

## Flower Essences and Aromatherapy: A Perfect Marriage

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by Lila Devi Stone

Throughout time, flowers have accompanied us through life passages, from birth to death and at significant stages along the way. Essential oils, restorative and fragrant in their application, have been employed for untold thousands of years. Flower essences and essential oils, when combined, offer a rich blend of vibrational well-being on all levels.

### Flower Essences Explained

A potent form of vibrational medicine, flower essences employ the innate power of blossoms, sunlight, and pure spring water. Natural, herbal, non-toxic and non-invasive, these remedies help to remove the clouds of imbalance that perennially disturb our natural sense of equilibrium. Brought forward to this century by Dr. Edward Bach in London in the '30s, it was actually the sixteenth-century Swiss physician Paracelsus who initially discovered the benefits of treating his patients with dewdrops, the water that rested on the petals themselves.

Flower essences are herbal tinctures that impart strength and balance. While the Bach Remedies are prepared from wildflowers, bushes, and trees, the Master's Flower Essences are made from the blossoms of organically grown fruit trees and vegetable plants.

Twenty in number, the Master's Flower Essences address a wide range of psycho-emotional ailments. The opposites of these states—courage, love, and kindheartedness, for examples—already reside within each of us, though they may be dormant or inaccessible as we go about our daily lives. The remedies that embody these positive qualities help us to clear up imbalances: Tomato for fear; Grape for lack of love, loneliness, or neediness; Raspberry for insensitivity or grudge-holding, respectively. (*Please note: the essence name is capitalized to distinguish it from the food source.*)

Directions for usage are straightforward (for pets, please see my second book, *Flower Essences for Animals*): take two to four drops of Stock Concentrate under the tongue (being careful not to touch the dropper to avoid contamination) four times a day, not too close to mealtime—ten minutes before or an hour after eating. You may also take the dosage in juice or tea to mask the brandy taste; the alcohol content both preserves the essence and maintains its vibrational potency.

If you are averse to ingesting the brandy, simply place a few drops on the inside of your wrist and rub it in like perfume. For practitioners who want their Stock bottles to last longer, you may prepare a Dosage bottle: add two drops of Stock Concentrate to a 30 ml. dark glass bottle, add one tablespoon of brandy, and then fill the bottle with spring water. Take four drops four times a day. Administering the drops more often throughout the day—as often as every few minutes—is recommended when the need is felt, especially in emergency situations.

It is important to remember that flower essences—and indeed any tincture or preparation—derive their efficacy by acting as a catalyst for our inner transformation. I like the image of essences as a pump primer. Once our life force is activated, their work is done. Thus flower essences do not transform us; they allow us to transform ourselves. They do not change us; they assist us in changing ourselves.

### The Flower/Food Connection

Because the Master's Flower Essences are prepared specifically from fruit and vegetable blossoms (the exceptions being Fig, for flexibility and self-acceptance, that buds rather than blossoms, and Corn, for vitality, with its tassels), they are accessed very easily.

There is very often what I call a flower/food connection. People generally express a special relationship to the food source corresponding to the essence that will benefit them at a particular time. One client, going through a difficult divorce, reported a craving for oranges throughout the day, Orange being the essence to combat the grief of her situation.

## A Natural Compatibility: Essences and Aromatherapy

Flower essences are prepared exclusively from the blossoms of particular plants; essential oils are derived from roots, leaves, seeds, fruit, and wood resin, as well as flowers. Flower essences have a brandy base to keep them chemically pure and also to “anchor” the blossoms’ vibrations in the water; essential oils need no preservatives. Flower essences carry no contraindications and cannot be overdosed; essential oils may carry specific warnings.

As explained above, flower essences may be used both sublingually and topically, including in misting bottles (four drops per cup of water is the standard formula). They have no taste other than the brandy in which they are preserved, nor are they scented. Yet, like essential oils, they are highly concentrated: a little goes a long way.

To combine the two is remarkably easy. Simply add the flower essence, or essences, in an aroma diffuser along with the oils. You may also add the essences to the carrier oils for use in massage or sprinkle them in bath water (sixteen drops per tub). The ratio of essence to carrier oil is always the same: four Stock Concentrate drops to a cup of oil. This means only one drop to one quarter cup of oil is necessary, which most people find too good, or too small a quantity, to be true. Adding more drops to the carrier oil will do no harm whatsoever, though if you add too many more, the essence will simply be wasted.

Whereas it is important for the scent of the essential oils to enter the brain through either through the olfactory nerves or to be absorbed through the skin, flower essences need only enter the energy field around the body (also called the aura) in order to affect the individual. Essences do not need to go through the bloodstream, since their action is not biochemical in nature. In the case of administering essences to animals, one effective method for dosing is to simply stroke the remedy onto the animal’s coat, feathers, scales, or shell. One of the more striking stories we’ve heard involved the Pear Essence being applied to the undershell of a pet tortoise.

## Helpful Hints

The most frequent question in working with flower essences, whether combined with aromatherapy or used separately, is: how do I know what are the right essences? First of all, there are no “wrong” essences—only better, and best, choices. The “wrong” essence simply means that no results will occur.

Some people use kinesiology, or muscle testing, with fantastic results. Others prefer to dowse, working with a pendulum of some sort, crystals being very popular. Still other practitioners like to involve the client and employ the flower/food connection for accurate clues to essence assessment. Some therapists report successful results by simply having their clients select the essences by the name to which they are most drawn. All of the above are excellent options. Each practitioner has to find which method works best for her.

Regardless of the outer method—kinesiology, dowsing, or consultation—all of these methods are vehicles for the intuition. I often use the analogy of the intuition being like a muscle: the more it is exercised, the more accurate a tool it becomes. *Most important of all is to trust in your decision-making process*, being aware enough to let your heart—the seat, or receiving station, for intuition—have a say in the process, and not block it out by definitional or intellectual decisions alone.

Often—in fact more often than not—I choose essence programs for my clients that are not based on the “textbook definitions” of the remedies—which might sound odd, considering that I am the author of the texts! The devic spirits of the nature kingdom do have a sort of impish, rule-breaking side, and so this approach, I like to think, elicits a good giggle from them.

Another significant issue for consideration is whether to use a single remedy or a combination of essences. Many people blend three or more essential oils in a carrier oil with wonderful results. Likewise, many essence practitioners will combine three or more remedies to a single Dosage bottle. Again, whereas there is no “right” or “wrong” approach, the individual will want to work with the method that best suits her particular “psychic chemistry” as a practitioner.

In my nearly twenty-five years of working with the Master's Essences, I both gave and took combination remedies for the first two years; the remaining decades have been spent with the single-remedy approach. I have received consistent reports substantiating the following points with the one-at-a-time method: (1) results are noticed more quickly; (2) results are more obvious, and sometimes even dramatic; and (3) we can always trace results to the single essence rather than wondering which one in the combination created the results.

I am presenting this concept for your consideration: see what works best for you, and have fun with the process! I know many practitioners who absolutely prefer the combination approach; others (like myself) would not even consider recommending more than one essence at a time. One massage practitioner in particular likes to work with eight remedies at a time in her carrier oil; this is her custom-tailored "magic number," and it works for her like clockwork.

### A Case Study

As mentioned above, each practitioner has to develop her own style, her own method of accessing her intuitive process. One massage therapist, who has evolved her own "tried and true" formula for working with flower essences and essential oils, begins each session with a laying-on-of hands for her clients. Once in their energy field, she senses each client's individual needs at that particular time. How does she know for certain? "I just do," she will respond.

Some years ago, she worked on a woman whose mother had died earlier in the year. The essence selected was Spinach, not only for simplicity, but for nurturing the inner child. Halfway through the massage, the woman lifted her head and said, "You know, I miss my mother." Tears flowed as she released her sentiments. Not an individual inclined to communicate her feelings, the therapist credited this clearing to the flower essence.

### In Conclusion

For nearly twenty-five years, my company has collected direct testimonials and case studies from people around the world sharing their results with flower essences, the Master's line in particular. A groundbreaking biofeedback experiment with Dr. Jeff Cram, a clinical psychologist and nationally acclaimed biofeedback pioneer was held in May 1996, documenting a study of scientifically measurable results with these remedies (see *The Essential Flower Essence Handbook* for the complete study).

I was fortunate enough to be present and witness the good doctor's jaw drop nearly to the floor as our subjects' responses were monitored. The biofeedback equipment measured the physical and metaphysical responses of these individuals, demonstrating enormous jumps resulting from the essences, along with a quieting effect. So powerful were the findings that this single experiment was the beginning of extensive, ongoing flower essence research by Dr. Cram.

It is important to remember that *subtle* does not mean *whimpy*. Alternative therapies such as flower essences and aromatherapy speak to the subtle states of consciousness where true healing originates. Countless massage practitioners and alternative therapists have combined flower essences with aromatherapy for their families, friends, and clients, demonstrating that this match is indeed a perfect marriage.

### **Master's Essences with Key Words**

*(Please note: a 10-page chapter on each essence may be found in The Essential Flower Essence Handbook.)*

Almond—Self-control

Apple—Healthfulness

Avocado—Good memory

Banana—Humility, calmness

Blackberry—Purity of thought

Cherry—Cheerfulness

Coconut—Upliftment  
Corn—Mental vitality  
Date—Sweetness, tenderness  
Fig—Self-acceptance, flexibility  
Grape—Love, devotion  
Lettuce—Calmness  
Orange—Joy  
Peach—Selflessness  
Pear—Peacefulness  
Pineapple—Self-assuredness  
Raspberr—Kindheartedness  
Spinach—Simplicity  
Strawberry—Dignity  
Tomato—Strength, courage

Lila Devi (pronounced *lee-lah day-vee*) Stone, founder and director of the Master's Flower Essences, the oldest US essence line, is author of *The Essential Flower Essence Handbook* and *Flower Essences for Animals*. (The MFE Formal Home Study Courses, using these books as their texts, are internationally acclaimed.) Teaching extensively both nationally and abroad, Ms. Stone is considered one of the foremost flower essence authorities in the world today.

For a free information packet (wholesale literature upon request), please contact us at: 800-347-3639, 530-478-7655, or [www.MastersEssences.com](http://www.MastersEssences.com)