



# Flower Essences

## Vibrational remedies from flowers that promote emotional healing

In our modern world we face a lot of emotional stress. As we hear about the economy, wars, natural disasters and other troublesome news, it's natural for people to feel emotions like sadness, fear and even anger. In addition, we all face challenges that bring up negative emotional responses with which we have to cope.

Most people try to change their emotions through their mind or body. That is, they try to change their thinking, or take drugs that alter chemical messengers in the body that are involved in emotional response. However, there are ways of dealing directly with our emotions that produce more lasting changes. One of these tools for emotional healing is flower essences.

### Flower Essences to the Rescue

Flower essences are vibrational (homeopathic-like) remedies made from the flowers of plants. They are used to help a person find healing on an emotional, rather than a physical or mental level.

Dr. Edward Bach, an English medical doctor and homeopath, discovered how to use flowers for emotional healing and created the first 38 flower essence remedies, known collectively as Bach Flower Essences. He also created an "emotional first-aid" remedy called Rescue Remedy, which is the most widely used flower essence product.

Dr. Bach was frustrated by the symptomatic approach of modern medicine. He felt that medical doctors focused too much on the pathology (the disease symptoms) and not enough on the patient. Bach was a pioneer in understanding gut microflora. He developed homeopathic "vaccines" called Bach nosodes to adjust the friendly flora of the gut to improve health. He also was an advocate of healthy diet and detoxification of the GI tract as a route to good health.

As he observed patients, he began to notice that certain illnesses tended to go with certain personality traits. He also noticed that a patient's emotional state had a lot to do with healing. He came to believe that unresolved emotional conflicts created disharmony between the soul and the mind. In Bach's mind, health was created by restoring internal harmony, with health being "the true realization of what we are; we are perfect; we are children of God."

Bach wanted to create a system of healing that wouldn't destroy living things and that would be gentle and effective in nature. It is believed that he created flower essences after sampling the morning dew on flowers and feeling the energy of the flower in the dew. He matched the vibration or energy of the plant with the emotional vibration of the person.

Since the time of Edward Bach, many people have followed in his footsteps developing additional flower remedies for emotional healing. Two major pioneers in flower essence therapy are Patricia

Kaminski and Richard Katz, founders of the Flower Essence Society in Nevada City, California. They have created hundreds of North American flower remedies. Ian White created a line of remedies from Australian wildflowers and there are dozens of other people who are continuing to discover plants that can help us heal emotionally.

### How Flower Essences are Made and Work

Flower essences are made by placing fresh flowers in pure spring water in the sunlight. The flowers are then removed and the water is preserved with brandy to make a mother tincture. This mother tincture is then diluted homeopathically into stock bottles, which are, in turn, used to make dosage bottles. Like homeopathic remedies, the dilution is so great that it is likely that none of the original substance is found in the remedy, only the "vibration" of the flower.

To understand how flower essences work, we need to understand that plants have to overcome challenges in their environment. They may encounter extremes of temperature or moisture, harsh environmental conditions such as high winds, rocky soil and attacks by insects and animals. Plants, like people, have an "energy" or characteristics that help them rise above these challenges. This energy can be likened to a person's personality, which allows a person to cope in a positive way with challenges they may encounter.

Just as associating with a person with positive personality traits can help you learn how to meet life's challenges in a constructive way, so can associating with the right plant energies. A flower essence captures the "vibration" of the plant's personality, which helps your own emotional energy "learn" how to acquire that same personality trait. As Matthew Wood says in his book, *Seven Herbs Plants as Teachers*, every healing plant is the embodiment of a conflict in the environment that the plant has successfully overcome. When we take the energy of that plant internally, it can "teach" us how to cope with what we are facing.

When we take a flower essence we are taking in the emotional energy of the plant, which can break through blocks in our emotional world and help us feel things we may not be acknowledging. This increased awareness of our emotions helps us make constructive changes in our lives. Flower essences can make positive changes in a person's emotional state, leading to increased feelings of peace, calm, love and happiness, often within minutes and nearly always within a few days. So, if you need help with moving past your negative emotions, try using flower essences to help you reach a more emotionally balanced and healthy place.

### Selected References

*Flower Power* by Anne McIntyre

*Bach Flower Remedies: Form and Function* by Julian Bernard

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# Keep Cool

## Help for reducing feelings of anger, irritation and aggression

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Anger is a natural emotional response to something that threatens our safety and well-being. For many people, however, anger becomes a weapon they use to try to control other people through threats and intimidation. They feel that if others don't conform to their wishes, they have a right to be angry and irritated.

Using anger in this manner is always a sign of a lack of love and respect for the rights of others. Used in this way anger destroys relationships, drives people away and ultimately becomes a self-destructive force in a person's life.

The **Keep Cool** remedy is a blend of seven flower essences that are helpful for people who are easily irritated, impatient with others and tend to lose their temper. It helps a person be more receptive to other people's points of view and work for cooperation, rather than competition, in relationships. It promotes forgiveness of past hurts, tolerance for differences, acceptance of others, and facilitates more open and loving communication.

Here are the seven flower essences in this blend and what they do to help a person not to "lose their cool."

### Calendula

Calendula is used herbally and homeopathically to heal cuts, but as a flower essence, calendula helps people who "cut" others with their words to recognize the pain they are inflicting. It makes them less argumentative and helps them recognize when their language is inflicting hurt and pain. Calendula flower essence is a great remedy for promoting open and receptive communication instead of argument and conflict.

### Snapdragon

As the name of this remedy implies, snapdragon is helpful for people who "snap" at others with a "dragon-like" temper. It's a useful remedy for people who are verbally aggressive, abusive and hostile. It enhances emotional balance in communication, helping a person create a more lively dynamic exchange. It is also useful for a repressed or misdirected libido, where sexual energy is turned into aggression. Snapdragon can also ease tension in the jaw and be helpful for grinding of the teeth.

### Vine

Vines grow over the top of other plants, smothering them. Vine flower essence is a remedy for people who tend to smother others, using their force of will to dominate others and control them. Vine helps the tyrannical person to find greater tolerance for others and helps them learn to exercise leadership that provides service to, rather than control of, others.

### Impatiens

Impatiens is a basic remedy for anger. It is helpful for people who feel impatient, angry, irritated and intolerant. It is a good remedy for overly busy people, who don't fully engage with others and the world around them. It increases a person's ability to be patient with others and accepting of people's differences. It also helps a person move more with the flow of life, instead of fighting or resisting what is happening.

### Willow

Willows have the ability to be flexible. When a person decides that life is unfair and that they are the helpless victims of others, they can become filled with resentment and bitterness. This causes them to become inflexible and unable to take responsibility for their own life. Willow helps people to forgive. It promotes flexibility and acceptance of life, as well as the ability to take responsibility for one's own life.

### Holly

When people feel "cut off" from the love they want, they can become jealous, suspicious, envious and angry. Unfortunately, these feelings actually block a person from receiving the love they seek. Holly is a remedy that opens the heart to increase feelings of love and compassion for others. By helping a person feel and extend love to others, instead of withholding love, holly can help people discover that they receive love when they give it away.

### Tiger Lily

Lilies are soft and sweet, tigers are strong and powerful. This plant combines both of these energies. It helps people who are overly competitive, aggressive and hostile to soften and realize that they don't have to overpower others with their strength. It softens excessive "tiger" energy and helps a person work towards cooperation. It fosters relationships based on inner peace and harmony, rather than the struggle for power.

### Suggested Use

Take 10 drops under the tongue three to four times daily. When struggling with angry feelings take 5-10 drops every 10-15 minutes as needed. It may be added to drinking water or baths. You can also add 10 drops to four ounces of water in a spray bottle to spray injuries or to "mist" a room to reduce feelings of anger and tension in a room during or after an argument.

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# Find Strength

Help in developing personal boundaries and the ability to defend oneself

Anger is the emotion that allows us to protect ourselves. Anger allows us to say “no” to people and situations that aren’t good for us. It allows us to protect ourselves and from those who would harm us, including the people we love.

However, sometimes people get the idea that anger is a bad emotion, period, which causes them to suppress their anger in unhealthy ways. When anger is suppressed, a person tends to sacrifice their own needs trying to please others and fails to take healthy care of themselves.

Suppressing anger causes a person to lose their personal will power. It turns them into easy prey for those who take advantage of others. It allows others to “leach” off of a person, which ultimately drains the person with suppressed anger’s energy. Low energy manifests as feelings of chronic fatigue, discouragement, loss of enthusiasm and joy in life, and ultimately full-blown depression.

The body’s ability to fight infection and detoxify becomes compromised in the person who suppresses their anger. Their lack of a healthy immune “shielding” can result in frequent infections, parasitic invasions, auto-immune disorders and cancer. Detoxification may also be compromised resulting in toxicity, constipation, bladder problems, liver and gall bladder diseases and environmental illness.

Suppressing anger also creates shallow breathing and a hiatal hernia. Holding back anger creates tension in the neck and shoulders which can result in frequent headaches and ultimately a “hunched over” defeated posture.

The **Find Strength** remedy is helpful for “people pleasers” and enablers, who tolerate abuse and neglect instead of standing up for themselves. It helps people to set healthy boundaries for others and have the courage to communicate openly and honestly in relationships. These benefits are created by the following flower essences.

## Mariposa Lily

When one lacked the love and nurturing they needed as a child, they may feel unworthy of receiving the love and support they need. As such they may strive to hard to please others, hoping to prove to themselves and others they are worthy of having their wants and needs met. Mariposa Lily heals issues with mother-infant bonding, such as being an unwanted child or not having the love and nurturing you needed as a child. It helps a person feel that they are worthy of being treated with love and respect. It also helps mothers to be more loving with their children.

## Pine

Pine helps people who suffer from undeserved guilt and shame. They engage in excessive self-criticism and responsible for the mistakes and problems of others. Pine promotes self-acceptance and

self-forgiveness and helps a person to free themselves from “toxic” shame, that is feeling a sense of shame from where they really didn’t do anything hurtful or bad to others.

## Centaury

Centaury helps people who are weak-willed and easily dominated by others. These people have a hard time saying no to inappropriate demands and expectations of others. They also don’t take care of their own needs. It teaches them to serve from inner strength, not from weakness or fear.

## Scarlet Monkeyflower

This is an important remedy for people who cannot face or accept their own anger. It helps people who suppress their anger to recognize it, acknowledge it and communicate it in a healthy way.

## Fuchsia

When a person can’t face certain emotions they may “transmute” that emotional energy and use another emotion to cover it up. Fuchsia is particularly helpful for people who cry when they should feel angry. It helps them get in touch with their real emotions and communicate them honestly.

## Pink Yarrow

Empathy is a good trait, but some people are so empathetic that they become emotional “sponges,” soaking up the emotions of those around them. This means that other people’s “negative” emotions can not only knock them off balance, they can even make the person physically ill. Pink Yarrow helps a person create appropriate emotional boundaries for others, without losing the ability to be aware of how others are feeling.

## Goldenrod

Goldenrod is helpful when a person is easily influenced by others and has a hard time standing up to peer pressure. It promotes a feeling of well-developed individuality and an inner sense of self-balance, allowing a person to retain their individuality within a group setting.

## Suggested Use

Take 10 drops under the tongue three to four times daily. When struggling with feelings of powerlessness or feeling “overpowered” by others take 5-10 drops every 10-15 minutes as needed. It may be added to drinking water or baths.

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# Release It

## Help for releasing sadness and grief and letting go of the past

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It's perfectly natural to feel sad and go through a process of grieving when we lose something important to us. When we lose something we "love," we grieve. Healthy grief is actually an expression of love. It demonstrates an open, vulnerable heart, capable of feeling love and connection and acknowledging loss.

Grief is a form of shock. In shock, the blood retreats from the skin and moves into the internal organs, which creates a swelling sensation in our chest we call "heart break" because it feels like our heart is going to "burst" or "break"

Healthy grieving is more than crying, it can be expressed as sobbing, wailing, moaning, sighing and even screaming. These actions forcefully redistribute blood to the surface of our body so we can experience pleasure again. It also helps us "let go" of what we lost.

When we aren't able to grieve properly, we often seek sympathy from others as an emotional "drug" to temporarily ease the pain we feel inside. This behavior can become habitual, causing us to create a "story" around our victim hood. We constantly complain about others, telling them our "sob story" and seeking sympathetic allies in our victim hood. We may even try to manipulate others into feeling sorry for us.

**Release It** is a blend of seven flower essences that help a person go through a healthy grieving process so they can let go of the pain and sadness and find joy again. It is helpful for people who are going through breakups, divorce or death of loved ones. It can also help people who are clinging to the past to let go of it and find hope and confidence to face the future. **Release It** is also a good remedy for those who complain a lot and blame others for their problems and lack of success.

Here are the flower essences in this blend.

### Self - Heal

As its name implies, the flower essence of self-heal helps people find the healing force within themselves. It helps people who are overly dependent on the help of others to take responsibility for their own welfare and healing. It promotes a healthy, vibrant sense of the self and motivates a person to do the inner work of healing both physically and emotionally.

### Chicory

Some people's idea of love is being needy, possessive and demanding of others. These people may seek to get attention through negative behavior. They may also be "clingy" and "sticky" in relationships. Chicory helps a person learn to give love selflessly and freely, while respecting the freedom of others.

### Love Lies Bleeding

When people are experiencing profound suffering and feel alone in their pain, Love Lies Bleeding is a remedy that can help them find meaning in their suffering. It helps them recognize that they are not alone and that other people suffer, too. It helps a person find meaning in their suffering, which allows them to move past their personal pain into a more compassionate awareness and understanding of others and the pain we all experience in life.

### Bleeding Heart

An important remedy for grieving due to breakups, death or divorce, bleeding heart helps people move through the grieving process and let go of what they lost. It is a very helpful remedy for people who are overly possessive or controlling in relationships. It helps people to understand that love exists only in freedom, that one cannot control or "own" the people one loves. Bleeding heart opens the heart to unconditional love.

### Chrysanthemum

All of us eventually grow old and die. Chrysanthemum is a helpful remedy for facing that fact. It helps a person overcome the fear of aging and mortality, which makes it helpful for people going through a mid-life crisis. It helps a person let go of over-identification with youth and helps them find a spiritual, rather than a physical identity.

### Borage

When a person is burdened with feelings of heavyheartedness, discouragement and a lack of confidence to meet the challenges they are facing, borage helps them find cheerful courage to move forward. Borage helps a person "take heart" and find hope, courage and optimism during times of sadness and difficulty.

### Star Thistle

Star thistle helps people who base their actions on a fear of loss or a perception of lack. It helps them to give freely and openly, trusting in an inner sense of abundance and Divine help and support. It promotes a more giving and sharing nature.

### Suggested Use

Take 10 drops under the tongue three to four times daily. When struggling with feelings of grief and sadness take 5-10 drops every 10-15 minutes as needed. It may be added to drinking water or baths.

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# Open Heart

Help for those who have “hardened their heart” due to past pain and hurt

Everyone experiences the pain of loss and heartbreak at some point in their life. Sometimes the suffering people feel makes them decide that it is dangerous to experience love and vulnerability. So, they close down their hearts to avoid feeling close to anything or anyone, hoping to avoid experiencing future grief or sorrow.

Unfortunately, closing down to one's pain also closes one down to the experience of love and connection. It causes one to become “hard of heart” and experience a lack of empathy and compassion for others. A person with a closed heart will become inflexible, rigid and judgmental. Criminal behavior is an extreme example of what can happen when the heart hardens due to suppressed grief, but so is pious, self-righteous behavior where the “letter of the law” becomes more important than the “spirit of the law.”

Heart problems, such as hardening of the arteries, high blood pressure and heart attacks can all be signs of a person who has closed their heart to try to avoid having to feel grief or pain. A closed heart not only prevents one from experiencing loving connections with others, it also reduces one's ability to experience joy, happiness and pleasure in one's life. So, diabetes and blood sugar problems can also be signs of a closed heart and the inability to experience the “sweetness” of love.

**Open Heart** is a blend of seven flower essences that help people to heal wounds that are keeping them from having an open, loving heart. It helps a person recognize and acknowledge their unresolved wounds from childhood and previous relationships. It helps them to face their suppressed pain and grief and find healing, which enables them to open up to love, warmth and vulnerability again. **Open Heart** is designed to increase compassion, empathy and trust in relationships, making it a useful remedy for people who are experiencing problems that have caused a loss of love in relationships.

Here are the seven flower essences in this blend.

## California Wild Rose

Roses are given as a gift of love because the energy of roses helps to open the heart. The flower essence of rose is a wonderful remedy for people who feel resigned, apathetic or unenthusiastic about life and love. It opens the heart to experience feelings of love for people and for the earth.

## Baby Blue Eyes

The person who needs Baby Blue Eyes lacked a healthy father figure in childhood. Not feeling protected in childhood, they have built “walls” that cause them to feel defensive, insecure in relationships and cynical. They have a hard time trusting others. Baby Blue Eyes promotes a childlike innocence and trust in the world and helps a person feel supported and loved by others.

## Star Tulip

Star tulip is helpful for people who feel hardened and “cut off” from the spiritual realm. It promotes the ability to be more sensitive and receptive. It helps men to access their softer side and helps a person cultivate the ability to quiet themselves inside, listen to others and find guidance from the spiritual world.

## Yerba Santa

Yerba Santa is an important remedy for people who feel pressure, pain or constriction in the chest due to unresolved grief. It helps open the heart and lungs so a person can breathe freely again. It also helps a person release trapped grief and pain so their emotions can flow freely again.

## Evening Primrose

Evening Primrose helps people who feel rejected and unwanted. They may avoid commitments in relationships or be afraid of becoming parents. They may also be sexually and emotionally repressed. Evening primrose helps a person open up emotionally so they can establish deep, committed relationships.

## Pink Monkeyflower

When people have deep feelings of shame, guilt, or unworthiness that cause them to fear exposure or rejection, Pink Monkeyflower can be a helpful remedy. It helps people who are emotionally hiding from others to unmask their true feelings. It helps a person have the courage to risk being more emotionally open and honest.

## Golden Ear Drops

When people are abused as children, whether the abuse was physical, emotional or sexual, they often repress or bury the memories. Part of the healing process is to reconnect with these repressed memories so the healing process can begin. Golden Ear Drops is helpful for bringing painful childhood memories to the surface so that healing can take place. It can also help one find the good things about their childhood that can serve as a source of inner strength.

## Suggested Use

Take 10 drops under the tongue three to four times daily. When struggling with feelings of grief and sadness take 5-10 drops every 10-15 minutes as needed. It may be added to drinking water or baths.

## Selected References

*Flower Essence Repertory* by Patricia Kaminski and Richard Katz

*Flower Power* by Anne McIntyre

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# Be Courageous

Help for overcoming fear in one's life and finding courage and confidence

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In dangerous situations fear is a useful emotion. It can prompt us to be alert and careful and help us make choices that keep us safe. Some fears, however, have no basis in any real danger. Instead, they have their roots in emotional wounds. We're talking about fears like the fear of public speaking, or the fear of making mistakes or the fear of non-poisonous insects.

When we face our fears, we are able to take constructive action in the face of our fears. This ability to make choices and take action in spite of our fear is called courage. Both the hero and the coward feel fear on the battlefield, but the hero is able to do what he needs to do in spite of his fear.

Exercising courage in the face of our fears builds self-confidence. Unfortunately, many people lack the self-confidence to face their fears. Instead of confronting the challenges of life, they worry excessively and place blind trust in "authority figures" who promise to solve their problems for them.

When a person looks too much to others for advice on how to solve their problems or is unwilling to explore options and solutions, they are letting their fears run their lives. **Be Courageous** is a flower essence blend that can help.

**Be Courageous** helps a person develop the courage to take action in the face of their fears. It helps them find the self-confidence to pursue the goals and directions they desire in life. It helps them trust their own observations and judgment rather than blindly trusting in and following the advice of others.

Here are the seven flower essences in this blend that help a person deal with their fear in a healthy way.

## Mountain Pride

Mountain pride is a flower essence that is helpful for people who are afraid to assert themselves. When these people are faced with a confrontation they have a hard time taking a stand. Instead, they vacillate in arguments and withdraw in the face of challenges. Mountain pride helps a person develop the assertiveness necessary to stand up for their convictions. It promotes a forthright masculine energy and warrior like spirituality, which is able to confront and transform situations when assertiveness is necessary.

## Aspen

Aspen leaves have flat stems, which cause them to quiver in the slightest breeze. The person who needs Aspen as a remedy is typically overly sensitive and is filled with vague anxiety and apprehension. They fear the unknown and lack the confidence needed to face an uncertain future. Aspen gives a person confidence to meet the unknown.

## Mimulus

Mimulus is a basic remedy for fear. It helps a person work through known fears by facing their fear and overcoming them. It is helpful for shyness and the fear of everyday life. It promotes courage and confidence to face life's challenges.

## Scleranthus

Scleranthus is helpful when a person suffers from hesitation, indecision and confusion. They may keep wavering between choices, unable to make up their mind as to the best course of action. Scleranthus helps a person develop decisiveness and inner resolve. It helps them connect with their own inner knowing and act from a place of inner certainty.

## Cerato

The person who needs cerato tends to doubt themselves and invalidate what they know. They are overly dependent on the advice of others. Cerato promotes self confidence in decision making by helping a person trust in their own intuition and knowledge.

## Blackberry

The person who needs blackberry flower essence lacks the ability to translate their goals and ideas into concrete action. Blackberry helps a person learn to direct the forces of their own will into decisive action. It helps them manifest their goals and dreams in the real world.

## Red Clover

Just as a person can "catch" an illness from another person on the physical level, we can also get caught up in other people's fears, anger and hysteria. This is the basis of a "mob" where everyone gets caught up in the emotional energy of the group. Red clover helps a person remain calm and self-aware during crisis and emergency situations and disconnect from dysfunctional group energy.

## Suggested Use

Take 10 drops under the tongue three to four times daily. For acute situations involving fear and indecisiveness take 5-10 drops every 10-15 minutes as needed. It may be added to drinking water or baths. Add 10 drops to four ounces of water in a spray bottle to spray injuries or to "mist" a room to reduce feelings of fear.

## Selected References

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# Be Response-Able

## Help for overcoming self-destructive habits, addictions and compulsions

When something frightens us, the adrenal glands release stress hormones that prime the body to take action in the face of danger. We are primed to “fight or flight” to protect ourselves.

When a person seeks to suppress and deny their fears, they experience anxiety because they are filled with energy that is trying to get them to do something. The anxiety is the inner vacillation, like the deer caught in the headlights that can't decide what to do.

Suppressing this fear and anxiety requires us to “do something” which means that we construct behaviors that allow us to dodge having to confront what we fear. So, instead of making a choice to do something constructive, we chose to do something to distract us from our fear.

For instance, we may learn to suppress our anxiety by eating, drinking, smoking, taking drugs, gambling or engaging in other self-defeating or self-destructive behaviors. We may also distract ourselves by shopping, playing on the computer, watching TV or engaging in promiscuous sex. People may also develop compulsions, such as counting bathroom tiles, washing their hands obsessively or hoarding stuff.

It's not the activity itself that is bad, it's the obsessive, addictive or compulsive nature of it that makes it dysfunctional. The activity is a way of dodging our responsibilities, of avoiding making constructive choices that could lead us to a better life and permanent solutions to some of our problems.

The **Be Response-Able** flower essence blend was designed to help people who are caught up in addictive, obsessive or self-destructive behaviors. It is designed to help them get in touch with the inner emotions (and particularly the fears) that are driving their dysfunctional and often self-destructive behavior. As its name implies **Be Response-Able** helps a person take responsibility for their life and behavior. It promotes self-awareness and self-honesty, which helps a person be true to themselves and make choices that move their life in a more positive direction. Here are the essences in this blend.

### Black Cohosh

Black cohosh is a useful remedy for people who feel trapped and entangled by their life situation. They may feel like they are wrestling with evil or darkness and have no way to escape. Black cohosh helps a person have the courage to confront, rather than retreat from, abusive or threatening situations. It helps a person free themselves from abusive relationships or lifestyles and move from the darkness into the light.

### Black - Eyed Susan

Everyone has a “shadow” side, a part of themselves they don't want to look at, often because of the painful or traumatic memories

they have repressed there. Black-eyed Susan helps a person look at this “shadow” and acknowledge the parts of themselves they don't want to see. It promotes a self awareness that allows one to acknowledge and integrate all aspects of one's personality.

### California Poppy

The person who needs California Poppy seeks for the “light” outside of themselves, either through the pursuit of wealth, power, glamour or fame, or through spiritual “gurus” or false spiritual paths. It helps a person learn that “all that glitters isn't gold” and find the true light and “gold” within their own heart.

### Milkweed

Milkweed is helpful for extreme dependency, emotional regression and the desire to escape from self-awareness. These people tend to dull their consciousness through drugs, alcohol, overeating and other habits they use to “escape” consciousness. Milkweed promotes a healthy sense of self and fosters the development of independence and self-reliance.

### Agrimony

The person who needs agrimony hides their pain, anxiety and tension behind a mask of cheerfulness. They deny their emotional pain and smile even when they aren't happy. Agrimony helps a person become more self-aware and emotionally honest.

### Joshua Tree

People have family and cultural patterns of dysfunction that can affect them, such as alcoholism, addiction, violence or depression. Joshua Tree is a remedy that helps them break free from this conditioning and transform it, while having compassion and insight for their culture and family. It restores individual identity within the culture and family setting.

### Mullein

Mullein is a remedy that helps people who tend to lie, even to themselves. It helps a person hear the voice of their conscience and act from a place of uprightness and integrity. It is a remedy that helps one face and speak the truth.

### Suggested Use

Take 10 drops under the tongue three to four times daily. When struggling with cravings or compulsions take 5-10 drops every 10-15 minutes. It may be added to drinking water or baths.

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# Distress Remedy

Help for staying calm and present during crisis, shock, trauma and accidents

Everyone experiences problems in their lives, because bad things happen, even to good people. Loved ones may suddenly take ill, be injured or even die. Accidents, crimes and tragedies may strike close to home, causing people to feel panic, fear, shock and even terror.

Whenever these difficult situations arise, it is helpful if a person can stay calm, centered and focus on what needs to be done. Distress Remedy is a blend of seven flower essences that can be used to restore a sense of presence and awareness during shock or trauma. It can help a person stay calm in a crisis situation, keeping them from going into panic or losing their temper.

The homeopathic-like flower essences in this blend calm a person and help them not to dissociate during a crisis situation involving shock or trauma. This can help a person better deal with the problems at hand. The remedy can also be used to help a person who has been physically injured to overcome shock. It will even promote tissue healing.

**Distress Remedy** contains the five flower essences found in the famous Bach flower blend, Rescue Remedy and has similar effects and use. It includes two additional flower essences, not found in the original Rescue Remedy formula. Here are the essences found in this blend.

## Arnica

As an herbal and homeopathic remedy, arnica helps tissues that have been damaged to heal more quickly. It reduces swelling and prevents bruising. The flower essence of arnica takes these qualities to an emotional level. Arnica helps people who have been shocked or traumatized to avoid “disassociating” or emotionally and mentally withdrawing from the situation. It helps them stay present and able to deal with whatever is happening.

Arnica flower essence can be helpful for unlocking many puzzling or psychosomatic illnesses, which do not respond to obvious treatment. It can also be applied topically as a short-term first-aid remedy to allow rapid recovery from trauma.

## Star of Bethlehem

A useful remedy for shock or trauma, both current or past, Star of Bethlehem helps people find comfort and reassurance from the spiritual world. It enables them to feel calm in crisis situations and trust that they will be taken care of by a higher power. It helps a person come into alignment with a sense of their own spiritual nature and promotes healing.

## Impatiens

Impatiens is a basic remedy for anger. It is helpful for people who feel impatient, angry, irritated and intolerant. It is a good remedy for overly busy people, who don't fully engage with others and

the world around them. It increases a person's ability to be patient with others and accepting of people's differences. It also helps a person move more with the flow of life, instead of fighting or resisting what is happening.

## Rock Rose

Rock Rose is a remedy for deep-seated fears and even terror. It helps a person not to panic and promotes a sense of courage to face whatever is happening. It is especially helpful for fear of death or annihilation. Rock Rose helps a person facing challenging, scary circumstances to meet the situation with a sense of inner peace and tranquility.

## Clematis

Clematis aids embodiment in a person. During shock or trauma, people tend to disassociate or disembodify. Clematis helps them ground themselves back into the physical world. It is also helpful for people who have ungrounded, impractical ideals. It helps them move their inspiration and dreams into practical action.

## Cherry Plum

Severe shock or trauma can cause us to feel out of control, like we are “breaking down.” Cherry plum is helpful for the fear of loss of self-control. It helps overcome feelings of desperation, when a person is on the verge of mental or emotional breakdown. It promotes spiritual surrender to Divine guidance, and helps one trust that they are guided and protected by a higher power.

## Red Clover

Just as a person can “catch” an illness from another person on the physical level, we can also get caught up in other people's fears, anger and hysteria. This is the basis of a “mob” where everyone gets caught up in the emotional energy of the group. Red clover helps a person remain calm and self-aware during crisis and emergency situations and disconnect from dysfunctional group energy.

## Suggested Use

Take 10 drops under the tongue three to four times daily. For acute crisis situations take 5-10 drops every 10-15 minutes as needed. It may be added to drinking water or baths. Distress Remedy may also be applied topically to minor injuries to promote healing. Add 10 drops to four ounces of water in a spray bottle to spray injuries or to “mist” a room to reduce stress and tension.

## Selected References

*Flower Essence Repertory* by Patricia Kaminski and Richard Katz

*Flower Power* by Anne McIntyre

*Bach Flower Remedies: Form and Function* by Julian Bernard

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