



You've seen them in health food shops or heard friends, naturopaths and healers talking about them, but what are vibrational essences? And, most importantly, how do they work?

good vibrations

BY SOPHIE LOVE

MESSAGE IN A BOTTLE

Since the beginning of time, wise men and women have recognised the healing powers of nature's gifts. The medicine men and women of indigenous tribes have used flowers, roots, seeds and foliage for tinctures, poultices, tisanes and medicines. Similarly, they would carry and hold sacred stones, feathers, pebbles, teeth or bones that they believed had ancient, mystical or magical properties in the understanding that everything in nature had a purity of spirit that we, as humans, can tap into in order to become better, stronger and wiser human beings.

Everything in nature exudes a particular energy. A rock that has sat in the same place since time immemorial has an energy of peace, solidity, calm and ancient wisdom. Every flower has a different aura or energy – think of a sunflower (joy and childlike fun), a rose (velvety sensuousness and hidden folds redolent of female genitalia) or a daisy (innocence, purity and fun). Seashells, crystals, stones and animals all have different energies, messages, meanings

and healing powers. Vibrational essences harness these powers and energies, and allow even concrete and tarmac-bound city slickers to commune with, and be healed by, nature and her gifts.

The earliest recorded use of flower essences is from the 16th century when Paracelsus, the great healer and mystic, collected dew from flowers to treat his patients' emotional imbalances. The ancient herbalists' understanding of the healing properties of plants was based on the 'Doctrine of Signatures', whereby the attitude and appearance of the plant suggested its healing properties – for instance eyebright, a blue flower with a yellow centre, is reminiscent of the human eye and is therefore used to treat tired, strained eyes. Jaundice and other diseases of the liver are treated with yellow flowers such as dandelion, agrimony and celandine; stinging nettles are used to enervate the circulation and sunflower seeds to release 'happy hormones' and treat depression.

But just when we started to lose that ancient knowledge as it was overshadowed by the growing use of conventional medicine, there came a man who created the foundation stones for a whole new industry and way of healing. Dr Edward Bach was a surgeon and Harley Street consultant in London in the 1920s, but he was also fascinated by the principles of homeopathy (see side box). The more



ANN CALLAGHAN, HOMEOPATH AND FOUNDER OF INDIGO ESSENCES WITH HER NEPHEWS, BEN AND MICA

he studied the complementary healing arts, the more frustrated he became with the limitations of allopathic (conventional) medicine, which concentrated on the diseases and ignored the people who presented with them. He believed that all diseases stemmed from an imbalance in the emotional or psychological make-up of the sufferer and he became fascinated by the idea of correcting those imbalances in order to provoke the body's own healing and regenerative powers. He gave up his lucrative practice and left London for the countryside where he used his intuition to tap into the natural healing qualities of native British plants in the surrounding fields and hedgerows.

Each of his 38 remedies was aimed at a specific mental state or emotion and they are still considered the definitive vibrational essences and are the forerunners of today's myriad choices. Bach's Rescue Remedy is probably the best known and most consumed taken of all such essences and can be found in most households and mothers' handbags at some stage or another. The essence works wonders



* DOG ROSE



* FRINGED VIOLET





* MINT BUSH

in stressful situations from calming you before a job interview, to reducing toddler tantrums.

GLOBAL HEALING

As the 'New Age' has evolved and we have become more connected with the simple healing qualities of crystals, light, colour, energy and flowers, the market has been swamped by a tidal wave of essences from every far-flung corner of the globe.

There are Alaskan essences, Himalayan flower essences, essences from India, animal essences, crystal essences, combination essences, essences specifically for children (indigo essences), energy essences, shell essences, river essences, living light and white light essences and our very own Australian bush flower essences.

These new remedies address imbalances and fractures of the psyche that Bach may never have dreamed of such as dyslexia; sexual, emotional or spiritual abuse; dysfunctional relationships and life path recovery.

Vibrational essences are simple to take – just seven drops of the essence under your tongue, once or twice a day. The essences filter through your body, mind and soul, cleansing and rinsing away that which is old and outmoded. In doing so, they create room for improvement, for change and healing.

Whether you intuitively pick the essence that is right for you at a moment in time, or systematically work through a number of essences in order to shift particular patterns or problems, these essences work on all levels – from the etheric through to the core cellular structure in order to effect change.

An essence is created by carefully selecting the source material – whether it be flower, crystal, animal or other energy. These are then placed in a clear glass or crystal bowl of water from the clearest and most natural source available. Some people use dew, others river water, rain water, spring water or well water. The energy of the water is very important in the creation of the essence. The bowl is then placed in a safe and sacred place. Some practitioners use the same place each time they make a remedy. Others make the source bottle at the spot where they harvest the raw materials in order to preserve the whole energy of the plant or rock. The bowl is then left in the sunlight for a few hours. The sunlight – which is a very powerful healing energy in its own right – diffuses the energy of the source into the water and that is then bottled to become the core essence. A dose essence is then made by placing one to three drops of this core essence into a small bottle of brandy.

Anyone can make a flower, crystal or energy essence. It is all about intent



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AUSTRALIAN BUSH FLOWER ESSENCES

In the Australian Bush Flower Essences range there are single essences, combination essences and also a range called White Light essences. The single essences work to remedy specific emotional states such as Dog Rose for insecurity, Fringed Violet for distress and Mint Bush for confusion. The 17 combination essences also work with emotional issues, but on a broader scale, for example, Relationship Essence and Woman Essence. The White Light essences have a more spiritual purpose as they work on different aspects of consciousness for greater self awareness and emotional healing.

(as is everything we do in life) and the purity of the materials involved. It is wise to be as pure in thought, word and deed as you can be when you make the essence and to hold the highest healing vibrations in your heart and mind. It is a very magical process and you will probably feel that spirit takes over and you are simply an instrument. It is a very powerful, yet humbling, experience which may profoundly change the way you view and work with nature's intrinsically simple, but exceptionally powerful, gifts to us as humans.

In these wonderful days of worldwide communication and exchange, you can even log on and search for the right essence for your body and soul's healing and sit back and let Mother Nature and her higher vibrations do all the hard work for you!

The more global a community we become, the more powerful the role these very different vibrational essences play in our harmony and healing. Australian bush flower essences are extraordinarily powerful and fast-acting, indigo essences are specially made for children while Bach Flower Remedies offer a more subtle shift in consciousness. 

HOMEOPATHY

Vibrational essences are based on the homeopathic principle that the greater the dilution of the dose, the more potent the remedy. They are typically made from a few drops of 'source' essence in a dosage bottle of brandy, which preserves the integrity and energy of the original healing force.

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