

What Are Flower Essences?

Edward Bach was a London pathologist, bacteriologist, and physician whose clinical experience showed that the cause of illness is linked to emotions. His research indicated that a positive state of well-being could be achieved through the energies found in flowers, bushes, trees, and special waters. He created the first flower essences in the 1930's. You may have heard of Rescue Remedy, a blend of five of his 39 essences, that can help calm both people and animals, especially in traumatic situations.

Flower essences are created by placing a flower or part of a plant in water, placing it in sunlight, and allowing the water to take on the vibrational energies of that aspect of the plant. They work on a mental, emotional, physical and spiritual level. If you can bring your pet's body back into balance, called homeostasis, then behavioral or physical issues have the ability to be improved or resolved.

Even though the essences were originally created for people, animals are very sensitive so the effects can be very healing. Some holistic vets and animal communicators recommend or create custom flower essence blends for their clients. Some animal shelters and rescue groups use essences to help with their animals. A growing number of pet parents are learning about the benefits of flower essences.

How to Use Flower Essences

While a single flower essence is more effective because it's more focused, most animals and people need a blend made of 3-7 essences in order to properly help the issues involved. While you can choose the remedies you think best fit the animal or person based on the individual properties of each essence, muscle testing, also called kinesiology, is the ideal way to make the selection so that you create a customized blend on a heart and soul level.

Tommy was a dog that didn't want to interact with the pet parent's husband due to a traumatic past. After a few days of receiving a custom blend of essences, he accepted the husband and even wanted to curl up with him. Glenda was a horse that started to act withdrawn and have a loss of appetite due to grief. Within days of getting the personalized blend, she was acting more outgoing and eating again. Tabatha was the new family cat and hid from the two indoor dogs. Besides just being afraid, she started having diarrhea. A customized blend was created for Tabatha



and the next day, her stomach upset was gone and she started to mingle with the dogs.

Flower essences are normally offered orally and the effectiveness is based on the frequency and duration given, not on the number of drops. Generally, 2-4 drops are given several times a day for 4-6 weeks, or until the bottle is finished.

While sometimes improvement may be seen within the first few days, situations involving more serious or ongoing issues may need several weeks or longer. If a new situation occurs that affects the behavior in a negative way, especially if the animal had been doing well, a new blend may be needed to address these issues. Sometimes, the pet parent is a contributing factor to their animal's condition and the same essence blend is beneficial for them to take along with their pet. So keep in mind the healing power of flowers and nature. ■

Kim is a professional animal communicator, holistic animal wellness instructor and coach, author and speaker. She's been creating Bach custom flower essence blends for 14+ years. Learn more at TheLightfootWay.com/custom-flower-essence.



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