

What Are Flower Essences & How Do They Work?

Spirit-in-Nature Flower Essences are prepared in the clean desert air of the Sierra Nevada foothills at Ananda Village, outside Nevada City, CA (the tropical varieties are made in Hawaii). The blossoms of the particular plants or trees are carefully selected and floated on pure spring water in a glass bowl. After sitting in direct sunlight for three to four hours, the blossoms are discarded. This *mother essence* is then stored out of heat and sunlight in a dark-colored bottle half-filled with a brandy preservative. From this solution, the Stock Concentrate is prepared. To ensure potency for six to ten years, store the essences upright, away from heat and direct sunlight.

These essences are herbal infusions that stimulate positive qualities within our nature. All flower essences do the same thing: they restore us to a state of balance in which our internal, intelligent life force is activated. Life force is the real healer; the energy of the flower essence creates a vibrational resonance that gently stimulates the life force. And since the uplifting qualities embodied in the essences are our truest nature, to resonate with those qualities is only natural.

The Essences...

Almond Essence

For self-control and moral vigor. Almond can help you rebound vigorously from every setback in life and live more centered in yourself. It is for people who are easily overwhelmed or wish there were more hours in the day; for children working on developing calmness and moderation; and for pets who feel confined or who exhibit obsessive behaviors.

Apple Essence

For peaceful clarity and inner strength. Apple will help you to be "calmly active and actively calm" amidst life's swirl of activity. It is for people who want to eliminate doubt, fear or worry; for children, to reinforce clarity in their attitudes; and for pets with chronic health problems or who sense the health-related fears of their owners.

Avocado Essence

For good memory. Avocado is for people who want to develop greater awareness and cultivate a love of learning; also for "the daydreamer"; for children to remember chores and homework, and for undertaking creative projects; and for pets, to assist in training and responsiveness.

Banana Essence

For humility rooted in calmness. Banana can help you to project your energy outward toward others; for people whose emotions tend to get the best of them, and for the calmness that ensues from "seeing the bigger picture". It helps children benefit from including others in their reality; and for pets who are easily agitated or tend to bully other pets in the home.

Blackberry Essence

For purity of thought. Blackberry helps people see the goodness in themselves and others; for children who have been exposed to negative influences, often through the media, or who are needing to express more positive behaviors; and for pets who have absorbed their owners' negativity.

Cherry Essence

For cheerfulness. Cherry can help you to have a more lighthearted, less heavy attitude toward life. A great brightener of attitudes! For children, this essence is helpful during periods of withdrawal or sadness, and for pets, when they act overly listless, or disinterested in their surroundings (be sure to rule out medical causes).

Coconut Essence

For uplifted spiritual awareness. Coconut is a problem-solving essence, especially in "stuck" situations; for tests we can't walk away from but have to go through - like going to the dentist! It is excellent for children during times of challenge or struggle with peers or in school; and for pets, especially older animals, who are dealing with ongoing physical infirmities that cause pain or restricted movement.

Corn Essence

For mental vitality. Corn supports you in being always "awake and ready!" much like the kernels on a corn cob, representing fresh ideas and bursts of energy. For children, it helps with the "study blahs" or with resistance to cleaning up after themselves; also for making new friends, moving to a new home or starting a new school year. For pets, it supports their natural healing process after surgery. It also helps older animals feel and act younger again, with a renewed interest in life.

Date Essence

For tender sweetness. Date can help you to see others as friends and also to neutralize a sour disposition. It promotes tolerance in people who are judgmental of others. Date Essence brings out the tender side in children who tend to be whiney or clingy; for pets who are domineering, to be more accepting of other animals in the household.

Fig Essence

For flexibility and self-acceptance. Fig helps people to develop more relaxed attitudes toward themselves and others, no matter how heavy their responsibilities; to overcome rigidity; to develop a sense of humor; and to "go with the flow." Fig is for children who try too hard, and also for overcoming habits such as nail-biting and thumb-sucking; for pets in training and to discontinue negative behaviors.

Grape Essence

For love and devotion. Grape is one of our most popular extracts. Many people, especially in crowded cities, experience loneliness, isolation, or unfulfilling relationships. Grape helps us with the death of a loved one, divorce, separation, neglect, and abandonment issues. It reminds us that the love we seek is never lacking, but resides within us simply waiting to be expressed!

Lettuce Essence

For calmness. Lettuce is for the ability to remain calm under all circumstances as well as to communicate clearly when necessary. It supports our creativity and self-expression. It helps children who get too wound up or who experience stage fright; for pets who "bounce off the walls," especially with newcomers or visitors to their home.

Orange Essence

For enthusiasm and hope. Orange blasts through obstacles. It is helpful during longstanding periods of despair or discouragement, and for "seeing the light at the end of the tunnel"; for children to express their innate enthusiasm for life, despite any setbacks in the home, with friends, and at school; and for pets who have lost an animal or human companion, are nearing their own time of passing, or are dealing with ongoing physical pain.

Peach Essence

For unselfishness. Peach helps us to expand our sense of fulfillment and our sympathies to include the needs of others while being energized rather than drained in the process; for children to get along better with siblings and classmates; for pets who are clingy, and for animals who were weaned too early and tend to chew or suckle on clothing.

Pear Essence

For peacefulness. Pear is for emergency, trauma or crisis in any form - physical or emotional - and also for support throughout the day. Pear helps children with restless or nervous energy, or who are learning to listen better to their parents and teachers. Good for pets any time their regular routine is disturbed, including vet visits, car travel, or nearing their time of passing - a "first-aid must." Keep a bottle in your purse and at home!

Pineapple Essence

For self-assurance. Pineapple is a "charisma builder," for people in the work world and where money issues are concerned - the "prosperity and abundance essence." It helps children to overcome inferiority complexes and shyness, and "to untie the apron strings"; for pets, especially show animals, to take pride in their accomplishments, and for multi-pet households, as well as for the runt of the litter.

Raspberry Essence

For kindness. Raspberry awakens the natural compassion and empathy of the heart, promotes forgiveness, and dispels grudges. It helps children to express kindness toward others less fortunate than they are, and also toward animals and their toys and games; and for pets who have trouble with new family members or guests in the home, being especially good for spraying and soiling problems.

Spinach Essence

For simplicity and guilelessness. Spinach helps those who are tired of "worldly wisdom" and of suspecting others of selfish motives—to realize that we are all striving toward life's final goal of perfect bliss. It restores a sense of adventurousness. Helpful for people who are stressed, overworked, or who come from a dysfunctional family; for children who are overly serious or untrusting; for pets who act older than their years, also good for strays.

Strawberry Essence

For dignity. Strawberry can help you be strongly centered in yourself and draw respect from others. It promotes a sense of responsibility, the ability to set healthy boundaries, and the strengthening of interpersonal relationships. It helps the child who has trouble letting go of being the baby, and for self-esteem issues; for pets who need a better sense of grounding, or are easily riled in the company of other animals, and for pets about to pass on.

Tomato Essence

For strength and endurance. Tomato will help you stand up for your beliefs. It is for fear of any nature, severity and duration, and also for working on addictions. This essence is excellent for children who have nightmares, or who need to express more willingness or strength of character; for pets with uncontrollable fear, especially of loud noises such as thunder or fireworks, and animals who have been previously mistreated, including those whose history is unknown.