



## The Top 25 Flower Essences to support patients between consultations

The purpose of this report is to give therapists a simple overview of the Flower Essences most used by other Natural Health Practitioners. Practitioners who like to provide emotional support to their clients between consultations, but who also need to keep clear boundaries in order to maintain their own wellbeing.

Your work-life balance as a practitioner can so easily be undermined by the demands of emotionally vulnerable patients. As practitioners ourselves, we recognise how challenging this can be. We have found that a simple Flower Essence prescription often provides the emotional support needed by patients between consultations.

The easiest way to support your patients on their healing journey is with ready made combinations of Essences. Taken daily between consultations, this subtle energy affirmation will give your patients a sense of emotional support without needing such regular contact with you.

Homeopaths, Naturopaths, Acupuncturists, Kinesiologists and many other practitioners working in natural health, as well as GPs, use Essences to support their client's emotional healing process. The combinations created by the world's leading Essence makers are relevant, effective and easy to prescribe.

**"I felt really supported by the Essences - a steady, gentle presence helping me over the last month"** (Homeopathy patient)

**"Thank you soooooooooo much for my recent blend - It's fantastic I feel on top of the world, and it feels like the cogs have begun to fit into place.**

**I am in a such a positive place right now - I didn't think I'd ever feel good about life or stuff again.**

**I'm feeling like my old happy optimistic self is coming back... if I feel so good in 3 days, I'm looking forward to the joyous feelings in a week and beyond."** (Flower Essence patient)

We have been distributing Essences to other practitioners since the mid 90's. Over that time we have built up a repertoire of the combinations that are most useful to provide the additional support often needed between sessions.

**As practitioners we have found that when our clients use Essences regularly between sessions they tend to need significantly less emotional support from us because their healing is more gentle.**

This report will enable you to begin introducing Essences into your practice at a basic level by outlining the 25 most prescribed Essence combinations, what they are for and which patients they can help. These ready-made combinations have been created to support the most common emotional issues. You will also find information about our prescription service. We are sure that the results will amaze you.

**“After a ‘patient’ had an aggravation in my 1st year, everyone now gets a bottle of Essences as well as homeopathy. The support really seems to reduce remedy reactions.”** (Homeopathy student)

**“Thank you for suggesting the Alaskan ‘Guardian’ Sacred Space Spray. We have had an incredibly intense schedule and I was feeling bombarded by too much information and too much stimulus altogether. The Guardian spray brought me an immediate sense of sanctuary and relief. The strengthening of functional boundaries was exactly what I needed at the time, and it continues to be useful in my work as a psychotherapist where I’m vulnerable to the energy fields of others.”** (Psychotherapist)

### **Why might patients benefit from Essences on top of my treatment?**

When doing deep work a patient may feel insecure as their established beliefs and regular patterns of behaviour change through the work they are doing with you. Many patients may revisit an unresolved event in their lives during the healing process and could find it difficult staying with unexpected or powerful emotional states that arise for them as a result. This is when they may feel they need additional support. The support that Essences give your patients on an emotional level creates a stable emotional context for your treatment to work more gently and effectively. Essences can give the sense of a regular, reassuring presence, saving your time.

### **How do I choose an Essence for my patient?**

There are several ways of choosing the right Essence, and, as you get to know them, you will quickly be able to tell which ones will best support your patients.

Essences from different ranges can cover similar issues, but a particular type of patient may be best suited to a particular range.

Here is a brief outline of the main Essence ranges.



**Bach Flower Remedies** are the original Flower Essences. They were created by Dr Bach in England in the 1920's and 1930's. He had been a homeopath and he understood that physical symptoms are often caused by emotional and psychological upset and imbalance. They address a range of issues from shock to fear, from impatience to rigidity. These Essences continue to be widely used almost 100 years later and his 'Rescue Remedy' is still the most popular Essence combination of all.



**Bush Essences** are good for people who are starting out on their healing journeys. They are helpful when people are struggling emotionally with the immediate issues of their day to day lives - a recent bereavement or a challenging relationship, problems at work, overwhelm or lack of confidence. The Bush Essences are often the first range to consider and people may find that they start to notice a benefit within a very short space of time, even a day or two.



**Alaskan Essences** may be more suitable for people who are working on a more subtle level, who are aware of the part spirit plays and who may be needing help with grounding their consciousness. This unique, threefold system includes Essences made from the plant, mineral and elemental kingdoms, with each of the kingdoms bringing a different dimension to the healing process.

Steve Johnson, who makes the Alaskan range, describes them as follows:

*The plant kingdom*, Flower Essences, help us with increased awareness and understanding

*The mineral kingdom*, Gem Elixirs, help us to anchor and embody the changes we make

*The elemental kingdom*, Environmental Essences, bring a cleansing and purifying energy and help us to sustain these changes at the core level of our being.



**Bailey Essences**, created by Arthur Bailey in the North of England, help people who are stuck in old ways of thinking, old ways of viewing the world. They support us in letting go of trauma or patterns of belief left over from the past or from childhood. In letting go of the past we are able to update our attitudes and responses, and to be more fully in the present.



**Indigo Essences** are made from gems and minerals and have been developed for children and people working on childhood issues. They have a safe, nurturing quality and children are often naturally drawn to them, as well as adults doing inner child healing work or who have a childlike quality.



**Wild Earth Animal Essences** are great for those who are naturally comfortable with and attracted to 'animal energy'. They are very grounded and draw on the strength and wisdom of wild animals for their healing. The animals in this set range from Butterfly to Bear, from Eagle to Elephant, from Salamander to Snow Leopard, and from Alligator to Zebra.

Essences integrate well with intuitive methods of prescribing, so you can also use your intuition or dowsing when selecting for a particular patient.

### **Are there any common issues that patients regularly need support for?**

Personal transition, as a result of deep healing work, can bring up many different emotions, but there are some common issues that regularly come up for patients between sessions. The next section of this report is to help you to identify which Essences will be helpful with these issues. Once you get a sense of how Essences can support and complement the work that you do with these common issues, it would not be too great a step to choose other Essences for the particular needs of a patient. Then, with a small amount of further reading and training, you could easily be prescribing personalised combinations. Essences are a very easy healing modality to use and integrate into your existing practice. They are accessible, safe and effective.

Below you will find descriptions of Essences to help your clients with various emotional states.

Then there is a section on Essences used by practitioners themselves to maintain their own strength and equilibrium in challenging and sometimes draining situations.

The final section outlines resources we offer to support your ongoing daily work.

Patients' needs often fall into one of the following categories:

Shock and Trauma, Anger, Fear and Anxiety, Stress, Grief and Loss, and Confidence.

There are several different Essence combinations which may be helpful in each situation.

## **ESSENCES FOR SHOCK & TRAUMA**

Rescue Remedy  
Emergency Essence  
Soul Support  
Saved By The Animals  
Shock & Trauma  
The Works

Unresolved trauma is probably the most common underlying issue that brings people to a therapist. A trauma may be very recent or deep in the past, or even hidden and seemingly forgotten. Any trauma can continue to cast a shadow over a person's life and may continue to have a profound and debilitating effect on them until resolved. These six combinations are to help your patients with any strong emotions that arise when they are ready to face and resolve their trauma.



### **Rescue Remedy (5 Flower Remedy) - Bach**

Bach's combination of 5 flower remedies which he called 'Rescue Remedy' can be used in any situations of anxiety or distress to help keep calm and grounded. This is probably the most used Flower Remedy combination and many people carry it with them at all times.

### **Emergency Essence - Australian Bush Flower Essences**

To help ease distress, panic, fear in any acute situation. Will give comfort, calm and a greater ability to cope in stressful circumstances.

Can be taken every hour or more frequently if necessary until the person feels better. People also use it for pain relief of all kinds.

### **Soul Support - Alaskan Flower Essence Project**

Soul Support brings strength and stability during emergencies, stress, trauma and transformation. It provides support to rejuvenate and restore balance on all levels, particularly in emotional catharsis, for example after a disagreement or a fight of some kind. Great for someone who is in an on-going unpleasant situation that they can't abandon - work, home, relationship etc.

### **Saved By The Animals - Wild Earth Animal Essences**

To provide deep grounding, protection and spiritual connectedness in times of emergency. For physical, emotional and spiritual crisis it enables your patient to stay safe, centred and able to respond from a place of security and strength.



### **Shock & Trauma - Bailey Flower Essences**

For sudden or long term shock and trauma. When circumstances around us suddenly change, we can become very shocked. Whatever the cause, this will help a patient cope with their trauma as rapidly and easily as possible.

## **The Works - Indigo Essences**

The Works can be used in an emergency, like Rescue Remedy. It will help to balance and stabilise the energy body and will show you which essences are needed next. The Works can be particularly useful for the older teenager who feels like flipping out and even doing damage to him/her self or others. Also useful for the child who feels lost and has forgotten the point of it all. Helps them know they are loved and there is always help for us, if we ask.

## **ANGER**

Anger & Frustration

Healthy Anger

Chill

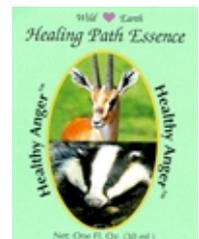
Anger can be a normal and healthy emotional response to a situation, but it is also uncomfortable for many people, and we are often trained to suppress it from an early age. When anger has been bottled up over a long period of time it may become very unhealthy, both for the sufferer and the people close to them. These three essences help a patient to own their anger and to find responsible and healthy ways of expressing it, so that they can communicate their feelings from a place of strength, but without being threatening to others.

## **Anger & Frustration - Bailey Flower Essences**

Balances and stabilises our fire energies so we can continue to live at full power without being destructive of others. Enables us to take control of our emotional reactions to the situations we meet.

## **Healthy Anger - Wild Earth Animal Essences**

One of the 'Healing Path' series, this combination provides powerful support for feeling and accepting one's natural anger and for expressing anger in a healthy way. Contains Animal Essences Badger and Gazelle.



## **Chill - Indigo Gem Essences**

Chill helps the waves of anger to disperse, opens your head and eyes so that you can get an overview of the situation and speak your feelings peacefully. Chill helps the child who feels very, very angry. Chill wants us to know that locking our anger up inside us won't make it go away. Chill will help us realise what we are really angry about and make it easier for us to talk about it.

## **FEAR AND ANXIETY**

No Fear

Fears

Protection

Guardian

Calling All Angels

Emergency Essence

Fear can range from mild disquiet to panic attacks. It is an emotional response pattern established for our protection, a survival mechanism. Often coming from subconscious memories, fear tells us when to be wary, even if we don't really know why. Sometimes this is important, but such fears can also be triggered by everyday, non-threatening situations, and many people live in a permanent state of anxiety. Once established these survival patterns can be very tenacious. These six Essence combinations help patients to respond to a current situation appropriately, with courage and trust, and by feeling safer and protected.

### **No Fear - Indigo Gem Essence**



This essence makes your whole body feel warm and safe and encourages you to talk with your guardian angels for reassurance. No Fear is for the sensitive, timid child who feels fearful a lot of the time. No Fear wants us to know that everyone feels scared sometimes. You are never alone and you will always be loved and supported by your guardian angels.

### **Fears - Bailey Flower Essences**

This Essence helps to bring our fears out into the open, where they can be seen for what they really are - "paper tigers" that look ferocious when hidden in dark corners, but in fact have no real power or substance. Deeply rooted fears can date back to childhood and so the Childhood combination may be helpful when given at the same time.

### **Protection - Wild Earth Animal Essences**

Protection provides powerful support for dealing with intense emotional situations, environments and people. It helps you develop healthy armouring and strengthens your self-protective instincts in difficult situations.

### **Guardian - Alaskan Flower Essences**

Guardian is an invocation formula that helps you create a powerful force field of protection in your aura. It invokes positive, harmonious energies that help you claim your energetic space, maintain your grounding and feel the protection of strong, healthy boundaries.

### **Calling All Angels - Alaskan Flower Essences**

Calling All Angels helps you contact the love, guidance, and protection of the angelic realm. It brings a very soft, loving and serene energy into your heart, physical body and environment

### **Emergency Essence - Australian Bush Flower Essences**

To help ease distress, panic, fear in an acute or frightening situation. Will give comfort, calm and a greater ability to cope in stressful circumstances.

### **STRESS**

Calm & Clear

Rest & Relax

Tranquility

Settle

Some people say they thrive on it, but long term stress can create considerable pressure, and too much of it may cause serious problems for the mind, body and emotions. These four combinations help patients stay centred, grounded and empowered through a particularly stressful time.



### **Calm & Clear - Australian Bush Flower Essences**

This Bush combination helps us to deal with stressful situations. For when we are constantly on the go, driven and striving. Being in this state often results in anxiety, impatience, inability to switch off or go to sleep. Calm & Clear encourages us to find the time and space for slowing down, relaxing and unwinding, to find time and space for ourselves. It promotes clarity, calmness, peace and the ability to have fun again.

### **Rest & Relax - Wild Earth Animal Essences**

This combination enables you to slow down, let go and feel deeply relaxed and at one with your body. It eases you away from your worries and cares and enables you to rest, relax and renew.

### **Tranquility - Bailey Flower Essences**

Many people do not lead a tranquil life, always being busy and not finding peace within that busy-ness. This Essence encourages us to change our view of life and to find peace within the storms of every day.

### **Settle - Indigo Gem Essence**

This Essence makes you feel like you are lying on your back on the grass on a still summer day, looking up at the endless blue sky. Your back straightens, you breathe deeply and feel totally at peace. Settle is for the child who feels terribly uncomfortable in their physical body and can't focus their attention on anything for very long.

## **GRIEF AND LOSS**

Grieving Heart

Grief

Many different types of transition can have an element of grief, not just the loss of a loved one. Changing jobs, moving house as well as bereavement, divorce, leaving home, leaving a school, a friend moving away and so on. Grieving is a healthy part of the letting go process and these two Essences can help people who may be unable to grieve, or have become stuck in the grieving and need support to let go.

### **Grieving Heart - Wild Earth Animal Essences**

Another Essence combination from Daniel Mapel's 'Healing Path' series. Grieving Heart provides powerful support for releasing the emotional pain and tears that need to be shed in order to move forward. It helps us feel safe enough to do the emotional healing work of the heart.

### **Grief - Bailey Flower Essences**

Helpful in cases of grief and anguish where there is deep distress. This composite is for people suffering from bereavement or the loss of something precious in their lives. At such times we need to be able to express our grief so that it does not become locked within us. It gently helps us to go to that place we have been resisting and to release our tears.



## **CONFIDENCE & SELF ESTEEM**

Confid Essence

Confidence

Supreme Confidence

Self Esteem

Empower

Lack of confidence and self esteem affect most people at some time in their lives. We are actually powerful and capable beyond our imagination, but most people learn somewhere along their journey not to be cocky or have too high hopes. Instead of simply learning the lessons and trying again, we carry our disappointments with us, and feeling their weight pressing down on us prevents us from trying to shine. These five Essence combinations are all about releasing the baggage of inadequacy and strengthening our self belief.

### **Confid Essence - Australian Bush Flower Essences**

Confid Essence gives confidence, personal power, and self-esteem to those suffering with shyness, lack of conviction, guilt and discomfort around other people. It allows us to feel comfortable around other people and to be true to ourselves. It also helps us to resolve those negative subconscious beliefs we may hold about ourselves.



### **Confidence - Indigo Gem Essence**

This Essence makes your back feel strong, supple and straight, your heart opens and you can face the new day in peace. Confidence helps the child who doesn't believe in his or her self. Confidence wants us to know that we are beautiful and extraordinary beings just the way we are.

### **Supreme Confidence - Wild Earth Animal Essences**

This combination connects you with your confidence, strength and power. Whatever you are facing it aligns you with the knowledge of your true worth and empowers you in your ability to respond from a place of mastery, keen insight and skill.

### **Self Esteem - Bailey Flower Essences**

For those disempowered, blocked off or emotionally disabled, often dominated by others. Many people suffer from low self-esteem, but it does not always show up as subservience. Overaggressive behaviour shows a lack of self-esteem just as surely. This combination helps us discover our own innate power and authority and to express these from a place of wisdom and strength.

### **Empower - Wild Earth Animal Essences**

A fantastic combination for helping you to stand in your power in a way that is authentic and spiritually based. Empower enables you to act with integrity and certainty from a place of deep knowing.



There are also, of course, many other issues and many other Essence combinations available. This report is intended only as a first step to help you discover how easily Essences can support your practice. As you start to explore these 24 combinations and get a feel for which Essence ranges suit you and your practice, it will be easy to extend your horizons as far as you want to.

## SUPPORT FOR YOU IN YOUR PRACTICE

Busy practitioners often find themselves sacrificing their own needs to support their patients. This is far from ideal as it may deplete your resources and, over a longer period of time, can lead to complete burn out. We have found several Essences and combinations that specifically address this problem. They support healthy boundaries and help you access deep resources for your work.

Sacred Space Sprays  
Alpine Mint Bush  
Protection  
Loving Service

### Sacred Space Sprays - Alaskan Essence



These are very popular with practitioners who use these sprays to support their own well-being in their work. The 4 sprays - Calling All Angels, Guardian, Purification and Lighten Up - contain Alaskan Flower, Gem and Environmental Essences, together with very high quality and gorgeous smelling essential oils. They have been formulated as space or aura sprays. They are also available as drops which don't contain the essential oils.

**Calling All Angels** helps you contact the love, guidance, support and protection of the angelic realm. It brings a very soft, loving, and serene energy into your heart, physical body and environment. Use it when you feel that you need some help from a team that is there to support you.

**Guardian** helps you protect your personal energy field. It invokes positive, harmonious energies that help you claim your energetic space, maintain your grounding and feel the protection of strong, healthy boundaries. This is really important when you are faced with a patient who seems to demand more from you than you would normally expect to give in your practice. It helps you to be clear with your boundaries, so patients can respect them more easily.

**Purification** is a "space clearing" formula designed to cleanse and purify your aura and your environment. It can be used to break up and cleanse stagnant patterns of energy on any level. We particularly use it between patients, when it refreshes the practice room, removing any stuck energy left behind after a session.

The **Lighten Up** Spray can be used when you want to bring more light into your aura, when you are tired and overwhelmed from too much work. You can also spray your surroundings when you want to enhance and increase the circulation of energy in your practice space. Great on overcast, heavy days when everything seems to be a struggle, or when you are feeling weighed down by your practice and work.



### **Alpine Mint Bush - Australian Bush Flower Essences**

This individual Flower Essence works on the mental and emotional levels. It is for people who work in healing and caring situations, who give much of themselves both physically and emotionally, often listening to people in pain and need. These care givers often reach a point of tiredness and exhaustion, feeling their life has lost its joy. Alpine Mint Bush helps people to feel revitalised and brings about a renewed enthusiasm and joy for what they do.

### **Protection - Wild Earth Animal Essences**

Protection provides powerful support for dealing with intense emotional situations, environments and people. It helps you develop healthy armouring and strengthens your self-protective instincts in difficult situations.

### **Loving Service - Wild Earth Animal Essences**

One of the Wild Earth 'Sharing Love' Essences, this combination provides powerful support for fully engaging one's heart in the active service of others. The formula contains Robin for nurturing selfless service, Dolphin for feeling and expressing compassion, Wild Horse for serving with an open heart, Wolf for connecting and bonding with others, and Giraffe for serving while maintaining perspective.

## **HOW HEALTHLINES CAN SUPPORT YOU IN USING ESSENCES**

Our primary purpose is to provide easy and affordable access to Essences, training and information, particularly to students and practitioners doing healing work. Our student and practitioner support package has grown and developed since Healthlines began in 1999.

There are several different ways you can use the services we offer:

1. Using the information in this special report you can select the Essence Combination that you feel is most suitable for your patient and recommend it to them. They can order it directly from our website [www.healthlines.co.uk](http://www.healthlines.co.uk) and we will send it to them, normally within 24 hours, by first class post. Alternatively, you can phone through the prescription (or order online) and pay for it yourself at a discount price and we can send it straight to your patient.

2. If you find that you regularly prescribe the same combinations, we can send you some stock to carry and sell directly to your patients at their appointment. You will receive our practitioner discount and the difference between the price to you and retail price will normally cover the cost of postage and a little bit more (depending on how much you are ordering).

3. As you see the beneficial results of Essences in your patients, you may decide to develop your understanding so that you can individualise your Essence prescriptions. As well as organising seminars and workshops for some of the world's leading Essence makers, we can provide a highly experienced Essence practitioner and teacher to give a workshop in your area. This could be a general introductory day or weekend, or a more specialised topic based day. Essences for Pregnancy and Childbirth, Essences for Children, Essences for Women, A Journey through the Chakras with Essences - are just some examples. If you are part of a practitioner group, this might be a good way of developing your understanding, and could be part of your CPD.

Angie Jackson has been using Essences as part of her Homeopathic practice as well as teaching about them for many years. If you are able to do the local organising, take bookings etc, we will publicise the event through our database and provide the necessary resources. Your place on the event will be free.

4. Once you feel ready to offer personalised prescriptions, we can make them up and send them directly to your clients. Either you or your client can place the order by phone or through our website.

5. If you want to make up your prescriptions yourself, as a practitioner you are eligible for a discount on all 'stock' bottles (concentrates) of the Essences we carry, as well as the books, posters, Insight Cards and combinations. When you set up a practitioner account with us you can order by phone during our normal opening hours, or, if you also create an online account on our website, you can order at any time through the internet. Your order is normally sent out

on the day we receive it (orders before 3.00pm) or the next working day, by first class post.

## Testimonials

**"Thank you for sending me the products I ordered, a great web site and dizzying speed of delivery!"**

**JB.Hertfordshire**

"I ordered from you yesterday afternoon & the cards & essences were here this morning! Amazing service. Thank you so much."

SE. Lymington

"I've got the paccage,and I take some of them.  
They are very powerful."

MS. Japan

"I just wanted to let you know that my books arrived this morning...the postie was ringing my doorbell at 7am! 24 hours since my order exactly...now that's what I call service :-)."

JS. Cheshire

"Many thanks for the reassuring message and as expected, with your normal (excellent) level of service, the parcel arrived safely today! Thanks again for the wonderful service to provide to us all."

HC. Northampton

"Wow - that was quick!"

FP. Warwickshire

"Just a quick word to say a big thank you for your truly excellent service.

Items ordered Monday. Everything arrived Tuesday impeccably packaged and in perfect condition. I will have no hesitation in recommending Healthlines to my friends and colleagues in future."

MR. Cheshire

"Thank you for your quick reaction! I am very happy with your high customer service level!"

VV. Netherlands