



Promoting holistic pet care for quality and quantity of life.

ANIMAL NURTURE

What are Flower and Gem Essences?

Essences are classed as vibrational medicine. They are made by either floating non-toxic flowers in pure water, placing gems in the water, or capturing the vibrational frequency in some other way. The vibration is usually fixed by sunlight or timed exposure and the preparation is preserved in alcohol (25-50%). The resulting Mother Tincture is then diluted down to Stock and Dose strengths.

There are no molecules of the original plant or gem in the preparation, therefore, essences are not herbal or homoeopathic remedies.

The frequency of the vibration is unique to each plant or gem and this is the therapeutic principal. Individual essences may be combined resulting in an unique blended remedy.

How Flower Essences Work

There are many theories on how they might work. We think none, however, is as eloquent as Edward Bach's and none proven to the satisfaction of modern science:

"The action of these remedies is to raise the vibrations and open up our channels for the reception of the Spiritual Self; to flood our natures with the particular virtues that we need, and wash out from us the fault that is causing the harm. They are able, like beautiful music or any uplifting thing which gives us inspiration, to raise our very natures, and bring us nearer to our souls and by that very act to bring us peace and relieve our sufferings. They cure, not by attacking the disease, but by flooding our bodies with the beautiful vibrations of Our Higher Nature, in the presence of which, disease melts away as snow in the sunshine.

There is no true healing unless there is a change in outlook, peace of mind, and inner happiness."
Edward Bach (4)

Essence Ranges We Use

We use a variety of essences including the best known range, Bach (1). We tend to favour WA essences including Living Essences (2), our own brand made locally, and Australian Bush Flower Essences (3), based in the Eastern States. We also use essences from the Anafloa Animal Range, Himalayan Flower Enhancers, Shell Essences and occasionally other ranges as appropriate. Rosemary has been working with and prescribing essences for 10 years and has found from experience some specific essences which are particularly good in common situations. For example, the well know Rescue Remedy (Bach, 1) for all stressful situations; Menzies Banksia/Dampiera (Living Essences, 2) for anticipation of and holding on to pain; Estuary Shell for horses that have difficulty understanding training.



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How Essences Are Chosen

There are a number of ways essences can be chosen:

Intellectually: reading the action of the essence and matching it to the individual circumstance. This can be a problem if the animal's history is unknown or if you do not know the trigger for an emotionally based problem, eg spraying (cats), separation anxiety (dogs), self sabotage (humans).

Kinesiology: muscle testing. This involves connection to the animal's energetic field which then allows the correct essences to be picked regardless of known history.

Pendulum: a dowsing method.

Cards: from an attraction (positive or negative) to individual pictorial cards produced by the manufacturer of the essence.

Rosemary uses kinesiology to make up the individual remedy and also to pick the essences for a reading which gives you some extra information about an animal's circumstances, emotional and physical.

How to Store Essences

The essences are routinely made up in spring water with alcohol as a preservative (25-40%) depending on the range. Our dose bottles contain 25% brandy. This means that they are unlikely to go off. Essences can be made in spring water but need to be used within the week.

They should be stored from electromagnetic forces (NOT IN THE FRIDGE or near the microwave) and ideally at moderate temperatures. It is not a good idea to keep them in the car. If you wish to use them during the day and travel a lot, it is best to dispense them into a smaller container or put your daily dose in your drinking water. Most essences are taken twice a day so this is not usually an issue, the exceptions being Rescue Remedy and occasional specific cases where essences are required more frequently.

How to Give or Take Essences

Most of our remedies are given twice a day for a period of six weeks. A dropper is used to administer the dose. It is sufficient to lift the animal's lips and put the drops on the gums. (If the dropper touches the animal's mouth or gums it must be washed in boiling water to prevent contamination, before being placed back in the bottle.) Most animals are very compliant. If not, drops can be given in food or water or onto specific areas such as the fontanelle. (Speak to your practitioner.)

Unlike orthodox treatment if the bottle is broken or spilt, an entirely new remedy will be formulated.



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What to Expect

Each animal may react differently. A dramatic change for the better occasionally occurs but this is not the norm. Changes can occur slowly and not necessarily in the order you would expect. Commonly people notice a change in demeanour first. The animal is often quieter or more sure of itself or maybe less fearful. Each time the essences are changed a different reaction may occur in the same animal. On rare occasions animals may react by getting worse in the short term. This can be addressed by changing the dose to allow the process to continue in a more manageable way for both owner and animal. Please contact your practitioner if there is anything uncomfortable occurring. This can usually be fixed with a short phone call and is confirmation that the essences are working.

In the case of chronic conditions repeat essences may be indicated. Three repeats is common, this takes place over about a four month period and allows time for new constructive behaviours to replace bad habits and for the body to heal. The essences can support both these processes and make change easier and less stressful. We are happy to prescribe essences for owners as well and this combination is often very beneficial. Owner essences are always different from the animal's essences.

We usually give you a list of the essences that are in the remedy and a description of what they are for. We suggest not getting too focused on the descriptions. Sometimes the flower chosen seems to fit perfectly, other times not at all. Two things are worth remembering, the first is that these are out-going issues ready to clear the system, the second is that most times the remedy is a combination of essences and a small aspect of one essence may be required for the overall combination to be effective.

References and Further Reading:

1. Scheffer, Mechthild *Bach Flower Therapy: Theory and Practice* 1990 Harper Collins, ISBN 0 7225 1121 3
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3. White, Ian. (1991). *Australian Bush Flower Essences*. Transworld Publishers. ISBN 0947189750
4. Bach, Edward. *Heal Thyself: An Explanation of the Real Cause and Cure of Disease*. 1931 C.W. Daniel
5. Gerber, R. (1988) *Vibrational Medicine*. Bear & Co. ISBN 0939680467

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