

Relief Aid With Flower Essences: Basic Guidelines and Recommendations

When there are natural or human-caused disasters, we are no longer dealing with individual therapy, but rather with a collective experience and karma. Certainly there is little time or opportunity to make individual flower essence combinations for the large number of people affected by such events as floods, hurricanes, earthquakes, wars, economic upheaval and such. Thus, many of the most powerful and effective flower essence formulas have been forged in the heat of disaster and crisis. The international network of the *Flower Essence Society* has been a vehicle for reaching people in their time of need through donations of flower essence formulas during times of crises.

Practical Directions for Administering Flower Essence Formulas

Internal Dosage — The formulas have spray tops, are ready for direct application, and remain sanitary for situations where they are shared amongst many people. The standard oral dosage is one or two sprays in the mouth, four times daily in-between meals or before eating. For emergency or intense healing episodes, dose more frequently until the condition has stabilized.

Topical Application — The formula spray tops allow topical applications to be effortless. One of the most effective topical applications is on the pulse point inside the wrist. (See illustrations on the next page.) Spray and then lightly rub in the mixture; then apply gentle pressure for a minute or so while breathing deeply. Other receptor sites, meridians or chakra points respond very well to flower essences, especially in regard to particular symptoms being treated.

General Misting — The formulas can also be very effective when lightly misted around the whole body, the head and surrounding body space. Be sure to close eyes and remove glasses before doing so. This method is a special favorite for many children.

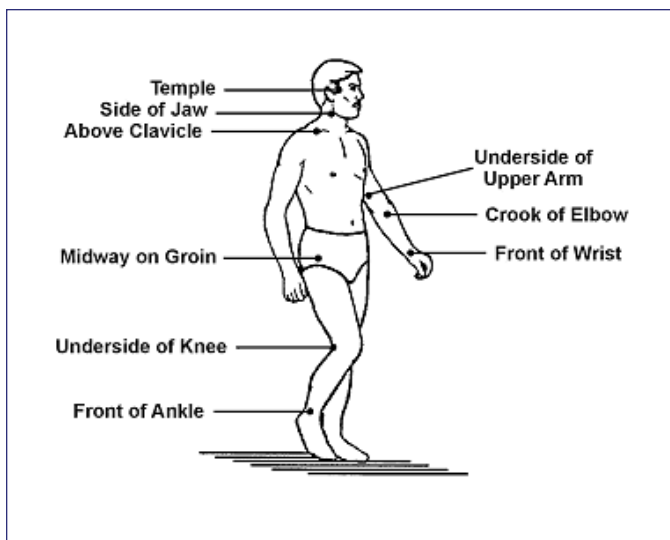
Other Applications — The formulas can also be mixed in creams and applied to the body, or added to baths.



Spray on pulse point and lightly rub in the mixture;
then apply gentle pressure for a minute or so
while breathing deeply

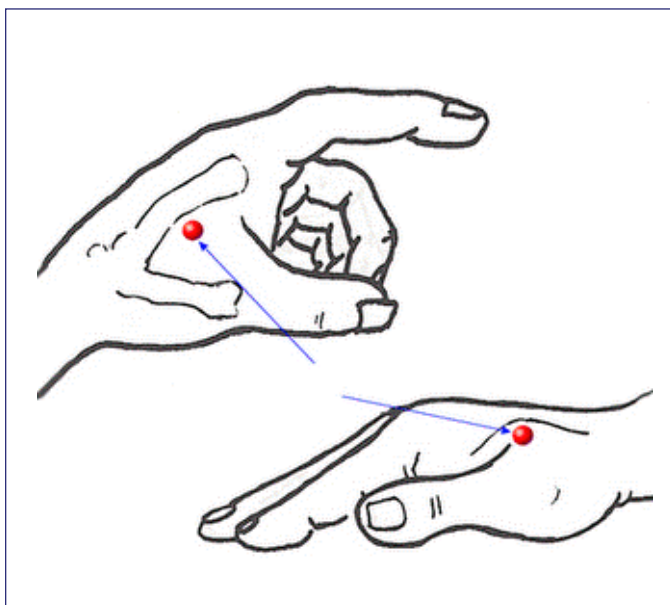
Be sure to close eyes and remove glasses
before misting around the face and head





These are some other commonly applied and easily accessible pressure points

This acupressure point responds well to calming intervention with flower essences



Special Considerations for Treating Animals

Misting — Many animals can be treated by misting on the body and in the air surrounding the animal. This method allows access to frightened animals and can also be used with marine animals when out of water. Take care to learn the particular boundaries and reactions of each animal you are treating. Many birds enjoy misting, while other animals may be startled until they become familiar with the technique. If possible pet or hold the animal or otherwise establish bonding before treating the animal, so that flower essence dosing is viewed within a positive context.

Topical Direct — Lightly spray drops of the formula on the paws, behind the ears, on the pulse points or other energy receptors of the animal's body. In some cases, you can spray the essence into your own hands and then massage into the appropriate area.

Food Biscuit — The formulas can also be sprayed onto tiny morsels of food — the most ideal is a dried biscuit. However, vibrational medicines like flower essences are best taken apart from food so that the more subtle influence can be registered without interference. Therefore, only one small biscuit should be used during the time of flower essence treatment and this activity should be separated from regular eating.

Water Bowl — Apply one or two sprays of the formula into the animal's water bowl at least twice a day. Fresh water should be put in the bowl each time and the essences stirred clockwise and counterclockwise to energize the water. For large animals — such as in water troughs — increase the dosage accordingly. This method works well for animals that have private waterers and drink regularly. It is less successful for animals like cats who have irregular drinking habits. Also, the flower essences will evaporate and must be replenished regularly.

The Primary Flower Essence Formulas Used for Relief Aid

Please note: the following guidelines for using the formulas are for use in rescue and relief aid situations. There are further levels of use for all of them. Please see the FES literature for more information.

Formulas have the advantage of quick accessibility to address a situation of crisis, and they can initiate a real healing process. Following are the primary flower essence formulas used for relief aid:

Five-Flower Formula: *Dr. Bach's emergency combination*

- one of world's leading natural stress remedies
- used for children, animals, and anyone who has experienced a major upset or shock
- the effects can be immediate and palpable, bringing a sense of inner calm and presence

Post-Trauma Stabilizer: *Rebuilding strength after shock and trauma*

- helpful to overcome the shock, grief, despair and horror of a people terrorized by natural or human-inflicted disaster

Grief Relief: *Staying whole while suffering loss*

- helpful to deal with any difficult loss or disaster

Yarrow Environmental Solution (YES)

- designed to strengthen the integrity of a person's life energy field ("aura") to withstand noxious environmental energies
- to cope with toxic conditions

Animal Relief Formula: *Calming & comforting for animals in transition or trauma*

- to deal with the stress animals experience in the crises that led them to a shelter
- for the extreme conditions of shelters themselves
- to help at times of natural disasters
- for situations where an animal's life is disrupted by illness, relocation, or changes in the caretaker family

Magenta Self-Healer: *Self-healing potential and physical vitality*

- helps to take responsibility for personal well-being and energizing innate self-healing capacities
- rejuvenation of our life energy and vitality
- an excellent adjunct to any wellness or recovery program

Fear-Less: *The courage to face all that life puts in our path*

- for anxiety, fear, and panic that naturally arise during times of great upheaval
- useful not only for addressing societal events, but also for the fears of everyday life

Kinder Garden: *Helping children cope during trauma and abandonment*

- to stabilize and soothe during times of loss or separation from loved ones
- effective in protecting children from carrying the burden of upheaval and anxiety during crisis
- fosters the innate wellspring of life within children to become the source of their healthy development

Grace: *Nourishing feminine qualities of Soul*

- helps women recover from abusive relationships, and to support their physical and emotional health
- also helpful for men to become more receptive in their relationships with women and to the inner feminine (anima) of their own soul life

Illumine: *Light shining in the darkness*

- effective for many situations when the soul is overcome with dark mood – discouraged, despondent, despairing, depressed
- to uplift with hope for the future
- alchemical catalyst for the soul to face suffering by embracing its polarities, and transcending them
- to become more buoyant, more balanced, more capable of coping with life's challenges with sobriety and determination

Grounding Green: *Re-establishing healing bonds with Nature during stress and upheaval*

- helps to bond with Nature's healing forces
- helps engender a Nature connection in those who have had little opportunity to experience a natural environment
- helpful at times when one feels alienation from the Earth due to natural disaster

Activ-8: *Energizing the will into action*

- to catalyze the positive masculine force of the soul (in men and in women)
- helps overcome hesitation or apathy, and gives strength and energy to push through delays, obstacles and opposition
- in times of crisis it mobilizes energy that might otherwise be dissipated in anger and frustration, and channels it into constructive action and leadership to make needed changes

Mind-Full: *Mental clarity and focus, even when stressed*

- to facilitate decision making and calm objectivity, especially for relief and rescue workers
- clarity of thought and mental focus during societal or personal crises
- awakening and clarifying

Sacred Heart: *Healing relationships and broken hearts*

- for compassion fatigue and overwhelm of the heart in coping with the magnitude of suffering during disasters
- a balm to the heart when relationships are ending





Glassy Hyacinth *Triteleia lilacina*

Positive qualities: Redemption of suffering; transformation of emotional darkness into the light of soul understanding; resurrection forces of soul triumph

Patterns of imbalance: Profound trauma, sorrow, emotional pain; inability to face evil, or the "shadow" of humanity; descent into hell

*Glassy Hyacinth is one of the components
of the Post Trauma Stabilizer Formula*



Published by
The Flower Essence Society
www.flowersociety.org