

Broad Uses of Flower Essences in Release Work

Amanda Moore

All Character structures require a gentle approach to open up the heart while keeping the client in a safe place. One of the most effective flower essences for this is Borage. Borage gives the client courage to move forward in his/her own truth while providing a sense of security. The usually very talkative client will tend to become quiet and contemplative with their experience, while the resistant will begin to trust and open up. Borage can give each client the "okay" to move into release and eventually integration!

Chamomile flower essence is very useful to soothe and calm the nervous and/or hysterical client both before and after sessions, especially if grief manifests in the abdominal region. Chamomile could be applied directly to the client's body, as well as internally. Session five would be a good time to apply Chamomile directly to the client's body, as well as internally. I will describe applications and dosages later.

I have used Borage with a client who wouldn't let anything bother her. Nothing was ever wrong with her, she claimed, yet she complained about everything. When I gave her a Borage essence to take four times daily in-between sessions one through three, I noticed that she began to quiet down and let the experience of the bodywork happen. Eventually, she softened, stopped complaining, and began to let her feelings flow. We only used Borage for four weeks; we moved on to Bleeding Heart, which helped her cope with the heartbreak that was, in defense, creating judgment in her relationship. She became enthusiastic about using flower essences and herbal teas. I think her overall experience the PI sessions were more rewarding with these enhancements.

Larch flower essence would be a wonderful choice when working to open up the chest region, as it would help the client "get it off my chest". If it is difficult for the client to verbalize what they are feeling, Calendula is a nice adjunct because it opens up the solar plexus while protecting the client from becoming too exposed, too soon.

Mariposa Lily flower essence is the Ideal Mother as it helps to resolve a negative relationship with the mother, then creates a positive bond with both Earth Mother and the Ideal Mother, which consciously or unconsciously, is something we all desire. It is especially important in resolving any issues the client may have with any women, be it sister, daughter, boss, etc.

I have used Mariposa Lily on myself when I have received sessions. In session four, I began to feel the overwhelming ancestral sadness from the long line of Mormon women on my mother's side of the family. I experienced the burden and lack of freedom in the scriptural dictate "replenish the earth", which means having as many children as possible no matter the capacity or willingness to look after them. Mariposa Lily helped me to let go of the resentment I've always held about becoming one of these "weak women". It helped me see the love and sacrifice these women gave, which then allowed me to resolve issues with my own mother.

Corn flower essence instills the all encompassing, supporting Universal Mother, which keeps us grounded and absolutely certain that we come from a place of love, right from the beginning. Sunflower flower essence, by contrast, gives the positive support from the male perspective.

If there are any issues of shame that come up during sessions, Pink Monkeyflower can assist the client with the experience of pain, grief, etc. that may arise with the of the acknowledgement of the shame. Blackberry flower essence can be used to assist the letting go of the pattern and give the client the stability to live life shame free, thus motivating change.

Two more flower essences that would be useful and that are helpful for both the client and the practitioner are Yarrow and Lavender. Yarrow gives protection from potentially toxic energetic debris. Limiting ideas, notions and beliefs of my own will not interfere with those of the client's, and *vice versa*. Or if you encounter an emotional vampire that just wants to suck you dry, Yarrow will keep the practitioner grounded and not drained after the session. Lavender will help to integrate the whole experience of the session, for the client and also the practitioner, especially if the client proves to be most challenging.

Lastly. Five Flower Formula or Rescue Remedy can be used with any of the above mentioned flower essences if there is extreme grief, shame, depression, terror, etc. during sessions and maybe more importantly, in-between sessions. It can be taken as often as needed to promote a sense of calm in acute situations, whether during an emotional awakening, or to release stored trauma.

Applications of flower essences can be varied and customized from client to client. Direct application to the solar plexus with four drops rubbed clockwise into the heart area can immediately open up the client with

deep breathing at the beginning of each session. If issues arise during the session, four drops given orally is another effective median for the client. If essential oils are desired, a nice mixture of ten drops lavender or petigrain essential oil, water, and four drops each of flower essences of your choice are spritzed lightly over the body throughout the session is a wonderful way to provide comfort for every client, no matter the character type. If the client is receptive, a mixture can be customized for the individual client in a one-ounce tincture bottle. Use four to eight drops of flower essence(s) per 3/4 ounce of spring water with 1/4 ounce of brandy to preserve the formula. The client can then take four drops in water four times a day or add their formula to their bathwater.

My favorite mix of flower essences is Calendula, Yarrow, Chamomile, and Lavender in coconut oil, lightly rubbed into the skin before the deep work begins. I have discovered these particular essences work well together for most clients in helping them become open and receptive for the changes that occur in PI. Muscle testing, pendulum work or other ideodynamic method can be used to ascertain a more specific formula for the client who wishes to use these essences on a deeper level.

The client may experience intensified emotions at the beginning, but with time and consistency, a sense of well-being should occur. I have found with the use of flower essences with my clients, the work is more satisfying and meaningful for them, as well as for myself. The relationship becomes based on trust, honesty, and empowerment. This is just a very small taste of the power of the many flower essences available to us. For further reading, a wonderful reference is the Flower Essence Society Repertory (www.floweressencesociety.com). Look into the Perelandra Essences and of course, the Bach flower essences. Have fun and explore the wonder of these incredible gifts from Mother Earth.

Biography

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