



Flower Medicines Robert Stevens

"Let us not condemn nature, but try to understand and obey her. She is our best friend, if we first learn to obey. Understanding her, we may work in close cooperation with her to our very great advantage. It may be assumed that all pain and all suffering, mental or physical, which human beings are ever called upon to endure, have as their chief function to drive us toward a more perfect cooperation with Nature. If only we could learn that lesson it would save us many a ruined life, many a heartache, and many a wrecked body. But so long as we do not obey Nature, we must go on suffering endless ills." Dr. Julian Johnson

Edward Bach referring to Hahnemann said:

"He saw that new illnesses might arise owing to altering circumstances of civilization, and that new remedies would have to be sought. Again his genius comprehended the fact that in Nature might be found an infinite number of remedies to meet all occasions that might arise."

Quick Descriptions and Preparation

- 12C **African Tulip Tree** is for healing childhood trauma
- 3X **Agave** is for strength
- 6C **Banana** is a key for opening the heart chakra
- 6C **Banana Passion Flower** promotes courage, understanding, and the release of emotional scars
- 6X **Be-Still** is centering and calming
- 3X **Bougainvillea** promotes the growth of healthy relationships, both inner and outer
- 12C **Cinquefoil** unties schizoid knots
- 6X **Creosote** builds confidence and inner conviction, cleansing
- 12C **Coral Hibiscus** heals the child that has been dropped or abandoned
- 12C **Daisy** balances the inner bitch. Female reproductive system imbalances.
- 12C **Desert Willow** promotes spirited gaiety. Depression.
- 6C **Ginseng** increases receptivity to Divine Love
- 3X **Glory Bush** is for shock
- 12C **Ilima Lei** assists the inner feminine nature to establish normal, healthy boundaries
- 20C **Jasmine** assists the soul in bringing new impulses into the mind
- 3X **Olive** is for peace
- 3X **Plumeria** is for letting go of tension and stress
- 200C **Red Clover** neutralizes intense acute reactions
- 5X **Red Passion Flower** enhances the alignment of the conscious and the unconscious mind
- 3X **Sandalwood Tree** assists nature in healing damaged/disorganized life force
- 5X **Sacahuista** tonic to fire element
- 20X **Sage** fosters an attitude of honor toward yang (male) expressions

- 6X **Self Heal** removes the masks covering our essential nature
- 6X **Sensitive Plant** opens the closed
- 12C **Spider Lily** death, violence, killing traumas
- 3X **Tea Tree** brings the soothing, comforting caress of Nature, the balm of gentleness
- 3X **Wild Ginger** assists Nature in uniting the self-divided
- 3X **Wild Fuschia** is for increased clarity of male/female polarity
- 3X **Wild Violet** assists nature in eliminating hatred
- 3C **Wind Orchid** forgiveness
- 6X **Yellow Ginger** cleanses the cell mind of heredity poisons
- 12X **Yellow Spined Thistle** breaks chronic symptom patterns
- 200C **Ylang Ylang** fosters inner awakening of deep trust that life experiences are divinely guided
- 200C **White Rose** assists Nature in healing a broken, split and painful heart
- 200C **Poppy** assists Nature in restoring the sight of childhood
- 200C **Pink Rose** brings forth gentleness for self and others
- 200C **Rose of Sharon** complete exhaustion/underneath anxiety
- 200C **Fig** promotes mental clarity

Combination Remedies:

Help for emergency or stressful situations, fosters the ability to ask for/receive help

Peace treating ourselves and others with respect/reverence, peace

Peaceful Help combines all flowers of the combination remedies Help and Peace, all of the buffers

Preparation: 3 drops of stock to 1 oz. dosage bottle Recommended dose: 3 drops, 3 times daily. If these remedies are mixed with the Bach system, dosage is 4 drops, 4 times daily. **Note:** **Creosote, Yellow Ginger and Crab Apple** (Bach system) should not be used together in any combination. **Self Heal** and **Spider Lily** should not be used together.

41 Flower Medicines

African Tulip Tree helps nature restore balance from trauma during childhood. These intense mental, emotional, and physical disturbances caused a loss of the sense of the emerging self in childhood. African Tulip Tree fosters an inner environment which allows the collapsed child to reemerge into the structure of the ego.

Agave is for strength. The increase of strength is brought about by an increase in the ability to accept destiny. Destiny is defined as the unfolding of one's karma. Strength comes through humility and surrender to the ups and downs of life without complaint. For going with the flow.

Banana is a key for opening the heart chakra. Banana helps to unfold understanding and unconditional love. Our ability to feel into others is increased, but the aspect of unconditional love brings a warm sense of detachment. Banana brings forth compassion from the heart chakra. Useful for bodyworkers that are lacking confidence.

Banana Passion Flower releases memories of hatred, cruelty, and vicious heartless acts. These memories were observed, they are not a part of one's true character. Banana Passion Flower increases the ability to observe these memories being erased from the consciousness. Very strong feelings will be released, yet the observer within is also being enhanced. This remedy promotes courage, understanding and the ability to observe the release of very strong emotional scars.

Be-Still (Buffer) is for centering & calming. Be-Still added to any other remedy will mellow the emotional healing process. Be-Still is useful in any emergency or stressful situation. A compass to your center. Healing of the shattered, fragmented.

Bougainvillea promotes the growth of healthy relationships, both inner and outer. Bougainvillea lifts sadness and depression caused by early childhood trauma. The mixed messages, the confusion of inappropriate parental role models, the scars of abuse are all eased out by Bougainvillea. The scars of abuse from early years often lead to a deep-seated confusion between the inner female and male polarity. This confusion results in un-coordination on the spiritual, mental, emotional, etheric, physical planes of being. Un-coordination is defined as being out of synch with your male/female/neutral center.

Cinquefoil deals with schizoid knots. The following is an example of a schizoid knot: Kathy's mother is really busy. The house is full of guests and many additional responsibilities are falling on her shoulders. Mom says, "Kathy, would you please help today and make your own bed. I

would really appreciate this and you would really be a good girl by helping me." Kathy runs with glee to the grown-up task of making her own bed with anticipation toward pleasing her mom. With the task completed Kathy stands beaming next to the made-up bed. She is sure that her job is the best any four year old could do and also feels very happy and proud to help her mother in such a way. Kathy's mom comes into the room and sees the job Kathy has done. She says, "This is a mess; now look what you have done. I just have to do it over again myself. I already have so much to do and now this just adds to it." The schizoid knot has tied itself within Kathy's consciousness. There are numerous examples of these knots. Cinquefoil assists nature in untying these knots. Apparently, numerous schizoid knots will eventually lead to schizophrenia.

Coral Hibiscus assists nature in healing the child that has been dropped or abandoned. The child's needs have not been met by the parents. These exist within the consciousness as a sense of lack of fulfillment, a sense of hopeless abandonment. This early life experience may lead to addiction in later life. The substance of addiction plays the role of providing a false sense of support and bonding. Coral Hibiscus combines well with Agrimony (Bach system) for problems of addiction. Death of a parent, divorce, adoption, absent parent.

Creosote builds confidence and inner conviction around issues concerning healing - fear of illness, fear of acute healing, fear of chronic disease, fear of cancer, fear of paralysis, fear of death. In addition Creosote promotes the elimination of toxins, environmental poisons, drug residues, etc. as well as the elimination of emotions which hold back the forces of healing such as worry and fear. Strong cleansing medicine.

Daisy brings forth the angry, hateful, foul feminine. The yelling, over critical, filthy language, hatred towards others, bitch is invited to come out and play. She is no fun. Useful for all female reproductive imbalances. May be used by men and women.

Desert Willow is for spirited gaiety, joyfulness and mirth, the lightening of all levels of depression.

Ginseng increases receptivity to Divine Love. Ginseng flower (American) increases the flow of energy through the nadis (etheric nervous system). This in turn helps increase balanced nervous system functions. The main emotional factor that seems to shut these systems down is deep-seated grief. This flower essence is good for those that cannot release tears. This gift from nature not only releases all aspects of grief, but assists in manifesting a balanced sense of nothingness which helps increase our receptivity to Divine Love. Grief is the elemental emotion of the ether element. Throat.

Glory Bush is for shock. This remedy is for the elimination of shock and the entire root system of emotions appended to shock. For people that have experienced great levels of shock start with Star of Bethlehem.

Help (Buffer) is a combination of flower essences useful for any emergency or stressful situation. We often need some extra help in life and this combination remedy offers just that - help to those that are unable to ask for or seek help in life. Contains Cherry Plum 12x, Clematis 12x, Impatiens 12x, Rock Rose 12x, Star of Bethlehem 12x, Be-Still 12x, Jasmine 20c, and Plumeria 6x.

Ilima Lei assists the inner feminine nature to establish normal, healthy boundaries.

Jasmine (Buffer) assists the soul in bringing new impulses into the mind. These new impulses will assist the individual in forming new ways of thinking and acting. Recommended for use with all flower medicines and as single medicine.

Olive (Buffer) is for peace. Olive assists in resolving conflicts such as disputes and quarrels both within and without. Olive attunes us to peace and attracts contentment into the personality. This flower essence combined with Help, Ginseng, and Impatiens is useful for the relief of pain (physical, emotional, and mental).

Plumeria (Buffer) Nature's potent sedative, induces a deep level of relaxation. When the need to say, "I don't care, I just need to let go and relax" arises, Plumeria is a powerful aid to letting go and unwinding. This remedy addresses the stress and tension of modern life - insomnia, tight muscles, nerves strung like tight wires. Plumeria helps put life's demands into a proper balanced perspective.

Red Passion Flower builds a bridge between the unconsciousness and the consciousness. Opens up communication with buried trauma and the consciousness. For understanding the symbols of dream states.

Sacahuista promotes purging of the fire element - neutralization of false fire symptoms such as neck and shoulder tension, digestive disturbances, liver/gallbladder imbalances, loud voice, yelling, shouting, tight diaphragm, anger, resentment, bitterness, jealousy, hatred, envy, absence of joy, eyesight problems, red eyes, strained eyes, blurred vision, solar plexus disturbances, thigh problems (anterior/posterior), head imbalances, lack of energy. The release of these fire frustrations brings a sense of calmness into the personality. This remedy increases clarity of insight by relaxing, tonifying all aspects of the fire element.

Sage assists nature in bringing out the male aspects of assertion, authority, and taking control. For example, your father or some other dominant male figure in childhood exhibited frequent fits of rage. Contact with this rage was terrifying. Within your own being a decision was made that qualities associated with the male will never be acknowledged. Sage helps foster an attitude of honor toward these male expressions. Combines well with Bougainvillea, Ilima Lei & Jasmine to assist male/female polarity balance.

Sandalwood Tree assists nature in the healing of damaged and disorganized pathways of energetic life force. Healing of the entire etheric body. Use in combination with Ginseng, Star of Bethlehem, Jasmine, Tea Tree and Plumeria for all nervous system disorders. Reorganizes the etheric body after negative hallucinogenic trips (both natural and pharmaceutical).

Self Heal removes the masks covering our essential nature. Self Heal touches all of our most sensitive "buttons". Opens up those blocks that keep us away from our highest potential of healing. Use with Peaceful Help.

Sensitive Plant opens the closed. Assists the sensitive, closed up individual

or those that are unable to feel comfortable within themselves and find the outside environment oppressive and invading. Sensitive Plant is suited very well for those with environmental illness and allergies. When our sensitive nature is too acute, this remedy assists in bringing about a balance and allows us to function comfortably. Combines well with Ilima Lei, Yellow Spined Thistle, Jasmine and Tea Tree.

Spider Lily destroys the black widow energetic memory form.

A portion of the unconscious is trapped within a complex web of feelings. Each strand of the web represents a feeling. The being (your self identity) is trapped within the center of this web like a helpless insect. Spider Lily dismantles this entire thought form. Chronic physical body imbalances may represent the exact area where the black widow energy is attacking/killing the individual. Healing of death, killing, violent episodes that have been directly experienced or observed. Use with Peaceful Help.

Tea Tree (Buffer) brings the soothing, comforting caress of Nature and the balm of gentleness. Nurture, like being held and rocked within the arms of Mother Nature.

Wild Ginger assists Nature in uniting the self-divided. Fractured identity.

Wild Fuschia is for attachment to issues regarding past fragmentation of the opposite polarity. The trauma travels from the emotional body to the sacral chakra to the 5th lumbar/sacrum junction. This attachment is an intense ball of pain on all these levels which decreases freedom of motion on all these levels. The wounds are of the nature of attachments, inappropriate memories of attachments, a sense of being cut in half, nonintegrated, distortions around sexuality. The healing of these past attachments results in a deeper inner relationship, an increased balance of polarity, a greater clarity of the female/male forces. Water element.

Wild Violet assists nature in eliminating hatred. Use with Peaceful Help.

Wind Orchid helps us to forgive and forget past traumas.

Yellow Ginger - Yellow Ginger erases (eliminates) the cell mind of hereditary poisons. Miasms. Deep Cleanser.

Yellow Spined Thistle assists nature in breaking chronic symptom patterns induced by a dominating, self-centered parental influence.

Ylang Ylang fosters an inner awakening of deep trust that life experiences are divinely guided by unconditional love and wisdom. Combines well with Ginseng & Banana to create what is known as the "Love Triad".

White Rose assists nature in repairing a broken heart. The heart may experience sharp, shooting pains. There may be a sensation of the heart being split in two pieces.

Poppy: A child looks out at the vastness of God, a humble beginning. The child feels sage within the vastness of God, a drop. A feeling of being enveloped in unconditional love. As one begins to think and grow into the bosom on "I ness" the small is exchanged for the vast spaces of "I". Through the eyes of the egocentric everything is cloaked in anything but unconditional love. What happened to the small, safe, perfect drop? Poppy flower essence may offer an answer. This flower essence may be repeated periodically through the span of life.

Pink Rose brings forth a sense of gentleness toward the self and others. Helps to release memories of events in life's journey that were not gentle.

Rose of Sharon: complete exhaustion. Thoughts seem slow. Feeling of thickened space within the brain, head. Lack of interest in being involved with any person, event, work, etc. The energy is simply not there to deal with the course of life. "Leave me alone, I am so very, utterly exhausted." This state of mind is underneath anxiety. Anxiety requires energy. The more one suffers anxiety the deeper the exhaustion. This remedy helps one to see the underlying state (complete exhaustion) as a result of chronic anxiety. The exhaustion is so deep and vast that when accessed a person is simply unable to be anxious about the trivial events of life. Now the concern becomes: " I am so weak, so tired. How will I carry on with the demands of life?" Rose of Sharon helps teach flow of life force. Teaches the importance of the consequences energetically of becoming out of synch with the life energy. A relaxer and a friend in setting limits and boundaries. A builder of subtle confidence, but deep confidence. Life is flow. I am a part of that flow. Where is the need to be anxious or exhausted in a relaxed flowing life?

Fig: Bewildered, confused,. Simple mental tasks difficult to perform. Example: counting money over and over, can not get amount correct. Numbers confusing. Something bad, terrible is going to happen (impending doom). Sensation as if brain could be bigger in head. If brain would completely fill head thinking would improve. Shortness of breath. Sensation as if not being able to breathe deeply enough. Heart palpation, dizziness. Spatial confusion. Befuddled mental state. May be useful for loss of memory, effects of stroke, Alzheimer's, senile states, learning problems. Promotes mental clarity.

Red Clover: Neutralize any of these flower remedies or any Bach flower remedies, detoxify lymphatic system.

Peace Flower Remedy Combination (Buffer)

Jasmine Flower 20c
Olive Flower 20c
Wild Indigo Flower 20c
Tea Tree Flower 20c

Application: One drop from stock bottle or two drops from dosage bottle under the tongue or at the beginning of a treatment. May be used as often as needed anytime during a treatment or anytime after to help induce Peace. May also be applied to any location on the physical body. To make a peace inducing bath add 16 drops from a dosage bottle to the tub.

Jasmine assists the soul in bringing new impulses into the mind. These new impulses will assist the individual in forming new ways of thinking and acting.

Olive is for peace. Olive assists in resolving conflicts such as disputes and quarrels both within and without. Olive attunes us to peace and attracts contentment into the personality.

Wild Indigo is for relief of the blues.

Tea Tree brings the soothing, comforting caress of Nature and the balm of gentleness. Nurture, like being held and rocked within the arms of Mother Nature.

Peaceful Help Combination Remedy (Buffer)

Jasmine Flower 20c, Olive Flower 20c, Wild Indigo Flower 20c, Tea Tree Flower 20c, Cherry Plum 12x, Clematis 12x, Impatiens 12x, Rock Rose 12x, Star of Bethlehem 12x, Be-Still 12x, Jasmine 20c, and Plumeria 6x.

17 Flower Essence Formulas For Therapists **Potency for all flowers is 20c unless otherwise noted**

- 1) **Anxiety/Fear** Jasmine, Tea Tree, Lotus, Wild Indigo
- 2) **Depression** Jasmine, Desert Willow, Be-Still, Tea Tree
- 3) **Grief/Shock** (includes PTSD) Jasmine, Glory Bush, Ylang Ylang, Tea Tree
- 4) **Pain** (spiritual, mental, emotional, physical) Sandalwood, Jasmine, Ginseng, Tea Tree
- 5) **Purification** (mental, emotional, physical, lymphatic) Papaya, Tuberose, Coconut Tree, Lotus
- 6) **Balanced Brain Function** Jasmine, Be-Still, Red Passion Flower, Tea Tree
- 7) **Protective Shield** Tea Tree, Walnut, Jasmine, Plumeria
- 8) **Habit Transformation** (Addictions) Desert Willow, Jasmine, Tea Tree, Wild Ginger
- 9) **Strength** (Mental, Emotional, Physical, Immune System) Agave, Tea Tree, Lavender (French), Birch (European White)
- 10) **Unconditional Love** Jasmine, Beech, White rose, Tuberose
- 11) **Seeker** (Assist Seeking Conscious Source) Rice Paper Tree, Tuberose, Bamboo, Sweet Chestnut

12) **Weight Management & Body Image** Jasmine, Red Passion Flower, Peace, Papaya (all 50c)

13) **Mood Swings** (includes bipolar) Jasmine, Olive, Red Passion Flower, Peace (all 50c)

14) **Supple Movement** (arthritic conditions, stiffness, swelling, lacking flexibility, inflammation, rigidity on the mental, emotional, physical) Jasmine, Tea Tree, White Rose, Peace (all 50c)

15) **Travel Balance** Magenta, Purple, Turquoise, Indigo (reduce all types of travel stress and sensitivity) (all 100c)

16) **Peace Flower Formula** All flowers 20c potency

17) **Viral Shield Flower Formula** This formula has the capacity to offer protection, a shield, from viral life forms. Tea Tree Flower, Be-Still Flower, Jasmine Flower, Sandalwood Tree Flower (all 100c)

Preparation of Dosage Bottles: Place 2 drops from the stock bottle into a 1 oz. dropper bottle. Place 4-6 droppers of brandy, apple cider vinegar or vegetable glycerin in the 1 oz. bottle. Fill with filtered or spring water.

Dose: Place 2 drops in a small amount of water. Hold in mouth for 1-2 minutes before swallowing. Do this 2 x's per day.

