

FLOWER ESSENCES FOR THE VETERINARY PRACTITIONER

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History of Flower Essences

1. Created by Dr. Edward Bach, an English physician and homeopath, in the 1930s.
2. Bach made bowel nosodes upon realizing that personality affected bacterial growth.
3. Wanted an inexpensive, accessible method of healing easier to use than homeopathy.
4. Flowers chosen by intuition.
5. Essences energized by sunlight.
6. Today made from flowers and many other substances and entities.
7. Referred to as "vibrational" or "energy" essences.

Principles of Flower Essence Therapy

1. Each of us has a divine mission on earth that can be discerned through listening to our own instincts, wishes, thoughts, and desires.
2. Disease is the result of disharmony between the soul and the mind by allowing other people to interfere with the true course of our lives.
3. The "permission" we give them to disturb us, that causes the problem.
4. True causes of disease, such emotions and mental states as fear, doubt, indecision, indifference, impatience, and grief.
5. Animals are similarly diverted from their "true course" by weaning and suppression of natural behaviors through training and even surgery (declawing and sterilization).

Systematic Organization

1. Dr. Bach himself grouped the 38 remedies into seven broad categories covering the major dysfunctional emotional states
 - a. Fear
 - b. Uncertainty
 - c. Insufficient Interest in Present Circumstances
 - d. Loneliness
 - e. Over-Sensitive to Influences and Ideas
 - f. Despondency and Despair; and Over-Care for the Welfare of Others
2. For animals, a simpler conceptual framework is more than adequate.
3. By learning the keynotes of a few remedies at a time, you will easily be able to incorporate this safe and effective healing modality in your practice.

How Essences Work

In humans, mental and emotional upset can have deep and lasting physical effects. Animals too, have an active mental and emotional life. Therefore, they can similarly manifest not only behavioral but physical problems that arise from emotional trauma.

Essences correct a negative emotional state by "flooding" the patient with the opposite, positive quality that is the particular essence of that flower, animal, or other energy. For instance, the essence of the flower Holly is love. Therefore, you would use Holly in situations where there is a lack of love: anger, jealousy, or rage. Similarly, the essence of Rock Rose is courage: it is used in cases of deep fears, panic and terror.

Since essences act directly and not homeopathically, they are completely safe and non-toxic. They cannot be overused or misused, and they do not interfere with any other treatment, conventional or alternative; they can even be used with homeopathy. Even if you give the wrong remedy, it will not have any negative effects, but it will simply have no effect.

Handling and Administering Flower Essences

To make up a combination, use 2 drops of each desired essence to one ounce of water; for Rescue Remedy (also called Calming Essence or 5-Flower Remedy, depending upon the manufacturer) use 4 drops per ounce of water. You can add 20% alcohol (vodka, grain alcohol, or brandy) as a preservative if desired. Pure vegetable glycerin or Red Shiso extract (from Green Hope Farms; see Resources below) may be used instead of the water/alcohol mix, but the taste doesn't seem significantly more palatable to animals.

The rule of thumb is to use no more than 8 essences in combination, with Rescue Remedy counting as one essence. In general, use the fewest number of remedies to get the clearest effect.

Essences can be given by mouth, which is the most effective method. Only a few drops are necessary. The drops need not be swallowed, but need only contact the mucous membranes (lips, gums, tongue) or other sensitive area on the animal. Guardians should also be careful not to contaminate the dropper by touching it to anything, especially the animal's mouth (if this occurs, they can rinse the dropper in hot water before returning it to the bottle). A dropperful can be added to the water bowl, or a few drops mixed with wet food (there is no effect of dilution). Or add a dropperful to a spray bottle filled with spring water, and use it to spray a room, carrier, car, stall, trailer, around litter boxes or plants, or other problem areas.

A handy trick in the clinic is to put a few drops in your hand and pat the animal on the head and around the ears with it—the head is very sensitive to energy and will absorb the flower essences in this way. In the case of excessive chewing or licking, the remedy can be applied directly to the problem spot (IF the skin is intact; otherwise, the remedy will sting); the animal will then consume it when it next licks that area. Rescue Remedy also comes in a topical cream that works well for burns, hot spots, or other

injured areas. If you are using glycerin or Red Shiso as a base, be aware that glycerin is sticky and Red Shiso is very red, and will stain the fur.

Essences should be stored away from strong odors (perfumes, spices) and electromagnetic fields (refrigerators, microwaves, stereos, TVs), and out of direct sunlight. The dish cupboard or linen closet are usually safe options.

Dosage And Timing

Just a few drops (3-5) at a time are sufficient, no matter how large the animal is (but for very tiny or very young animals, be mindful of the alcohol content and use less, or make an alcohol-free formula, or use topically). Emphasize to guardians that more is *not* better, and giving a large amount will only waste the remedy. For serious or acute conditions, the remedy can be given as often as needed, even every few minutes. For most behavioral problems, the usual course is 3-4 times a day for 2-6 weeks. If the response to the remedy is adequate by that time, you can begin to wean the animal off by decreasing the frequency of administration. You may need to continue adding a few drops to drinking water, or give once a day long-term, for some problems.

Multiple Animals

Essences are non-toxic and will not adversely affect any other animals in the household. It is fine to put the remedy in a common water dish. The flower remedies work through a principle of vibrational resonance; if the animal needs the remedy, the remedy will act. If the particular remedy is not correct, there will simply be no effect. If you want to treat multiple animals, you can create a "base" essence to be put in the common water bowl, plus individual remedies to be given separately.

Beyond Bach Remedies

Today there are dozens, if not hundreds, of essence companies creating essences from a wide variety of flowers, trees, fruits, and vegetables; as well as non-flower sources, including gems and minerals, animals; geographical features such as mountains and lakes; sacred locations such as Stonehenge and Machu Picchu; celestial phenomena such as stars and eclipses; and spiritual and even mythical beings such as Archangel Michael, and Pegasus.

Some essences are clearly not made using physical matter, but in general are channeled or produced energetically; for example, using radionics.

Many of these essences are very powerful and high vibration; they work well on animals. While it's easiest to start with the finite set of 38 Bach remedies, once you discover the simplicity and effectiveness of vibrational

remedies, you will probably want to explore other essence lines as well. A few of the most popular are noted in the resources section below.

Table 1.

KEYNOTES OF THE FLOWER REMEDIES

Indications include negative mental states to be healed, typical uses, and, where applicable, physical conditions where the remedy is appropriate.

AGRIMONY	Denial, "stuffing emotions, inappropriate communication Allergies, physical irritants
ASPEN	Vague fears, sense of impending doom
BEECH	Intolerance, allergies
CENTAURY	Meek, "doormat", picked on by other animals
CERATO	Inattentive, easily distracted
CHERRY PLUM	Loss of control
CHESTNUT BUD	To learn a lesson the first time; to break a habit
CHICORY	Possessive, clingy, manipulative
CLEMATIS	Consciousness, focus; post-operative recovery
CRAB APPLE	Cleansing; infections, toxins
ELM	Easily overwhelmed or frazzled
GENTIAN	To "see the light at the end of the tunnel"; to restore hope; long illness or rehabilitation
GORSE	Hopelessness, giving up; cancer, critical injury, or surgery
HEATHER	Needy child; clingy, talkative
HOLLY	Anger, jealousy, need for love; abandoned, abused
HORNBEAM	Mental weariness
HONEYSUCKLE	Grief; homesickness; depleted energy
IMPATIENS	Impatience, irritability, nervous energy; PAIN
LARCH	Lack of self-confidence
MIMULUS	Timidity; specific fears; illness that does not respond to treatment
MUSTARD	Depression, gloominess, mood swings; "negative karma"
OAK	Chronic exhaustion; overworked but keeps struggling
OLIVE	Physical exhaustion; fatigue; restores vitality and ability to regenerate
PINE	Guilt; perfectionist; feeling rejected; abuse
RED CHESTNUT	Worries about others' safety and welfare
ROCK ROSE	Terror, panic
ROCK WATER	Stiffness, inflexibility; arthritis

SCLERANTHUS	Uncertainty, imbalance; vestibular or neurological problems, seizures, fluctuating symptoms
STAR OF BETHLEHEM	Mental, physical or emotional trauma; any shelter animal
SWEET CHESTNUT	At wits' end; despairing
VERVAIN	Fanatic; hyperactive; over-enthusiastic
VINE	Control, domination, "bully"
WALNUT	Transition; protection; over-sensitive to environment or others
WATER VIOLET	Grief; loner, reclusive, arrogant; to bring joy; cat "constitutional" remedy
WHITE CHESTNUT	Repetitive thoughts
WILD OAT	Bored, feeling un-useful
WILD ROSE	Apathy, passive resignation; to "be here now"
WILLOW	Resentment
RESCUE REMEDY	5-flower remedy for any acute trauma or stress; considered a single remedy in combinations.

Table 2.

SUGGESTED REMEDIES FOR SPECIFIC CONDITIONS

The following chart provides suggested remedies for a variety of conditions commonly encountered in veterinary practice. The primary remedy for each condition is highlighted in italics. The suggestions are just that; for each case, you should read the description of each remedy to select the best ones for that situation.

CONDITION	SUGGESTED REMEDIES
Itchy, allergic, parasites, chewing, lick granulomas, hot spots, OCD	Agrimony, Beech, Chestnut Bud, <i>Crab Apple</i> , Elm, Gorse, Olive, Vervain
Loss of Control (Incontinence, Panic Attack, Asthma Attack, Seizure)	Cherry Plum, Oak, <i>Rescue Remedy</i> , Rock Rose, Scleranthus
Crying, Whining, Barking	Beech, <i>Heather</i> , Vervain
Spraying, Inappropriate Elimination	<i>Agrimony</i> , Beech, Chestnut Bud, Crab Apple, Willow
Old Animal Annoyed by Younger One or Children	Beech, Mustard, <i>Wild Rose</i> , Willow
Inter-Animal Conflicts	Agrimony, Beech, <i>Holly</i> , Walnut, Willow
General Irritability	<i>Beech</i> , Chicory, Impatiens, Vervain, Vine
To Let Go of Past (Grief, Trauma, Abuse)	Chicory, Crab Apple, Honeysuckle, Pine, <i>Star of Bethlehem</i> , Walnut, Water Violet
Fearfulness/Submissiveness	Aspen, Centaury, Elm, Larch, <i>Mimulus</i> , Rescue Remedy
Excessively Needy or Clingy (including Separation Anxiety)	Beech, <i>Chicory</i> , Heather, Holly, Red Chestnut, Wild Oat
Adjusting to New Environment/Situation	Aspen, Beech, Elm, Larch, Pine, Scleranthus, Rescue Remedy, Rock Water, <i>Walnut</i> , Water Violet
Boarding/Confinement	Heather, Honeysuckle, Sweet Chestnut, Star of Bethlehem, Water Violet, <i>Wild Rose</i>
Chronic Illness, Surgery, Recovery	Centaury, Chicory, Clematis, Elm, <i>Gentian</i> , Gorse, Honeysuckle, Hornbeam, Oak, Olive, Rock Rose, Sweet Chestnut
Training Aid Formula	Agrimony, Beech, Centaury, <i>Chestnut Bud</i> , Clematis, Willow
Dr. Blake's "Negative Energy Formula"	Crab Apple, Mustard, <i>Rescue Remedy</i> , Walnut, Wild Rose

RESOURCES – RECOMMENDED BOOKS

Bach, Edward. *Heal Thyself and The Twelve Healers*. In *The Bach Flower Remedies*. New Canaan, CT: Keats Publishing. 1979. Contains Dr. Bach's two books as well as other historical information and *The Bach Remedies Repertory* by F. J. Wheeler.

Devi, Lila. *Flower Essences for Animals: Remedies for Helping the Pets You Love*. Hillsboro, OR: Beyond Words Publishing 2000. This book contains much valuable information on essences in general, with emphasis on the Masters' Essences line founded by the author.

Graham, Helen and Vlamis, Gregory. *Bach Flower Remedies for Animals*. Tallahassee, FL: Findhorn Press. 1999. Explanations of each Bach remedy and typical uses. The authors are affiliated with the Flower Essence Society/Flower Essence Services, but the book is broadly useful for all Bach remedies.

Kaminski, Patrick, and Katz, Richard. *Flower Essence Repertory*. Nevada City, CA: Flower Essence Society (Division of Earth-Spirit, Inc.). 1994. (www.flowersociety.org) FES makes more than 100 flower essences as well as its own line of Bach-based remedies; this repertory is indispensable for both.

Pettitt, Sabina. *Energy Medicine: Healing from the Kingdom of Nature*. Victoria, BC: Pacific Essences®. Second edition 1999. This beautifully illustrated book explains the flower and ocean-based Pacific Essence line from Canada.

Scheffer, Mechthild. *Bach Flower Therapy: Theory and Practice*. Rochester, VT: Inner Traditions International, Limited. 1996. The foundation book for the beginning Bach practitioner.

Resources – Essences and Supplies

The Bach Centre, www.bachcentre.com, is the home site for the original Bach remedies and contains information on the history of essences.

Flower Essence Services, (www.fesflowers.com), 1-800-548-0075. This is the retail arm of Flower Essence Society (www.flowersociety.com). FES has programs in research, training, reporting and others. They also provide books, dropper bottles, and other supplies, as well as a line of research essences. Practitioner members receive a discount on remedies as well as access to the online repertory.

Green Hope Farms, (603) 469-3662, www.greenhopeessences.com. Green Hope has multiple collections of flower-based remedies from North America; they also supply Red Shiso extract to be used as a base instead of water/alcohol.

Flower Essence Society, 1-800-548-0075, www.fesflowers.com, has their own line of English flower essences that are identical to the original 38 Bach flowers; they also have many other preparations from various North American plants.

Master's Flower Essences, 1-800-347-3639, www.mastersessences.com. These flower remedies are made from garden vegetables and fruits such as tomato and date.

Nelson Bach, 1-800-314-2224, www.nelsonbach.com, offers a certification course, and is the U.S. source for "original" Bach remedies.

Pacific Essences, 250-384-5560, www.pacificessences.com. These amazing essences come from terrestrial flowers and ocean entities including seaweeds, shellfish, and marine animals.

Perelandra Center for Nature Research, 1-800-960-8806, www.perelandra-ltd.com, makes hundreds of its own flower essences including Garden, Rose, and Soul Ray lines.

SpiritEssence, 720-938-6794, www.spiritessence.com. Founded by Dr. Hofve, offering a wide variety of special formulas for animals, as well as consultations.

Watersong Sanctuary, 303-443-9695, www.watersongsanctuary.com. These essences from the foothills of the Rocky Mountains near Boulder, Colorado include flower, animal, gem, butterfly and etheric essences. The Lightworker's Healing Kit is made especially for holistic practitioners.

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