



# Flower essences

**An introduction to using flower essences for children**

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Photograph by Val Reynolds Brown

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Centaury.



Preparing a batch.

**Flower essences are natural solutions made from the energy contained in flowers, not the physical constituents of a plant (although there are a few exceptions to this).** Available in liquid form, they are taken in drops under the tongue or in water. They release emotional and mental imbalances at a deep level within one's psyche that may inhibit or block the natural self-development process. Addressing these issues results in greater balance, harmony and an increased ability to cope with life, not to mention enhancing one's potential. Essences also help to improve well-being by treating negative thoughts, upsetting feelings or inner disharmony that may manifest as physical problems.

An excellent tool for self-help, they provide a simple, holistic and effective way of healing. Essences do not interfere with, or adversely affect, conventional medicines or homeopathic remedies and are safe for children; they can also be used effectively with animals and plants. Regular dosage is required for flower essences to be effective. Follow the instructions on the bottle or take four drops, three or preferably four times daily. The response time when taking essences is dependent on the individual, although generally children respond quite quickly, whereas adults may need several weeks or months of treatment to benefit from their therapeutic and life-enhancing qualities.

The Bach range of essences, some of which are listed below, are the easiest to get to know and probably the most widely available. They are available in many health food shops, although I advocate the use of The Healing Herbs range which are made according to the original method and instructions of Dr Edward Bach.

## Some flower essences

**Aspen** essence is for the sensitive child who seems fearful of things but without having any real explanation of why. Often highly aware, this child appears to unconsciously perceive things that others would not recognize, inflating them into fears and worries. Although without grounds, their imaginations can run away with them resulting in hesitance and apprehension.

Helpful for childhood dreams, nightmares or any fears of an unknown origin, this essence lessens uncertainty and anxiety.

**Centaury** essence is excellent for the accommodating child who is so eager to please that they can easily be taken over or overwhelmed by stronger personalities. This essence encourages these children to stand up for their own needs rather than acquiesce to others and let others bully or boss them around. Supporting them to follow their own interests and goals with conviction, this essence increases individuality and enables them to be their own person and to say no to others if necessary.

Children are experts at attracting attention and, as parents, we are frequently won over by their sweet little natures. Consequently, they often end up getting their own way (or perhaps we give in for a quiet life) and before we know it we can have a manipulative monster on our hands! The child who is possessive, excessively demanding or clingy can be assisted with **Chicory** essence. Its' supportive energy gently reminds the child that they are secure, loved and wanted, thus transforming needy behaviour or emotional blackmail. This essence is helpful at such times as the arrival of a new sibling, when the older child may use unreasonable behaviour to try and control the situation and get attention.

When a child is daydreamy or tends to live in a little world or their own, then **Clematis** essence can bring support. Good for forgetfulness, this essence addresses inattention, indifference or confused states. It helps to bring the unrealistic or idealistic child back into reality by enabling them to live more in the present and to more easily handle situations they may not like, without having to escape into some fantasy world. It can also benefit the imaginative child who finds it difficult to ground their ideas and make them workable. ►

**An excellent tool for self-help, flower essences provide a simple, holistic and effective way of healing**





Cerato.



Aspen.

► Dispel childhood temper tantrums (and adult ones too!), or displays of aggression and selfishness with **Holly** essence. Instead of reacting jealously towards a new sibling, this essence encourages a child to respond with pleasure for others. For moodiness, rebelliousness or downright anger, this essence instills a state of harmony and greater fulfillment and oneness with oneself. Fitting for the child who is frustrated, feeling hurt or sensitive to slights or imagined affronts from others, this essence allays these feelings.

**Impatiens** essence is ideal for the impatient child who can find it difficult dealing with delay or in accepting that things do not always go their way. It tempers their expectation that things will happen immediately, making it easier for them to take things in their stride without getting frustrated or angry. **Impatiens** reduces irritability; short-fuses squabbles and temper tantrums and moderates hyperactive energy. Good news for impetuous children, inclined to mishap, this essence encourages them to take things at a slower, steadier pace.

For helping the child who is nervous, shy or withdrawn, **Mimulus** is the ideal essence. It also enables a child to cope with specific fears such as the dark, a new situation, fear of an animal, loud noises or perhaps the behaviour of another child. It reassures them and provides them with strength and courage to overcome these fears and assists with blushing and stuttering which can be symptoms of these worries. Used in situations where there is fear of starting a new school, discomfort with spending a night away from home or worry about friends, this essence allays these fears.

Highly strung, over the top behaviour? The child who behaves like this can be so draining and exhausting for

parents. **Vervain** essence not only helps the child who is overly excitable but also the child who tries too much or too hard. This essence brings calm to hyperactive energy or over-enthusiasm. It helps a child master self-discipline and restraint, and lessens over exuberant states, as well as the squandering of energy that accompanies them.

**Walnut** is the essence for changes of any kind, making it suitable for the many phases of transition involved in childhood. Teething, adjusting to weaning or to a new sibling; this essence facilitates an easier adjustment. Starting a new school or moving into puberty can also be assisted with this essence. When changes are imminent, such as a house move or alteration to living circumstances (perhaps with the added stress of divorce or separation), the whole family can take this essence enabling them to make this change with far less emotional upheaval and upset.

The child who does not find it easy to fit in or mix with others can feel more comfortable after taking **Water Violet** essence. Instilling a calm, confident manner, this essence thaws out any tendency to solitude or reserve, helping a child to approach others with ease; other children will sense their warmth and welcome them. This essence can also benefit the proud child who does not like to get too involved with others and can be considered conceited. **Water Violet** also helps the child who dislikes asking for help and prefers to keep a stiff upper lip. ●

#### Further information:

For a summary of the *Bach flowers* from the perspective of the Astrological signs see [www.edwardbach.org](http://www.edwardbach.org), click *allied therapies*, then *astrology*.

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Debbie has a diploma in Vibrational Medicine and prepares personalized treatments for clients, selected from a vast collection of flower and gem essences from all over the world. Flower essences can be used to help a wide variety of physical, mental and emotional conditions. Debbie is also a member of the professional association of astrologers. She can be reached on 0239 2618594 or [debbie\\_sellwood@yahoo.co.uk](mailto:debbie_sellwood@yahoo.co.uk)