

**Quick Guide to Some of the Leading Flower  
Essences for Animals and Animal Care\***



<b>Arnica</b>	shock, trauma, illness, injury, surgery
<b>Aspen</b>	unknown fear or terror in an animal; especially indicated when treating wild or nervous animals
<b>Bleeding Heart</b>	breaking undue emotional attachments to the caretaker, such as whining cats or moping dogs waiting for the owner to return
<b>Borage</b>	lifting the spirit of an animal that may be depressed because of illness or old age
<b>Chamomile</b>	for barking dogs; emotional upset accompanied by stomach distress such as gas or vomiting
<b>Cherry Plum</b>	extreme tension or stress, such as a terrified animal that is trapped
<b>Chestnut Bud</b>	instilling effective learning patterns during training; to stimulate the animal's emotional memory and ability to retain training, not repeat mistakes
<b>Chicory</b>	especially indicated for younger animals such as whining puppies or kittens; also indicated when the illness may be psychosomatic or to get attention
<b>Cosmos</b>	to encourage interspecies communication; helpful where different animals are gathered; useful when training animals, or establishing psychic bonds in one-on-one relationships; indicated for both animal and caretaker
<b>Dill</b>	overwhelm or confusion such as during travel or upset of schedule
<b>Five-Flower Formula</b>	for any form of stress or emergency, or when uncertain of which remedy to give
<b>Holly</b>	jealous pets, especially when jealousy involves another pet vying for the attention of the caretaker
<b>Impatiens</b>	for nervous, "high-strung", impulsive animals
<b>Love-Lies-Bleeding</b>	wounded or deeply suffering animal which may not live

<b>Mariposa Lily</b>	assisting mother-infant bonding, especially if the animal is being introduced to a surrogate mother; also good for young animals in a new home
<b>Mimulus</b>	nervous conditions in animals; good for jittery horses or shy animals who hide from people
<b>Penstemon</b>	illness or trauma; gives inner strength during adverse circumstances
<b>Pink Yarrow</b>	pets whom take on or mirror the emotions of their human caretakers
<b>Quaking Grass</b>	helping animals living together in a group or herd to adjust; especially important when a new animal has been introduced
<b>Red Clover</b>	calming to hysterical animals, particularly cats; can be used effectively when taking an animal to a veterinarian for treatment
<b>Self-Heal</b>	add to almost any combination to stimulate inner healing forces of an animal, awaken vitality and will to live
<b>Snapdragon</b>	for animals who bite; especially indicated for aggressive tendencies in horses such as biting and sucking
<b>Star of Bethlehem</b>	abused animals, or any animal who has suffered injury or trauma
<b>Tiger Lily</b>	for hostile or aggressive cats or dogs
<b>Vervain</b>	for hyperactive, overly tense animals
<b>Vine</b>	for animals that dominate younger or weaker animals
<b>Walnut</b>	before and after a major move; to help break links to old places of residence; also good for animals giving birth
<b>Wild Rose</b>	for apathetic, listless animals

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**Using Flower Essences With Animals**

The methods of administering essences to your pet are similar to the methods recommended with humans, and are as diverse as the personalities of our pets. Here are those reported to us as effective:

**Add to water:**

Add drops of each prescribed essence to the water dish for animal to drink from throughout the day. Most animal practitioners we have interviewed recommend 2-4 drops of each essence prescribed, or 2-4 drops from a combination remedy in a dosage bottle. Dosage bottles may be based in brandy, cider vinegar, vegetable glycerin, or spring water.

**Rub on gums, or place under tongue:**

Dosage bottles made in vegetable glycerin have a sweet taste that many pets love, and may enjoy having the essence combination rubbed on their gums. (*Especially for dogs & horses.*)

**Additional internal uses:**

- Put the drops on pet treats, thereby ingesting directly.
- Essence may be placed directly under the tongue.

**Use a misting bottle:**

Put the drops in a misting bottle and spray the air the animal breathes. This is often the method of choice for owners of cats, reptiles, and birds.

**Additional topical uses:**

- Dab the drops on the pads of the paws, behind the ears, or on the forehead.
- Drop essences into a pet's bath water.
- Gently rub into the palms of one's hands, then apply by petting the animal.
- Mix essences into our Self-Heal Creme or herbal flower oils and daub it onto specific sensitive or sore spots – some equine therapists use this method as a massage technique.

*Please let us know* if you discover any aspects not mentioned here, be they other effective methods or the effectiveness of a particular essence in addressing an imbalance. We continually seek to expand our understanding of and education about these great gifts from nature!

For further information please contact the *Flower Essence Society* at 800-736-9222 or [www.flowersociety.org](http://www.flowersociety.org).

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