

# Nature's Wisdom Magazine

natural health, spirituality, & environmental awareness

## Archives

### The Beauty of Flower Essences

by Sherri Reehil-Welser

Imagine the impact a beautiful flower can have on the emotional well being of a person. Take for instance the joy we feel as we partake in the physical beauty of that flower. As we move closer we feel that inner smile as the fragrance fills the air. So not only are we blessed with its beauty, but with its fragrance as well. And wait... there is one more healing element those beautiful flowers grace us with... flower essences.

Flower essences were first developed by Dr. Edward Bach in the 1930s. Dr Bach was an outstanding homeopathic medical doctor and left his practice to develop a new healing modality derived from the fresh blossoms of plants. He was a visionary healer and saw the importance of addressing the emotional and mental conditions of his patients.

Bach developed 38 remedies all designed to help the human soul overcome emotional and mental issues such as despair, depression , anxiety and fear. Interesting enough, during the time that Dr Bach was developing the flower essences the world was suffering from the Great Depression.

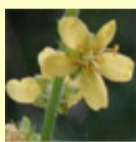
His idea when creating flower essences was for them to act as nature's "Liquid Messengers" of inner harmony and health. These are highly effective non-toxic preparations that address core issues of emotional wellness. Helping to bring about a healthy mind and body connection. They are generally prepared from a sun infusion of either wildflowers or perfect garden blooms in a bowl of water which is then further diluted, potentized and preserved with brandy.

Careful attention is paid to purity of environment, celestial and meteorologic conditions and energetics of the plants through their growth cycles. These preparations are strong vibrational life forces with a subtle power and carry with them specific energetic patterns or qualities of each flower.

Each flower resonates with a particular feeling within our soul to help support and encourage growth and most importantly enhance life. As a Nationally Certified Aromatherapist ( holistic and clinical) the expanded love of flower essences for me, came about naturally. I have found them also very effective when used with Reiki sessions.

When preparing personalized cream or massage oil blends, I always include the appropriate flower essence that will help my client connect to heal on several different levels. These gentle yet powerful essential oil and flower essence blends work synergistically together to create a total healing experience.

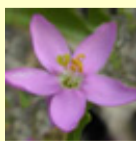
#### Popular Flower Essences and Their Healing Qualities:



**AGRIMONY - (AGRIMONIA EUPATORIA)** - I usually use this flower essence for a first time client. It helps to acknowledge and work with emotional pain. Helping to obtain true inner peace.



**BEECH - (FAGIS SYLVATICA)** - Acceptance and tolerance of others. Seeing the good within each person.



**CENTAURY - (CENTAURIAM ERYTHRAEA)** - Acting from strength of inner purpose. Being able to say "no" when needed and having a healthy sense of ones self and ones needs.