

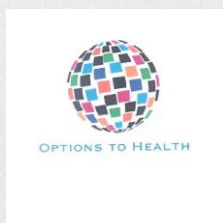
The A,B,C's of Energy Support

Flower Essence Edition

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Introduction

This book is the second edition of the A,B,C's of Energy Exercises with the focus on flower essences.

Flower essences have been used for healing for centuries and in many cultures. Today, more and more people are drawn to the gentle, self-regulating and powerful healing properties of flowers and plants.

I have had the great fortune of studying with Ian White who created the Australian Bush Flower Essences and in 2008 I was selected to be in the first Teacher Training that was offered. Any of the Australian Bush Flower Essences (ABFE) that are in this book can be purchased through me.

I have included other wonderful essences, as well, especially the flower essences that come up the most frequently in one-on-one muscle testing sessions.

Please contact me with questions at:

Ginger@optionstohealth.com

Enjoy!

Ginger

A is for Alpine Mint Bush Flower Essence

Every mother, teacher, caregiver, practitioner and helper of any kind could use the wonderful healing energy from the Australian Bush flower essence, Alpine Mint Bush.

When you are mentally and emotionally exhausted, lacking joy and feeling the weight of responsibility of caregiving, Alpine Mint Bush revitalizes and renews your energy, improves sleep and helps to bring back joy.

It is suggested to take this flower essence as prevention before experiencing physical exhaustion and mental burnout such as prior to long term care of a loved one.



B is for Black-Eyed Susan

This is the perfect ABFE essence when you are:

- Always “on the go”;
- Impatient, hate waiting;
- Constantly striving;
- Experience indigestion, headaches, muscle tension, back problems, adrenal stress and just plain STRESS.

Taking Black-eyed Susan will help you slow down in order to turn inward and be quiet and still, establish priorities and still do the things you love.



C is for Centaury

Centaury is from the **Bach** flower essence collection. This could be called the “Cinderella” essence and is needed when you feel like you are giving more than you have, feel like a doormat, are worn out and feel that you’ve lost your sense of humor.

Positive statements with Centaury flower essence:

“I am discerning more and more clearly.”

“I am responsible for my life.”

“I am honest with myself.”



D is for Dog Rose

Dog Rose is the ABFE essence for anxiety or those times when you are concerned with “what if.”

Ian White writes in ***Bush Flower Essences***, “Dog Rose can also be appropriate for those who have experienced grief, as unresolved grief often makes people fearful.”

Dog Rose infuses confidence, belief in yourself, courage and the ability to embrace life more fully!



E is for Elm

Elm is another **Bach** flower essence. It is for “weak moments in the lives of the strong,” when you have a *temporary* feeling of inadequacy and are overwhelmed by the tasks at hand.

Elm flower essence has been labeled “psychological smelling salts.”

Positive affirmations for this essence from Mechthild Scheffer’s book, ***Bach Flower Therapy***:

“I am given only as much responsibility as I can carry.”

“I am up to the situation,”

“I always have the help I need.”



F is for Feverfew

Molly Sheehan of **Green Hope Farm** in Meriden, NH has created wonderful flower essences for adults, children and animals.

Feverfew is an excellent flower essence for nervousness, restlessness, anxiety and any nervous habit that is hard to let go of. It is one of the individual flower essences in Molly's combination remedy, Anxiety.



G is for Gentian and Gorse

I believe that these two **Bach** flower essences are needed for the times that we are living in.

Gentian is connected to the concept of God and faith. It is needed when you are feeling skeptical, pessimistic and discouraged and helps you find "the light in the darkness."

"Obstacles are chances to learn."

Gorse is needed for hope, especially when you feel that there is nothing more to do or you don't have the energy to continue. Gorse is helpful for anyone dealing with a chronic illness.

"I see new opportunities."

Gentian



Gorse

H is for Hornbeam

Another **Bach** flower essence, Hornbeam, is the vitality flower essence that will take you from feeling *mentally* tired and worn out, to feeling awake and fresh and ready to handle the tasks at hand.

When you are in need of Hornbeam you will experience that “Monday-morning feeling”, will probably be posting a picture of your extra large coffee on Facebook and will be lacking enthusiasm.

However, you come to life when something interesting occurs unexpectedly!



I is for Illawarra Flame Tree

The ABFE Illawarra Flame Tree is the essence for you or your children when feeling rejected, left out and deeply hurt by being excluded.

This essence helps to build confidence, strength, self-reliance and self-approval.

For the physical body, Illawarra Flame Tree supports the Thymus Gland, thereby strengthening the Immune System.



J is for Jacaranda

Jacaranda is the ABFE for you if you find yourself rushing, scattered, tackling as many projects as you can but lacking focus, vacillating and as Ian White says, "dithering."

Taking a regime of Jacaranda will help you to be decisive and quick-thinking but from a clear-headed perspective.

Physically, Jacaranda is indicated when experiencing acid reflux.



K is for Kapok Bush

Kapok Bush was used in the 1940s as stuffing for pillows, cushions and life preservers. Think of this flower essence as a life preserver for you when feelings of apathy, resignation and discouragement takes over and it's hard to keep your head above water and you would like to quit.

Taking Kapok Bush helps you to respond positively to any challenge that you are facing. You will have more of a willingness to persist and take control of your life and the situations confronting you.



L is for Little Flannel Flower

Remember when being silly and playful was part of life? If you can't, then you are in need of the ABFE Little Flannel Flower essence. This essence supports spontaneity, joyfulness, feeling carefree and young at heart.

Little Flannel Flower also helps children connect with their spirit guides and angels and supports them in maintaining the language of "knowing."



M is for Macrocarpa

Another ABFE, Macrocarpa, is the perfect flower essence when you feel tired, exhausted, burnt out and are convalescing from childbirth, illness, prolonged physical labor. Consider Macrocarpa during exam times for students.

Macrocarpa strengthens your adrenals when they are fatigued and leaves you with more energy, vitality and endurance.

Ian White offers two affirmations with Macrocarpa:

"I am now experiencing a renewal of energy and vitality."

"I am now tapping into the unlimited energy source within me."



N is for Nasturtium

Nasturtium is a flower essence that you will find helpful for those times when you are constantly in your head and thinking, for the career that demands intellectual activity and for head pain and exhaustion.

Taking the Nasturtium flower essence will allow you to feel more grounded as energy is filtered from your head to your heart center.

Diane Pepper at **Tree Frog Farm** (see reference page) in Washington state has created wonderful flower essences and Nasturtium is one of her many remedies.



O is for Olive

Consider the **Bach** Olive essence when you are exhausted physically, mentally, emotionally and spiritually, which is often true after experiencing a long struggle or challenge.

Olive may be the first step in self-care when you have been caregiving for a long period of time or have simply ignored your own needs and feel like you are at a breaking point.

Let the Olive essence help you reconnect to your strength and identifying your needs.



P is for Philotheca

When I ask a client or student to list and acknowledge their talents, strengths and/or gifts, I am usually met with the sound of crickets! Acknowledging who you are and accepting praise is often a big challenge.

Philotheca is a flower essence that assists you in receiving and accepting praise, love, support and acknowledgement.

I often suggest keeping an *Appreciation Journal* in order to start recognizing your positive qualities and strengths and really getting to know who you are.



Q is for Queen Anne's Lace

Molly Sheehan from Green Hope Farm says of this flower essence:

"Queen Anne's Lace offers a powerfully unifying energy. It can help us find inner strength and an integrated sense of well being when we are scattered or feel divided either from the human community or from within ourselves. It supports us to gracefully pull the threads of a divided situation back together into wholeness and harmony."



R is for Rosa Rugosa

Rosa Rugosa is one of my favorite flowers, probably because it reminds me of growing up on Cape Cod and seeing this flower at every beach. I now have many Rosa Rugosa in my own garden.

This Tree Frog Farm flower essence is for feeling calm even during tumultuous times. It inspires optimism and hope when you feel depressed or overwhelmed and want the glass to be half full instead of half empty.

Despite tides, salt, sand and water, Rosa Rugosa continues to bloom and grow.



S is for Sunshine Wattle

I call this ABFE the cheerleader essence. The flowers look like little pom poms and the flower essence is needed when you feel stuck in the past or when you are struggling and expecting a grim future.

Let this yellow flower and its vibration open you up to a bright future and a sense of optimism!



T is for The Wingspan of the Senses

The Healer's Toolbox collection, created by Molly Sheehan in 2009 along the ley lines of Camino de Santiago, includes 15 flower essences for “healers.” This is not exclusive to practitioners and includes children, animals and anyone who is in a supportive or caring role.

The Wingspan of the Senses is very important for those who are highly sensitive and feel the need for energetic protection. This essence allows you to be in someone's energy field while you are supporting them and then to be able to step out.

Molly says, *“This essence reminds us that we don't need to and shouldn't stay in another soul's field after guiding them through suffering or deep healing work.”*

This essence works with the skin, the third chakra and boundaries.



U is for *Utricularia vulgaris* or Bladderwort

An **Alaskan** flower essence, Bladderwort, is indicated when support is needed with discernment. You may feel taken advantage of or even deceived.

This essence helps create a stronger discernment meter and strengthens your ability to see the truth regardless of the confusion that may exist. Bladderwort essence increases a clearer inner knowing.



V is for Vanda Orchid

The Bermuda collection from **Green Hope Farm** features the Vanda Orchid flower essence. This essence helps you to understand the core issue in any healing crisis in order to restore your health and well-being.

The affirmation for this flower says, *"I AM one with the blueprint for my life. I AM one with the divine blueprint for my physical vehicle."*



W is for Wedding Bush

If you have difficulty with commitment, whether it be with personal relationships, career or even to your own personal goals, consider the ABFE Wedding Bush.

Ian White says, *"Wedding Bush can be likened to the cement that keeps a relationship together."*

Any activity or task that you have taken on that requires dedication such as training for a 5K, losing weight, increasing sales in your business, etc. can benefit from Wedding Bush.

Along with the flower essence, choose positive affirmations or intentions to support your commitment.



X is for X-Patterning

In the A,B,C's of Energy Exercises, Part 1, I discussed X-Patterning as an energy exercise to integrate the brain hemispheres and keep you electrical, clear and focused.

The same is true with flower essences. They have a profound effect on your body:

- When a flower essence is ingested or absorbed through the skin, it initially assimilate into the bloodstream;
- Then, it settles midway between the circulatory and nervous system;
- An electromagnetic current moves the essence directly to the 14 major meridians or energy pathways;
- Through the pores of the meridians, the energy of the essence travels to the chakras, various subtle bodies and back to the physical body.

Y is for Yarrow

Yarrow flower essences – Pink Yarrow, White Yarrow and Yellow/Golden Yarrow and the Yarrow Blend – are important for those who are highly sensitive and vulnerable to absorbing energy from people, places and things.

Pink Yarrow is for those who get overly involved in other people's lives.

Yellow/Golden Yarrow is for strong personal protection.

White Yarrow is for clearing psychic toxicity, and for general protection when you are depleted.

The Flower Essence Society has a Yarrow Blend that I highly recommend.



Z is for Zinnia

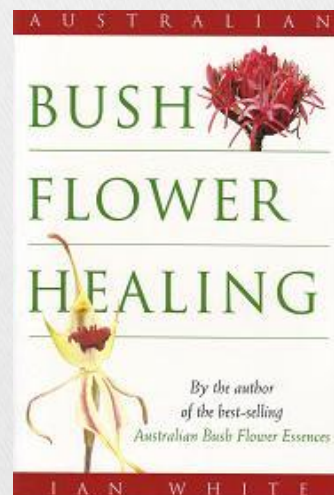
Zinnia's healing properties are very similar to the ABFE Little Flannel Flower. Zinnia is all about JOY, childlike humor, playfulness and connecting to your inner child. It's a happy flower. Just looking at the flower can make you smile.

If you suffer from SAD – Seasonal Affective Disorder, consider ordering the Zinnia flower essence from one of the many companies that make the remedy.



RESOURCES

- How to take the flower essences;
- Books;
- Websites



How to Take Flower Essences

Flower Essences are taken by 1) placing drops under your tongue, 2) on your tongue, 3) in water 4) on the palms of your hand or 5) on specific points on the body as illustrated in the book, ***The Bach Flower Body Maps*** by Dietmar Kramer and Helmut Wild.

Flower essences can be taken as needed, such as Bach Rescue Remedy or as a regime for 2 weeks or as prescribed by a practitioner.

You will also find flower essences in mist form or as a cream and recently Ian White has created a pendant containing Fringed Violet and Angelsword essences to be worn as protection energy.



Flower Essence Books and Websites

Australian Bush Flower Essences:

- ***Australian Bush Flower Essences*** by Ian White. Findhorn Press.
- ***Australian Bush Flower Healing*** by Ian White. Bantam Books.
- ***Animal Healing with Australian Bush Flower Essences*** by Marie Matthews. Bush Biotherapies Pty Ltd.
- ***Happy Healthy Kids*** by Ian White. McPherson's Printing Group

Website:

www.ausflowers.com.au

To order any of the ABFE dose bottles, contact me:

Ginger@OptionstoHealth.com

Bach Flower Essences: (found at most health food stores)

- **The Bach Flower Remedies** by Edward Bach, M.D. and F.J. Wheeler, M.D. Keats Publishing.
- **Advanced Bach Flower Therapy** by Gotz Blome, M.D. Healing Arts Press.
- **The Essences of Bach Flowers** by Rachelle Hasnas, M.S.W. The Crossing Press.
- **Bach Flower Remedies for Children** by Barbara Mazzarella. Healing Arts Press.
- **Bach Flower Therapy** by Mechthild Scheffer. Healing Arts Press.
- **The Encyclopedia of Bach Flower Therapy** by Mechthild Scheffer. Healing Arts Press.
- **New Bach Flower Body Maps** by Dietmar Kramer. Healing Arts Press.
- **Floral Acupuncture** by Deborah Craydon, C.F.E.P. & Warren Bellows, Lic.AC. The Crossing Press.

Green Hope Farm – Molly Sheehan – 603-469-3662
www.greenhopeessences.com

Tree Frog Farm – Diana Pepper – 306-758-7260
www.treefrogfarm.com info@treefrogfarm.com

Flower Essence Services – www.fesflowers.com

Flower Essence Society - www.flowersociety.org

Alaskan Essences – www.alaskanessences.com

Ginger Bisplinghoff

I have always loved gathering information and passing it on to family, friends, students, clients and even strangers who will stop and ask me a question. I like taking something complicated and finding a way to simplify it.

This booklet offers suggestions for self-care and energy rebalancing through flower essences or vibrational medicine. I have used essences both personally and professionally for over 30 years and my office has quite a collection from all sources.

In an *Options to Health* session, I utilize 40+ years of nursing experience and information gathered in both the medical and holistic world. I help you identify and release the root cause of any situation, challenge or relationships through the bio-feedback tool of muscle testing.

Feel free to contact me: Ginger@OptionstoHealth.com

Wishing you health and balance,

Ginger