

Flower essences for our times

Written by Shelley Sishton for The UK Japanese Press

With the pace of life still changing so rapidly, together with the chaos we see in the world around us, is it any wonder we feel ever increasing levels of stress in our daily lives? For most, there still seems little time to relax and reflect. The idea of taking time out each day for ourselves does not come high on the agenda.

This is where flower essences can really help.

A simple, yet incredibly powerful, natural therapy to balance well-being, flower essences offer an empowering support when faced with challenging times, moments of extreme crisis, or the need to manage the ongoing demands of day-to-day life with greater clarity and confidence.

Essences collectively referred to as flower essences are the energetic imprint of flowers, crystals, and other elements of nature imprinted in to pure spring water and most usually taken orally as drops. The first modern flower essences were developed by Dr Edward Bach the Bach Flower Remedies in England in the late 1920s.

Today, essences are produced all over the world. There are essences from Australia: the Australian Bush Flower Essences and Living Essences, Perelandra essences from Virginia USA, and Petit Fleur Essences from native Texan flowers, also USA. The Flower Essence Society in California USA conducts extensive research into essences, as well as producing flower essences.

Alaskan Essences embrace the energy of local wild flowers and also of the incredible environment, such as Greenland Ice Cap (to become more flexible about life) and Northern Lights (a cleansing essence). The Alaskan range also encompasses crystal essences, such as rose quartz (to heal emotional pain and soften resistance to love).

Wild Earth Animal Essences (USA and Africa) embrace the spirit energy of wild animals, to nurture us with their wisdom by embracing their energetic imprint. The Pacific Essences are from Canada, and include flowers and a range of sea essences (such as Dolphin, to become more light and playful in life). The Himalayan Flower Enhancers act as subtle catalysts for change, releasing old thought patterns which hold us back in life. The Findhorn Essences from Scotland use native wild flowers to enhance self awareness and personal development. There are also essences from the Netherlands, Italy, and the Brazilian Rainforest, from Hawaii, Japan and South Africa.

This incredible array of essences worldwide reflects the multicultural nature of the world and complexity of relationships, the increased levels of environmental and energetic pollutants we have to process in our daily lives such as food additives, technological advances (exposure to microwaves and mobile technology) and chemical emissions, and the pressure and pace of life in general. Nature has literally come forward to help us more readily adjust to the changes we face as individuals, and as a world community, with all of these magnificent energies.

Essences embrace the intelligence of nature to balance well-being at the energetic level, harmonising emotions, releasing destructive thought patterns, and purifying our energy field from environmental toxins. People who choose to work with essences as part of an ongoing health/life routine feel lighter, gain greater clarity into life situations and are able to move forward in life feeling more calm and centred in themselves, and more self fulfilled.

For further details on some of the essence ranges available and how they might help you, refer to these websites:

Alaska: www.alaskanessences.com

Australia: www.ausflowers.com.au

www.livingessences.com

England: www.healingherbs.co.uk (Healing Herbs Bach Remedies)

USA: www.pacificessences.com

www.animalessence.com (Wild Earth Animal Essences)

www.aromahealthtexas.com (Petit Fleur Essences)

www.flowersociety.org FES (Flower Essence Society)

www.perelandra-ltd.com

Written by Shelley Sishton, an experienced flower essence consultant based in Kent, England. Shelley works with over 25 essence ranges from all over the world, and has just produced the "mother & baby" essences, see them at www.purelyessences.com She conducts consultations via email (with clients as far away as USA and Australia) as well as in person.