

Spirit in Nature Essences

Written by founder Lila Devi and used with permission

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compiled by Clare Harvey

Almond (*Prunus amygdalus*) Self-control, moral vigour. For the power to rebound vigorously from every setback in life. For calming the mind and nerves. Use when you need to be more inward, less affected by environment and circumstances. Good in times of activity and high demands on your energy reserves. Promotes synchronicity of body/mind/spirit, and restores a sense of balance and moderation.

Apple (*Malus domestica*) Peaceful clarity, healthfulness. For more inner peace amid life's swirl of activity. To be always 'calmly active and actively calm'. For clarity, receptivity and healthy attitudes. For inharmonious states of mind, including hypochondria, worry and doubt, and recurring negative emotions such as anger and fear. Helps bring clarity, receptivity and joy. Restores a sense of wellbeing to one's thoughts and outlook on life. Unlocks the spring of true health and vitality, providing the motivation to take better care of oneself.

Avocado (*Persea Americana*) Good memory. For a retentive mind, important for every kind of success. For the ability to develop mental skilfulness and concentrate wholly on anything you do. Brings focus and recollection of details; inspiration for new projects and challenges for the mind (such as exams) as well as a greater awareness of life's purpose. An attitude of 'Now I get it!' Also for learning from one's mistakes and delighting in the learning process.

Banana (*Musa x paridasiaca*) Humility rooted in calmness. For self-honesty and self-forgetfulness. For projecting your energy outward, away from yourself. For a calm, nonreactive attitude, for perspective and not getting overly involved, especially where emotions are concerned. For objectivity and a having a healthy distance from people and circumstances. To be able to let others have the last word and be able to ‘agree to disagree’. Excellent for promoting harmony in close relationships.

Blackberry (*Rubus fruticosus*) Purity of thought. To free yourself from every thought that is foreign to your higher nature. Brings kindness, mental clarity, optimism, and the ability to see the good within oneself and others. Helps us to be inspirational, incisive and direct yet gentle, and supportive of our environment and of all living things. Encourages true friend-ships and harmony in life.

Cherry (*Prunus avium*) Cheerfulness. For a more light-hearted, less heavy attitude toward life. For being more solution-oriented. A life-brightener! Encourages seeing the good in every situation, being hopeful, inspiring to others, optimistic, positive, light-hearted, even-minded. Helps whenever there is a lack of energy, enthusiasm, and interest in life.

Coconut (*Cocos nucifera*) Greater spiritual awareness. For a clearer, more spiritual focus in life. For the energy to endure, or to rise above, every test. For completing tasks, living up to one’s highest potential. Helps us to see solutions, and to welcome and offer support for meeting any kind of challenge. Often called the ‘walking tall’ essence, which means to become aware that you are bigger than any of your tests.

Corn (*Zea mays*) Mental vitality. For being always awake and prepared. Brings initiative to projects, rekindling enthusiasm and, through awakening the will, and provides unlimited energy to accomplish anything you desire. For living in the moment, and especially for ‘new beginnings’ of any kind: a new job, a new home, a new relationship, or starting a new year at school.

Date (*Phoenix dactylifera*) Sweetness and tenderness. To view all living things as our own, including strangers. For overcoming judgmental, negative attitudes or thoughts of separateness from others. Encourages discrimination, receptivity, open-mindedness, and sensitivity to others’ feelings, allows us to be easy to talk to, welcoming, magnetic, and warm-hearted. Good for people who work with the public. Also for self-nurturing when life seems harsh.

Fig (*Ficus carica*) Flexibility and self-acceptance. For the ability to relax, no matter how heavy your responsibilities. To soften too strict a sense of discipline, toward oneself and others. For those too hard on themselves, with unrealistic expectations and difficulty with change. Brings a sense of humour, fluidity, self-liberation, and the ability to go with the flow and be at ease with people.

Grape (*Vitis vinifera*) Love and devotion. To awaken the feelings of the heart and to love others spontaneously, whether that love is returned or not. For developing selfless love and all true and noble qualities. Many people, especially in crowded cities, feeling disconnected, alienated and vulnerable, experience the need for this essence through loneliness, isolation, or unfulfilling relationships. For weathering the death of a loved one, divorce, separation, neglect, and abandonment issues. Brings a realization of the source of love within, loving without condition, demand or expectation, patience with others’ shortcomings.

Lettuce (*Lactuca sativa*) Calmness. To have greater calmness and inner strength when confronting the difficulties in your life. Also for clear communication skills and promoting creativity, self-expression, and expansiveness. For an inner sense of restfulness and dynamic, energized stillness. For restlessness, inability to concentrate, excitability, repressed and troubled emotions, Dispelling emotional turmoil, replacing it with even-mindedness. Confers the ability to speak one's truth, restores clear communication skills, and creates a productive, clear-thinking environment for highly creative people. Freedom to experience the more subtle states of relaxation.

Orange (*Citrus sinensis*) Enthusiasm, Hope and joy. Excellent for blasting through obstacles. For 'seeing the light at the end of the tunnel'. For deeply ingrained present and past abuse issues, physical, sexual or emotional, either past or present. Gives a sense of restored energy, resilience, lightness, banishing mild to severe depression and melancholy, and for cultivating an inner smile.

Peach (*Prunus persica*) Unselfishness. For the ability to extend your generosity toward others and include them in your own happiness. Brings concern for the welfare of others, maturity, nurturance, consideration, deep compassion, sensitivity and empathy.

Pear (*Pyrus communis*) Emergency use, creates peacefulness. A 'must' for emergency situations, accidents, trauma, physical and/or emotional shock, or crisis, surgery, childbirth complications, extreme grief and any situation which throws us off balance; uncontrollable thoughts and non-productive habit patterns. Also for balance and harmony throughout the day. For minor to monumental auric disturbances. Restores peace of mind and a sense of rhythm,

proportion and balance. For living fully in the present moment; gives an ability to handle crises and awakens our ability to handle life's upsets.

Pineapple (*Ananas comosus*) Self-assurance, for building self-esteem. For those who feel undermined by the criticism of others. Helpful for people in the work world where their identity is reflected back to them by money and job issues. Fosters confidence, prosperity and abundance. For a strong, healthy sense of self that is neither a superiority nor an inferiority complex.

Raspberry (*Rubus idaeus*) Kind-hearted-ness and compassion. Raspberry teaches us that kind-heartedness opens the heart and allows us to forgive our own failings. For those feeling easily hurt, touchy, over-reactive, insensitive – who lash out, lack understanding and judgement, are clouded by emotions, blame others and feel resentful and bitter. Fosters taking responsibility for our words and actions; for sympathy, benevolence, generosity, and the desire to help others heal their hurts; for releasing old wounds.

Spinach (*Spinacia oleracea*) Simplicity. For stress, feeling burdened or overwhelmed, and for trust, to replace suspicion. For a sense of wonder, a free spirit, a playful nature, and a love of adventure. Helpful for people who are stressed, overworked, or have endured an unhappy or dysfunctional childhood. Allows us to be straightforward, easily understood, and uncomplicated, even with numerous responsibilities.

Strawberry (*Fragaria*) Dignity. For centring and grounding and the ability to draw respect from others. For a sense of poise and inner beauty. For those who are guilt-ridden, regretful, self-blaming, undeserving, or unsure of themselves. They may have a history of emotionally abusive parents, Also for psychic over-sensitivity and for healers who tend to absorb the problems of

their clients. Brings strength, stateliness, and self-worth. Allows us to leave a dysfunctional childhood in the past.

Tomato (*Solanum lycopersicum*) Strength and endurance. To support you in standing up for your beliefs. Tomato is for fear of any nature, severity and duration, nightmares, and also for working on addictions. Allows us to know there is no failure, only another chance to succeed. Encourages belief in oneself, invincibility, psychic protection, and immunity from the effects of large cities, crowds, and negative environments.

The Essential Flower Essence Handbook (also in Italian, Spanish, and Japanese, as well as in English in India) is also the text for her widely acclaimed home study tri-level comprehensive course.

FLOWER ESSENCES FOR BABIES AND CHILDREN

Almond Essence (*Prunus amygdalus*)

Mother: In control, balance and moderation. For being spread too thin, overindulgence in food, substances, activities etc. Helps to find the middle way, calms mind and nerves, syncs the mind/body/spirit.

Child: Out of balance. For excess, feelings of being out of control. Balances emotional extremes, helps find inner balance, the middle way. Beneficial for pre-teens.

Apple Essence (*Malus domestica*)

Mother: Healthy mindset. Clears worry, doubt, toxic emotions such as anger, jealousy or fear, cultivates a positive outlook, a nourishing and abundant attitude.

Child: Healthy and happy. Good during illness or when the thought of illness is present, especially when emotional upset creates physical symptoms. For periods of discouragement. Helps to maintain wellness when overwhelmed by emotional issues.

Avocado Essence (*Persea Americana*)

Mother: Clarity, absent-mindedness, forgetful and feeling dull and flat, without direction, brings clarity and focus, sense of purpose, learning from past mistakes. Feeling alert and alive.

Child: Learning, focus and concentration. For the child who forgets his chores, manners etc. Helps with school work, homework, exams, sharpens concentration, fosters a love for learning, enthusiasm about homework and aids creativity and the development of musical or artistic endeavours.

Banana Essence (*Musa paradisiacal*)

Mother: Oversensitivity, stepping back, observing, a nonreactive attitude. Clears anxiety, being overwhelmed, loss of perspective, not seeing the wood for the trees, or being caught up in others' negativity.

Child: Going bananas, calm and thoughtful, gaining perspective and for the child who needs to centre less on him/herself and be more caring, relating better with family, siblings and friends.

Blackberry Essence (*Rubus fruticosus*)

Mother: Positive thoughts. Clears negative thinking, unkind thoughts, fault finding, bluntness or pessimism. Brings purity of thought, optimism and compassion, seeing the good in oneself and others.

Child: For worry and negative thoughts and behaviour. For the child stressed by exposure to negative influences often through the media such as disturbing movies or TV programmes or people, nightmares, thoughts of uncleanness. Good for the 'terrible twos'.

Cherry Essence (*Prunus serrulata*)

Mother: Cheerful, optimistic, positive, and light-hearted, clears moodiness, feeling contrary, somewhat out of control emotionally. Brings inspiration and seeing the good in life.

Child: Happiness, brings a happy mood, for the child who is prone to periods of withdrawal and sadness. For disappointment. Helps to heal the trauma of divorce or separation, imminent or past. Aid for bedwetting.

Coconut Essence (*Cocos nucifera*)

Mother: Uplifted and determined, clears lack of endurance, escapism, giving up, making excuses, avoidance, helps completion of tasks, living up to highest potential, determination, ready to take the next step.

Child: Being positive, helps deal with sibling rivalry, challenge or struggle in school or peer dynamics. Develops maturity, and ability to make healthy choices in difficult situation and in life.

Corn Essence (*Zea mays*)

Mother: Energy and vitality. Clears blocked energy, sluggishness, resistance, procrastination and lethargy. Aids enthusiasm, joy, living in the present, initiating projects, saying yes to life's challenges and new beginnings.

Child: New start. Alertness, helpful for new beginnings, new school year, new friends, moving house and home, gives encouragement for periods of procrastination and bursts of energy for 'study blues'. Aid for car sickness.

Date Essence (*Phoenix dactylifera*)

Mother: Tolerance and receptivity. Open-minded, easy to talk to, self-nurturing, clears intolerance, irritation and the tendency to be critical. Develops a warm, welcoming nature.

Child: Sweet nature and tenderness. For the child that can be overcritical and judgemental of other children or siblings. Fault finding, whining and sometimes clinging. Brings sweetness and ease. Encourages self-nurturing when life seems harsh. Date brings out the tender side in children who tend to be whiney or clingy.

Fig Essence (*Ficus carica*)

Mother: Self-nurture and flexibility. Helps with going with the flow, being at ease with self and others. For those who are too hard on themselves, prone to self-judgement, unrealistic expectations, trying too hard, and who are tense and overextended and finding it difficult to change. Encourages relaxed healthy self-nurturing, boundaries and energy to move forward.

Child: It's OK! for the child who is too hard on him/herself or tries too hard, unsatisfied with accomplishments even when noteworthy. Good for nail-biting and thumb-sucking, helps children develop a positive overview about themselves.

Grape Essence (*Vitis vinifera*)

Mother: Love and compassion. Patience with other's shortcomings. Clears strong negative emotions, jealousy, resentment, feelings of abandonment, grief and vulnerability due to separation, divorce or death. Helps to find forgiveness and that inner source of love.

Child: A Loving nature. Great for tantrums and any attitude that is not loving. Clears stubborn, self-willed moods and any bullying tendencies or attitudes. For the child who keeps saying NO!

Lettuce Essence (*Lactuca sativa*)

Mother: Calm and clear. Inner quiet and ability to speak one's truth. Clears restless-ness, nervousness, excitability and agitation, crowded thinking, lack of concentration and indecision. Unblocks creativity, self-expression, success in under-takings. Aids sleep.

Child: Settled and chilled. For children who are too wound up, running on nervous energy, prone to restlessness, agitation and sleeplessness. Helps them to play or study constructively, good for exam nerves to calm and steady the mind. Dislike of salad.

Orange Essence (*Citrus sinensis*)

Mother: Joy. Banishes depression, hopelessness, and despair, any past or present emotional/physical abuse trauma, headaches. Renews hope, helps to resolve conflicts and endure difficulties. Cultivates an inner smile.

Child: Smile. For the child that can be sad and moody, dispels discontentment and periods of depression, helpful during teething. Good for emotional issues resulting from accidents to the head and for conflict resolution between family and peers, for restoring a sense of excitement.

Peach Essence (*Prunus persica*)

Mother: The mothering essence. Concern for others, empathy, nurturing from wholeness rather than from neediness. Clears over involvement and tendency to smother. Balances mothering, equilibrium of response.

Child: Sharing and co-operation. Promotes the sense of sharing and co-operation with other children, i.e. with favourite toys and prized possessions. Excellent for helping the weaning process be a positive experience for infants.

Pear Essence (*Pyrus communis*)

Mother: Emergency rescue remedy, for any kind of crisis, physical or emotional. Being thrown off balance during traumatic events, accidents, illness, childbirth and postnatal depression. Clears shock, and fear, giving peace of mind, and stability during major changes.

Child: Shock remedy. Rescue for accidents, sudden illness and crisis situations. Helps with toilet training, learning of new positive habits. For the fidgety and restless child who has a hard time listening in school or at home.

Pineapple Essence (*Ananas comosus*)

Mother: Brings self-esteem and assurance, and feelings of confidence and empowerment. Clears dissatisfaction. If you are unhappy with your job it helps you to match your career with your talents. For strong identity, clarity with money issues, and the ability to attract abundance.

Child: Shyness and confidence, helps the child to 'untie the apron strings'. For being singled out by peers for being different in some way. For the painfully shy child, gives self-esteem.

Raspberry Essence (*Rubus idaeus*)

Mother: Brings kindness, generosity, forgiving, and willingness to turn the other cheek. For the easily hurt and touchy who take things too personally, and tend to overreact. Releases old emotional wounds. Promotes understanding and generosity of spirit.

Child: Easily hurt, oversensitive and reactive. For the child who is easily hurt especially for youngsters who in reaction can hurt others. Nurtures a kind and giving nature.

Spinach Essence (*Spinacia oleracea*)

Mother: Simplicity and trust. For mothers who are stressed out, overwhelmed, worried and distrustful. Brings a childlike sense of joy, clearing dysfunctional childhood patterns. Bringing a carefree spirit and joie de vivre.

Child: Stressed out. For the child who is too grown up, overly serious. For times of stress, exhaustion, feeling over-responsible, distraught and overwhelmed. Restores innocence and a sense of fun.

Strawberry Essence (Fragaria)

Mother: For dignity and a grounded, quiet strength and sense of self. Dissolves guilt, feeling unworthy and undeserving. Clears history of emotionally abusive, dysfunctional childhood. For those who are psychically oversensitive. Brings poise, grace, and feeling comfortable with one's body.

Child: Good self-image. For children who have trouble letting go of being a baby. Nurtures a deep sense of self-worth, and brings clarity of a positive self-image. For the child dealing with divorced parents.

Tomato Essences (Solanum lycopersicum)

Mother: Makes you into Superwoman, knowing no failure and seeing all challenges as only another chance to succeed. Self-belief, invincibility, courage. Clears fears, nightmares, defensiveness, addictions, defeatist attitude, other's negative energy, and the stress of city life and travelling.

Child: Brings an 'I can do anything' attitude, mental strength, courage, helps to dissolve fears, nightmares. Encourages a child to move forward in their life when anxious, nervous, hesitant or unwilling.

Spirit in Nature/Master Essences for Pets

Almond (*Prunus amygdalus*) For pets who are confined, who pace, or display repetitive behaviours.

Apple (*Malus domestica*) For pets who were the runt of the litter or who tend to pick up worrisome attitudes from their owners.

Avocado (*Persea Americana*) Helps pets with alertness, training and responding to commands.

Banana (*Musa x paridasiaca*) Good for pets who are easily agitated or who tend to bully other pets in the home. Also to reinforce the positive behaviour of an already calm animal.

Blackberry (*Rubus fruticosus*) For pets who are ill or older and can no longer care for themselves. It is good to spray this essence in the litterbox area for cleanliness.

Cherry (*Prunus avium*) For pets when they get grumpy, or act listless and disinterested in their surroundings (be sure to rule out medical causes).

Coconut (*Cocos nucifera*) For aging pets who are adapting to limited movement or range of physical abilities and for overcoming any difficulties in adjusting to domesticated life.

Corn (*Zea mays*) For older pets, Corn helps them to act younger again and supports recovery from illness and surgery.

Date (*Phoenix dactylifera*) Helps pets express their natural sense of friendliness and, for those who are domineering, to be more accepting of other household pets.

Fig (*Ficus carica*) This essence aids pets in training and also helps them overcome bad habits. Good for pets who have had multiple homes or been confused by inconsistent training.

Grape (*Vitis sp.*) For pets who have been abandoned, or who feel threatened by other animals in the household; for strays and feral animals. To ease territorial disputes, dominance issues, and helping animals who are jealous or possessive.

Lettuce (*Lactuca sativa*) Good for pets, especially younger animals who are easily riled or who bounce off the walls, especially with strangers or guests.

Orange (*Citrus sinensis*) For pets who have lost an animal or human companion, are nearing their own time of passing, or are dealing with ongoing physical pain. Orange is imperative for grieving animals who have been unnaturally altered, such as declawed or debarked (not including spaying or neutering).

Peach (*Prunus persica*) Good for pets who are demanding or unusually needy, and for animals who were weaned too early and tend to chew or suckle on clothing.

Pear (*Pyrus communis*) Good for pets any time their regular routine is disturbed, including vet visits, car travel, or nearing their time of passing (especially good for their owners at this time as well). This is a good essence to keep on hand at all times.

Pineapple (*Ananas comosus*) For pets, especially show animals, to take pride in their accomplishments, and for multi-pet households, as well as for the runt of the litter.

Raspberry (*Rubus idaeus*) For pets who are extremely sensitive and seem to be good listeners.

Also for pets who tend to feel slighted. This remedy is especially helpful for inappropriate urination (as opposed to spraying) and soiling problems.

Spinach (*Spinacia oleracea*) To restore a pet's youthfulness, good for post-surgical procedures and for any kind of stress in the household.

Strawberry (*Fragaria*) To support pets in their growing expressions of likes and dislikes, the flourishing of their personalities, and their innate charm. Helps with the imminence of their passing.

Tomato (*Solanum lycopersicum*) For pets who cower or retreat, especially from any loud noises. Also for animals who have been previously mistreated, including those with an unknown history.