



Vibrational Essences

Debbie Sellwood suggests a gentle way to support conscious parenting

Parenting is rewarding but it is usually one of the toughest and most demanding jobs of our lives, and it involves huge responsibility. We can bring a vast amount of love to this role, and by reading the right books we can appreciate the theory of child rearing, but how many of us would benefit from more balanced emotions, greater wisdom and more awareness? After all, we are our children's prime example when they are learning their behavioural patterns. So how can we step up to this huge task to be the best we can for our children, and provide a model that is worthy of emulation? A willingness to examine our ability and behaviour in this area, coupled with the therapeutic qualities of vibrational essences, is one way forward.

What is a vibrational essence?

Vibrational essences are liquid solutions made from flowers and various other elements of Nature such as trees, crystals and gems. An essence is produced by capturing the energy of one or more of these sources in water and placing it in a bottle along with a small amount of alcohol to preserve it. Most often taken orally, essences can also be used topically or sprayed around a room. Rescue Remedy is probably the most widely recognised, but it is just one in a huge range from producers around the world. Essences assist not only in strengthening and empowering us, but also in resolving unhelpful emotions and thinking. The following are some ways in which they may help. See References and Resources for abbreviations in parentheses.

Enhancing our parenting skills

We all know that children raised with positive support and encouragement are more likely to grow into balanced adults. Since children take their cue from us, loving and feeling good about ourselves conveys a crucial message. But how easy is this for some parents? I have found from my own clients that **Five Corners** (AB) can help improve our sense of self-esteem, making it easier to impart this quality to our children. In addition, it can inspire confidence, so it becomes easier to trust our judgement and follow through our decisions with more certainty.

Obviously it is helpful to bring children up in environments that are peaceful and balanced. This may not be realistic all the time, but it does help if we have masses of patience! **Impatiens** (B) can help calm intense moments and increase tolerance, together with instilling understanding of others and tactful diplomacy in putting our opinions across.

The responsibility associated with parenting is daunting; this job is not nine-to-five with evenings and weekends off. The

physical responsibility may be challenging, but the emotional responsibility can be more so. If we feel pressured or overburdened, **Spinach** (SN) can encourage us to see things simply and with humour and enthusiasm.

If you are a first-time parent, **Walnut** (B), which can assist with transitions in all major life changes, may help you adjust to this new role. **Pregnancy Support** (ASK), a combination of various essences, may help you to meet the challenges that can arise during this changeable period of life. It can also help strengthen the connection between a mum-to-be and her unborn child, creating a nurturing environment in which the baby can develop. If you are over-anxious about your child, **Red Chestnut** (B) may help make it easier not to fuss and worry so much.

Just how easy is it to allow your children to grow up without having unreasonable expectations of them? We can unconsciously project our own hopes or unfulfilled goals onto our children, especially as we approach things from our own perspective; we can insist we know what is right for them without always appreciating who they really are. Instilling the awareness to love unconditionally, **Grape** (SN) also tackles unrealistic expectations we may have of others.

Addressing inherited parenting traits

Many of us have certain attitudes that are not necessarily in the best interests of our children and can interfere with parenting them. The manner in which we are brought up almost certainly conditions the way we feel, think and behave later in our lives. If we did not experience the best of love, stability or nurturing when we were young, then it is unlikely that we will be in the best position to pass these essential qualities on to our own children. As much as we may be determined not to repeat our own childhood experiences or display detrimental qualities our own parents exhibited, they can still unconsciously leak out. Until we have children, it is easy to be oblivious to our insecurities or weaknesses and to avoid addressing them. They are not so easy to ignore as a parent, when they can be mirrored by our children and reflected straight back to us! On the positive side, though, childhood is not only a growth period for the child concerned: it can also provide parents with an opportunity for great personal development.

Sometimes negative habits and thinking can pass from generation to generation. **Boab** (AB) can help clear destructive ingrained behaviours, unhelpful patterns or preconceived expectations that can be detrimental to >



Boab



Bush Gardenia

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> parenthood. Perhaps there were authority issues in our childhood resulting from a poor relationship with a parent. This may have left us feeling powerless or maybe resorting to intimidation when attempting to exercise our power. Helping to find that 'power within', **Red Helmet Orchid** (AB) can aid in resolving these limitations, so that authority may be expressed, when needed, with consideration and respect. If we are able to instil this in our children, they will grow up able to live within boundaries and will have a sense of order and respect for the rules and regulations of society.

An early childhood experience of rejection or abandonment from either parent can produce problems relating emotionally, or even a fear of parenthood. **Evening Primrose** (FES) can help heal painful wounds and memories that may have been absorbed from our mothers, while parents who had an absent or a disappointing experience with their fathers may find that **Baby Blue Eyes** (FES) offers assistance in overcoming problems that result from this source of lack of emotional support. For parents not brought up with a strong sense of family bonding and connection, the essence **Bush Gardenia** (AB) can help develop loving family relationships and increase sensitivity and understanding in communications with their children.

Supporting the parents

It is easy for a mother to lose a sense of herself with the many demands and expectations of family life. **Fig** (SN) may encourage self-nurturing, not being too hard on oneself and staying true to one's boundaries, while still doing the best for one's family. If you become exhausted by trying to be the perfect parent, or feel inadequate that you cannot do it all yourself, **Elm** (B) may lighten your load by helping you see things in moderation and enabling you not to lose sight of your own needs. This essence can be of benefit if we lose the joy of child rearing and become overwhelmed and weighed down by the task.

If being a parent becomes too much to cope with, in particular early after the birth of a new baby, **Pear** (SN) can have a balancing and stabilising effect by introducing a sense of calmness and proportion.

Can essences help my child?

Children can also take essences with good effect. A study at Plymouth University showed that flower essences have a significant effect on reducing temper tantrums in children.¹ In certain cases it can be beneficial for the parent(s) and the child to take essences concurrently.

Essences make a great self-help treatment for straightforward problems, but please note that you may require more than one bottle. If you find it difficult to decide which essences are appropriate for your needs, or if you have complex or deep-seated problems, then it is advisable to seek the help of a qualified registered practitioner.²

It is in our own and our children's best interests to support ourselves as parents in the best way we can. This in turn helps us be 'fit for the job', which positively maintains the whole family unit and also benefits society in general. Vibrational essences never change us from who we are. They support by invoking our innate potential and by restoring imbalances that can be a consequence of past difficult experiences or the trials of everyday living. ●

References and Resources

1. <http://tinyurl.com/study-essences>
2. The British Flower and Vibrational Essences Association website has a list of practitioners. www.bfvea.com

B = Healing Herbs Bach Flowers
www.healingherbs.co.uk 01873 890 218

AB = Australian Bush Flower Essences
ASK = Alaskan Essences
FES = Flower Essences Services
www.universalessences.com 0844 854 2929

SN = Spirit in Nature
www.flowersense.co.uk 01963 250 750

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21 May to 21 June 2014
is International Flower
and Vibrational Essence
Awareness Month. See
www.bfvea.com for
more information in
your area.