

**FLOWER ESSENCES**  
*They Are All About Relationship*



Magnolia Blossom, Photo by Jane Ellen ©

**by Jane Ellen**

## Chapter One



Honeysuckle Flower Essence Preparation, Photo by Jane Ellen ©

### Flower Essences Always Work

“Flower Essences always work. They always show up. They always do what they do. They are not subtle. It is our density that makes us unaware of their effects.” Those were the wise words of my teacher as she mentored me during a phone conversation at the completion of my certification process with the [Flower Essence Society](#) (FES). Fortunately for us humans, our density is exactly the sort of condition the flower essences are eager to help us transform, one precious droplet at a time.

Flower essences are under-valued and under-utilized, and I am convinced a major contributing factor is that we’ve not understood that we are entering an actual relationship with a living archetype. Being conditioned to look for quick fixes leaves us missing the gifts offered through in-depth relationship with flower essences. While pre-made flower essence formulas such as the [Flourish Formulas](#) are wonderful for offering immediate relief from acute symptoms, relationship with a deeply resonant personalized blend furthers our individual evolution, and rewards us with an enriched relationship with ourselves, with others, and with the world around us.

Receiving flower essences is about relationship—relationship with our Self and the themes we are addressing—relationship with the flower essences we are receiving, and the flower essence practitioner we’ve chosen to receive support from. When we are receiving flower essences, we have entered into a living relationship with them, and they are offering us their support. How we show up for this relationship will shed light on how we show up for all other forms of relationship in our lives.

## Chapter Two



### Step 1: Right Timing

The great messenger (our higher self or innermost being) communicates with us first on the etheric level. It's rare to catch wind of the message at this subtle level. Fortunately for us, it is committed to us, and will move closer, whispering softly into our spiritual ear. If it slips past our awareness radar amidst the noise of our fast-paced world, no need to worry. Next, it will sound off on the mental level. If we don't hear its voice there, it will make itself felt on the emotional level, and finally, if all previous attempts to capture our attention fail, our very own personal messenger's communication becomes much more obvious as it takes root in the physical level of our being through symptoms.

Fear, lack of confidence, anger, depression, worry, pain, addiction, and apathy are just a few of the faces worn by the devoted messenger-from-within when something is amiss. Other times, life grabs our attention through the loss of a job, relationship challenges, or the death of a loved one. The messenger may also be present in our inspirations, showing up as a longing for greater meaning or awareness in life, or enhanced creative expression, as a desire for clarity about our life purpose and direction for clearing blocks, or as an unwavering commitment to personal growth and spiritual evolution.

Whether through our suffering or our inspiration, our innermost being has signaled our readiness—right timing—and a wonderful opportunity—or an urgent need—to evolve relationship with ourselves through relationship with the flower essences.

## Chapter Three



Photo by [Missy Schmidt](#)

### Step 2: Following Feelings

During a weekend workshop on “In-depth Flower Essence Therapy,” I offered individualized sessions to each participant while the rest of the class held sacred space and witnessed the flower essence selection process for their fellow classmates.

Things were moving along smoothly until I found myself witnessing feelings of frustration in the last participant as she struggled to express what she hoped to address. Through my gentle inquiries and her sincere attempts to respond with clarity, a flower appeared in my awareness, a flower that matched the very patterning she was displaying—feeling inundated by too many ideas, and unable to put her thoughts into words.

Feeling relief in recognizing the most resonant flower essence, I was surprised to see her blank stare as I recommended and described Cosmos flower essence. “That does not sound right,” she said with disappointment in her voice. As we continued our exploration, the same flower remained constant in my awareness; and yet each time I spoke of it and what it addresses, I was met by the same response, “That does not sound right.”

I softly suggested we let that flower go, and follow what felt easy and right for her, including a couple of other essences we’d discussed earlier that she felt drawn to.

With a huge sigh of relief, her shoulders dropped and her belly expanded again with the welcome presence of her breath. I knew Cosmos would be there for her when and if she felt open to entering relationship with it.

At the end of the class, after everyone had said their good-byes, another class participant approached me, and proclaimed, "You did that woman a disservice by not putting Cosmos in her blend." I must confess I was taken aback by the conviction in her assessment, yet at the same time, I heard myself saying, "I disagree with you. She was not relating to the essence even after exploring it for some time, so it felt appropriate to let it go."

"Why are you so afraid to tell the client what they need?" she pressed. "That's your job! You're the expert!"

"I don't work that way," I explained. "I don't assume I know what a client needs or is ready for. It's not my place."

Shaking her head in a gesture of disgust, she walked away, leaving me with her final word of disapproval, "Tsk!"

Not long after the class, I received an email from the woman who had not resonated with Cosmos. She had begun to feel ready to enter relationship with it.

This is an example of honoring right timing; and it is also an example of the importance of following feelings. Had I insisted during the workshop that Cosmos was the right essence for her, she would have missed out on the empowering experience of coming to that realization for herself. Instead, she was introduced to Cosmos and had her first experience with it right then and there, in that first meeting. It was Cosmos who then continued communing with her after the workshop—and it was that communion that eventually inspired her to say "yes" to Cosmos being added to her blend.

## Chapter Four



Star Tulip, Photo by Jane Ellen ©

### Step 3: Listening

During a phone consultation with a client wanting a flower essence blend to support her in a career change she'd been wanting for some time, the frustration in her voice was obvious as she proclaimed, "I'm stuck! Nothing is happening! I am so STUCK!" In hearing her words, Cayenne flower essence came to my mind because it addresses stagnation, yet when I'd soften into listening more closely, Cayenne did not *feel* right. Knowing the importance of choosing resonant essences, I decided to explore more deeply with her. "Do you know what you want?" I inquired.

"YES!" she demanded, her voice booming with clarity and certainty.

"Have you taken all the steps you can take to bring about the change you want?"

Again, she responded, "YES!" This time, the agitation and frustration she was feeling accompanied her reply.

As my listening deepened, the flowers were lining up in my awareness, and Cayenne was nowhere in sight! Front and center, however, was Impatiens flower essence, calm and steady, making sure I would recognize it as the perfect match. "Of course it's Impatiens," I thought to myself, "She is facing an issue of timing, not an issue of what felt to her like being stuck." Impatiens supports being in the

present moment rather than trying to force the timing of things. “Is it possible that you are feeling impatient rather than stuck, and feeling frustrated that things are not happening faster?” I asked.

“Argh!” she groaned, followed by another resounding, “YES!”

Listening is an art form, particularly when it comes to skillfully choosing the most resonant flower essences. If we have not accurately heard what is calling for our attention, we will be choosing a flower essence that does not match what is presenting, in other words, one that is lacking in resonance, and it will be experienced as a dud. If we choose a flower essence that is mildly resonant, we may experience a mild effect, and so on. It is worth taking our time—listening—to make sure we’ve found the best match, and calling upon professional support when appropriate.

We will always know when the correct essence has been chosen. We will feel changes in our body; we will receive messages in our dream-time; we will be aware of their influence in our interactions with others; and we will notice we are present with ourselves in a new way.

## Chapter Five



Fawn Lily, Photo by Jane Ellen ©

### Step 4: Creating Intentions

While teaching a class on “Self-Care with Flower Essences” to a group of students at a massage school in Santa Fe several years ago, I became aware of the young woman sitting to the left of me. Turning to check in on her, I was alarmed by the sight of her flushed face and tear-filled eyes. “Are you okay?” I asked.

“You are ruining my experience with flower essences!” she cried out, the veins in her neck further revealing her upset. “They’re supposed to be fun, and you’re making it so serious!”

“Oh, I’m sorry you feel that way,” I replied. “What I’m presenting is based on my relationship with flower essences. You’re free to develop your own relationship with them, and it does not have to look anything at all like mine. I’m sorry you have to sit in this class when you are so uncomfortable with what I am presenting. If possible, let what I am saying pass right on by you if you don’t like it; however, if you’re at all inspired, experiment with what I’m presenting, and then formulate your own opinion based upon your experiences. In a few hours, the class will be over.”

Having been heard, she seemed to calm a bit. Later, as I read through the required and confidential feedback forms from the class, there was not a single negative comment on any of them. I wondered what, if anything, about her relationship with the flower essences changed that day.

Flower essences meet us exactly where we are. Knowing why we are entering relationship with them, what we intend to address, and what change we are invoking enriches our experience and empowers us throughout the relationship.



## Chapter Six



Photo by Jane Ellen ©

### Step 5: Showing Up

Dandelion flower essence showed up for a new client during her first session with me. She was a gardener by trade and, like many who've not yet been touched by this essence, she saw Dandelions as a weed to be eradicated. Upon arriving home from her session, she was met by a golden bouquet of Dandelions in a glass of water on her dining room table. Stunned and bewildered, she asked her 11-year-old daughter where they came from. The daughter, who'd not picked flowers for her Mom since she was three years old joyfully exclaimed, "I picked them for you!"

Certain she'd weeded all Dandelions from her yard, she asked her daughter (the skilled messenger of the essence of Dandelion in that moment!), "Where did you find them?" to which the daughter replied, "I was wandering out back, behind the shed, and saw them there, and felt like picking them for you."

Of course, the daughter picked this bouquet while her Mom was being introduced to Dandelion flower essence during her session with me. They always show up, and so must we!

I've heard it countless times during Support Sessions with clients, "Nothing's been happening" or, "I don't think the flower essences we chose are working." Even after my own experiences receiving personalized flower essence formulas over the years, I still occasionally feel myself wondering the same . . . "am I receiving the right essences? Is anything happening?" That has never been the case for my clients, or for me. We are simply witnessing our density and learning how to show up. Showing up requires we pay closer attention to our thoughts, feelings, and experiences and begin to observe how we are responding to what is presenting.

## Chapter Seven

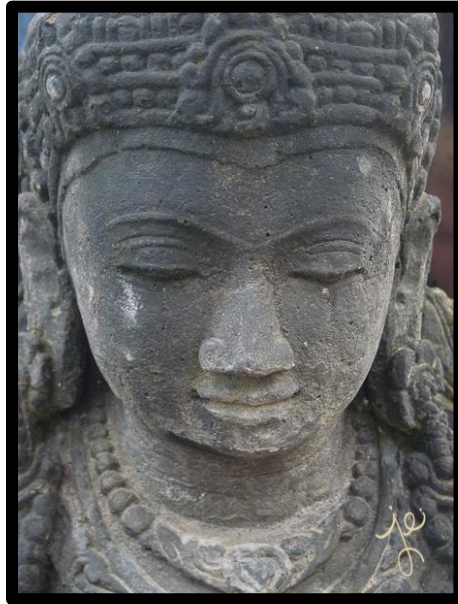


Photo by Jane Ellen ©

### Step 6: Observing

I used to have panic attacks. The first one came on in the middle of the night when I woke gasping for air, crushing pain in my chest, and my left arm completely numb. After an hour in the emergency room, and chest x-rays that came up clear, nothing had changed. The doctor asked, "Have you ever had a panic attack?" My face turned red with embarrassment after angrily pounding my fist on the examining room table I was sitting on. How could I have ended up in an emergency room over a panic attack? What could have possibly been troubling me so deeply, and why did I not know something was bothering me before it had to get to that level? I was given two Xanax to see if my "symptoms" would be relieved. In less than ten minutes, the debilitating pain in my chest was undetectable, and I was nearly comatose. When the doctor returned to check on me, she nearly had a panic attack of her own upon observing I could barely sit up, let alone speak coherently. "Oh, I'm sorry! The next time, just take half of one tablet." I left with a \$700 bill, a bottle of Xanax (which I promptly discarded), and a healthy dose of determination to find out what caused this experience.

It was time to turn my gaze inward and to become more observant. Without hesitation, I called upon the flower essences to help me reveal the underlying cause of these episodes. There were no more trips to the emergency room, but many more panic attacks before I learned to recognize the earliest signals from my loyal body, and to respond, as needed, to what my innermost being was asking me to address rather than suppressing it.

## Chapter Eight



Photo by Jane Ellen ©

### Step 7: Responding

Four months before my birthday each year, I'd inevitably begin feeling depressed and acutely aware that my mother's pregnancy with me had been unwanted. My earliest experiences and memories dramatically colored my ability to value and embrace my own life, and set the stage for what would become my single greatest healing experience with the flower essences thus far.

Each year, I'd prepare a "birthday blend" of flower essences for myself that included Mariposa Lily flower essence. I'd enter relationship with these essences three months prior to my birthday, and remain with them one month beyond. My birthday blend touched my life in a new way each year, and I responded, but none would reflect more poignantly the profound healing that took place the year I traveled to Thailand, and when on my 51<sup>st</sup> birthday, I received a treatment from a lovely Thai acupuncturist.

Gingerly, I shared with her, "Today is my fifty-first birthday." As she gently placed needles in support of my lungs and liver, she shared this story with me, speaking slowly, and with the softest smile upon her face.

*The Thai people get up before 11 a.m. on their birthday, and get dressed in their traditional/formal dress and go to temple, bringing flowers with them, and giving thanks for their life. Afterward, they visit their mother, and if they are not able to visit her in person, they phone her. If they visit her in person, they also bring her flowers and they thank her for giving the gift of life. They apologize for any hurt they may have caused her through their words or their actions. The mother then typically pats their adult child on the head and says, "Oh, I accept your apologies and I don't have to forgive you because you have always been good." The flowers given to the mother are typically Jasmine flowers because of their sweet and beautiful fragrance.*

This loving woman was the very essence of Mariposa Lily in that moment and my heart opened to the healing. There was no "happy birthday" from her or, "what are you going to do to celebrate?" Instead, the Mariposa Lily healing taking place turned my focus gracefully toward my precious Mother and to bowing soft and deep to her for the life she'd given me despite the troubling state of her own life at that time.

From Thailand, I continued to respond to the call of the flower essences I was receiving, and to the healing being offered. Because I was overseas and could not do this in person, I emailed one of my sisters and asked her to help me with my desire to honor my Mother on my birthday by having flowers and a letter sent expressing my love and sharing this story with her.

It's been four years since that tender day of healing, and my heart fills to overflowing every single time I have the blessing of speaking with my 87-year-old Mother. I am bathed in her love for me, and she, in mine for her.

Responding to our relationship with the flower essences in our blend is an action-oriented step and a turning point in our relationship with ourselves and the themes we are addressing. Choice becomes more apparent, and responding in old ways no longer feels tolerable. With newfound awareness, we see ourselves and the themes we are addressing in a new light; we recognize options previously outside our consciousness; we discover an inner strength we did not know existed. We are living life in a new way!

## Chapter Nine



Photo by Jane Ellen ©

### Step 8: Allowing

Someone interested in receiving flower essence support from me spoke with urgency in her voice about how things are moving and changing much faster in our world these days, referring to an abundance of popular metaphysical information supporting her point. “Yes, and that’s all the more reason for us to slow down,” I replied, not realizing my comment would send her running, full speed ahead, in the opposite direction from me, shouting, “Sometimes, we can’t!”

When life is moving fast, and we begin feeling overwhelmed, one of the first things we hear from loved ones is to slow down and breathe. This returns us to the natural cycles that are alive within us. No matter how fast change happens, there are certain things that simply cannot be coerced, such as the timing of the seasons, whether they are the outer seasons in nature, or our inner seasons. Flower essences know this. Our innermost being knows this. Our fears and our mind may tell us otherwise, but they are mistaken. It is the wisdom alive within our physical body that will assist our mind in remembering the natural ways.

Another potential client shared her perspective that it can be harmful to stay with a flower essence blend too long. But when we are in communion with the flower essences we are receiving, we are naturally inspired to allow ample time to be with our new insights and awareness. Staying in relationship with a flower essence blend for longer rather than shorter periods of time allows our being the opportunity to assimilate and integrate the changes taking place. It is in cutting short our relationship with the flower essences that we will miss out.

## Chapter Ten



Photo: Jane at Tub Springs, Ashland, Oregon ©

### Step 9: Receiving (Rather than Taking)

My relationship with flower essences completely changed and forever deepened one day when, while placing flower essence drops under my tongue, it dawned on me that I was “receiving” flower essences, not “taking” them. In that precious moment, I became undeniably aware that flower essences truly are all about relationship, and that they serve as beloved teachers, waking our sleeping selves back into life, helping us to lovingly re-member our wholeness, calling back any fragmented, lost, or disowned aspects of our being.

With that in mind, I invite you to give yourself the opportunity to experiment with receiving your flower essences rather than taking them. Bring your consciousness to your language, and choose the word “receiving” instead of the word “taking.” Allow yourself the opportunity to correct yourself if you notice yourself saying, “I took my drops” by simply adding, “Excuse me, I meant to say, I ‘received’ my drops.” Try this experiment for one full month, and notice how you feel when you place the drops under your tongue each time. You may be pleasantly surprised to discover you are naturally inspired to slow yourself down to receive their support, much in the same way you would when a loved one comes to your aid after you’ve called upon them for assistance in a time of need.

## Chapter Eleven



"New Moon with Hydrangeas"  
by Harriett Rex Smith at [HarrietRexSmith.com](http://HarrietRexSmith.com)

### Creating Rituals by Harmonizing Flower Essences and The Moon

During one of the darkest times in my life, it was the Moon's cycles each month that served as my teacher, reminding me that all things come to fullness and completion and then fade away like the waning moon, preparing the way for the new life that will eventually appear.

In preparation for my Full Moon ritual each month, I'd spend time looking for a card with an image of a woman and the Moon, taking my time to make sure I'd chosen the one that moved me most deeply. Next, I'd buy a chocolate bar, milk chocolate, in honor of my special teacher, the milky white Moon.

As the Sun began lowering itself in the sky, I'd gather up my special items—the beautiful card, my chocolate bar, a pen with silver metallic ink, and a blanket—and once in my car, I'd ascend Mount Ashland, watching for glimpses of the rising Moon between the trees. Atop the mountain, I'd park my car directly facing her, turn off the ignition, and slow myself, unwinding the city energy, and opening to nature's presence all around me. Once settled, I'd open my card, and begin writing, "Under the light of my Blessed Full Moon Mother, I give thanks for the completion of . . .," and I'd write and write until my hand simply stopped. Tears often flowed, signaling the release of the love and the grief I felt over all I was

saying good-bye to. If inspired, I would read aloud all I'd written, and sometimes, when it felt necessary, I'd read it again, and again, until it felt as sure as the Moon was full.

Next, I'd step outside and bow 28 full bows, in honor of this ancient Moon cycle, and with every bow my body was reminding me of nature's ways. If I felt compelled to wail, I wailed. I'd then place my card on the ground, under the light of the Full Moon and the weight of a rock. I'd imagine that just as the Moon would wane, so too would all that had come to completion in my life. Returning to my car, I'd open my chocolate bar, and enjoy every creamy bite while receiving in the steady presence of the glorious Full Moon. My ritual gently waned each time I descended the mountain, and upon arriving home, I received my flower essences before crawling under the covers for the night.

Our flower essence blend can easily correspond with the cycles of the Moon. New Moons are a perfect time to enter relationship with flower essences, particularly when the themes being addressed correspond to new beginnings. But if we've chosen a blend in support of bringing a pattern to completion, starting a blend during the Full Moon phase may hold more meaning and effectiveness.

When creating flower essence rituals that are in harmony with the Moon, all we need do is follow our own feelings and inspirations. Perhaps we'll place drops of our flower essence blend in a bath, or add them to our watercolors and paint our feelings under the moonlit sky. We may spend time writing our intentions for receiving the flower essences in our blend, or have dinner with a cherished friend who will be interested in hearing about our flower essence experiences. Whatever we decide, the more meaningful it feels to us, the more empowering and fulfilling our experience will be.



"Quince and Full Moon"  
by Harriett Rex Smith at [HarrietRexSmith.com](http://HarrietRexSmith.com)



## Chapter Twelve

When we are moved to call upon the support of the flower essences for our own evolution, we are ensured the most meaningful and lasting experience when we --

- remember that *Flower Essences Always Work*;
- that our suffering or our inspiration signal *Right Timing*;
- that *Following Feelings* when choosing essences is essential;
- that *Listening* closely for what is presenting will ensure we receive the most resonant flower essences;
- that *Creating Intentions* for the changes we are invoking enriches our experience;
- that *Showing Up* means noticing our thoughts, feelings, experiences, and responses to the shifts taking place;
- that *Observing* means turning our focus inward for deeper understanding and insight;
- that *Responding* is an action-oriented step within the relationship—inviting us to respond in new ways to what is presenting;
- that *Allowing* ample time for our entire being to assimilate the changes taking place means staying in relationship with the flower essences for longer rather than short periods of time;
- that *Receiving (Rather Than Taking)* flower essences honors the living relationship we have entered;
- and that *Creating Rituals By Harmonizing Flower Essences With The Moon* is an effective way to remember the natural cycles alive within us.

Finally, we offer a deep bow of gratitude for our evolving relationship with ourselves, with the themes we are addressing, with the flower essences we are receiving, and with the world around us.



Photo: Jane at Bandon Beach, Oregon ©

Jane's professional relationship with Flower Essences began in 2003 through her completion of the Practitioner Training program with the [Flower Essence Society \(FES\)](#), and continued through six years of serving clients to becoming a Certified Flower Essence Practitioner in 2009. She was invited by one of the co-founders of FES, Patricia Kaminski, to be a guest presenter at the Advanced Practitioner Training and after years of collaborative relationship with FES, was invited to formulate and name two hospice formulas for the FES line of pre-made formulas. Through five years of community service and pilot studies, the Peace-full formula and the Compassionate Care-Giver formula were created. Jane's ongoing Flower Essence practice is further enhanced by her background in Intuitive Readings, Hakomi Integrative Somatics for trauma recovery, Non-Violent Communication, Mediation, and Polarity Therapy. You may contact Jane through her [website](#).

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