



Flower Essences (FE) Introduction



Flower essences (FE), also known as flower remedies, are usually liquid extracts intended to address issues of emotional well-being, soul development, and mind-body health. They are considered a form of subtle energy medicine, akin to homeopathy, acupuncture, and therapeutic touch, among others. The concept behind flower essences is that they carry the vibrational energy of flowers, which can have healing effects on the body and mind by improving negative thoughts and emotions.

I like to consider flower essences as the emotional dreams of plants, creating a vibrational frequency that can be employed in a therapeutic modality.

The modern practice of using flower essences was developed between 1902 and the 1930s by Dr. Edward Bach, a British physician. He created 38 remedies primarily from English wildflowers, laying the foundation for what would become a widely recognized form of complementary and alternative medicine (CAM). I used Bach



FE heavily in my clinical practice for over 25 years. Although I still use some Bach remedies, I usually use other more modern flower essences designed for emotional issues that are caused by modern-day issues and stressors. We will talk about that more in later sections.

The making of flower essences involves placing freshly picked flowers in water, and then either exposing them to sunlight, or moonlight or boiling them so that the water captures the “energetic imprint” of the flower. This “mother essence” is then preserved, typically with brandy, to create the product that is used in therapy. In the following lessons, we will discuss how they are diluted down and often mixed into formulas to be used for individual treatments.

Flower essences are distinct from essential oils. While both are derived from plants, they are prepared differently and serve different purposes: essential oils are aromatic and used for their physical and aromatic properties, whereas flower essences are odourless and work on an energetic or vibrational level. The use of flower essences is based on the belief that living things possess unique energies, and by coming into contact with the energy of a specific flower through its essence, individuals can experience emotional, mental, and/or spiritual benefits.

Despite their popularity, the effectiveness of flower essences is a topic of debate within the scientific community. Critics argue that flower essences operate on principles that are not supported by conventional science, such as the notion of water memory, and are often considered a form of pseudoscience. My experience is quite the opposite—I would say that since the turn of the millennia I have used FEs with 60 – 80% of my patients, and I find them so beneficial that they have been a major part of protocols I recommend. This doesn’t mean I don’t use other remedies; I certainly do, but working on the emotional aspect of health is an important adjunct to working on the physical body. Most proponents and users of flower essences report benefits such as reduced anxiety and improved emotional well-being, although these effects are often attributed to placebo responses by mainstream science.

In summary, flower essences are a type of subtle energy medicine derived from the vibrational energy of flowers. They are used to address emotional and spiritual well-being, are distinct from essential oils, and are often subject to scientific skepticism regarding their efficacy.