

Frequently Asked Questions *About Essences*

by Heather K Veitch



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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:

Bach Flower Remedies

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.



Alaskan Flower, Gem and Environmental Essences

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.

Wild Earth Animal Essences

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 answering some of the most common questions about essences that I come across in my practice.

Frequently Asked Questions

Q: What are essences?

Vibrational essences are 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.

Q: How safe are essences to use?

Flower, gem, environmental and animal essences are completely safe to use and are complementary to all forms of orthodox medical care.

Q: What about for babies, children, and animals?

Essences are safe for all ages, including babies and children, and can also be of benefit during pregnancy. They are also safe for use with animals, plants, and the environment.

Q: Are essences a direct substitute for orthodox medical care?

No. All flower and vibrational essences are not a substitute for properly-qualified medical advice or any medication. They are complementary to any orthodox medical care. Flower Essence Therapists are unable to diagnose or claim to cure any specific medical condition. If in doubt please seek the advice of your own GP or mental health professional.

Q: Can essences treat _____ physical condition?

No. As essences work with our emotional, mental and spiritual energies, they do not work directly on physical conditions or illnesses. However, they can have beneficial effects as to how we address, understand, accept and cope with illness on any level, and as such we may see more positive qualities emerge during our healing journey.

Q: How do I select which essences to use?

Dr Bach, the originator of flower essence therapy, wished for his system to be simple, and this filters through to every essence family the world over. You can refer to the relevant essence family’s repertory for an emotional state which needs healing or cultivating and certainly this is how the Bach Flower Remedies work. Other essence families encourage the use of your intuitive nature, and if you are so inclined you may prefer to select your essences this way. Alternatively, if you feel seeking a professional’s guidance and would be beneficial, you could contact a Flower Essence Therapist and often essence families hold registers of Therapists that they recommend.

Q. I can’t seem to narrow it down. However do I choose?

The keyword here is simplicity. Don’t go deeply when considering which emotional states with which to work; instead, focus on the predominant state(s) and go from there. It may help to imagine flower essence therapy to be akin to peeling an onion — we work with the top later first, and then we look to what is underneath, and so on.

Q. Are there any “bad” essences?

No. We may choose to think of “good” or “bad” emotions, and be tempted to think of essences in the same way, but this is simply not the case. They offer up the most balanced blueprint of energy and that is all.

Q: What do essences contain?

Essence bottles contain mineral water, a small amount of alcohol (usually brandy or vodka) to act as a preservative, and a diluted amount of the energetic blueprint of the selected flower, gem, environment or animal. In most instances, usually via a Flower Essence Therapist or direct from the essence family themselves, alternatives can be offered instead of the alcohol content, should this be a concern for you.

Q: Do animal essences contain animal parts?

Not at all. They contain the energetic blueprint of a particular animal which has been gifted via a shamanic ceremony, and no animal parts are involved. No animals are hurt in the creation of these essences.

Q: How do I use the essences?

The traditional method is several times a day, under the tongue. The correct dosage for Bach Flower Remedies and Alaskan Essences is 4 drops, 4 times a day. For Wild Earth Animal Essences, it is 5-7 drops, 3-4 times a day (but not with food). You can also add drops to your drink throughout the day, or add them to your bath water or lotions. Never let the pipette of your essence bottle touch your tongue, skin or any other surfaces.

Q: How long does a bottle last?

If taken according to the guidance given, a standard dosage bottle will last approximately 3 weeks.

Q: What is the difference between stock and dosage bottles?

Most essences are sold in “stock” concentrations; these can then be diluted down further (by yourself, or a Therapist) to make “dosage” strength bottles, but it is not essential. If you choose to take your drops directly from the stock bottles, then all you are doing is using them up faster and taking in more alcohol. If you choose to take them from a dosage bottle, then this can either contain one essence or a combination of essences.

Q: How should I store my essences?

Preferably, in a cool dark place away from bright sunlight.

Q: What happens if I take the wrong essences?

Nothing.

Q: This essence has come up for me again. I thought I'd healed this aspect of myself. What does this mean?

Our emotional states are as changeable as the weather — here one minute, gone the next. As such, it can take us many cycles of experience to work with a particular emotion, and this may take place over short periods of time or a longer journey. Equally, we may circle back to the same issue(s) time and again while we work with deeper imbalances or older trauma.

Q: Are essences only useful for current issues?

No. As we store and carry emotions and memories, we can work with essences to unpack and heal any emotions we have experienced or or neural grooves we have built up over time. We look to the surface issues first, then slowly work our way deeper.

Q: Do I need to see a Flower Essence Therapist in order to work with essences?

Not at all. They are all suitable for self-selection.

Q: Can I work with essences as part of spiritual and/or personal development?

Yes! All essences are perfect for this, and are suitable for contemplative work, meditations and creative visualisations, journalling exercises, totem work, and reflective experiences. They can be integrated into your regular spiritual practice as well, amongst other things. One of the best ways to get to know an essence better is to work with it in meditation and journalling, and by being more aware of your mind and body as take it. In fact, for many people essences are a gateway to this sort of work.



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.

Disclaimer

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