

*Choosing flower
essences for your
children*



August 2016



The Flower Essence Company

Table of contents

Introduction.....	5
What are flower essences?	5
Choosing flower essences for children.....	5
Giving essences to children	6
A few things to consider when using essences with children.....	6
Indigo children	7
Teenagers	7
Handling shock.....	7
Protection	7
Alaskan Essences	9
Australian Bush Flower Essences	11
Laboratoire DEVA	13
Bach Flower Essences	13
The DEVA essences.....	16
Green Hope Farm	19
Pacific Essences	23
South African Flower Essences	25
Spirit-In-Nature Essences	29
Wild Earth Animal Essences	31
Annex I	35
Intuition	35
Pendulum dowsing	35
Kinesiology.....	36
Annex II - Bibliography	37
Index of essences.....	39

Introduction

Flower essences are a safe and natural way to deal with many of the physical and emotional problems of infants, children and adolescents. Natural, safe and non-habit forming, they have no side effects and can be used by everyone. They are also safe to use alongside all other treatments or therapies (allopathic or holistic), making them perfect remedies for new-born babies, infants and children.

One of the most fantastic things about flower essences is that they provide us with the possibility to see beyond the physical symptom or behaviour, to understand and to heal the cause. Using flower essences is very empowering as it allows you to constructively participate in the healing of your family. When your child is ill, the doctor's treatment will address the symptoms of the illness, while you and the flower essences will be working on any emotional or mental imbalance that may be at the root of the problem.

Fleurs de Vie has put together this booklet in response to the many requests for assistance in choosing and using essences with children. It provides both general information on essences as well as descriptions of certain flower essences that are particularly appropriate for infants, children and adolescents.

The information in this booklet has been drawn from books or articles written by Ian White (Australian Bush), Steve Johnson (Alaskan), Philippe Deroide (DEVA), Molly Sheehan (Green Hope Farm), Lila Devi (Spirit-in-Nature), Sabina Petit (Pacific), Jannet Unite (South African) and Daniel Mapel (Wild Earth Animal).

The essences mentioned in this booklet are not reserved solely for children. By the same token, there are many more, from the essence ranges listed here as well as others, that have not been included but that could benefit children. So, this booklet is not exhaustive, but it should give you more than enough information to get started!

What are flower essences?

Flower essences contain the energetic healing pattern of flowers infused in water. The purest vibration of nature is present in the blossoms of flowers, trees and other plants. The frequency of these vibrations interacts with the human energy field to harmonize the emotions, calm and clear the mind and bring about a sense of peace and well-being which are necessary prerequisites for good health. Each type of flower holds a special pattern which imparts a particular healing energy.

Dr. Edward Bach created the first flower essences in England in the 1930s. In his practice, Dr. Bach realised that he was treating his patients' symptoms but that the real cause of many of their ailments was emotional. He considered illness to be a sign of an emotional imbalance or negative emotional state and that real healing occurred when emotional balance was re-established. This realisation led Bach from allopathic medicine, to homeopathy and finally to the discovery of the healing quality of flowers.

The first 38 flower essences, known as the Bach Flowers, are now widely known throughout the world. For forty years the Bach flowers stood alone, but at the end of the 1970s other essences, made

from a wide range of flowers began to appear. Today there are hundreds of producers worldwide making thousands of flower essences.

Choosing flower essences for children

Today there are so many essences from which to choose! As a result many people feel that they must find a therapist to choose for them. While this is certainly a valid alternative, it is also possible to choose them yourself. After all, one of Bach's objectives in developing flower essences was that people should be able to use the essences to heal themselves.

Unfortunately, children often do not know what is bothering them, so to determine which essences they need we must be observant and aware of changes or imbalances that appear in their behaviour. We are all capable of tapping into our intuitive knowledge to find the right essence for our children. This booklet will help you in making the best choice, but don't just read it - let your intuition guide you as well.

Looking at pictures of the flowers, alone or alongside the descriptions can be useful. Children, even very young ones, will often pick the essence or essences

they need just by looking at the pictures. Pictures of many of the flowers are on our website (fleursdevie.com) and can also be found in some books. In addition, Australian Bush, DEVA and Pacific Essences all have decks of flower cards.

For those of you who are interested in learning more in-depth methods of choosing flower essences, Annex I gives a short description of using intuition, muscle-testing and pendulum dowsing.

Giving essences to children

Children usually respond to the essences more quickly than adults. As a general rule essences should be taken regularly at least two or three times a day for a period of 2 to 3 weeks. You may need to repeat the cycle with the same essences, or change essences if the problem/symptoms persist.

If your child needs to take several essences together, you may wish to make up a dosage bottle. This is done by adding 7 drops of each essence to a 30ml dropper bottle filled with 70% still mineral water and 30% brandy.

Some people prefer to take the essences directly from the stock bottle (which is a first dilution from the mother essence), while others prefer to make a second dilution or dosage mixture. While a dosage bottle will not be stronger than the first dilution or stock bottle (flower essences are not like homeopathic remedies in this respect), the essence will maintain the same energetic level, provided it is stabilised with alcohol, red shiso or vinegar.

There are many ways to administer flower essences. The most common way is to have the child take a few drops, either placed directly in his mouth, or in a small glass of water or juice. As flower essences are energetic remedies, topical applications can be as or more effective than, ingesting them. Essences can be placed on the inside of the wrist, in the palms of the hands or on the soles of the feet (where we have all of the reflex points), on the chakras or acupuncture points. They can also be sprayed into the aura. Sensitive children will receive the beneficial qualities of the essences just carrying the bottle in their pocket.

For new-born babies and infants, place a drop of the essence on the top of the head (fontanel) and put 7 drops into the babies' bath water.

Bathing with essences is an effective way to treat the child's whole energy field. Nightly essence baths can be very helpful in critical situations. Put two or three pipettes of essence (depending on the size of the bath) in the water and if possible have the child totally submerge himself at some point during the bath.

Follow your intuition, as well as your child's, when using essences. Children often know which essences are best for them and just how they need to take them.

A few things to consider when using essences with children

There are two things to be aware of when dealing with infants. The first is that their problems are often due to the effect of birth trauma that is still in their energy field. This can happen even if the birth was considered to be an easy one. The second is that their problems are often a reflection of what is going on with their parents.

To give you an example of this, two-month old Laure spent most of her waking hours crying. She was being given medicine for colic and pain but the medication was having no visible effect. Flower essence testing (I used a type of kinesiology, or muscle testing) showed that she needed essences for birth trauma plus several essences that were, in fact, for her mother. Mother and baby began taking the essences and within a few days the problem was solved.

Another example is three-year old Aurélie who had never slept through the night since birth. Within two weeks of taking essences for birth trauma, she (and the rest of the family) was sleeping through the night.

Infants often pick up things on an energy level that reflect what is happening with their parents. One interesting example was one-year-old Philippe who suddenly became very clingy and whiny for no apparent reason. He tested positive for two essences which made no logical sense for him but corresponded exactly to his father's situation. When this occurs it is advisable that both the child and the parent take the essences.

Small children can often suffer from an excess of sensory stimulus. They are too stimulated by the world around them and are not able to clear their

energy fields. They therefore find it hard to calm down or relax and often take hours to fall asleep at night. Other children seem to just disconnect and live in a daydream world of their own. Flower essences can help in both of these circumstances to balance and stabilise your child and his relation to the world around him.

Children can be profoundly influenced by what is happening in the family, although they may not show it. If your family is going through a difficult time (divorce, unemployment, grieving or financial difficulties), do not assume that your children are not being affected by it! Many parents say “but we never discuss it in front of the children” or “we never argue in front of the children”. Don’t be fooled, most likely your children are picking up on the situation on some other level. Helping them to clear these emotions through the use of flower essences may also help them avoid problems such as lack of self-confidence, fears, insecurity, and eating disorders.

Indigo children

Many of today’s children are being called “Indigo Children”. They can be quite rebellious, refusing to accept the authority of parents or teachers. They are intelligent, creative and usually very sensitive both emotionally and physically. Many Indigo Children are wise beyond their years and recognise that they have a spiritual mission here on earth. However, there are also those who become disillusioned and suffer from depression or self-destructive behaviour, even from a very early age.

Some people believe that the Indigo Children represent an evolutionary advance in humanity which society and particularly our school systems are not equipped to deal with. As a result an increasing number of these children are being diagnosed as suffering from ADD (attention deficit disorder) or ADHD (attention deficit hyperactive disorder). Flower essences are a safe and wonderful way to help Indigo Children reach their full potential.

Teenagers

Adolescence is a difficult transition time, and flower essences can have a profound impact on children during this period. Essences will help in the development of communication skills, social skills, emotional stability and self-acceptance. They work remarkably well for the mood swings and general grumpiness which are so characteristic of

adolescence. If parents take essences as well it will help them to understand and support their children, as well as provide insights into their own behaviour.

Handling shock

There is a growing awareness of the effects of shock on the human energy system. When we receive a shock, whether it be big or little, the effect of the shock can stay in our energy system for years and may even be a contributing factor in illness. There are various emergency essences that help to integrate life’s shocks - Assistance (DEVA), Balancer (Pacific), Crisis Remedy (South African), Emergency Care (Green Hope Farm), Emergency Essence (Australian Bush), Pear (Spirit-in-Nature), Saved by the Animals (Wild Earth Animal) and Soul Support (Alaskan). These are probably the most useful all-round essences because children seem to attract emergencies of one kind or another, scrapes and bruises, fights and hurt feelings, fears and disappointments. It is amazing how a few drops of one of these essences will calm and soothe an upset child.

Protection

Many children are very sensitive, soaking up the thoughts and emotions of those around them. Energetic pollution comes in all shapes and forms: toxic emotions and negative thought-forms, astral entities and astral pollution, and electromagnetic and other man-made types of radiation. Some children absorb these energies into their own energy field which then becomes extremely dense and contaminated. Other children, when coming into contact with various types of pollution will have much of their own energy sucked out of them. Energetic pollution can be at the root of many problems: fatigue, lack of concentration and focus, sleeping problems, hyper-activity, anxiety and depression.

If your children are sensitive to their environment, think of using one of the protection essences like Auric Protection (South African), Fringed Violet (Australian Bush), Golden Armor (Green Hope Farm), Guardian (Alaskan), Protection (DEVA) or Protection (Wild Earth Animal) so that they will be less likely to fall prey to these types of pollution.

Alaskan Essences



The Alaskan Flower Essence Project (AFEP) was started by Steve Johnson in 1984 when he was a firefighter in a remote area of Alaska.

The Alaskan environment has remained very pure, due to the fact that it is one of the few places on the planet that has been relatively unaffected by human activity. This vibrational purity led the AFEP to develop a threefold system of healing based on the co-creative relationship that exists between the plant, mineral and elemental kingdoms.

The range includes 113 flower essences, 48 mineral essences, 12 environmental essences, 12 combinations and 8 sprays

Bunchberry

Helps children who lack mental focus, are easily distracted, and have difficulty completing tasks. Good for children with ADD and ADHD.

Calling All Angels (combination)

This combination essence helps create an environment of peace and tranquillity for the child who has trouble sleeping or experiences nightmares.

Chalice Well

This environmental essence holds the energy of unconditional love and support. When children are fearful their hearts often close down in protection. This essence helps them feel safe and supported by their environment and by the angels. It is one of the essences in the Calling All Angels combination.

Cow Parsnip

For children whose parents move house often. Helps those who have difficulty connecting with or adapting to new surroundings after a move. Facilitates flexibility and adaptation to change.

Devil's club

Helps children to be more grounded and present and to feel safe.

Easy Learning (combination)

This combination essence facilitates all aspects of the learning process. It strengthens the child's ability to focus and pay attention, as well as the ability to process and integrate information.

Foxglove

This essence helps relieve energetic tension around the heart. It is useful for children whose parents are divorcing or who are living some other type of painful or fearful experience. It helps them keep an open heart instead of contracting or closing down in response to conflict and challenge.

Green Bells of Ireland

Helps new-born babies to connect to the earth.

Grove Sandwort

Strengthens the bond between mother and child, as well as between the child and the earth. Good for separation issues and for children who have lost their mother through death or divorce.

Guardian (combination)

This combination essence creates an energetic protection for children who are too sensitive to their environment.

Ladies Tresses

Good for releasing birth trauma and strengthening the body/soul fusion.

Northern Lady's Slipper

For children who had a traumatic birth and a weak body/soul connection. Use this essence in the baby's bath water for the first months of its life.

Pineapple Weed

Strengthens a weak bond between mother and child. This is a grounding essence which makes children more aware of their bodies and their surroundings, therefore helping them to avoid accidents and injury.

Shooting Star

Deals with pain the trauma resulting from a difficult birth. Helps children who feel alienated and unwanted. Helpful for ADD and ADHD children.

Soul Support (combination)

This emergency care combination essence will help maintain a child's strength, balance, and stability during any kind of stressful activity or traumatic situation.

Starflower

For children who have a weak connection to family and home and need to feel loved and supported.

Sunflower

Strengthens a weak or dysfunctional relationship between father and child.

White violet

Helps protect the hypersensitive child.



Australian Bush Flower Essences

The Australian Bush Flower Essences are made from flowers growing in wild, unpolluted areas of the Australian countryside. Since 1987, Ian White has made 69 flower essences and 17 combination essences.

Adol (combination)

A combination essence which addresses the major issues teenagers commonly experience. It enhances self-acceptance, communication, social skills, harmony in relationships, maturity, emotional stability and optimism.

Billy Goat Plum

Helps adolescents feel at ease with their body and sexual development.

Bluebell

For children who do not want to share with others. This essence opens the heart and promotes trust in universal abundance.

Boab

Helps break down negative family patterns that are passed from generation to generation. For setting healthy boundaries.

Boronia

Helps children with compulsive behaviour patterns.

Bottlebrush

Helps adolescents adapt to and cope with biological change. It also improves the relationship between mother and child.

Bush Fuchsia

Helps integrate the left and right hemispheres of the brain and as such is helpful for reading, writing or speech problems. Good for the child who stutters and those who are nervous about speaking in public.

Cognis (combination)

A combination essence which strengthens all areas of learning. It enhances mental clarity and memory and improves communication skills and public speaking. For studying and exam preparation.

Confid (combination)

A combination essence which builds self-esteem and confidence. Helps children who are self-conscious around others.

Dog Rose

For children who are fearful, shy and insecure. Also for those who fear going to sleep because of recurrent nightmares, fear of the dark.

Emergency Essence (combination)

A combination essence which calms the mind, body and emotions during minor and major crises. It quickly eases fear, panic, stress and nervous tension.

Five Corners

For self-esteem, self-love and acceptance. Prevents self-sabotage.

Freshwater Mangrove

For children who reject new foods, new people, new ideas for no good reason. Opens the heart and releases mental prejudice.

Fringed Violet

Removes the effects of recent or old trauma from the energy field. Heals the aura and provides psychic protection for children who are too sensitive to their surroundings. Use for new-born babies to remove birth trauma.

Grey Spider Flower

For extreme terror, nightmares and phobias.

Illawarra Flame Tree

For rejection - real or imagined - by peers, teachers, parents. For children who are excluded from the "in" crowd at school or sports. Helps build confidence and self-reliance.

Isopogon

Helps children learn from their experiences. Also improves memory.

Jacaranda

For the child who lacks focus and has trouble finishing what he starts.

Kangaroo Paw

For immature behaviour, inappropriate displays of anger, poor social skills, unawareness of others.

Kapok Bush

For the child who is unwilling to try something new, fearing it will be too hard. For those who are easily discouraged and lack enthusiasm.

Little Flannel Flower

For the child who grows up too quickly, taking on the role of the "little man" or the "little woman" of the house. Encourages playfulness, laughter and joy.

Mountain Devil

For jealousy and sibling rivalry as well as anger, hatred, and aggressive behaviour. Opens to unconditional love and forgiveness.

Paw Paw

For adolescents who feel overwhelmed: helps them to assimilate information and make decisions.

Pink Flannel Flower

Helps new-born babies and infants keep their heart chakra open to the high love vibration with which they were born.

Red Helmet Orchid

For rebellious behaviour and problems with authority. Improves father-child relationships.

Silver Princess

Helps adolescents find a sense of direction to their life.

Sturt Desert Rose

Releases feelings of guilt and increases self-esteem. A good essence to help teenagers resist peer pressure to participate in activities that they feel are wrong.

Sundew

For daydreamers. Helps children who are vague and disconnected to be more grounded, focused and decisive.

Tall Yellow Top

For children who feel alienated and alone, this essence brings a sense of belonging and acceptance, both of themselves and others.

Wild Potato Bush

For babies who are frustrated at not being able to use or control their bodies as they would like.

Laboratoire DEVA



Laboratoire DEVA was founded in 1986. Its headquarters are in the Vercors mountains in the French Alps. Many of their essences are made from flowers that grow in the wild, either in the mountains or on the Mediterranean coast. Others are made from flowers grown in bio-dynamic gardens. DEVA makes 134 essences (including the full range of Bach flowers) and 15 combination essences.

Bach Flower Essences

Agrimony

For the child who appears outwardly cheerful, but is hiding his suffering and anguish.

Aspen

For the child who is fearful and apprehensive, often for reasons that he cannot explain. Good for children who have nightmares.

Beech

For the child who is impatient and intolerant of others and always has to have things his way.

Centaury

Helps shy children who are bullied at school and have a hard time standing up for themselves.

Cerato

Helps build self-confidence and self-esteem in the child who always turns to others for guidance because he doubts his own judgment.

Cherry Plum

For children who are impulsive and easily lose their self-control. Good for soothing the frustration often felt by small children as they attempt to communicate and learn motor skills.

Chestnut Bud

For the child who seems unwilling or unable to learn from his past actions.

Chicory

For children who crave the undivided attention of their parents or friends. Also for children who don't want to share their toys with others. For insecurity and fear of being rejected.

Clematis

Helps ground children who are daydreamers, lack concentration or seem apathetic and indifferent to their surroundings.

Crab Apple

For children who are excessively neat and tidy and cannot tolerate dirt and disorder.

Elm

Helps children who become overwhelmed by pressure or increased responsibility. Deals with feelings of incompetence and inadequacy.

Gentian

For children who tend to feel discouraged at the slightest set-back or disappointment. For those who need lots of encouragement and praise.

Gorse

For feelings of deep despair, usually following a traumatic family event such as death or divorce.

Heather

For children who are very self-absorbed, and will talk at length about any illness or problem they have.

Holly

Good for fits of anger and jealousy, including sibling rivalry. Good for children who bite or hit other children.

Honeysuckle

For children who dwell on the past when they were happier than at present, usually as a result of some family trauma. Also good for the child who is homesick.

Hornbeam

A good remedy for procrastination. For the child who feels exhausted at the mere thought of doing something that he does not want to do.

Impatiens

For children who are easily bored, annoyed and impatient. For the child who is very active and can't sit still.

Larch

For children who lack self-confidence and do not want to call attention to themselves.

Mimulus

For the child who is fearful, but can name his fears (use Aspen when the fears are of unknown origin). For the child who blushes easily and is shy and timid.

Mustard

For the child who experiences sorrow and depression that descends like a dark cloud for no known reason. Good for adolescent mood-swings.

Oak

For the child who is sturdy as an oak, but nevertheless has a tendency to overwork, always pushing himself almost to the point of exhaustion.

Olive

For the child who is mentally, emotionally or physically exhausted. Good for convalescence.

Pine

For the child who always blames himself and feels guilty even when it is not his fault.

Red Chestnut

For the child who worries excessively about the welfare of others, fearing that some tragedy will befall his family or friends.

Rock Rose

Good for calming feelings of terror and panic. Helps the child who has nightmares.

Rock Water

For children who are very self-demanding and perfectionist. Helps them to be more flexible with themselves and others.

Scleranthus

For the child who has great difficulty making decisions and is always swinging back and forth between two alternatives.

Star of Bethlehem

Alleviates the physical or emotional shock associated with traumatic experiences, the death of a loved one, as well as accidents, injuries and childhood disappointments. A good essence for birth trauma.

Sweet Chestnut

For feelings of despair, anguish and alienation often experienced during adolescence. Also useful for children who are grieving the loss of a loved one (together with Star of Bethlehem).

Vervain

For children who are over-zealous and eager to excel at everything they do. This often causes tension and frustration.

Vine

For the child who is strong-willed and will do anything to get what he wants.

Walnut

Helps children who know what they want but let themselves be swayed by the opinions of others. Also helps children adjust to change.

Water Violet

For the child who is self-sufficient, keeps to himself and has no desire to be with other children.

White Chestnut

Calms obsessive thinking and repetitive thoughts. For the child who worries about everything.

Wild Oat

Helps adolescents make decisions concerning their future.

Wild Rose

For children who are apathetic and lack motivation (particularly good for adolescents). Helps new-born babies who are weak or ill to fully incarnate. Also a good essence for babies who are apathetic and resigned as a result of being abandoned.

Willow

For children who are always feeling sorry for themselves, are bitter and resentful towards others and who find it difficult to forgive.

The DEVA essences

Achillée Blanche

Protects the child from perturbing environmental influences such as electromagnetic and electronic frequencies.

Achillée Rose

Provides emotional protection to children who are particularly sensitive or are easily influenced.

Adolescence (combination)

A combination essence which helps adolescents overcome feelings of withdrawal, rejection, isolation, apathy, and immaturity. It helps children to affirm their own individuality and to feel comfortable with their sexuality. For teenagers who are confused about their future and who have not yet found a direction in life.

Alchémille Argentée

For the child who has been separated from his mother and who craves constant love and affection.

Amandier

For the child who is pale and tired. Growth problems.

Assistance (combination)

A combination essence similar to the Bach "Rescue Remedy" for use in all crisis situations. It provides quick relief for the various upsets in a child's everyday life.

Bouton d'Or

For children who lack self-esteem, who doubt in their own abilities or have difficulty expressing themselves.

Brunelle

Stimulates a child's inner healing resources when recuperating from illness.

Buis

Brings strength and courage to shy children who are easily dominated by others.

Camomille

For sensitive children who are subject to mood swings and are very emotional.

Cerisier

For the adolescent who is morose, pessimistic, dissatisfied and moody.

Citronnier

Provides mental clarity for extremely emotional children or adolescents. It stimulates the intellect, encourages analytical and coherent reasoning.

Coeur de Marie

Helps children deal with the pain of separation in case of divorce or death in the family. Also good for clingy children who do not want their parents to go out in the evening, or do not like being left at school or the day-care centre.

Cosmos

For the child who has trouble expressing himself clearly and especially speaking in front of others. Good for children who stutter.

Etudes et Examens - studies and exams (combination)

A combination essence that helps children to optimise their intellectual abilities and express themselves clearly and coherently. Recommended for studying and preparing for exams.

Mauve

Brings confidence, openness and social skills to timid children who have few friends and have difficulties integrating socially. On a different note, this essence helps children to accept transformative changes such as puberty.

Menthe Poivrée

Develops mental clarity and quick wittedness, helps to overcome mental laziness.

Millepertuis

For the child who fears going to sleep, is scared of the dark or has nightmares. Also good for bedwetting.

Molène

Helps adolescents who are indecisive about which direction in life to follow or which moral values to abide by.

Mouron des Champs

For adolescents who refuse parental authority; who lack the will to engage in positive action.

Muguet

For the child who has grown up too quickly; tendency to be influenced by social pressure and convention.

Nuits Paisibles - peaceful sleep (combination)

A combination essence recommended for calming children when they are unable to relax, have difficulty in getting to sleep or have restless nights (nightmares, disturbed sleep). Also for children who tend to have mood swings and extreme emotional reactions as well as for those whose minds are full of repetitive thoughts or constant worry.

Ortie

For sibling rivalry and all round better communications within the family.

Petite Enfance - early childhood (combination)

A combination essence to facilitate the learning of social skills and encourage the child to open up to the world. To develop harmonious relations with the environment, whether within or outside the family unit. Balances the mother-child relationship. Develops self-esteem and a spirit of companionship and helps overcome the fear of others. Also recommended for children who have been abused or abandoned.

Pétunia

For the hyperactive and compulsive child who is always afraid he will not have enough.

Protection (combination)

A combination essence that protects children who are sensitive to the emotions of others and provides protection from disturbing influences in the environment.

Rhododendron

Encourages the freeing of emotions retained within the thorax area and which are linked to breathing.

Tilleul

Reinforces the relationship between mother and child. Feeling abandoned.

Tournesol

Conflictual relationship between father and child.

Unité Familiale - family unity (combination)

A combination essence that encourages communication, understanding and the expression of deep feelings within the family. Helps children and parents to relate to each other in an open, honest way.

Green Hope Farm



Molly Sheehan makes the Green Hope Farm essences from flowers growing on her farm in New Hampshire as well as from Bermuda and other tropical islands. She began selling her essences to the public in 1993. There are over 200 essences and 30 combination essences in her range. All of the Green Hope Farm essences are made without alcohol using a Japanese plant called red shiso (*perilla frutescens*) as a stabilizer.

Abandonment & Abuse (combination)

This combination remedy can be used by any child who has gone through experiences of abandonment or abuse at any point in their life. It will help heal the emotional, spiritual, and mental wounds which stay with the child even after the experience has passed.

Anxiety (combination)

Like its name suggests, this combination essence is helpful for reducing feelings of anxiety and helping with anxiety-related behaviour.

Arbor Garden (combination)

This combination essence carries an energy of harmony and Oneness that reassures a child that she cannot ever be truly lost or lose anything because we are all One. It is helpful in situations of loss, grief, sibling rivalry, competitiveness, fear of loss, and any other situation where there is a lack of peace and harmony.

Breathe (combination)

Another remedy with a self-explanatory name. Good also for hearing and ear-related issues.

Comfrey

For children who are accident prone, drifty, bumping into themselves and the furniture, or otherwise spaced out and ungrounded. Comfrey can help when there is information in the memory of the child which is making him reluctant to fully ground himself in his body. Comfrey helps to release these traumatic memories so the child feels more ready to be here fully.

Dandelion

This essence is helpful for when a child feels emotionally or mentally overloaded. Dandelion helps to discharge all these feelings and thoughts in a safe, benign and even gentle way. This is one of the most efficient “all purpose cleanser” essences.

Digestive Woes (combination)

Another of the combination essences with a self-explanatory name.

Emergency Care (combination)

This is a multi-purpose flower essence combination which is excellent for any situation of stress, illness, or trauma. It supports the electrical system of the body to keep working at optimum capacity even when challenged by sudden illness, injury or shock. Consider using it to calm any child who has been hurt, is ill or going through an intense experience.

Feverfew

This is an excellent remedy for any child who is suffering from a nervous habit or restlessness. It also is calming to a child suffering deep emotional distress or depression. For situations of nervous distress or a repeated pattern of anxiety. It is one of the key ingredients in the combination remedy Anxiety.

Flee Free (combination)

This essence was developed to help animals resist fleas and ticks but it is also an excellent remedy for humans. For the child who has a hard time not being affected by other people's negativity or is being pestered in any way by negative situations or people. It helps immensely with any boundary work a child might need to do. If a child lives in an area where there is a lot of negativity in general, this is a very helpful remedy to give on a daily basis.

Flow Free (combination)

This combination encourages flow in all systems of the body.

Golden Armor (combination)

A protective buffering combination essence. Consider this when a child is taking on other people's "stuff", when a child is feeling challenged by the dissonant sound vibrations of modern life or when a child is run down and in need of the strong protective vibration that this combination provides.

Grief & Loss (combination)

For when a friend or family member dies, for loss of a home or sense of purpose, break up of family or any situation of brokenness, loss or grief.

Healthy Coat (combination)

Another remedy with a name which makes it sound like it is just for animals, Healthy Coat is wonderful for all skin issues. Use with the combination Breathe for allergic situations.

Immune Support (combination)

Another of the remedies with a self-explanatory name.

Jealousy (combination)

Elisabeth Kubler Ross feels that jealousy is a natural emotion encouraging emulation by a younger child of an older child's abilities and accomplishments. She believes this constructive emotion gets derailed, twisted and magnified in unproductive directions by forces outside the child. This remedy supports a return to the purity of the original feeling of aspiration and appreciation.

Joe Pye Weed

This is a good remedy for a child with abandonment issues. It is also excellent for any child who feels he must do it all alone. You might say that this essence is like a life raft that buoys up a child when he feels drowned in responsibilities or weighed down in any way. It reminds the child that he or she is not alone and can ask for help and receive it.

Lavender

A good remedy for children who are jangled by the complex electro magnetic fields which surround us right now. It protects them and also helps them recover from the effects of too much exposure to these electrical fields.

Maltese Cross

This is for the child who has been through wrenching experiences including divorce, death, separation from loved ones, sudden moves, or loss of any kind. It helps them feel whole when their lives are falling apart and also helps them know that even though it looks like things are falling apart, there is unity and healing purpose underneath it all.

Neediness (combination)

Obviously children are born needing us completely and their childhood is all about the shifting of this terrain to greater and greater independence. This remedy helps a child feel whole and in right relationship with himself in this situation of dependence.

New Beginnings (combination)

For any new situation in a child's life.

Outburst (combination)

For the child who just can't seem to calm down, who engages in unproductive releases of emotions through destructive physical activity, or who has outbursts of violent behaviour. It is for both the child who repeatedly has these outbursts and for those for whom these outbursts are out of character or unexpected. Because children are sponges, absorbing negativity wherever they go, it is easy for them to absorb too much negativity and get electrically overcharged. This remedy helps them discharge the negativity constructively rather than through destructive behaviour.

Run & Play (combination)

To support the healing process for any injury or chronic condition which interferes with joyful, flexible, carefree running and playing.

Separation (combination)

One of the combination remedies with a self-explanatory name. This one helps with separation anxiety and other issues of separation.

Snapdragon

For the child who has difficulty controlling what he says. It helps curb the impulse to be rude and say rude things and releases the tension stored in the throat and skull area that may be prompting such outbursts. It is an excellent general system strengthener as well.

Sweet Pea

This essence is very helpful for the child plagued by sleep difficulties, restless sleep or nightmares.

Watch Your Back (combination)

As mentioned during the description for the remedy Outburst, children absorb the negativity of everyone and everything around them. During their travels in the world they pick up the unaddressed issues and negativity of everyone they encounter. Some children learn constructive ways to discharge this electrical energy and some do not.

The Watch Your Back combination essence helps a child to release all the electrical energy that is physically overloading his system. It is particularly good when the symptoms of such an overload are physical in nature. This is because it works to rebalance and re-energize the entire chakra system which is often profoundly affected by electrical overcharge. Outburst and Watch Your Back could be a great combination to use together for a child who seems particularly weighed down by the world around him.



Pacific Essences

Sabina Pettitt founded the Pacific Essences in 1983 to research the unique healing properties and qualities of plants native to the west coast of Canada. She has a range of 48 flower essences, 24 sea essences and 23 combination essences. As an acupuncturist with a special interest in Traditional Chinese Medicine, she has researched the correlations of all of her essences with the meridians, the five elements and the chakras.

Balancer (combination)

Acts synergistically on the 12 meridians, or energy channels of Traditional Chinese Medicine and the 7 major chakras, or energy centers of the human body. Good for relieving stress and emotional or mental fatigue or trauma. Particularly useful if children feel overwhelmed and unable to cope with situations.

Bluebell

For self-expression. Helps children overcome shyness, and the fear of being misunderstood or judged.

Blue Camas

Balances the intuitive and the rational. Helps integrate the left and right brain functions. Useful for learning problems such as dyslexia.

Blue Lupin

Encourages clear and precise thinking and improves focus.

Grape Hyacinth

Helps a child to harness his inner resources so that he can respond to difficult situations. It dissolves feelings of despair and hopelessness, bringing a measure of balance and perspective.

Harvest Lily

Good for resolving tension in relations between parents and children. It helps both sides to see the other person's point of view.

Heart Spirit (combination)

Helps children heal from the trauma of divorce, separation or death of a member of the family.

Indian Pipe

Confers the ability to "stand alone in closeness" so that a child can be part of a group while maintaining and expressing his individuality.

Kid's Stuff (combination)

For all the fears (imagined and real) and dramas and traumas of childhood. For nightmares and fear of the dark. Also for childhood conflicts and sibling rivalry.

Optimal Learning (combination)

Helps a child to access and decode information with ease. Useful for learning problems such as dyslexia and attention deficit disorder.

Ox-eye Daisy

Keeps a child from becoming over focussed and gives him perspective and the ability to synthesise knowledge.

Wallflower

Dispels the sense of hopelessness at being misunderstood, when a child can't find the right means to communicate with others. It will help a child to attune to his own inner rhythm, erasing the imprints of old emotional pain that comes from feeling "different".



South African Flower Essences

The South African Flower Essences are made by Jannet Unite who has a farm on the slopes of Table Mountain in Cape Town, next to the Botanical Gardens. The Cape Peninsula is the smallest but the richest of the world's six floral kingdoms. Over 70 of the 151 essences are indigenous to the Cape. The South African Flower Essence range also includes 18 combination essences.

Adolescent Essence (combination)

A combination essence which is specifically designed to help teenagers move through this transformative period.

Auric Protection Essence (combination)

A combination essence which provides protection for sensitive children or adolescents who absorb negativity from those around them or their environment.

Australian Tea Tree

Helps children who procrastinate or are easily bored to finish projects or undertakings.

Azalea

For adolescents who are rebellious and have problems with authority figures.

Belladonna Lily

For anger with the desire to blame and punish others. Calms violent rages in children and adolescents.

Bluebell

For children who are exposed to stressful situations or who are overly sensitive to outside influences. It calms, centers and grounds, regardless of what is happening around them.

Cancer Bush

Helps adolescents who suffer from inner turmoil and torment to confront their shadow and overcome their fears.

Cape Almond

Deals with fear of the unknown, fear of the future, fear of failure or making a fool of oneself. It helps children to be grounded and centred and self-confident so that they feel safe to make their own decisions and not just follow the crowd.

Cauliflower

Helps to release any shock or trauma sustained during or after the birth process.

Crisis Remedy (combination)

A combination essence that is calming in times of shock, panic, nervousness or fear.

Dog Rose

For children who suppress their emotions, particularly grief or pain. This essence opens the flow of energy to the throat chakra allowing expression or communication of deep emotions.

Dune Calendula

Helpful in any period of transition when one feels alone and cut off from one's Source. This essence gives courage, strength, vision and the certainty that we are never alone.

English Hawthorn

Helps children to deal with intense grief or remorse and broken-heartedness.

Freesia

Good for adolescents who are apathetic, who have a “what’s the use” attitude to life. This essence brings hope, joy, enthusiasm and a zest for life.

Fuchsia

Helps children who store repressed anger, pain and shame in the body to express their feelings.

Ixia

Strengthens self-confidence; for children who become tongue-tied or painfully self-conscious around others.

Jacaranda

Brings poise, centredness and focus to children who are intelligent and capable but who procrastinate and have problems following through. Good for daydreamers.

Loquat

For teenagers who are apathetic, who mope around the house complaining of being bored, or who don’t want to get out of bed or eat properly. Helps them to embrace life and take responsibility.

Maple

Brings a sense of balance and harmony for those who burn the candle at both ends, depleting their physical resources. Good for periods of physical growth.

Mountain Cabbage Tree

Helps adolescents who need to mature and take responsibility for their life and actions.

Oreganum

Helps children to be at ease and confident without having to pretend to be what their peers expect of them.

Periwinkle

Helps heal a broken-heart or any shattering of ideals by keeping the heart open. It gives the strength necessary to integrate the pain and the courage to move on.

Plumbago

Helps children who always seek to please others or allow themselves to be bullied. It builds self-esteem and self-worth and faith in their own inner guidance.

Pompom Tree

Relationships are an intrinsic part of growing up. Pompom Tree deals with the fear of making yourself vulnerable to others and the fear of being rejected. Gives the courage to risk emotional contact.

Strelitzia

For indecisiveness, procrastination and self-doubt. Helps adolescents make the many decisions that they face with clarity, conviction and inner knowing.

Study Essence (combination)

A combination essence that helps children to study and prepare for exams. It facilitates the assimilation of knowledge, balances both hemispheres of the brain and improves concentration and focus.

Warratah

Brings rapid relief from shock, intense fear and despair. Useful for the child who has been traumatized.

White Geranium

Helps adolescents who are unreliable and full of self-pity to become more responsible, involved in and committed to life.

Wild Jasmine

Helps children to learn to love themselves by reinforcing their sense of self-esteem and self-worth.

Wild Pear

Helps the child who is bitter, resentful, holds grudges and has difficulty forgiving.

Zimbabwe Creeper

Brings a sense of moderation to children who drive themselves too hard to achieve, for whom no success is enough and who feel that they have to do it all by themselves.

* * * * *

Parenting Essence (combination)

A combination essence to help both mother and father meet the challenges of being a parent. It enhances the ability to nurture, care for and protect your children, while strengthening trust in your own intuition. It helps you to honour your children for the individuals they are while respecting your own needs.

Spirit-In-Nature Essences



Lila Devi created the Spirit-In-Nature essences in 1977. These 20 essences are prepared from organic fruit orchards and vegetable gardens in the foothills of the Sierra Nevada in California and the island of Kauai in Hawaii.

Almond

Self-control, including control of sexual energies, calmness, beneficial to pre-teens.

Apple

Healthfulness; may be administered during illness or when the thought of illness is present; for periods of discouragement.

Avocado

Good memory; for the child who forgets his chores, manners, or personal habits; helps with school work; sharpens concentration; for learning musical instruments or undertaking creative endeavours.

Banana

Humility, calmness, for the child who needs to centre his attention less on himself and more on family and friends.

Blackberry

Purity of thought; for the “terrible two’s”; and for children who have been exposed to harmful movies and television programmes; for unclean thoughts.

Cherry

Cheerfulness; for the child prone to moods or periods of withdrawal; for times of sadness or disappointment; helps heal the trauma of divorce, imminent or past; for bed-wetting.

Coconut

Uplifting, helps a child deal with sibling rivalry, for times of challenge or struggle in school or in group dynamics, helps develop maturity and the ability to make better choices in life, especially in difficult situations.

Corn

Mental vitality; for new beginnings: a new school year, moving to a new location, making new friends; for encouragement and a burst of energy; for “the study blahs”, for carsickness.

Date

Sweetness, tenderness; for the child with a sour disposition who is overly critical or judgmental of others; for the child who finds fault with others (siblings especially); for whining, clinging children.

Fig

Flexibility; for the child who is too hard on himself or tries too hard; for being unsatisfied with accomplishments even when they are noteworthy; for the ability to see many sides of an issue; for nail-biting and thumb-sucking.

Grape

For love, a remedy for any attitude which is not loving, for stubborn, self-willed moods, for the bully, the tattletale, for tantrums.

Lettuce

Calmness, for children who don’t like salad, helps children when they are too “wound up” to play constructively, for sleeplessness, the essence to take before exams and recitals.

Orange

To banish melancholy, dispels moods of depression, discontentment, helpful during teething, good for emotional issues connected with any accidents to the head.

Peach

Selflessness, concern for the welfare of others, excellent for the weaning process, promotes a sense of sharing and cooperation with other children.

Pear

Emergency essence for accidents, sudden illness, or any crisis situation, helps with toilet training, facilitates the learning of positive new habits, for children who have a hard time listening in school or to their parents, for fidgety, restless energy. One of the best essences for birth trauma.

Pineapple

Self-assurance, helps to “untie the apron strings”, for the child who has been singled out by peers for being smaller, larger or in some way different, for the child who is painfully shy.

Raspberry

Kind-heartedness, for the child who hurts others or is easily hurt, for over-sensitivity, promotes a giving nature.

Spinach

Simplicity, for the child who is prematurely grownup or overly-serious, for times of stress, exhaustion, overwork, for those situations in which a child feels distraught or overwhelmed.

Strawberry

Dignity, for the child who has trouble letting go of being a baby, for a deep sense of self-worth, helps with clarity of self-image, for the child dealing with divorce of parents.

Tomato

Mental strength, courage, helps to dissolve fears, for children who suffer from nightmares, helps children to move forward in their lives when they are anxious, nervous or unwilling.

Wild Earth Animal Essences



The Wild Earth Animal Essences are made by Daniel Mapel in the Blue Ridge Mountains of Virginia, USA. These essences are natural, energetic remedies which nurture with the wisdom and power of wild animals. Animal essences, like flower essences and gem elixirs, are “vibrational remedies”. Each of the animal essences contains the vibrational imprint and energy of the animal but no animals are captured or harmed in the development of the animal essences.

The Wild Child essences address many of the most basic and fundamental needs of both children and adults: to feel safe, to know that we belong, to connect and bond with others, and to know who we are and what we need. These essences are especially beneficial for children who have not had some of their most fundamental needs met.

Badger Cub

For accepting anger as a natural result of being hurt when young. For expressing this deep, repressed anger from childhood in a healthy and empowering way. Especially beneficial for children:

- who are angry all the time.
- who need support in feeling and expressing anger about the hurts that they have experienced.
- who need to become comfortable with their anger instead of being overwhelmed by it or denying it.

Bat Pup

Nurtures confidence for embracing unhealed wounds. Provides deep support for healing scary issues from the past. For being carried and supported through the darkness. Especially beneficial for children:

- who have been the victims of trauma or abuse.
- who need strength and courage to face and release their pain.
- who have fear of the dark.

Bear Cub

Nurtures awareness of one’s feelings and those of others. Brings awareness of how one’s actions affect others. Nurtures the experience of deepening self-awareness, grounding, introspection and self-knowledge. For knowing who we are. Especially beneficial for children:

- who can benefit from a deepened awareness of themselves and others;
- who have not had their true feelings recognized and honoured by their caregivers;
- who need to become aware of what they are feeling;
- who need to become aware of how their actions affect others;
- who have difficulty honouring the needs of others;
- who need to slow down and focus.

Cygnet (Baby Swan)

Provides nurturing support to children for feeling and expressing their purity, grace, and divinity. Supports experiencing life as an act of Divine Grace. Especially beneficial for children:

- who have lost their innocence due to trauma and abuse.
- who need to find reconnect with the fact that they are full of grace and beauty.
- who need support to feel their connection and oneness with Spirit.

Dolphin Calf

Nurtures the experiences of Deep child-parent bonding, connection and intimacy, communication, Oneness and unity. Especially beneficial for children:

- who need to deepen their connections and bonds with others;
- who have difficult connecting with and bonding with parents and other caregivers;
- who have mothers who are not emotionally or physically present;
- who have grown up too fast, become too serious, and lost their ability to play freely and spontaneously.

Elephant Calf

Nurtures the experience of physical and emotional safety, deep grounding, being protected and looked after by a wider family of support, healthy extended family togetherness. Especially beneficial for children:

- who don't feel physically or emotionally safe;
- who are going through periods where the child feels scared or anxious;
- who live in families that lack a strong sense of togetherness;
- who need to feel support and protection from a wider human family of support and caring.

Fawn

Nurtures the experiences of gentleness, sweetness, innocence, purity, peace, calm, and a state of childhood grace. Especially beneficial for children:

- who want to deepen experiences of childlike innocence, sweetness, and gentleness;
- who are aggressive, over-stimulated, or stressed;
- who need to learn to be more gentle with themselves and others;
- who have been made to grow up too fast;
- who have lost touch with the innocence of being a child.

Hippopotamus Calf

Supports children to connect with, feel, and express unexpressed feelings from previous hurts/traumas that need to be released in order for healing to happen. Especially beneficial for children:

- who, because of suffering and trauma, have disconnected from how they truly feel.
- who need to reconnect with their feeling selves.
- who need to express feelings that need to be released.

Lion Cub

Nurtures the experience of fearlessness, confidence, courage, authentic strength and power. Especially beneficial for children:

- who need to know themselves as strong, confident, and capable children;
- who are fearful or anxious;
- who lack confidence;
- who need to develop courage and strength for moving forward.

Robin Chick

Provides nurturing support for so that children can receive love and nurturing. Supports trusting that one will be cared and provided for, and that the Universe is a benevolent and loving place. Especially beneficial for children:

- whose parents and caregivers are unable to express love to them.
- who are not receiving the nurturing they need.
- who are starving from a lack of nurturing (anorexia).

Wild Horse Foal

Provides nurturing support for embracing and releasing tears of grief that remain from unresolved issues. Supports open-heartedness and gentleness. Allows one to tend the broken heart due to childhood wounding. Especially beneficial for children:

- who have been deeply hurt and who need to release the pain they are carrying.
- who need to connect with their pure, open heart.

Wolf Pup

Nurtures the experience of a deep sense of belonging, fitting in, knowing that one matters, and knowing that one has a place in the world. Especially beneficial for children:

- who can benefit from an increased sense of knowing their place in their family and their world;
- who feel like they don't belong or don't fit in;
- who are confused about their place in the world;
- whose parents are separated or divorced;
- who get disoriented in school or other environments;
- whose family life is emotionally turbulent.

* * * * *

Protection (combination)

Provides powerful support for dealing with emotionally intense situations, environments, and people. It provides emotional and psychic protection, a sense of healthy armouring, personal safety and self-protection.

Saved by the Animals! (combination)

An emergency essence that provides powerful support in times of physical, emotional and spiritual crisis. This formula nurtures peace and calm, provides emotional and psychic protection, enhances grounding and nurtures connection with the Divine.

Annex 1

Intuition, pendulum dowsing and kinesiology

Various methods exist to help you to choose the right essences. These include learning to listen to your intuition, pendulum dowsing and kinesiology. One method is not necessarily better than another. The important thing is to learn to test and to trust in your testing. Some people will learn quicker than others, but as with most things, practice will improve your skill and build your self-confidence.

Intuition

Here are a few pointers that will help you tune in to your intuition in order to choose essences for yourself and your children.

- Go to a quiet place where you feel comfortable.
- Centre yourself - do whatever it takes to calm your mind and turn inwards, maybe a few minutes of meditation, breathing exercises, a visualisation.
- Put in front of you any flower essences you already have or any documentation which you have about flower essences, whether it be this booklet, a catalogue, cards or flower pictures or a list of essences.
- Ask for help from your highest guidance and state your intention (i.e. "my intention is to find the right flower essences to help my child with..."). Be as precise as possible but only focus on one issue at a time. Writing your intention also helps you to focus.
- Now listen for and expect to receive an answer, which may come in various ways. Do you feel attracted by any of the names? Do you see yourself or your child in any of the descriptions? Is your eye drawn to one of the essences? Are any of the essences from a country for which you feel a particular affinity?

Trusting your intuition improves with practice. Listen with your heart, not your head. Don't let yourself be discouraged by the choice. Choice is

good! Open up and listen to your intuition. But remember: intuitive thinking is not a mental process. Trust yourself and go for it!

Pendulum dowsing

Pendulum dowsing is used by many people to choose flower essences for themselves and others (family, friends, clients). To get effective answers using the pendulum, you must be balanced, centred, focused and neutral. It might take some practice, but it is well worth it. Below is a brief description of how to dowse for flower essences.

Using your dominant hand (the hand you write with), hold the string between your thumb and index finger and swing the pendulum. Ask the pendulum to show you a "yes" movement. It will move in a circle, clockwise or counter-clockwise or in a straight line. When you have determined the "yes" motion, ask the pendulum to show you a "no" movement. This will always be different from the "yes". These different movements will not change. The "yes" movement should be the same tomorrow as it is today.

Once you are clear on which movements represent a "yes" and a "no", you can begin to ask questions. Before starting we suggest you always ask to be connected with your highest guidance. Also ask if it is a good time to test for essences and, if you are testing for someone else, whether you have permission to ask questions about this person. If you get a "no" to any of these questions, put down the pendulum and try again later.

When testing, the questions must always be formulated in such a way as to elicit a clear "yes" or "no" response. If you do not get a clear response it may mean that you are not asking the right question, that the question is not formulated properly, or that the information you request is not available to you.

Kinesiology

Muscle testing, or kinesiology, is another way of choosing flower essences. There is a simple method that everyone can learn. Taking your non-dominant hand, (your left hand if you are right handed and vice versa), make a circle by joining the tip of your thumb to the tip of your little finger. Now put the thumb and index finger of your other hand together and place them inside the circle.

Ask a question and with your thumb and index finger try to pry open the fingers forming the circle. If the response to your question is positive, the muscles will remain strong and the circle will not open. If the

response is negative, the muscles will weaken and the circle will open. The important thing is to apply the same amount of pressure trying to keep the circle closed, as you do with the fingers that are trying to open it.

There is a simple way to see if you are getting correct answers. Ask the question "Is my name (. . .) ? If the response is "yes" (the circle stays closed), your testing is correct. If the answer is "no" (the circle opens), you need more practice.

Again, some people take to this form of testing immediately, while others need practice before becoming proficient.

Annex 11 - Bibliography

DEROIDE, Philippe: Elixirs Floraux, Harmonisant de l'Ame, Le Souffle d'Or, 1992 (out of print)

DEROIDE, Philippe: Les élixirs floraux européens: guide d'utilisation, Le Souffle d'Or, 2007

DEVI, Lila: The Essential Flower Essence Handbook: Remedies for Inner Well-being. Hay House, 1996

HOWARD, Judy: Growing up with Bach Flower Remedies: A Guide to the Use of the Remedies during Childhood and Adolescence. The C.W. Daniel Company Ltd., 1994

JOHNSON, Steve: A guide to the Alaskan Essences: the Essence of Healing, second edition. Alaskan Flower Essence Project, 2000

MAPEL, Daniel: Into the Heart of the Wild. Wild Earth Animal Essences, 2002

PETTITT, Sabina: Energy Medicine: Healing from the Kingdoms of Nature. Pacific Essences, 1993

SHEEHAN, Molly: For the Children. Article available from Green Hope Farm

SHEEHAN, Molly: A Guide to the Green Hope Farm Flower Essences. Green Hope Farm, revised yearly

UNITE, Jannet: The South African Flower Essences. The South African Flower and Gem Essences, 1995

UNITE, Jannet: Using the South African Flower Essences for Teenagers. Article available at safloweressences.co.za

WHITE, Ian: Australian Bush Flower Essences. Bantam, 1991

WHITE, Ian: Australian Bush Flower Healing. Bantam, 1999

Index of essences

Abandonment & Abuse - GHF	19	Cherry - SNE	29	Guardian - AFE	9
Achillée Blanche - DV	16	Cherry Plum - DV	13	Harvest Lily - PAC	23
Achillée Rose - DV	16	Chestnut Bud - DV	13	Healthy Coat - GHF	20
Adol - AB	11	Chicory - DV	13	Heart Spirit - PAC	23
Adolescence - DV	16	Citronnier - DV	16	Heather - DV	13
Adolescent Essence - SAF	25	Clematis - DV	13	Hippopotamus Calf	32
Agrimony - DV	13	Coconut - SNE	29	Holly - DV	14
Alchémille Argentée - DV	16	Coeur de Marie - DV	16	Honeysuckle - DV	14
Almond - SNE	29	Cognis - AB	11	Hornbeam - DV	14
Amandier - DV	16	Comfrey - GHF	19	Illawarra Flame Tree - AB	12
Anxiety - GHF	19	Confid - AB	11	Immune Support - GHF	20
Apple - SNE	29	Corn - SNE	29	Impatiens - DV	14
Arbor Garden - GHF	19	Cosmos - DV	16	Indian Pipe - PAC	23
Aspen - DV	13	Cow Parsnip - AFE	9	Isopogon - AB	12
Assistance - DV	16	Crab Apple - DV	13	Ixia - SAF	26
Auric Protection Essence - SAF	25	Crisis Remedy - SAF	25	Jacaranda - AB	12
Australian Tea Tree - SAF	25	Cygnets	31	Jacaranda - SAF	26
Avocado - SNE	29	Dandelion - GHF	19	Jealousy - GHF	20
Azalea - SAF	25	Date - SNE	29	Joe Pye Weed - GHF - GHF	20
Badger Cub	31	Devil's club - AFE	9	Kangaroo Paw - AB	12
Balancer - PAC	23	Digestive Woes - GHF	19	Kapok Bush - AB	12
Banana - SNE	29	Dog Rose - AB	11	Kid's Stuff - PAC	23
Bat Pup	31	Dog Rose - SAF	25	Ladies Tresses - AFE	10
Bear Cub - WAE	31	Dolphin Calf - WAE	32	Larch - DV	14
Beech - DV	13	Dune Calendula - SAF	25	Lavender - GHF	20
Belladonna Lily	25	Easy Learning - AFE	9	Lettuce - SNE	29
Billy Goat Plum - AB	11	Elephant Calf - WAE	32	Lion Cub - WAE	32
Blackberry - SNE	29	Elm - DV	13	Little Flannel Flower - AB	12
Blue Camas - PAC	23	Emergency Care - GHF	19	Loquat - SAF	26
Blue Lupin - PAC	23	Emergency Essence - AB	11	Maltese Cross - GHF	20
Bluebell - AB	11	English Hawthorn - SAF	26	Maple - SAF	26
Bluebell - PAC	23	Etudes et Examens - DV	16	Mauve - DV	16
Bluebell - SAF	25	Fawn - WAE	32	Menthe Poivrée - DV	16
Boab - AB	11	Feverfew - GHF	19	Millepertuis - DV	16
Boronia - AB	11	Fig - SNE	29	Mimulus - DV	14
Bottlebrush - AB	11	Five Corners - AB	11	Molène - DV	17
Bouton d'Or - DV	16	Flee Free - GHF	20	Mountain Cabbage Tree - SAF	26
Breathe - GHF	19	Flow Free - GHF	20	Mountain Devil - AB	12
Brunelle - DV	16	Foxglove - AFE	9	Mouron des Champs - DV	17
Buis - DV	16	Freesia - SAF	26	Muguet	17
Bunchberry - AFE	9	Freshwater Mangrove - AB	11	Mustard - DV	14
Bush Fuchsia - AB	11	Fringed Violet - AB	11	Neediness - GHF	20
Calling All Angels - AFE	9	Fuchsia - SAF	26	New Beginnings - GHF	20
Camomille - DV	16	Gentian - DV	13	Northern Lady's Slipper - AFE	10
Cancer Bush - SAF	25	Golden Armor - GHF	20	Nuits Paisibles - DV	17
Cape Almond - SAF	25	Gorse - DV	13	Oak - DV	14
Cauliflower - SAF	25	Grape - SNE	29	Olive - DV	14
Centaury - DV	13	Grape Hyacinth - PAC	23	Optimal Learning - PAC	23
Cerato - DV	13	Green Bells of Ireland - AFE	9	Orange - SNE	29
Cerisier - DV	16	Grey Spider Flower - AB	12	Oreganum - SAF	26
Chalice Well - AFE	9	Grief & Loss - GHF	20	Ortie - DV	17
		Grove Sandwort - AFE	9	Outburst - GHF	20

Ox-eye Daisy - PAC.....	23	Rock Water - DV	14	Tomato - SNE	30
Parenting Essence - SAF	27	Run & Play - GHF	21	Tournesol - DV	17
Paw Paw - AB	12	Saved by the Animals! - WAE	33	Unité Familiale - DV	17
Peach - SNE	30	Scleranthus - DV	14	Vervain - DV	14
Pear - SNE	30	Separation - GHF	21	Vine - DV	14
Periwinkle - SAF	26	Shooting Star - AFE	10	Wallflower - PAC.....	23
Petite Enfance - DV	17	Silver Princess - AB	12	Walnut - DV	14
Pétunia - DV	17	Snapdragon - GHF	21	Warratah - SAF.....	26
Pine - DV	14	Soul Support - AFE.....	10	Watch Your Back - GHF	21
Pineapple - SNE.....	30	Spinach - SNE.....	30	Water Violet - DV	15
Pineapple Weed - AFE.....	10	Star of Bethlehem - DV.....	14	White Chestnut - DV	15
Pink Flannel Flower - AB	12	Starflower - AFE.....	10	White Geranium - SAF	26
Plumbago - SAF.....	26	Strawberry - SNE	30	White violet - AFE	10
Pompom Tree - SAF	26	Strelitzia - SAF.....	26	Wild Horse Foal.....	32
Protection - DV	17	Study Essence - SAF.....	26	Wild Jasmine - SAF	26
Protection - WAE	33	Sturt Desert Rose - AB	12	Wild Oat - DV	15
Raspberry - SNE	30	Sundew - AB	12	Wild Pear - SAF	26
Red Chestnut - DV	14	Sunflower - AFE	10	Wild Potato Bush - AB.....	12
Red Helmet Orchid - AB	12	Sweet Chestnut - DV	14	Wild Rose - DV	15
Rhododendron - DV	17	Sweet Pea - GHF	21	Willow - DV	15
Robin Chick	32	Tall Yellow Top - AB.....	12	Wolf Pup - WAE	33
Rock Rose - DV	14	Tilleul - DV	17	Zimbabwe Creeper - SAF	27

AFE = Alaskan Essences

AB = Australian Bush Flower Essences

DV = Laboratoire DEVA

GHF = Green Hope Farm

PAC = Pacific Essences

SAF = South African Flower Essences

SNE = Spirit-In-Nature

WAE = Wild Earth Animal Essences

Published by :

Fleurs de Vie
The Flower Essence Company

SARL au capital de 7 622 €

RCS Bourg B411739576

Numéro intra-communautaire FR 79411739576

The essences described in this booklet
are available from:

Fleurs de Vie

500 Domaine des Bois
01170 Echenevex
France

Tel: +33 (0)4 50 42 62 32

Fax: +33 (0)4 50 42 62 33

info@fleursdevie.com

fleursdevie.com



6,20 €

Printed on recycled paper