

Flower Essence Therapy: Establishing Context

Allopathic drugs and flower essences

Similarities

1. Flower essences are liquid substances in a “medicine bottle”. They can be taken orally, as well as topically.
2. Clients may be expecting drug-like symptom alleviation.

Differences

1. Essences do not work via biochemical pathways to directly impact physiological systems or brain chemistry as do drugs.
2. Flower essences are *vibrational catalysts that work in the energy fields surrounding the physical body*. These energy fields are the carriers of thoughts and emotions. Thus flower essences create change by stimulating awareness. The client feels, *“I am changing.”*
3. Allopathic drugs directly alter biochemical balance. The client feels, *“change is happening to me.”*
4. Flower essences address emotional and mental precursors of illness and stress. They enhance consciousness, by helping the user to identify and transform feelings, thought processes and attitudes. Allopathic drugs help to alleviate or suppress painful symptoms.

Using flower essences with allopathic drugs

1. Flower essences are not intended to treat or cure medical conditions. Anyone with a diagnosed physical or mental illness needs to be under the care of a licensed health care professional. If you are not qualified to treat the condition, you have the responsibility to make a referral, and make sure that the illness is monitored by a health care professional.
2. Flower essences can be used in tandem with allopathic medications. They will not interfere with the effects of other drugs. However, some allopathic medications dull consciousness and may therefore reduce the effectiveness of the flower essences.
3. With professional monitoring, many people have been able to reduce or eliminate their intake of allopathic drugs by addressing the mental and emotional precursors that cause or aggravate many illnesses. This is especially true if counseling and guidance is included along with flower essence therapy.

Essential oils and flower essences

Similarities

1. Both are often called "essences."
2. Both derive from natural plant products (unlike synthetic perfumes and fragrances).

Differences

1. Essential oils are used in aromatherapy and have specific natural aromas. Flower essences have no aroma other than the alcohol preservative.
2. Essential oils are a plant extract, usually made by steam distillation or cold-pressing, yielding volatile oils. Flower essences are water-based infusions, preserved with brandy.
3. Essential oils are a physical extract, often needing large quantities of plant materials (flowers, roots, seeds, bark, etc.) Flower essences are energetic remedies, made only from the flower of the plant at the precise moment of blossoming.
4. Essential oils are generally used for physical conditions, with secondary effects on the emotions. Flower essences are generally used for emotional conditions, with secondary effects on the physical body.

Combining flower essences and essential oils

1. Flower essences and essential oils can be used in tandem, although the subtle vibrational patterns of the flower essences will be more blended and often less distinct.
2. Flower essences and essential oils combine well in spray bottles and in topical applications, such as in skin cremes and massage oils.

Herbal remedies and flower essences

Similarities

1. Flower essences and traditional herbal remedies are made from natural plant substances, either wild-crafted or cultivated.
2. Traditional herbal healing involves time-honored customs and a lineage of apprenticeship, including the healing of the soul as well as the body.

Differences

1. Flower essences are only made from fresh blossoms and only by solar infusion or decoction (boiling).
Herbal remedies are made from many plant parts, by a number of extraction methods including alcohol tincture.
2. Flower essences are physically dilute, so they work vibrationally, impacting the vital energy and emotions, and affecting the physical body indirectly.
Modern herbal remedies are designed and marketed to address physical ailments and symptoms.

Using flower essences and herbs together

1. Herbs and flower essences can be skillfully blended to work synergistically.
2. These products will generally address more foundational issues in the body-mind spectrum, but may lack some of the higher vibrational properties of flower essences that are used as a distinct modality.

Conventional homeopathic remedies and flower essences

Similarities

1. Both types of remedies are based on energetic, rather than biochemical principles, and are physically dilute.
2. Both modalities address the whole person: body and mind.
3. Both modalities work with the person's healing process rather than by suppressing symptoms.

Differences

1. Flower essences were not developed by the Law of Similars – Like Cures Like – which is the basis of homeopathy. Rather they balance and integrate polarities within the individual.
2. Flower essences are made exclusively from the fresh blossoms of plants, whereas homeopathic remedies can be made from a variety of plant parts, or from other mineral, animal, or human substances.
3. Even when made from flowers, homeopathic remedies are prepared differently. The mother substance of a homeopathic remedy from a plant is a tincture (an alcohol extraction) whereas flower essences are prepared in water, and only later preserved with alcohol. Flower essence mother substances are always prepared in a living elemental matrix of Earth, Water, Air, and Fire.
4. Flower essences are safe to use for home care by beginners, as well as by experienced health practitioners. High potency homeopathic remedies, which can strongly impact mental and emotional states, need to be used by experienced and trained health practitioners. Low potency homeopathic remedies, such as are sold in health food stores, are safer for the inexperienced customer to use, but generally affect more physical conditions. By contrast, flower essences do not need to be raised to "high potencies" in order to affect the mind and emotions. They will have such effects in only the first or second dilutions. Thus, flower essences combine the safety of low-potency homeopathics with the ability to affect the psyche found in some high-potency remedies.
5. Unlike most homeopathic remedies, flower essences are not antidoted by substances such as camphor, or strong herbs.

Using flower essences and homeopathic remedies together

1. Homeopathic remedies do not interfere with flower essences.
2. Many homeopathic practitioners use flower essences with homeopathic remedies. Some classical homeopaths (using a single constitutional remedy) recommend their patients not use any other modality, including flower essences.
3. Some companies market combinations of flower essences with low-potency homeopathic remedies.