

Flower Essences as a Healing Tool



I have used flower essences for 20 years as a cornerstone of my healing journey. I cannot imagine living life without them now. They are a part of my daily health regimen. I recommend flowers essences to my clients particularly during times of illness or death of a loved one, personal illness, surgery, injury, traveling, emotional upset, or as strategic support during major life transitions. They offer a profound support for the physical, emotional, mental and spiritual levels of our experience. They are also remarkably helpful for the chakra system and the aura surrounding the physical body.

*I highly recommend one particular extraordinary flower essence formula, called **ETS for Humans!** “ETS” stands for Emergency Trauma Solution. Keep it handy in your first aid kit in the car, in the kitchen, in your purse, wherever you are. This one flower essence formula has been a HUGE support for me and many of my clients. It can be ordered from the Perelandra website listed below. Also available is **ETS** for Animals, **ETS** for Water and Land. *This stuff works!* I will often “prescribe” **ETS** for the healing and dissolution of shock, trauma and childhood abuse that has been held in the subconscious mind. It is also very helpful for the normal ups and downs, bumps and frights of everyday life. The results for many of my clients have been extraordinary. I also highly recommend **Yarrow Environmental Solution**, which can be ordered from the Flower Essence Services website listed below. This essence is for those who have undergone radiation therapy, have been exposed to environmental radiation, live at high altitude, and for those who spend a lot of time in airplanes.*

I Recommend Three Companies That Supply Flower Essences:

Perelandra Center for Nature Research, order on-line at <http://www.perelandra-ltd.com/>
Flower Essence Services, order on-line at <http://www.fesflowers.com/>
Bach Flower Essences, can be purchased in most health food stores

What are Flower Essences? (Copied from the F.E.S. website)

Flower essences are herbal infusions or decoctions, made from the flowering part of the plant, which uniquely address emotional and mental aspects of wellness. The first 38 flower remedies were formulated by a British physician, Dr. Edward Bach, in the 1930's, although new remedies from other plant species are now available.

Amazing Story: Years ago I came upon an accident. A dog had been hit by a car and was lying in the middle of the intersection. He was severely injured, his eyes were rolled back in his head and his tongue was extended far out of his mouth. I had some **ETS** with me; I placed the flower essence on his nose, his tongue and just inside his ear. Within less than a minute, he came out of shock and his eyes and tongue returned to their normal position. He then made eye contact with me and wagged his tail a tiny bit.



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