

River Rose
APOTHECARY

FLOWER ESSENCE GUIDE

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reclaiming plantcestral medicine.

WHAT ARE FLOWER ESSENCES?

Flower essences are vibrational remedies comprised of fresh spring water, sun or moon & starlight, flowers, and alcohol or vinegar as a preservative. These remedies collect the energy of flowers (or sometimes trees, stones, or the energy of a place) to be used for healing. Flower infused waters have been used for thousands of years by traditional and indigenous communities all over the world for healing of the spirit and consciousness. The popularization of flower essences in the US and North America was due to the contributions of Dr. Edward Bach, who believed that this was a form of medicine that could be easily popularized and effective for treating the masses effectively. Traditionally, Bach's remedies were made of the morning dew collected from the flowers petals in the morning. The potency of flower essences has everything to do with the receptive nature of water, the potentizing nature of the sun and cosmic light sources, and the healing intelligence of flowers/trees/stones/the earth. It also involves the intention and care of the person who prepares the essences thru forging a deep listening relationship with the medicines being collected.

HOW DO ESSENCES WORK?

Essences work at the vibrational rather than bio-chemical level. While tinctures and other extracts use strong concentrations of plant material to access the chemical constituents of the plants that can target the acute physical needs of our bodies, vibrational medicines work with the energetic imprint of the plant to shift and re-align our own energetic pattern. All life is made of vibration and pattern, and so this medicine is capable of affecting the root of many health imbalances ranging from the spiritual, to the mental, to the physical, but it does so from accessing the spiritual and energetic root of where we ourselves have lost balance or gone astray from our own essential nature. This medicine works with the more subtle energies underneath our ailments, the patterns in our consciousness that cause us to suffer, making them especially effective for working through emotional, mental, and spiritual imbalances, or physical issues that are caused or exacerbated by any of the above. One Afro-Brazilian elder I learned from named Grandmother Maria Alice Campos Freire was guided towards the use of flower essences for the healing of our consciousness, and considers these a great peoples medicine for our times.

HOW SHOULD I TAKE THEM?

The typical dosage for flower essence remedies is 1-5 drops 2-4xs per day directly in your mouth or in a cup of water. But, you can explore using them in many different ways! For example, you can put a few drops in your bath, spray some on your pillow or in your room, apply it topically to your body, or whatever other inspiration you have. Just remember, they are vibrational remedies, so a little goes a long way and there is no need to use more than a few drops at a time. More is NOT necessarily better. Try working with one at a time to really get a sense for how it is supporting you before moving on to another remedy. For a deeper experience, take intentional time to be mindful, notice patterns, and listen deeply to your being to learn how it is affecting and teaching you.

ARE THEY SAFE FOR EVERYONE?

Yes! Flower essences are considered to be one of the safest applications of herbal medicine. They have no contraindications, can be used for children, adults, pets, and people using other medications including pharmaceuticals. However, every body is different and so it is ALWAYS advised that you pay attention to your own body and trust yourself. If for some reason, you don't feel well when you are taking this or ANY other medicine, please honor your intuition and discontinue use or consider a different remedy. This is especially important if you are highly sensitive spiritually/energetically.

HOW DO I CHOOSE THE RIGHT REMEDY FOR ME?

Because these are vibrational remedies, they will resonate with you naturally. Meaning, if you feel attracted to a specific flower essence, it is for a reason! Follow it! Choose the one(s) you are naturally gravitating towards. Or, you can read the labels for descriptions and see which one most resonates with you at that time. Some people even use muscle testing, pendulums, or other divination tools to select their medicine.

PLUS!

One of my FAVORITE things about flower essences and what makes them a "people's medicine" is that they require very little plant material to make, and are very affordable and easy to reproduce and share. This makes them both very sustainable financially, materially, and ecologically, allowing us to deepen our relationships with the healing qualities of our earth without depleting it's resources or taking more than we need. Subtle but deep medicine.

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