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Using Flower Essences to Improve Emotional Wellness

Introduction

Holistic wellness addresses the root causes of health symptoms. You can feel “off” because of mental fatigue, emotional stress, or a host of other reasons that go beyond the external signs. The brain is the most powerful organ in the body—and your thoughts and feelings can directly impact your health. One of the most popular methods to support emotional wellness is through flower essences.

What Are Flower Essences?

While flowers have been used as healing agents for thousands of years—dating back to ancient Egypt—it was less than 100 years ago that Dr. Edward Bach first began experimenting with the flower essences we know today. Through experimentation and observation, the British doctor discovered that flowers have different energies that can positively affect emotions. Bach knew that negative emotions can impair healing—so if flower essences could ease mental pain, it made sense that the long-term impact would have physical manifestations, too.

Originally, Bach created 38 flower essences that provided support for seven categories:

1. For Those Who Have Fear
2. For Those Who Suffer Uncertainty
3. Not Sufficient Interest in Present Circumstances
4. Loneliness
5. Over-Sensitive to Influences and Ideas
6. For Despondency or Despair
7. Over-Care for Welfare of Others²

The essences originated primarily from English wildflowers, but specialists have since experimented with other flowers and plants. Essences are obtained by gathering flower blossoms and leaving them in a bowl of water, which is then either warmed or placed in the sun to extract the subtle healing vibrations that are unique to each individual flower.

Our bodies are made up of more than what we eat or drink. Our minds, spirits, and energies all play a role in who we are—a seemingly continuous mystery. Flower essences impact the unseen components of our wellness, offering gentle support for mental and emotional challenges we might not even realize we have.

The Physical Impact of Emotions

Many people don't realize how deeply one's emotional state influences physical health. Your body responds to your thoughts and feelings—so even when the cause of your unrest is not necessarily tangible, the symptoms can be. For example, being stressed or anxious can cause you to develop high blood pressure or stomach ulcers.

Hundreds of studies have shown the connection between the mind and the body.³ In a society where stress is high, the physical manifestations of that stress are prominent. Additionally, it is important to note that “mental health” and “emotional health” are two different entities—each very powerful in its own right. According to psychologist Juli Fraga, emotional health is about being in tune with emotions, vulnerability, and authenticity.⁴ Having good emotional health helps you balance your feelings and look at the world through clear eyes.

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At the core of emotional wellness is self-awareness—and that is what natural practices like flower essences help you achieve. Only you can know what your body responds to. Based on your body's reactions, you can choose the essential oils, herbs, or flower essences that offer the best results. When you are in tune with your emotions, you will be more aware of what you need and which tools to utilize.

Flower Essences vs. Essential Oils

One of the most common questions people have regarding flower essences is how they differ from essential oils. Both remedies focus on underlying emotional imbalances—and both can be valuable—but that is largely where the similarities end. While oils have aromas that affect the brain and body, flower essences do not. Instead, flower essences contain subtle energies of the flowers, which influence the energy of the person and improve well-being.

Essential oils and flower essences can both be used externally in creams, baths, and mists. However, flower essences are more commonly ingested because they are much less concentrated than oils, making them safer for consumption. The standard way to take flower essences is orally through a dropper bottle. Experts recommend taking four drops four times daily, and the essences can be consumed directly or mixed into water.

Benefits of Flower Essences

Medications and drugs can suppress the symptoms of a deeper problem—but flower essences may help you become more aware of the root issue. Many people report feeling clearer, calmer, or better able to cope after using flower essences.⁶ While the effect may not be immediate, this holistic practice allows you to identify the small changes taking place. The more you use flower essences, the easier it will become to recognize gradual shifts in your moods and emotions.

Bach's original 38 flower essences are used to address a variety of imbalances. If you're just getting started with the practice, consider a few of these most common applications:

- **Aspen**: used to help with fear of the unknown
- **Elm**: used when feeling overwhelmed with responsibility
- **Holly**: used for feelings of envy and jealousy
- **Pine**: used when coping with guilt
- **Star of Bethlehem**: used for feelings of shock
- **Wild Oat**: used when struggling with uncertainty

As you consider your emotions, their causes, and their impacts on your life, choose flower essences that complement your needs. This can result in a healthier mind and body. The ongoing benefit of flower essences is not just that they make you feel better, but that they empower you to be better. They are a part of the journey to well-rounded and informed health. As you guard your mind against challenging emotions, you can take action steps toward becoming the best version of yourself, whether that's by adopting an exercise regimen, trying a new skill, choosing nutritious recipes, or something else entirely.

Conclusion

You get to decide what is best for your health and well-being, and that means being educated on the various practices that can become part of your routine. Flower essences are not the lone solution for holistic wellness—but they are a key component in building your self-awareness and pursuing a more complete version of yourself.

At Trinity School of Natural Health, we want to equip you with the resources for success in your wellness journey. Whether that's becoming a Certified Flower Essence Specialist or a Holistic Health Practitioner, we're here to help you take the next step. Learn more about our online classes by [visiting our website](#).

1. <https://www.endeavour.edu.au/about-us/blog/flower-essence-therapy-what-how-and-why/>
2. <https://theherbalacademy.com/flower-essences/>
3. <https://jdc.jefferson.edu/cgi/viewcontent.cgi?referer=https://www.google.com/&httpsredir=1&article=1010&context=jmbcim>
4. <https://www.healthline.com/health/emotional-health>
5. <http://www.fesflowers.com/learn-about-flower-essences/how-to-use-flower-essences/>
6. *ibid.*
7. <http://www.bachflower.com/original-bach-flower-remedies/>



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