

# Discover Your Flower

Flower essences work with our own nature, helping us to reclaim our inner peace, innate sense of dignity, and indomitable strength in the face of obstacles. **BY LILA DEVI**

**F**LOWER ESSENCES ARE A SIMPLE MEANS of heightening our spiritual nature by awakening our innate soul qualities. As the word “soul” is used in so many different ways, I would like to propose this definition: The soul is the individualized expression of Spirit or God. Flower essences work with our own nature, helping us to reclaim our inner peace, innate sense of dignity, and indomitable strength in the face of obstacles. They help us to return to that place of perfect well-being within ourselves. As one woman wrote the day she began taking Orange Essence (for enthusiasm), “I was hopping around one morning and was surprised at how happy I was for no reason—and I’m generally not that kind of person (smile).”

This expansive definition of flower essences focuses on our positive aspects. Oftentimes, essence practitioners speak in terms of “healing emotional imbalances,” which unfortunately draws the mind downward into problem-consciousness. Flower essences remind us that we are not our problems; we *have* difficulties, but they are not who we are, nor should we allow them to define us.

A musical metaphor also illustrates this point. With two violins in a room, if you pluck the “A” string on one instrument, the same string on the second violin will begin to vibrate. Plucking the first instrument is similar to giving a flower essence; the second violin’s response is our resonance with that note, or vibration, which symbolizes the pure quality of the essence.

Essentially, the life force of the flower essence works by stimulating the life force within us. The blossom, being the reproductive system of a plant or tree, contains the highest concentration of its life force—in fact, about ninety percent. Mother Nature, in her immense wisdom, arranged for plants to procreate through their most visually appealing element: the simple flower.

The blossoms of the twenty essences I work with produce the fruits which contain *sattvic* or pure and uplifting energy; we need look no further than the apples, oranges, and pears on our kitchen table. The great Indian master Paramhansa Yogananda explained the psycho-spiritual properties of fresh fruits and vegetables: the clarity of apples, the enthusiasm in oranges, and the peacefulness of ripened pears.

Comfort-eating—an attempt to fill oneself emotionally—is one of the many issues which can be





iStockphoto

# Essence

---

addressed by flower essences. By nature a material substance, food cannot in any way genuinely dissipate that sense of hollowness. *We are spiritual, not material, beings.* Thus nothing in this world can give us lasting satisfaction. This is precisely why flower essences work so powerfully; they remind us of our true nature as spiritual beings.

This week, a woman in China wrote to our office: “I feel that Grape Essence (for unconditional love) has helped me to diminish my junk food craving, especially for chocolate. I used to eat a bar of dark chocolate every other day, but after taking Grape Essence I can’t even remember the last time I wanted one! I read somewhere that the craving for chocolate can indicate a need for love, and maybe now Grape Essence has helped me to fill this void.”

## The Placebo Effect

VIBRATIONAL AND NOT BIOCHEMICAL medicines, flower essences are sometimes prone to the placebo effect, meaning imagined rather than substantiated results. This is one reason why I love working with animals who, anatomically, are simply incapable of fabricating results when given flower essences. Lacking the prefrontal lobe in the brain means that they can neither imagine nor negate the benefits; they will either display a behavioral change, or not. Another interesting point is that animals often respond more quickly to flower essences than humans.

Recently, a woman phoned in a testimonial about her dog. Animals being rich in instinctive wisdom and heightened senses, this little fellow was terrified by electrical storms. Whenever the sky crackled, he would retreat into the house and lay trembling on his owner’s lap until the storm ceased.

Typically in emergency situations, the first thing we lose is our peace of mind, which then leaves us vulnerable to further trauma. Before the next storm commenced, the woman gave Pear Essence to her dog, to restore his inner peace, help him to live fully in the moment, and handle crisis calmly. After a single dose, the dog walked out into the yard and sat entranced with the display of sights and sounds in the sky. Then he returned indoors, lay down and went to sleep on his owner’s lap.

Interestingly it’s not the animals who need a little help in supplementing their essence dosages with affirmations—it’s us, due to our prefrontal lobes! Repeating affirmations when taking essences will greatly enhance their effectiveness. If we view flower essences as “bottled affirmations,” we can liken the affirmations to “verbal essences.”

## Metaphysical Medicines

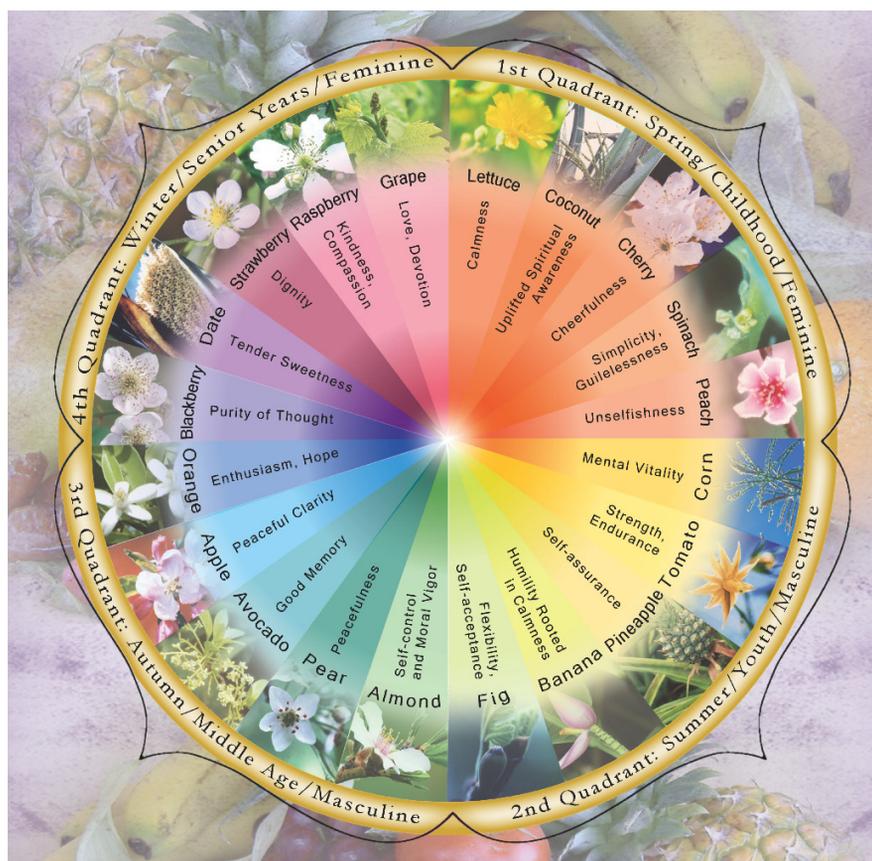
THESE HERBAL INFUSIONS originated with Dr. Bach in the early thirties of the last century. As people begin to seek out more holistic methods to achieve a sense of well-being—quickly, safely and inexpensively—flower essences continue to grow in popularity. With the steady evolution of humanity, we are turning more to energy-based alternatives. The importance of flower essences as vibrational medicine is becoming more prominent as we learn to take charge of our own healing process. People want treatments without side effects or complications; with flower essences, the worst result is to see no response. However, they do not replace proper medical treatment for people or veterinary care for animals.

My experience in preparing an essence is that each and every time is completely magical and transcendent. The method itself is quite simple. Utilizing the elements of sunlight, fresh air, spring water, and the ground from

which the blossoms are grown as well as the flowers themselves—there is a tremendous purity in the preparation of the essences. The process is one of celebration of Nature’s great beauty and power.

Interestingly, Paramhansa Yogananda recognized the potency of these elements, and in fact recommended that people bathe or sit in water that is permeated with sunlight. Many studies confirm the tremendous capacity of water to hold energy as well as to respond to it.

How are the essences administered? Quite simply: several drops, several times a day. The formula: 2 x 3 x 4: 2 or 3 drops, 4 times daily. They can also be applied topically on the skin, in bath water, a misting bottle or a baby’s bottle. For animals, 4 drops in the fresh morning water bowl plus several topical applications throughout the day works well.



### Theme and Plot Essences

IN MY WORK WITH FLOWER ESSENCES over the last thirty-three years, I have borrowed the terms “theme” and “plot” from the literary world to describe the various ways of working with them. Each of us has a theme essence, with the occasional exception of also having a sub-theme, and potentially nineteen plot essences within the context of the twenty essences I have developed, all coming into play at different times in our lives. To simplify, we could say that we face our life challenges in one of two ways:

- **We remedy** a negative quality by replacing it with its positive opposite.
- **We build on** existing strengths.

The first approach summarizes the work of plot essences; the latter of theme essences.

The theme essence describes our soul qualities. It allows us to draw on our strengths, regardless of the shadows of challenges that inevitably pass over our lives.

For example, a Blackberry theme individual is someone whose innate nature expresses purity of

thought, kindness, mental clarity, optimism, and the ability to see the goodness in oneself and others.

The application of a plot essence can be seen with Almond Essence, for example, in someone who has difficulty budgeting time, who feels as though there are never enough hours in the day and who tends to “burn the candle at both ends.” Almond encourages self-control, moral vigor, calmness of mind, and a sense of well-being and orderliness. It also helps us to access great inner fortitude by withdrawing our energy inwardly, and can be a great aid to meditative and yogic practices.

At any given moment in our lives, we have two choices: we can expand our outlook, or we can contract it. The following case study of a five-year-old girl, fearful of beginning a new school year, is illustrative of a plot essence. With her best friend moving away and her father recently starting a new job that involved travel, she felt abandoned and adrift. Corn, for mental vitality, helped this little girl to awaken her innate sense of excitement in starting something new. Corn Essence supported the broadening of her awareness; a fantastic beginning to the school year ensued.

Another plot essence report was recently sent to our office from a woman whose mother was about to pass away. She wrote: "I had a very interesting and direct result from using Lettuce Essence. My mother had dementia and was disoriented and physically declining this weekend. She was very frantic and calling out for her mother, so I gave her the Lettuce Essence. Within ten minutes of each dosage, she would settle down and rest. The essence gave her relief for at least 6 to 8 hours and when she would struggle again, I gave her a follow-up dose. She passed away this morning. I feel that having the essence helped her a great deal."

### Finding Your Flower Essence

IN ORDER TO FIND YOUR FLOWER ESSENCE, or theme, take a look at yourself. But don't look too hard because you may get caught in the trappings of your mind—and we can't always find answers there! Go to your heart. You can also ask a friend, "What are three predominant, positive adjectives that come to mind when you think of me?" In other words, this will give some perspective and possibly a gentler assessment!

Another way to determine your flower essence is to take the quiz below from *The Essential Flower Essence Handbook*:

Try the following exercise to decipher your theme essence. With pen and paper, take some time to answer the following questions. Be thoughtful but also spontaneous in your answers. Your first thoughts will most likely be the most revealing. This exercise may be used for family, friends and clients in order to determine their theme essences as well.

1. The qualities I most admire in others are . . .
2. The outstanding idiosyncrasies of my personality are that I . . .
3. The main qualities I am trying to perfect in myself are . . .
4. It really bothers me when other people . . .
5. The three adjectives I would use to describe my energy are . . .
6. If my life could be ideal, what I would change is . . .
7. Am I calm? Kind-hearted? Cheerful? (Pick the quality of a theme essence you suspect.)
8. Do I like and sometimes crave spinach? Grapes? (Or whatever food corresponds to the theme essence in question.)

With the steady evolution of humanity, we are turning more to energy-based alternatives. The importance of flower essences as vibrational medicine is becoming more prominent as we learn to take charge of our own healing process.



### Enhancing Our Spiritual Qualities

IN THIS ARTICLE, I have mentioned several ways, including theme and plot applications, to work with flower essences to enhance our spiritual qualities. For example, Coconut offers uplifted spiritual awareness; Date helps us to develop tender sweetness; Grape can open the heart to love; Raspberry is for kindness and compassion; and Peach is for selflessness and altruism.

People often ask, "I'm about to go on a retreat. Is there an essence to help me be more focused in my spiritual practices?" If the person is of a devotional nature, Grape is a good choice. If the person is more of a *gyani* with a wisdom-based approach to life, it may be Avocado for divine memory, called *smritti* in Sanskrit, and for remembering who we are in our highest octave.

Flowers throughout time have demonstrated their ability to heal us: through their beauty, their scent, and through an almost ethereal music. In using flower essences, we absorb their "bottled Nature" in all its potency to bring balance, harmony, and perfect well-being into this world.

---

Lila Devi is the founder of Spirit-in-Nature Essences, established 1977, the oldest flower essence line within the U.S. and outside the U.K. She is the author of the internationally acclaimed books, *The Essential Flower Essence Handbook* and *Flower Essences for Animals* (in several languages), the texts for the home study courses. Lila lives at Ananda Village outside Nevada City, CA. Please see the essences on [www.youtube.com](http://www.youtube.com) and visit [www.Spirit-in-Nature.com](http://www.Spirit-in-Nature.com).