tolerance	For jealousy; hatred; suspicion
Walnut	Skilful change toward new and true goals	For stressful change and major life transitions
Remedies for Uncertainty		
Cerato	Wise discrimination; self-reliance	Lack of trust in own wisdom
Gentian	Revives courage and strength	Becomes discouraged by setbacks
Gorse	Sees hope	Feels that it is pointless to try
Hornbeam	Strengthens belief in the ability to cope	Finds it hard to face the day's work
Scleranthus	Clear, balanced overview	Indecisiveness, unable to choose between alternatives
Wild Oat	Clarity of purpose; contentment	Confusion about one's direction in life
Remedies for Fear		
Aspen	Grounded in oneself; trust in the unknown	Vague fears of unknown things
Cherry Plum	Trust in higher benevolent power	Fear of losing self-control, giving way to harmful impulses

Flower	Positive	Negative
Mimulus	Faces up to things bravely	Nervous, shy and afraid of known things
Red Chestnut	Can keep a boundary between self and others	Overanxious about the welfare of others
Rock Rose	Courage, peace and mental clarity	Terror and panic
Remedies for Despondency and Despair		
Crab Apple	Cleansing, inner purity, spiritual evolution	Feeling unclean or impure
Elm	Strengthens the ability to carry on	For people who become overwhelmed temporarily
Larch	Self-confident; self-expressive	For lack of confidence to try
Oak	Flexible strength; support for oneself	For exhausted people who struggle on
Pine	Sense of proportion; release of self-blame	For people who feel guilty for everything
Star of Bethlehem	Peace; tranquillity; soothing	For shock; trauma
Sweet Chestnut	Restoration of faith in life and in self	For deepest despair; complete anguish
Willow	Self-responsibility; acceptance	Bitterness and resentment; feelings of victimisation

There is also a well-known composite remedy from Bach Flowers called Rescue Remedy. This contains 5 of the individual essences above and is the remedy for all emergencies, for shock, trauma, stress, panic, mental numbness etc. It helps to alleviate the mental anguish, enabling the body to engage its healing processes right away.

Many use it to calm them down before exams, visiting the dentist etc.

Australian Bush Flower Essences

The 69 Australian Bush Flower Essences (ABFE) were founded by Ian White, Naturopath and fifth generation Australian herbalist.

Australia has the world's oldest and highest number of flowering plants, is (relatively!) unpolluted and metaphysically has a very wise, old energy.

At this particular time in the evolution of both Mankind and the planet, the unique imprint of these plants are helping to address issues that are very much of the 21st century. Not just sexuality, communication skills and spirituality, but also clarity around purpose, courage, strength and commitment to pursue one's goals and dreams; ability to develop higher levels of intuition, self-esteem, creativity and fun, releasing negative beliefs and patterns held in the subconscious and allowing the positive virtues of the Higher self to emerge.

All flower essences help to bring balance, and at a time when the planet and her energetic infrastructure have never been in more need of this, essences such as the ABFE become a great gift to Mankind to gently heal many of the woes and issues the pressures of modern living bring.

ABFE is a very well developed and researched range, available as individual stock remedies as well as an excellent range of combination essences that can easily be bought. Many of the combination essences are available as drops, sprays and creams, and an excellent skincare range called the Love System that not only delivers natural skincare but uses essences to make it a truly holistic experience.

This range is extremely helpful in offering support with all the issues that go with being a modern human as well as being essential for those wishing to really move themselves forward in their self-development and follow a spiritual path of unfoldment towards higher levels of consciousness.

Australian Bush Flower Essences

Flower	Positive	Negative
Alpine Mint Bush	Revitalisation; joy; renewal	Mental & emotional exhaustion; lack of joy and weight of responsibility of care givers
Angelsword	Spiritual discernment; accessing gifts from past lifetimes; release of negatively held psychic energies; clear spiritual communication	Interference with true spiritual connection to Higher Self; spiritually possessed; spiritual connection
Banksia Robur	Enjoyment of life; enthusiasm; interest in life	Disheartened; lethargic; frustrated
Bauhinia	Acceptance; open mindedness	Resistance to change; rigidity; reluctance
Billy Goat Plum	Sexual pleasure & enjoyment; acceptance of self and one's physical body; open-mindedness	Shame; inability to accept the physical self; physical loathing
Black-eyed Susan	Ability to turn inward and be still; slowing down; inner peace	Impatience; 'on the go'; over committed; constant striving
Bluebell	Opens the heart; belief in abundance; universal trust; joyful sharing; unconditional love	Closed; fear of lack; greed; rigidity
Boab	Personal freedom by releasing family patterns; clearing of other, non-family, negative Karmic connections	Enmeshment in negative family patterns; for recipients of abuse and prejudice
Boronia	Clarity; serenity; creative visualisation	Obsessive thoughts; pining; broken hearted
Bottlebrush	Serenity and calm; ability to cope and move on; mother-child bonding	Unresolved mother issues; overwhelmed by major life changes – old age, adolescence, parenthood, pregnancy, approaching death
Bush Fuchsia	Courage to speak out; clarity; in touch with intuition; integration of information; integration of male and female aspects	Switched off; nervousness about public speaking; ignoring 'gut' feeling; clumsy
Bush Gardenia	Passion; renews interest in partner; improves communication	Stale relationships; self-interest; unaware
Bush Iris	Awakening of spirituality; acceptance of death as a transition state; clearing blocks in the base chakra and trust centre	Fear of death; materialism; atheism; physical excess; avarice
Crowea	Peace and calm; balances and centres the individual; clarity of one's feelings	Continual worrying; a sense of being 'not quite right'
Dagger Hakea	Forgiveness; open expression of feelings	Resentment; bitterness towards close family and friends, lovers
Dog Rose	Confidence; belief in self; courage; ability to embrace life more fully	Fearful; shy; insecure; apprehensive with other people; niggling fears
Dog Rose of the Wild Forces	Calm and centred in times of inner and outer turmoil; emotional balance	Fear of losing control; hysteria; pain with no apparent cause
Five Corners	Love and acceptance of self; celebration of own beauty; joyousness	Low self-esteem; dislike of self; crushed, held in personality; clothing drab and colourless
Flannel Flower	Gentleness and sensitivity in touching; trust; openness; expression of feelings; joy in physical activity	Dislike of being touched; lack of sensitivity in males; uncomfortable with intimacy
Freshwater Mangrove	Openness to new experiences, people and perceptual shifts; healthy questioning of traditional standards and beliefs	Heart closed due to expectations or prejudices which have been taught, not personally experienced
Fringed Violet	Removal of effects of recent or old distressing events heals damage to aura; psychic protection	Damage to dura; distress; lack of psychic protection
Green Spider orchid	Telepathic communication; ability to withhold information until timing is appropriate; attunement	Nightmares and phobias from past life experiences; intense negative reactions to the sight of blood

Grey Spider Flower	Faith; calm; courage	Terror; fear of supernatural and psychic attack
Gynea Lily	Humility; allowing others to express themselves and contribute; awareness, appreciation and taking notice of others	Arrogant, attention seeking; craving status and glamour; dominating and over-riding personality
Hibbertia	Content with own knowledge; acceptance; ownership and utilisation of own knowledge	Fanatical about self-improvement; driven to acquire knowledge; excessive self-discipline; superiority
Illawarra Flame Tree	Confidence; commitment; self-reliance; self-approval	Overwhelming sense of rejection; fear of responsibility
Isopogen	Ability to learn from past experience; retrieval of forgotten skills relating without manipulating or controlling; ability to remember the past	Inability to learn from past experience; stubborn; controlling personality
Jacaranda	Decisiveness; quick thinking; centred	Scattered; changeable; dithering; rushing
Kangaroo Paw	Kindness; sensitivity; savoir faire; enjoyment of people; relaxed	Gauche; unaware; insensitive; inept; clumsy
Kapok Bush	Willingness; application; 'give it a go'; persistence; perception	Apathy; resignation; discouraged; half hearted
Little Flannel Flower	Carefree; playfulness; joyful	Denial of the 'child' within; seriousness in children; grimness in adults
Macrocarpa	Enthusiasm; inner strength; endurance	Drained; jaded; worn out
Mint Bush	Smooth spiritual initiation; clarity; calmness; ability to cope	Perturbation; confusion; spiritual emergence; initial turmoil and void of spiritual initiation
Mountain Devil	Unconditional love; happiness; healthy boundaries; forgiveness	Hatred; anger; holding grudges; suspiciousness
Mulla Mulla	Reduces the effects of fire and sun; feeling comfortable with fire and heat	Fear of flames an hot objects; distress associated with exposure to heat and sun
Old Man Banksia	Enjoyment of life; renews enthusiasm; interest in life	Weary; phlegmatic personalities; disheartened; frustrated
Paw Paw	Improved access to Higher Self for problem solving; assimilation of new ideas; calmness; clarity	Overwhelm; unable to resolve problems; burdened by decisions
Peach-flowered Tea Tree	Ability to complete projects; personal stability; take responsibility for one's health	Mood swings; lack of commitment to follow through projects; easily bored; hypochondriacs
Philotheca	Ability to receive love and acknowledgement; ability to let in praise	Inability to accept acknowledgement; excessive generosity
Pink Mulla Mulla	Deep spiritual healing; trusting and opening up	Deep ancient wound on the psyche; an outer guarded and prickly persona to prevent being hurt; keeps people at a distance
Red Grevillea	Boldness strength to leave unpleasant situations; indifference to the judgement of others	Feeling stuck; oversensitive; affected by criticism and unpleasant people; too reliant on others
Red Helmet Orchid	Male bonding; sensitivity; respect; consideration	Rebelliousness; hot-headed; unresolved father issues; selfishness
Red Lily	Grounded; focused; living in the present; connection with life and God	Vague; disconnected; split; lack of focus; daydreaming
Red Suva Frangipani	Feeling calm and nurtured; inner peace and strength to cope	Initial grief, sadness and upset of either a relationship at rock bottom or of the death of a loved one; emotional upheaval, turmoil and rawness
Rough Bluebell	Compassion; release of one's inherent love vibration; sensitivity	Deliberately hurtful, manipulative, exploitive or malicious
She Oak	Emotionally open to conceive; female balance	Female imbalance; inability to conceive for non-physical reasons
Silver Princess	Motivation; direction; life purpose	Aimless; despondent; feeling flat; lack of direction

Slender Rice Flower	Humility; group harmony; co-operation; perception of beauty in others	Prejudice; racism; narrow mindedness; comparison with others
Southern Cross	Personal power; taking responsibility; positivity	Victim mentality; complaining; bitter; martyrs; poverty consciousness
Spinifex	Empowers one through emotional understanding of illness	Sense of being a victim to illness
Sturt Desert Pea	Letting go; triggers healthy grieving; releases deep held grief and sadness	Emotional pain; deep hurt; sadness
Sturt Desert Rose	Courage; conviction; true to self; integrity	Guilt; regret and remorse; low self-esteem; easily led
Sundew	Attention to detail; grounded; focused; living in the present	Vagueness, disconnectedness; split; indecisive; lack of focus; daydreaming
Sunshine Wattle	Optimism; acceptance of the beauty and joy in the present; open to a bright future	Stuck in the past; expectation of a grim future; struggle
Tall Mulla Mulla	Feeling relaxed and secure with other people; encourages social interactions	Ill at ease; sometimes fearful of circulating and mixing with others; loner; distressed by and avoids confrontation
Tall Yellow Top	Sense of belonging; acceptance of self and others; knowing that you are 'one'; ability to reach out	Alienation; loneliness; isolation
Turkey Bush	Inspired creativity; creative expression; focus; renews artistic confidence	Creative block; disbelief in own creative ability
Waratah	Courage; tenacity; adaptability; strong faith; enhancement of survival skills	Despair; hopelessness; inability to respond to a crisis
Wedding Bush	Commitment to relationships; commitment to goals; dedication to life purpose	Difficulty with commitment
Wild Potato Bush	Ability to move on in life; freedom; renews enthusiasm	Weighed down; feeling encumbered
Wisteria	Sexual enjoyment; enhanced sensuality; sexual openness, gentleness	Feeling uncomfortable with sex; closed sexually; macho male
Yellow Cowslip Orchid	Humanitarian concern; impartiality-stepping back from emotions; constructive; a keener sense of arbitration	Critical; judgemental; bureaucratic; nit-picking
Monga Waratah	Strengthening of one's will; reclaiming of one's spirit; belief that one can break the dependency of any behaviour, substance or person; self-empowerment	Neediness; co-dependency; inability to do things alone; disempowerment; addictive personality
Sydney Rose	Realising we are all one; feeling safe and at peace; heartfelt compassion; sense of unity	Feeling separated, deserted, unloved or morbid
Christmas Bell	Helps one manifest their desired outcomes; assists one with mastery of the physical plane	Lack of abundance; sense of lack; poor stewardship of one's possessions
Pink Flannel Flower	Gratitude; joie de vivre; keeping one's heart chakra open; appreciation	Feeling of life being dull and flat; lacking joy or appreciation for the everyday aspects of life
Companion Essences		
Autumn Leaves	Letting go and moving on; increase awareness and communication with the loved ones in the spiritual world	Difficulties in the transition of passing over from the physical plane to the spiritual world
Lichen	Eases one's transition to the Light; assists separation between the physical and the etheric bodies; releases earth bound energies	Not knowing to look for and move into the Light when passing over; earth bound in the astral plane
Green Essence	Harmonises the vibration of any yeast, mould or parasite to one's own vibration; purifying	Emotional distress associated with intestinal and skin disorders

How Are Flower Essences Made?

There are two major methods for making up flower essences - the sun method, and boiling.

Sun Method

The sun method is the most widely used and is, in essence, very simple. The sun method was originally pioneered by Dr Bach and involves placing the flowering heads of a plant into a bowl of pure spring water and then left in the sunshine. They are left for three hours whilst the sun works its alchemy and impregnates the water with the healing properties of the plant.

Remember that plants are living things, and ALL living things have a unique vibrational resonance. It is this vital energy that is being transferred.

Once the three hours is up the flower heads are discarded and the water is stored in a large container with some brandy, which is added to keep the 'sweet' - vodka is another spirit used by some companies for the same purpose. This then becomes known as the Mother Tincture.

This method is an extension of that used by Paracelsus, who used the dew glistening on flowers in the early morning sunshine!

This is by the far the most widely used method for preparing essences.

Water is a very receptive element, as demonstrated by the work of scientist Dr Masaru Emoto, and is an excellent medium for holding and transmitting the resonance of plants.

Boiling Method

This tends to be used more for making essences using the twigs, flower and leaves from trees or large shrubs. These are put into pure spring water and boiled for half an hour, and then left to cool. Again, this process transfers the vitality of the plant to the water, which is then made into a Mother Tincture.

Using the Mother Tincture

The Mother Tincture is an intensely concentrated remedy that requires further dilution. Some of this is taken and diluted with more brandy in smaller individual bottles. These are then known as 'stock' bottles, and it is a stock bottle of a remedy that a practitioner will use to make up individual remedies.

Making Up and Individual Remedy

For acute intervention: Put a few drops of the essence into a glass of water and sip at intervals to help with an emergency or passing mood.

For longer term use: make up a treatment bottle using a 30 ml dropper bottle and some pure spring water. Almost fill the bottle with the spring water, and then add in some drops of the chosen remedies and screw on the cap and give it a shake. From this you will take a few drops several times a day.

How Much Do I Use?

This varies from range to range, they all have their own recommendations.

Bach Flowers, for instance, recommend that 2 drops from the stock bottle are added to the treatment bottle, and then 4 drops from the treatment bottle are taken 4 times a day.

Australian Bush Flower Essences (ABFE) suggests 7 drops of the stock bottle are added to the treatment bottle, and 7 drops used several times daily.

The drops can either be placed under the tongue, or added to drink of water or similar. Because of their vibrational nature they can also be used in sprays, and in creams.

Combination Essences

Combination Essences are pre-prepared essences containing a mix of certain individual essences. Rescue Remedy is probably one of the best known of one of these, containing 5 individual essences. Emergency Essence fulfils the same purpose in the ABFE range, and contains 7 essences. There are some excellent combination essences that can be bought from retailers and suppliers. For example, in the ABFE range Travel Essence combines 14 different essences and is excellent for recovering quickly from the effect of travel, including jet lag, or Woman essence, containing 9 essences helps with hormonal balance and stability.

Combination Essences			
Name	Company	No of Essences	Purpose
Rescue Remedy	Bach Flowers	5	An aid in time of crisis or trauma or to help cope with immediate everyday situations. Available as drops, spray, pastilles, cream and gum.
Emergency Essence	ABFE	7	Excellent for emotional upset. Has a calming effect during a crisis
Abund Essence	ABFE	7	Aids in releasing negative beliefs, family patterns, sabotage and fear of lack. Opens you to fully receiving great riches on all levels, not just financial.
AdolEssence	ABFE	11	Addresses the major issues of teenagers that are commonly experienced. Enhances self-acceptance, communication, social skills, harmony in relationship, maturity, emotional stability and optimism.
Calm & Clear Essence	ABFE	8	Helps to find time for one's self, to relax without external pressures and demands, to wind down and enjoy relaxing pursuits
Cognis Essence	ABFE	5	Gives clarity and focus when working, speaking, reading or studying. Balances intuitive and cognitive processes and helps integrate ideas and information. Excellent for pursuits or study requiring intense focus. Assists in problem solving by improving access to the Higher Self, which stores all past knowledge
Confid Essence	ABFE	5	Brings out positive qualities of self-esteem and confidence. Allows us to feel comfortable around others and resolve negative beliefs as well as guilt we may harbour from past actions. Helps us to take self-responsibility for our lives and realise we have the ability and power to change them for the better
Creative Essence	ABFE	7	Inspires creative and emotional expression and gives courage and clarity in public speaking and singing. This Essence frees the voice. It also helps to clear creative blocks and to find creative solutions in all of life's pursuits.
Dynamis Essence	ABFE	6	Renews enthusiasm and joy for life. For those who feel 'not quite right', drained, jaded or not fully recovered from setbacks.
Electro Essence	ABFE	6	Greatly relieves fear and distress associated with earth, electrical and electromagnetic radiation. It helps to bring one into balance with the natural rhythms of the earth.
Face Hand & Body Essence	ABFE	7	Encourages love, nurturing, care and touch of your physical body. Helps to deal with any dislike and non acceptance of one's body, skin texture or intimate loving touch.
Meditation	ABFE	7	Awakens one's spirituality and allows one to go deeper into any religious or spiritual practice. Enhances access to the Higher Self

Essence			whilst providing psychic protection and healing of the aura. Highly recommended for anyone practicing meditation.
Purifying Essence	ABFE	6	To release and clear emotional waste and residual products, to clear built-up emotional baggage.
Relationship Essence	ABFE	10	Enhances the quality of all relationships, especially intimate one. Clears and releases resentment, blocked emotions and the confusion, emotional pain and turmoil of a rocky relationships. Helps improve communications and breaks early negative family conditioning and patterns which are affecting current adult relationships.
Sensuality Essence	ABFE	6	Encourages the ability to enjoy physical and emotional intimacy, passion and sensual fulfilment.
Sexuality Essence	ABFE	7	Helps release shame and the effects of physical or sexual abuse and trauma. Allows one to feel comfortable with, and to fully accept one's body. Enables the individual to be open to sensuality and touch and to enjoy physical and emotional intimacy.
Solaris Essence	ABFE	3	Greatly relieves fear and distress associated with fire, heat and the sun. An excellent remedy to have handy during summer and long exposure to sun.
Space Clearing Essence	ABFE	5	Creates sacred, safe and harmonious environments. Purifies and releases environments of built up negative emotional, mental and psychic energies. Great for clearing tense situations and environments and restoring balance.
Transition Essence	ABFE	8	Helps cope and move through any major life changes. Brings about an awareness of one's life direction, especially for those at a crossroad. For those who know what they want, but not how to achieve it will also benefit. Eases the fear of death and the process of gently passing over.
Travel Essence	ABFE	14	Addresses the problems encountered with jet travel. Enables a person to arrive at their destination feeling balanced and ready to go. Beneficial for all forms of travel.
Woman Essence	ABFE	9	Harmonises any imbalances during menstruation and menopause. Allows a woman to discover and feel good about herself, her own body and her beauty.

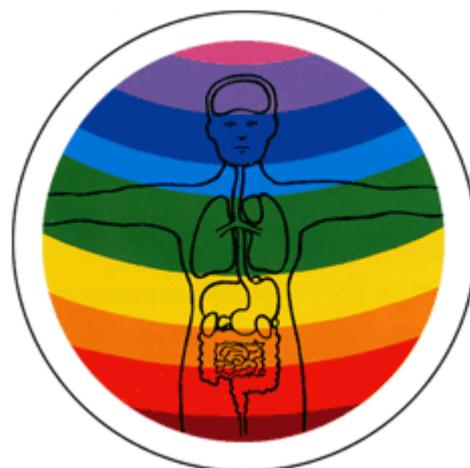
Phytobiophysics

Phytobiophysics have been formulated by Professor Diana Mossop and are flower essences with a difference!

Firstly, they are presented in the form of homeopathic pillules, not drops! And next they have been developed to resonate on very precise and specific frequencies following the colour spectrum of the rainbow, matching the resonance of a healthy cellular system. Every living cell vibrates on a specific frequency of light.

According to the eminent scientist Professor Albert Popp, living cells vibrate on frequencies of light and have the capacity to admit and transmit light faster than a billionth of a second. Unhealthy cells lose this capacity and admit, but no longer transmit light which creates an aberration in their energy stasis.

The range was developed initially following a health crisis developed by Diana's 4 year old son after being given multiple vaccines on the same day. With orthodox medicine having nothing to offer she set about finding answers, and did so in the timeless tradition of plants healing not only on a physical level but also on a profound and subtle level.



Each of the 20 Phytobiophysics Flower Formulas and 10 Superfit Tree formulas work to bring healing not just to the physical level of being, but also the mental, emotional and spiritual. The formulas act as neurotransmitters and when ingested they instantly regulate the electro-magnetic frequency of the system being targeted. This encourages the body's own innate ability to heal on a very deep level.

Phytobiophysics Flower Formulas

No.	Name	Type	For	Enables	Antidotes	Supports	Trauma	Physical
Frequency: White Light								
FF1	Vitality	Spiritual	Amplifier, Energy, Emergency	All nutrients – assimilation, metabolism	Viruses	Master Formula, supports all healing, Y chromosome and lack of vitality	Spiritual shock, stress, trauma of loss, betrayal, the carer's carer.	Shock, stress, degenerative problems, virus, physical trauma, rundown, miasm
FF2	Recovery	Spiritual Emotional	Emotion, damaged childhood	Metabolism of all amino acids	Drugs used during birth	Supports X chromosome. Use during pregnancy. Support emotional pathways	Emotional shock, tearful, heartbroken. Protection from vaccination programmes.	Vaccine damage, Natural steroid,
Frequency: Ultra-Violet Light								
FF3	Spiritual Ease	Spiritual	Trauma of change, Vortex changes, spinal cord	Assimilation of vitamins & sodium	All CNS irritating chemicals, petrochemicals e-additives, induction drugs, chemo, radiation, aspartame, paracetamol, epidural	7-year cycles	Alleviates trauma and tragedy, trauma of change of circumstances, divorce, moving etc.	Helps with brain hormones, hyper function, headache, migraine, descending pain
Frequency: Violet Light								
FF4	Tranquility	Spiritual Emotional	Fatherhood, tranquillity, the head	Assimilation Vit C, K, folic acid, potassium, some aminos,	Silver, chromium, Vit K birth procedure	Problem solving and stabilising the intellect. Vibration of fatherhood, all male relationships	All father issues, lack of tranquillity, stress, nightmares, insomnia, abuse and betrayal	Takes all formulas to CNS, nervous system tonic, circadian rhythm
Frequency: Indigo Light								
FF5	Imu.Ace	Emotional	Immunity, antioxidant, Teeth, mouth	Assimilation of Vits A,C,E, germanium, selenium, CoQ10	Allergy to tomato family, antibiotics	Fun, deep thoughts about complex issues, CoQ10 production & use	Angry, aggressive, turbulent thoughts, natural immune boost	Immune system, teeth and mouth disorders, temper tantrums, candida, supports MMR
FF6	Clear Senses	Emotional	Mucous pathways, Nose, sinus, self-worth, addiction	Assimilation of biotin, probiotics, some aminos	General allergies, nut/bee/pollen allergies, phosphates, mucous forming foods	Candida, loyalty, mucous pathways, self-worth, self-esteem	Tears (internal), low self-esteem, easily led, habits, addictions	Sinus pathways, sense of smell, allergy, atmospheric pollution, fungal infections, asthma, hayfever.

No.	Name	Type	For	Enables	Antidotes	Supports	Trauma	Physical
FF7	Cool Calm	Emotional	Tropical diseases, Ears, fulfilment	Assimilation of PABA, some aminos	Insects, grommets	Healing crises, impotence, anaphylactic shock, fulfilment of mission & ambition	Frustration, emotional stress, lack of fulfilment, allergic reactions	Tropical diseases, insect stings, bites, histamine imbalance, ear problems
FF8	Uplift	Emotional	Emotions, Tearfulness, sensory organs, memory loss	Assimilation of Vit A, D, some aminos, EFAs	Hydrochloride drugs, anaesthetics, vaccines, beta blockers, copper, cobalt, aluminium	Emotional trauma, hypo function, expression of best gender characteristics	Grieving, tearful, emotional balance, memory loss, clumsy, slow	Cranial nerves and sensory organs, natural anti-depressant, hypo function, parasites, memory issues, autism
Frequency: Blue Light								
FF9	Appetite	Emotional	Appetite, throat, motherhood, communication,	Assimilation of inositol, iodine, selenium, calcium, magnesium, some aminos	Lead, iodine, radioactivity, x-rays,	Mother relationship, speech therapy, bones, helps with breast-feeding, WiFi, microwaves, etc	Mother issues, mother trauma manifesting in thyroid, lack of faith, belief, pent up emotion, eating dis-orders, poor communication	Calcium/magnesium balance, helps brains electrical activity, throat and communication, speech,
Frequency: Green Light								
FF10	Breath of Life	Emotional	Rejection, forgiveness, lungs	Assimilation of B2, GABA, some aminos	Atmospheric pollution, nicotine, inhaled drugs	Victim of betrayal, sad, rejected child, love and self-responsibility, mission and purpose	Victim of rejection, bitter loss, love lost through cruelty, betrayal, inability to forgive	Radioactivity, asthma, drug addiction, particularly smoking, lung disorders, hayfever
FF11	Heart Ache	Emotional	Love, bereavement, the heart	Assimilation of Vit E, GABA, some aminos	Mercury, aspirin, propyl alcohol, face/body creams	Heartaches, lost love, warm, generous-hearted	Emotional pain and agony, in need of physical love	Heart conditions, immune system, all chest area issues
Frequency: Yellow Light								
FF12	Detox	Mental	Power, cleansing, courage, liver	Assimilation of B12, potassium, some aminos	Alcohol, caffeine, chemicals incl. chemotherapy, gold, silver, gluten,	Respecting others point of view, anger, parasites, liver	Anger, or victim of, fear, anxiety, punishing oneself, alcoholic cravings	Liver, gallbladder, fat metabolism, bile, liver detox
FF13	Relaxation	Mental	Calm & serenity, water balance, kidneys	Assimilation of all vitamins, some aminos	Detergents, steroids/cortisone	Relaxation, calm, peace, fulfilling mission, oedema, abuse (boys)	Stress, bedwetting, victim of sexual abuse, disturbances	Kidneys, adrenals, bladder, lower back pain, adrenalin, body pH
FF14	Skin Beauty	Mental	Fear, perfectionism, diaphragm	Assimilation of Vits A, D, beta-carotene, some aminos	Gluten, acids	Great courage, turning point in life, low esteem, skin	Fear, stress about physical appearance, scars on soul, wrinkles,	Skin, ileocecal valve, connective tissue, detox, gluten intolerance

No.	Name	Type	For	Enables	Antidotes	Supports	Trauma	Physical
FF15	Sugar Bal		Sugar balance, assimilation, spiritual umbilical cord	Assimilation of aminos	Sweets, sugar, chocolate, butter, fat, comfort eating. Alcohol	Mother and child, solar plexus, adoption, abortion, miscarriage	Birth trauma or adoption, unacknowledged traumas, mood swings	Pancreas and digestive system, digestion of sugars, spleen, fatty tissues
Frequency: Orange Light								
FF16	Repro	Mental	Puberty, menstrual cycle, repro organs	Assimilation of vitamins, folic acid, rutin, magnesium	Oestrogenic pollution, sulphates, Pill, HRT	Puberty, uterus, prostate, innocence	Loss of innocence, pubescent trauma, marital discord	Reproductive organs, Menopause, pregnancy, childbirth, impotence, frigidity,
FF17	Fertility	Mental	Passion, relationships, hormones	Assimilation of B6, calcium, some aminos	Oestrogenic pollution, fluorides, phosphates, chemo	Good relationships, conception, ovaries, testes	Unable to conceive, marital trauma, infertility	Reproductive organs, fertility issues, menopause,
Frequency: Red Light								
FF18	Lifeblood	Physical	Direction, love of life, lost way, blood	Assimilation of B1, D, copper, iron, some aminos	Chemicals, metals, MRSA, staph	Spiritual balance, the Now, psychic, anaemia,, emotional spiritual mission	Sensitive, easily hurt, psychic, open, cross roads of life	Blood, circulation, magnetic energy, bones, spine, rejuvenates
FF19	Motion Flow	Physical	Fear of life, letting go, elimination	Assimilation of choline, inositol, all minerals,	Iron, nitrates, salmonella, HIV	Blood circulation, stuck, stagnant, constipated,	Stuck, full of old fears, can't let go, controlling,	Constipation cellulite, colon disorders,
FF20	Kundalini	Physical	Earth energy, structure, instinct	B3, all minerals, some aminos,	x-ray, geopathic stress, electro pollution, tetanus	Grounding, memories, beginnings & ends	Victimisation, co-dependence, near-death	Bones, physical pain, stress, TMJ, recovery & healing

Phytobiophysics Tree Formulas

Number	Name	Tree	For	Enables	Antidotes	Uses
White-Rainbow-Gold						
SF1	Peak Performance Vibrates at same frequency as FF11	Oak	Cardiovascular System	Assimilation of nutrients Efficient transport of oxygen and nutrients to cell Synchronisation of blood flow and heart beat to balance blood pressure		Governor, Conception, heart and Lung Meridians, Heart Ache, Grief, Sorrow, Sadness, Exhaustion of nursing a sick loved one , Bereavement, Trauma as a result of a shocking diagnosis, Lack of energy due to loss of faith and therefore given up hope, Energy exchange and heartbeat, Recommended for all sports people
Ultra-violet						
SF2	Karm 380 nm	Eucalyptus	Pituitary and Nervous System	Assimilation of all vitamins Helps relax & calm whilst staying fully alert and primed Quick, effective neurotransmission	Chemical overload, cortisone, salt, steroids, induction drugs, epidural antidote, recreational drugs, petrochemicals, e-additives, aspartame	Supports trauma of change, stress, inflammatory pain, panic, anxiety, migraines, helps to bring calm and untroubled thoughts
Violet						
SF3	Re*Lax 423 nm	Magnolia	Brains, central nervous system	Assimilation of Vits C, K and folic acid, potassium, chromium and glutamic acid	Vitamin K procedure	Supports circadian rhythms, alpha waves, relaxation, equilibrium, good sleep, resolving father/male issues, helps with strategy and problem solving, financial anxiety
Indigo and Blue						
SF4	Imun.T 460 nm	Redwood	Thymus & immune system, sensory organs	Assimilation of Vits A, C, E, selenium, germanium , zinc, CoQ10		Emotional Crisis, Emotional Trauma, Depression and Feeling Low, Sensory Organ Disturbances, Nervous Breakdown, Gum and tooth disorders, auto immune issues, immune boost
Green						
SF5	Breathe 512 nm	Deodar Spruce	Respiratory system, lungs, chest	Assimilation of Vitamin B2, L-isoleucine, l-leucine, l-glycine, GABA		Loss of love, rejection, forgiveness, loss of self worth, respiratory problems, nicotine addition
Yellow						
SF6	Digest 573 nm	Yew	Digestive system	Assimilation of B complex, l-glycine, l-histamine, l-glutamine		Aids digestion and digestive disorders, hypo & hyperglycaemia, anger, frustration, pancreatitis

Orange						
SF7	Male Fertil 607 nm	Spruce	Male reproductive system	Assimilation of B6, zinc, calcium, l-carnitine, l-phenylalanine	Rubella/mumps vaccines	Male reproduction, sperm, potency, testosterone problems, lack of libido, male 'Viagra', male sexuality
Red						
SF8	Female Repro 680nm	Palo de Mayo	Female reproductive system	Assimilation of folic acid, magnesium, l-carnitine, l-phenylalanine	Gardasil/Severex vaccines	For Women Only, supports all aspects of femininity and womanhood, puberty, fertility, conception, pregnancy, healthy menopause, female problems
Infra-red						
SF9	Structure 780 nm	Wild Cherry	Bones & ligaments	Assimilation of all minerals		Development and maintenance of healthy skeleton, bones, joints, back pain, slipped disc, all structural disorders
Silver						
SF10	Inj*ry 111 nm	Pondorosa Pine	Muscles & tissues	Assimilation of all nutrients, & l-histidine, l-glutamine, l-lysine, l-glycine	Chemicals, radiation	Most powerful formula. Helps wounds and scars on soul, early childhood tragedies, lithe and supple muscles, internal and external skin, radioactivity, childbirth, histamine pathway, spiritual arnica.

How To Find Flower Remedies

Both the Bach Flower Remedies and the Australian Bush Flower Essences are widely available in health food stores. Phytobiophysics, unfortunately, is not!

If you are having difficulty sourcing any of the mentioned essences you will find them all available on

www.naturaldispensary.co.uk

Put the name of the remedy in the search bar for the essences, or if you are looking for Phytobiophysics put the code number in the search box ie. FF14.

If you use the code **SSLD010** at the checkout, you will also get **10% off** anything you order from the site!

Convenient and money-saving – a good combination!