

# Flower Essences to the Rescue

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Flower Essences are an invaluable tool to help animals and their owners. Safe to use alongside any other form of treatment because they are energetic in nature (containing no physical constituents of flowers or plants), essences offer a helping hand in many situations.

For example, to help a rescue animal adjust to a new home and new owners, Animal Care from the Alaskan Essences is superb. Use it also to help them heal the emotional scars of previous trauma and abuse. Emergency Essence from the Australian Bush Flower Essences (ABFE) is good to use at the first signs of stress, agitation or upset. The Bach Flowers Rescue Remedy also works on this theme.

For aggressive behaviour, perhaps think of Bach Cherry Plum or ABFE Mountain Devil, and for nervousness, you could use ABFE Dog Rose alongside a few doses of Emergency Essence. ABFE Bottlebrush can help your pet adapt to changing circumstances. New puppies also benefit from this essence, as well as Emergency and Sturt Desert Pea to help them deal with the sadness of leaving their mother and fellow pups.

When we bring an animal into our lives, even with the kindest and most loving of intentions, we must be open to changing our expectations of how life together will work out. The more able we are to observe our pets character and individual needs, the better our communication will be. Simply imposing our will can create or reinforce feelings of fear and anxiety in our new arrival. ABFE Bottlebrush and Fresh Water Mangrove are good for owners to use here, to be able to review expectations and adapt to new ways.

It is my belief that our animals' behavioural issues can often be a reflection of our own life challenges or disharmony. Crazy though this may sound, I have seen it with my own dogs, and with other owners and their pets I have been privileged to work with.

Our second border collie had 4 homes by 18 weeks. She came to us extremely stressed, which manifested as hyper behaviour and manic barking. She had been very bored, given too much responsibility and was in desperate need of having her incredible energy and intelligence channelled into an active, stimulating way of life and for her to learn her boundaries within her pack.

She reflected many of my own life challenges which I thought I had long dealt with! - and has helped me grow from them. Often she and I would take the same essence for self confidence, for speaking out when there was a fear of being 'wrong', for needing to chill and respect my own space. As I changed my view of myself so Sasha felt the need to bark less and calmed down as well!

Now when asked to recommend essences for animals, I include the owners, asking, for example, about their personal life, home set up, daily pack routines. Using essences in this way gives greater insight into the issues at hand, empowering owners to ask for help such as extra training advice, and for owner and animal to be more open to take on new ideas and ways of living together joyfully.

The Royal College of Veterinary Surgeons states that health practitioners are not allowed to give essences to animals directly. I can therefore give you an in-depth consultation to include your essences, and give you a list of essences for you to choose your own for your pet(s). Please note that flower essences are not a substitute for seeking advice from your vet.

Shelley Sishton Bsc Hons, IFVM, ITEC, is an experienced Flower Essence Consultant using over 25 worldwide essence ranges including Bach Remedies and Australian Bush Flower Essences. If you would like to talk about flower essences, or arrange a consultation, please contact Shelley on 08192 722191. email: [info@the-energy-centre.com](mailto:info@the-energy-centre.com)