

# The Holistic Goddess Favourite 5 Essences *For Peace*

by Heather K Veitch



holistic  goddess

[www.holisticgoddess.co.uk](http://www.holisticgoddess.co.uk)

Vibrational essences are a form of complementary therapy that aids in the development and (re-)balancing of our emotional, psychological and spiritual wellbeing. Modern medicine has long known that our physical state directly impacts our emotional health, but more recently it has been determined that the reverse is also true: those who have a more positive and balanced emotional health respond more easily and readily to treatments.

This is where vibrational essences come in — liquid solutions of the energetic imprint of flowers and other natural sources, which carry the “blueprint” of positive, balanced emotional states. They can, therefore, help create a shift in awareness within the individual, supporting us whilst we effect changes in our emotional, psychological and spiritual self, and acting as a catalyst for restoring harmony in our energy systems and enhancing our life force.

I came to vibrational essences via a circuitous route, but once I had experienced their profoundly gentle yet extremely powerful energies, I began to integrate them into my personal life on a daily basis. Of the many essence families available to us, I later trained in the ones which worked well for me and with which I felt deeply connected. Therefore, these are the ones with which I currently work within my professional practice:

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## *Bach Flower Remedies*

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The **Bach Flower Remedies** were discovered in England during the 1920s-1930s by Dr Edward Bach, a physician, who found that specific plants carried the blueprint of a perfectly balanced emotional state. By capturing this blueprint in water — creating a remedy from it — and then taking this remedy, there is an opportunity for this re-balancing to occur within ourselves. For instance, someone who is scared of dogs may take Mimulus; another who is overwhelmed may take Elm. The most famous of the Bach Flower Remedies is “Rescue Remedy”, which is often used for exam stress.



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## *Alaskan Flower, Gem and Environmental Essences*

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The **Alaskan Flower, Gem and Environmental Essences** embrace the connection between the plant, mineral and elemental kingdoms to provide a three-fold system of healing. The gentle and transformative work of the Alaskan flower essences are anchored within the stabilising and restructuring qualities of the companioning gem elixirs, whilst the environmental essences bring a powerful energy of change to work through blockages and encourage shifts on all levels.

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## *Wild Earth Animal Essences*

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Continuing on from the tradition of the Bach Flower Remedies, the **Wild Earth Animal Essences** are co-created in Virginia, USA, via a shamanic ceremony. The “medicine” (or “wisdom”) of a particular animal is captured in water (no animal parts involved) and then taken to encourage the animal’s positive traits within yourself. For instance, someone seeking self-confidence may take Mountain Lion; another who wishes to embrace their compassionate side may take Dolphin.

In this eBook, I’ll be introducing you to my favourite essences to cultivate peace in our lives.

So what does it mean to have a sense of peace in our lives? So many of us strive to discover this and others simply wish for it — and yet it remains elusive, just out of our reach. We may spend our whole lives searching for it, or we may seek to find it — or even ignore it — in more material items and achievements. Equally, we may feel we have found it but then it becomes shaken and intangible again when a circumstance or person rattles us. But what happens when we simply stop searching, stop numbing, and look at our lives as being in a constant state of change and flux, and determine that it's a case of how present we want to be in our lives that makes the difference? That how we treat ourselves, others, and the world around us, and how we choose to act and react to situations, is where we find peace?

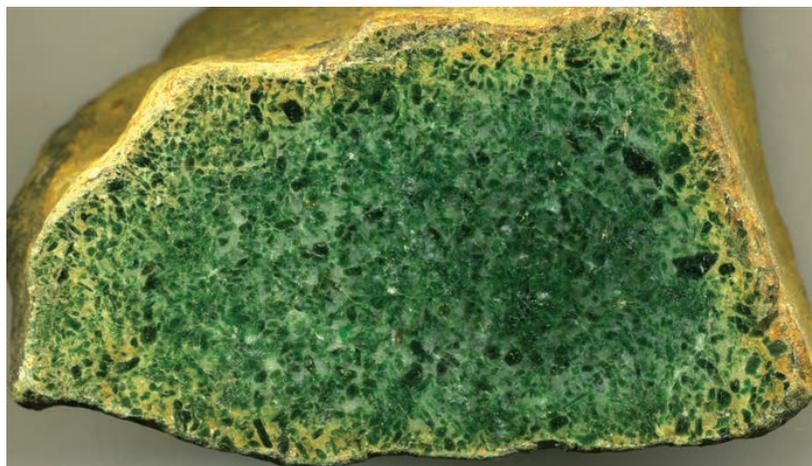
This can be difficult to do — and it's hard to remain mindful of this even when our lives are running smoothly. Add in relationship problems, health complaints, fear, uncertainty and a whole host of other circumstances, and it can appear to be well-nigh impossible. However, we can find support during both the highs and the lows by working with essences, to help us remain balanced and keep a sense of peace at our core.



My favourite essence for peace is the quintessential **Dove**. This essence has a very pure and gentle energy which encourages us to nurture peace within our heart, and within the heart of our lives. It softly helps us return to the present moment with an aware and quietened mind, so that we can find moments of calm wherever and whenever we need them. It also fosters a sense of stillness and silence, so is equally useful for those who are adopting, or returning to, a practice of meditation or yoga. For those of us with a spiritual or religious outlook, it help us become more aware of the gifts of divine blessings and grace, and promotes a deep appreciation of simplicity within the chaos that

may be found both within ourselves and without. I find it deeply calming, akin to that quiet reverence that permeates the air in sacred spaces and holy places.

While Dove encourages us to recognise and bring peace into our lives, the gem elixir of **Jadeite Jade** helps restore us to that peaceful inner centre whenever we fall out of balance. This may be due to some form of agitation or intense experience which wobbles us out of our calm and into a more upsetting place. Working within both heart and mind, this essence aids us in gaining a better understanding of *how* we become shaken out of our inner stillness by stress, fear, and anxiety, and which practices work best for each individual in regaining our place in that relaxed, peaceful centre of our being. It also empowers us to remain in that centre no matter what is going on around us, because when we are centred we act and react from a more wholehearted place that is simply timeless and easy, not convoluted or stressful. In time, this peace starts to ripple out to our external lives, helping us to effect change in the areas which bring us the most strain.



It is often in the face of the most strain that we find ourselves putting up masks to hide the torment and anxiety we may carry within. Indeed, this may be a strong personality trait for some, a natural coping mechanism that we fall back into whenever we hit a period of struggle. Sadly, though, creating such barriers not only hides the emotions with which we're battling but also cuts us off from other emotional states. It is only by feeling all the emotions, and working with them in a healthy and balanced way, that we can truly live and experience all life has to offer. If, however, we choose to wear such masks, and ignore or numb ourselves to what we are feeling — say through using self-deprecating humour, or substances such as drink or drugs — we are denying ourselves access to the entirety of emotional experience. Here is where **Agrimony** comes in — it offers a reassuring hand to hold while we face the darkness, lean into it, and work through it without the need for masks and barriers. It fosters an air of honesty within ourselves which we can then take to trusted friends or healthcare professionals and open up about our experiences and how they have made us truly feel. If Agrimony loves anything it is peace, and it is this quality that it seeks to rekindle within us all,



encouraging an authentic understanding and healing of emotions within ourselves, so that our inner peace is restored and we can once again live in a more balanced way.

There are times, however, when our perception of inner peace can be nurtured and strengthened by an experience of divine grace. For those of us with a regular spiritual or religious practice, connecting to the wonder and energy of life can be a source of nourishing and guiding support, however we choose to name it (God, Universe, Goddess, the Divine, our angels, the Great Mystery and so on). If we do not have a regular spiritual practice, or we are searching, or we are needing a greater awareness of this unconditional love and support, the environmental essence of **Chalice Well** can help. Co-created in the World Peace Garden at the Chalice Well in Glastonbury, England, this is a profoundly gentle and graceful essence, helping us to re-connect with the angelic, divine, elemental, mineral and plant kingdoms. In doing so, it fosters a sense of awareness and (re-)opening to divine experience, while nurturing that inner light of hope and peace that can be found deep within us. If we feel lost, it aids us in remembering that we are not alone, that we are all connected and supported, without judgement and with the deepest of unconditional love and constant peace. We can move then forward along our individual paths with this knowledge, and with the inner security this brings.



Even when we feel peaceful on the inside, though, it can be difficult to show this on the outside — past situations may have conditioned us to be, for example, resentful, angry, or uptight. We may find it difficult to bring our inner peace forward and manifest it in a more physical manner. It is when we desire to do so that we can turn to **Deer** for support. Offering great awareness and clarity, both of our own internal processes and the situations around us, this essence promotes calm, deliberate movement. It empowers us to live in the present moment whilst still retaining our peaceful centre, and encourages gentleness in all our words and deeds. Even if we need to change direction quickly, we can still do so with conscious clarity of our actions and a gentle peacefulness that radiates out from our hearts. It is in these moments that we find we can trust both ourselves and the peace within us to best observe and guide our choices throughout our daily lives.



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## Appendix

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### Essences Families

The following essences have been featured in this eBook:

#### **Alaskan Essences**

Chalice Well  
Jadeite Jade

#### **Bach Flower Remedies**

Agrimony

#### **Wild Earth Animal Essences**

Deer  
Dove

### Essences Suppliers

I can recommend the following companies when searching out the essence families featured within this eBook:

#### **United Kingdom**

Bach Flower Remedies

<http://www.healingherbsdirect.co.uk>

Wild Earth Animal Essences

Alaskan Essences

<http://www.healthlines.co.uk> or <http://www.universalessences.com>

#### **USA and Canada**

Bach Flower Remedies

<http://store.fesflowers.com/flower-essences/healingherbs-flower-essences.html>

Wild Earth Animal Essences

<http://www.animalessence.com>

Alaskan Essences

<http://www.alaskanessences.com>

#### **International**

Bach Flower Remedies

<https://www.healingherbsdirect.co.uk/international/>

Wild Earth Animal Essences

<http://www.animalessence.com/international.html>

Alaskan Essences

<http://alaskanessences.com/pages/store-locator>

## Further Reading

Bach, Edward. *The Twelve Healers and Other Remedies*

Bach, Edward. *Heal Thyself*

Ball, Stefan. *Bloom: Using Flower Essences for Personal Development and Spiritual Growth*

Johnson, Steve. *The Essence of Healing: A Guide to the Alaskan Essences (2nd Ed.)*

Mapel, Daniel. *Into the Heart of the Wild: Healing and Transformation with the Wild Earth Animal Essences*

## About Me



Heather K Veitch is a Flower Essence Therapist and Spiritual Companion. She offers a variety of services in emotional and spiritual support, from one-to-ones to circles and workshops.

For further information please visit [www.holisticgoddess.co.uk](http://www.holisticgoddess.co.uk).

## Disclaimer

*Please note that flower and vibrational essences are not a substitute for properly-qualified medical advice or any medication. They are complementary to any orthodox medical care. Additionally, as a Flower Essence Therapist, I am unable to diagnose nor claim to cure any specific medical condition. If in doubt please seek the advice of your own GP or mental health professional.*

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