

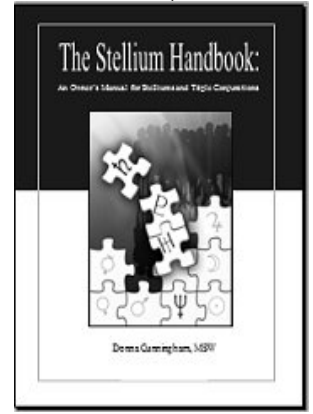
Flower Remedies: How Plants' Energies Can Heal Us

By Donna Cunningham, MSW



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ABOUT THE AUTHOR: An internationally known astrologer with 17 books to her credit, Donna Cunningham began her work with flower essences in 1981. She lectured about the remedies at national and international conferences, worked with ongoing clients as an essence practitioner, and included them in her books and columns.



EBOOKS BY DONNA CUNNINGHAM, MSW

About Donna Cunningham: For 45 years, Donna’s background in astrology, social work, and healing has made her an internationally respected author of many books, articles, and advice columns. **Sampler of all her ebooks here:** [Cunningham Book Sampler-2014 Edition](#). **Order ebooks here:** [My Books](#).

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Flower Remedies—How Plants’ Energies Can Heal Us **A Sampler of Materials from the ©2014 Edition by Donna Cunningham**

TABLE OF CONTENTS FOR THE EBOOK ITSELF:

CHAPTER ONE: HOW TO USE FLOWER REMEDIES

The flower remedies introduced; how to study them; how many remedies are too many; strength for your essence mixtures—add a toner; the healing crisis—what remedy users and practitioners need to know; are flower remedies for everyone? List of remedy companies.

CHAPTER TWO: FLOWER REMEDIES FOR PERSONAL GROWTH—HELP WITH EMOTIONAL, SPIRITUAL AND CAREER ISSUES

Gratitude—a key to contentment; forgiveness—a path to inner peace; observations on Mountain Wormwood essence; healing the illusion of separation; Iris—goddess of the rainbow, essence of creativity; remedies to help overcome the fear of success; West Australian Smoke Bush; remedies to ease the stress of moving; waning again—the SAD effect of winter blues.

CHAPTER THREE: HOW REMEDIES CAN ENHANCE FAMILY LIFE

Red Chestnut—how a single essence can benefit an entire family; parenting an indigo child; Goldenrod and other essences for school transitions; introducing essences to teens and preteens; even the kitty may need essences; alcohol—its impact on the heart center and on families; Bleeding Heart essence—a balm for the aching heart; a friend of the family.

CHAPTER FOUR: ASTROLOGY AND FLOWER REMEDIES

Using essences in astrological practice; how essences can help with tough transits and natal positions; Flower essences for the twelve signs; Emotional habits of the twelve Moon signs and essences to help; the *fleur du jour*—astrological timing of remedies.

CHAPTER FIVE: CONSIDERATIONS FOR ESSENCE PRACTITIONERS

Ongoing work with clients: laying the groundwork in the first interview; five remedies no healer should be without; recognizing depression in your client; healing longstanding issues with essences—understanding the layering of symptoms; why some remedy clients don’t come back; essences for burnt out helping professionals.

CHAPTER SIX: MORE ABOUT PLANTS AND THEIR HEALING GIFTS

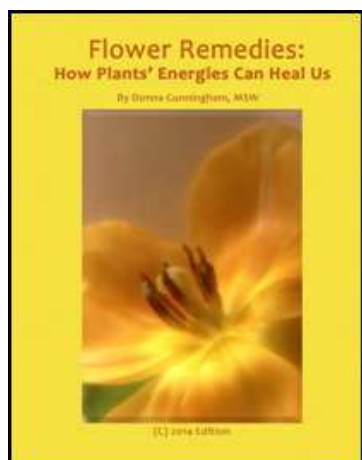
Green Bells of Ireland for attuning to plants; weeds—coyotes of the plant world; pesky plants produce persistence—at least their essences do; physical healing and the flower remedies—why we’re not even gonna go there; ready to sign on for the long haul?

CHAPTER SEVEN: DIFFERENT MAKERS, DIFFERENT DESCRIPTIONS

CORNundrum—gleaning a kernel of insight from different makers’ descriptions of Corn essence; possible reasons for differences between descriptions; different strains of plants may be used; what difference color makes—different descriptions, same remedy.

CHAPTER EIGHT: FAR REACHES OF THE ESSENCE WORLD

A survey of remedies beyond the flower kingdom; essences from a cold climate—Alaskan Environmental Essences; sea essence case examples—Starfish and Mussel; for the love of lilacs—a visit to a special garden; Snow Leopard’s Claw—the great contained within the small; monkeying around with a monkey puzzle tree; “I’ve got a million of them!”



About this ebook: Donna draws on over 30 years of experience with flower remedies—also known as essences--to create a guide to using these gentle, natural healing tools to catalyze growth. In readable language, she shares useful essences for personal, family, or professional needs. Of particular use to the astrologer or astrology student is the chapter on combining astrology and essences.

2014 Edition, \$15. Order here: [My Books](#).

Excerpts from Flower Remedies: How Plants' Energies Can Heal Us

For those of you who aren't already familiar with them, let me briefly explain. Also known as flower essences, these liquids are based on the energy fields of plants. **They're not to be confused with aromatherapy**, where you apply aromatic substances called essential oils, which are based on aromatic extracts from flowers or plants.

When I first encountered the flower remedies in 1981, I was both a psychotherapist and an astrologer, but after a decade of practice in both fields, I'd come to an impasse. Though they both helped people find insight into their problems, neither brought about the desired changes in people's problems with any degree of speed or reliability.

Frustrated with the lack of results, I began searching for additional methods to incorporate into my work. Almost immediately, I encountered the flower remedies in an adult education class and recognized in them the tool I was looking for.

How do they work? I have no idea--any more than I could tell you why and how astrology works! I can only tell you that the oldest of these product lines, the **Bach Remedies**, have been tested and used worldwide for more than 70 years with excellent results.

Want Photographic Proof that the Essences Work? See Dr. Deborah Bier's research at <http://www.floweressencemagazine.com/blog/?p=979>. These photos of an experiment conducted by Deborah and her students clearly show the positive effect an essence mixture has on germinating and growing plants.

In the early stages of remedy studies, people can be in a hurry to take them all, because most of us identify with so many of the descriptions. In the Bach kit, for instance, there are at least six or seven having to do with depression and discouragement. Some people who struggled with depression for years took all those preparations at once and had a painful catharsis. Do yourself a favor and avoid this "kill or cure" approach!

How many is too many? Some teachers say no more than four should be given. Dr. Bach apparently also said that no more than five essences should be given. While this can be a useful guideline, it is more of an individual matter. Some individuals at some points in time can handle no more than one. Others can assimilate eight or more of the exactly correct choices at the precisely correct point in time.

Sometimes the most potent number of remedies to take is ONE. Like in homeopathic or herbal practice, the essence practitioner who can identify the needed remedy that can make an immense difference. **The right remedy at the right time allowed to work on its own without interference can be a great catalyst to swift healing.**

Sometimes this happens when you identify the person's constitutional or type remedy--that is, one single remedy that seems to be a dominant lifelong theme. Over and over again in my practice, I have seen a judiciously chosen single remedy act quickly and deeply, producing a profound shift in the situation.

It's wise to pass up trying to cure other people's addictions through the flower remedies. Chances are, it won't work, and if you're involved with them personally in any way, you probably lack the needed objectivity.

More importantly, people who are heavily addicted or on powerful tranquilizers ordinarily don't respond well to the essences. The addicted person may drink or drug even more heavily to deaden the emotions that come up, since they're addicted, in part, to avoid their feelings in the first place.

How a Single Essence Can Benefit an Entire Family

Red Chestnut, originally developed by Dr. Edward Bach, is well known as **a remedy for over-anxious mothers, especially for those times when mother love becomes smother love.** It's suggested for moms who continually fret over things that they imagine might happen to loved ones.

They automatically fear the worst in any situation, like that a child's minor fever is really catastrophic illness setting in, or that their husband who is half an hour late has been in a traffic accident. This excessive--even intrusive--concern does nothing to actually help the situation and becomes a drain on everyone.

As many essence practitioners have observed, at times an entire household may need to take a particular essence, not just the person who is expressing symptoms. It's easy to see how Mom might require this remedy, but how might it impact the family system? An entire household needing **Red Chestnut** would be a warren of worrywarts!

However, chronic negative thoughts are contagious and can create self-fulfilling prophecies. If Mom keeps projecting a certain undesirable outcome--her husband losing

his job, for instance, or her daughter getting in with the wrong crowd--then little by little, it begins to seem like a possibility to others in the home too.

We could all name Moms who ought to have an intravenous drip of **Red Chestnut**, but **lots of Dads need it too**. Given that men are generally reticent about sharing their fears, the need for this remedy may show up in exaggerated "Head of the Household" behaviors.

Astrology and Flower Remedies – Definitely a Match Made in Heaven!

Flower remedies became part of my astrological practice in 1981. These natural, gentle substances can add a great deal to astrologers' work with clients. The right flower remedy mixture given at the right astrological moment can produce an impressive amount of change. This is just a sampler and isn't meant to be comprehensive, for it would take a whole book to cover the topic in the depth it deserves.

When a reading is going well, and you're getting at the roots of persistent and troublesome patterns, the client experiences a sudden growth in consciousness of the underlying difficulties. Seeing the problem so clearly, the client is often strongly motivated to do something about it. The reading can be an impetus for growth. If so, toward the end of the reading the client is very likely to ask, "Now What? What can I do to change this pattern?"

One tool for growth that the practicing astrologer can offer clients is a mixture of flower remedies relevant to the issues discussed in the reading.

For instance, suppose the person's Sun is severely challenged, and so the person suffers from lack of confidence, low self-esteem, or even self-hate. When this is the case, it's more difficult for people to believe in themselves and to make forward steps. Mixing some of the flower remedies various companies offer for self-esteem, like **Sunflower** or **Buttercup**, can help the client make a fundamental shift.

If you've worked with the flower remedies for a while, you may have noticed that particular remedies may lie dormant in the box for months or even years, and suddenly every second client needs them. These ebbs and flows in the *Fleur du Jour* seem to be evoked by the planetary combinations that form in the sky. Transits often accompany a temporary aggravation of the problem, thereby stimulating awareness and change. Essences and other forms of vibrational healing may set in motion a similar period of heightened awareness and insight.

Order this book here: [My Books](#).

(A list of recommended flower essence companies follows.)



California Poppy

Flower Remedy Resource List--2014

There are several hundred flower remedy or essence companies worldwide, and there's no way to list all of them or keep up with the changes in their addresses and web sites. The list below includes only those companies whose products are mentioned in this book. If an address or phone number is out of date, look for them on the Internet. In many instances, the web site contains descriptions of each available essence and a mechanism to order directly from the site.

GREAT EDUCATIONAL RESOURCE: A free online quarterly with over 500 articles in its archives is Vibration Magazine, edited by Deborah Bier and Donna Cunningham. For links to articles about remedies mentioned in this book, consult their [Whole Site Search Engine](#). Input the name of a remedy or an issue you're working on, and in seconds, it gives you a list of related articles with direct links.

Contact Information for Major Companies

Alaskan Flower Essence Project

PO Box 1369
Homer, AK 99603
Tel (US & Canada): 1-800-545-9309
907-235-2188
<http://www.alaskanessences.com>
Email: afep@alaskanessences.com

Australian Bush Flower Essences

45 Booralie Road,
Terrey Hills, NSW, 2084, Australia
Tel: 02 9450 1388 Fax: 02 9450 2866
International Tel: 61 2 9450 1388
International Fax: 61 2 9450 2866
<http://www.ausflowers.com.au>
info@ausflowers.com.au

Desert Alchemy

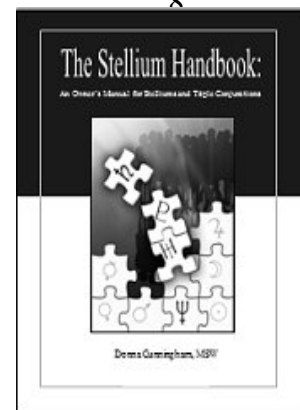
P.O.Box 44189, Tucson, AZ 85733,
USA
Tel: 1-800-296-5488 (520) 325-1545
<http://www.desert-alchemy.com>
Email: info@desert-alchemy.com

Flower Essence Society (FES)

P.O. Box 459
Nevada City, CA 95959 USA
1-800-736-9222 (North America)
(530) 265-9163
[http:// www.flowersociety.org](http://www.flowersociety.org)
Email: info@flowersociety.org

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Flower Remedies: How Plants' Energies Can Heal Us: A great tool to add to your practice. These gentle catalysts can help clients move through blockages in the natal chart and make the most of transits. Includes a chapter on combining them with astrology. 2014 Edition \$15

