Flower Essences

Understanding Flower Essences &
Essences Available at Healing House Natural Wellness
What is a Flower Essence?

Flower essences, also known as flower remedies, are water based infusions made from the flowering part of a plant. The process of sun steeping, while submerged in a crystal bowl is said to capture the energetic imprint of the flower. So, unlike essential oils or herbal remedies, which contain physical substances and chemical constituents extracted from plants, there is no physical part of the flower in a flower essence, only its healing vibration. Every flower has a different healing quality.

Flower essences offer a wonderful way to heal, because it is said they act as catalysts for change at a deep emotional and subconscious level. The positive changes that may occur from using flower essences include feeling more confident and creative, experiencing more joy, being more forgiving, forging better relationships with yourself and others, having more clarity and focus, and cultivating a deeper connection to yourself.

Because flower essences are considered to be a vibrational remedy and contain no actual plant constituents, they are considered safe for all individuals and pose no issues with other medicines or remedies.

The Flower Essences Available at Healing House:

We currently have two types of flower essence available at Healing House, these are the Essence of the Desert Series – Sonoran Desert, and Essence of the Desert Series – Trauma and Abuse.

When choosing your custom essence, choose 3 to 7 essences that best represent your current needs.

How to Take and Store Your Flower Essence:

Your flower essence will come in a 50ml or 100ml glass bottle with a dropper. To store it, please keep in a dark and cool place such as a medicine cabinet or night stand. Most importantly, keep it out of direct sunlight and heat.

To take your flower essence:
- Shake before use
- Take 3 to 6 drops under the tongue twice daily or as needed without touching the dropper to your mouth. OR, place 3 to 6 drops in a glass of water or water bottle and take all at once or sip throughout the day.
- Keep your dropper clean, do not touch to your mouth or other surfaces.
- It may take up to a month for full effect.
The Flower Essences

Sonoran Desert Series:

Blue Palo Verde (Cercidium floridum)
Loss of Soul. Dark Night. Shame. Exhausted by addiction, failure, or long-time emotional pain. Or, negative and critical attitudes and pessimism, close heart. Bright renewal, Hope, optimism and fresh enthusiasm. Can’t hold on to negative thoughts or expectations, complaints, rants, or discontent.

Candy Barrel Cactus (Ferocactus wislizenii)
Emotional Calm and safety. Immediate shift away from mental, analytical preoccupations. A restful emptiness allows relaxation in times of great stress and a gentler resolution of emotionally challenging issues. Re-sensitizes a person exhausted and tense with battling, bringing awareness into the body, creating soft-focus of eyes and mind. Facilitates listening, entrainment. Decompression; comfortable with just ‘being’. Grounded, wise, clear-seeing, with a lightness and humor that can handle letting go of some of those overwhelming preoccupations.

Chaparral (Larrea tridentate)
Cleansing. Clearing physical, emotional, and mental toxins. Inviting guidance or spiritual assistance. Sense of ancient support, a lifting of the burden. Opening and energizing a receptive space for new experience. Transformation. Can be a doorway to more profound perceptions, an invitation into the magic of the Sonoran desert.

Christmas Cactus (Cylindropuntia leptocaulis)
Unconsciously taking on energy patterns from others, a psychic sponge. Or, one’s path entangled and impeded by feeling responsible for others. Clear boundaries on all levels. Finding a balance that keeps alive the purity, excitement, and direction of your soul’s expression, your path, your work.
Sonoran Desert Series Continued:

**Fairy Duster (Calliandra eriophylla)**

**Fish Hook Caactus (Mammillaria grahamii)**
Sensual stimulation (senses alive and pulsing). Social and habitat awareness and focus, communication, sharing, bonding. Overly sensitive, feelings easily hurt, weepy or withdrawn, prone to paranoia, feeling rejected. Vulnerability, safety an issue. Co-dependence, neediness, relationship addiction. Allowing abuse or merely giving up one’s power, entrapped, stifled, afraid of hurting the other, or fickle. A loving heart finds firm solutions, clear boundaries, and true loyalty. Tender, sensitive, friendly and fun!

**Hedgehog Caactus (Echinocereus englemannii)**
Feeling awkward, self-conscious, inhibited, unworthy, outcast, moving through life with difficulty, struggling against the tide-the internalized mother and family weak or negative. Food addiction. Gives a deep sense of nurturance and belonging, security and support. Social ease and joy, playful and enthusiastic.

**Iron Wood (Olneya tesota)**
Weak, nervous, collapsed ego, mental fog, deep sadness, spiritual depletion. Physically and emotionally strengthened, mind cleared. A sensitive nature finds grounded strength, as well as a quietly ecstatic expansion of spirit. Feeling the divinity within. Empowered by gentle and humble. Grace.
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Sonoran Desert Series Continued:

**Jojoba (Simmondsia chinensis)**
Ease, comfort, softness, and simplicity in body, in relationship, in life. Grounded, nurtured, present and flowing. Escaping mental domination and tension. Healing the split or battle between spirit and body. Self-conscious or feeling alien. Support through transition, change, or death. Surrender.

**Jumping Cholla (Cylindropuntia fulgida)**
Moving too fast or too superficially to feel deeply connected, afraid of losing the thread or failing to function to the full capacity of one’s potential, fear that the mind cannot remember and hold all that you are, addicted to accomplishment, needing confirmation. Wearing a soft golden coat of warm protection around me, my soul and what is most precious to my being is being inviolable through time, through dangers and challenges. Still, inward, strong, enriched. Vision quest, search for identity. Heart filled with a warm knowing. Trust in process, in spirit, in life.

**Ocotillo (Fouquieria splendens)**
One’s passion in life frustrated, blocked, or abused becomes a destructive impulse erupting in anger, aggression, jealousy, manipulation, complaining, blaming, demanding attention, or just too much talking. Or, the repression of such energy causing mental/emotional stagnation, low vitality, and poor self-esteem. Abuse issues. Sexuality and vital force. Deficient fire stimulated, and a negative or wasteful fire expression calmed, re-centered, and re-channeled into self-healing and creative manifestation. Quiet strength and self-confidence. Taking responsibility from a deep-rooted place. Boundary and protection.
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Sonoran Desert Series Continued:

**Saguaro (Carnegia gigantean)**

Pessimism, victimhood, rebelliousness, mistrust, self-pity, unable to connect with one's core strength, purpose, or motivation. Separation, bitter loneliness, father abandonment. Feeling earth pain, human suffering, but putting energy into healing action and compassion instead of depression or withdrawal. Reaching for one's highest capabilities with loving dedication. Inwardly supported, clear, and self-assured. Male tenderness, vulnerability, tolerance, humility, dignity and wisdom. The heard is tender, strong, and wise.

**Bisbee Beehive Cactus (Coryphantha vivipara)**

Releasing on a cellular level, the physical/emotional guarding and negative memories of abuse. Feeling unclean, avoidance or disgust with body. Rigidity and tension often held in muscles. Restores gentleness, relaxation, and self-appreciation, the ability to love and be intimate.

**Chicura (Ambrosia ambrosioides)**

Sexual power and dignity, strong boundaries. Weakness and damaged self-image; unable to say 'no'. Inspired to heal by earth woman/man strength and spirit. Able to stand on one's own, assertive, self-assured and fiercely protective of self or others when necessary. Held, strength and nurtured by a great heart.

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Trauma and Abuse Series Continued:

**Mala Mujer (Cnidoscolus angustidens)**
Deeply relaxing a hurt, resentful, and raging person, poisoned by one’s own defensive venom, or merely tense and exhausted from relationship struggles and lack of nurturing. Finding within, the archetype of beautiful and sensitive femininity, sensuality, and strong self-protective power. Nervous system calming helps with stress in general.

**Sacred Datura (Datura wrightii)**
Used in many cultures for the darkest forms of abuse, attack, and possession. Usually associated with sexual energy. Datura is a sensual, and psychic moon goddess with powerful, protective capabilities. Also works internally to connect a person with one’s own resources and power, restoring these as well as feminine/masculine grace after abuse has demolished many aspects of self-image and functionality.

**Spanish Dagger Yucca (Yucca baccata)**
A person cut from self in the deepest place, in the private sanctuary within, the place of spirit, love, and sacred sexual expression. Guarding, depression, withdrawal. Connection between body and spirit muddied or lost. Restores ability to feel the body and its divinity, its sexuality and intimacy with one’s own being. Cleanses out dark preoccupations. Boundaries clear, inwardly connected and protected. No longer oppressed and isolated by trauma and vulnerability.

**Wild Cotton (Gossypium thurberi)**
Restores feminine grace, purity, and sensuality. Clearing collective as well as personal or family patterns of sexual distortion, trauma, abuse, and power struggle. Confronting and redefining male/female patriarchal habits of behavior acted out between the sexes or between same-sex partners. Rejoins the blood mysteries with spirit, erasing perversions and false judgmental spirituality.