

# THE BFVEA GUIDE TO FLOWER AND VIBRATIONAL ESSENCES



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## THE BFVEA

The British Flower and Vibrational Essences Association (BFVEA) is a professional organisation which was established in 1998. With the Bach Centre it forms the lead body for essence therapy in the UK - the Confederation of Registered Essence Practitioners (COREP - [www.corep.net](http://www.corep.net)) and sets the highest standards of competence and performance in the field. Our membership consists of essence practitioners and tutors from around the world and the BFVEA aims to support and serve their best interests. On our website, we also provide an information resource and directory of practitioners for the general public and set guidelines for accredited courses and Continuing Professional Development (CPD). Additionally, all BFVEA Members are trained in the use of MYMOP (Measure Yourself Medical Outcome Profile), a research tool, so that they can contribute to our on-going research programme into essence efficacy.

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The BFVEA Guide to Flower and Vibrational Essences has been written by DS and JS on behalf of the BFVEA. This is an updated version of the original, which was first published in 2014.

Disclaimer: Please remember that essences should not be used as a substitute for consulting a qualified medical practitioner.

Cover photo: *Phlomis russeliana*, Elvaston walled garden, Derbyshire

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## WHAT ARE VIBRATIONAL ESSENCES?

Vibrational essences are liquid solutions of the energetic imprint of flowers, plants, trees, crystals or other natural sources. Together with water and a preservative (usually alcohol) they are sold in small bottles and taken, in most cases, orally.

## WHAT DO VIBRATIONAL ESSENCES DO?

Their energy helps us develop self-knowledge and understanding and supports us whilst we make necessary changes in the way we behave, think and make the most of the life's opportunities. They have a therapeutic effect on our personalities, supporting, strengthening and empowering us so we are able to function at our optimum level. They awaken, resolve and transform our emotional/mental attitudes or inner disharmony, improving our well-being on many levels. Read also the section, *'In which ways can Vibrational Essences help?'* on page 10.

## WHAT IS THE BACKGROUND/HISTORY TO VIBRATIONAL ESSENCES?

Today essences are made from various sources, but they are best known as originating from flowers, which is not surprising as flowers have been used in various therapeutic and mood enhancing activities throughout the ages. The concept of employing a flower's energy for improving wellbeing, although less recognised, is also ancient in origin and thought to have been practised by early cultures from the Egyptians to Aborigines.

In 16th century Europe, Paracelsus and other alchemists are known to have collected dew from flowers such as Lady's Mantle (named *Alchemilla Mollis* after the interest it provoked in these early chemists) in their search for the elixir of life. During more recent times, Dr Edward Bach (1886-1936) re-discovered flower essences in the late 1930's. In doing so he noticed how the personality of his patients affected the illnesses they developed. His recognition of the link between stress, emotions and illness, lead him to believe that 'disease is in essence the result of a conflict between soul and mind and will never be eradicated except by spiritual and mental effort.' Giving up his profession as a Harley Street physician to search for a simple therapy that embraced these principles resulted in the creation of a system of essences he called the Bach Flower Remedies. His theories form the basis of modern understanding of how essences work and have provided inspiration for the

creation of many products. Today there are numerous producers all over the world, and the field has expanded to encompass essences made from crystals and gems, land and sea creatures plus other elements of nature. It should be noted that no harm is ever inflicted on living organisms when making essences. Indeed, the main aim is to capture the living energy present in the element used.

## HOW ARE VIBRATIONAL ESSENCES MADE?

Traditionally there are three stages to preparing flower and vibrational essences: the mother dilution, the stock bottle and the treatment/dosage bottle. Mother dilutions may be made in a variety of ways. Dr Bach used the sun method for flowers blooming during the late spring or summer when the sun was at its highest power. Freshly opened blossoms were picked at around 9am, then added to water and left in the sunshine for three hours. The energised water was then filtered and added to brandy, as a preservative, in a 50/50 ratio. Essences from the flowers and twigs of trees, bushes and plants that flower early in the year were prepared using the boiling method. Specimens were, again, picked at around 9am on a fine, sunny morning, placed in a pan of water and boiled for thirty minutes before filtering and adding to alcohol. Although many contemporary essence producers still use these traditional procedures, mother dilutions are now created from many sources in many ways. For example, some are made without cutting the stem of the flower, whilst others are prepared in moon light, at special times of year or by using human intention. As well as flowers, the energies of other plant parts, non-flowering plants, animals, crystals, special places, etc. may also be used. In all cases, the use of water is of great significance. Read the section on '*The Importance of Water*' on page 6.

The stock bottle is the second stage of preparation. It is prepared by filling a small, sterilised dropper bottle with alcohol and adding a few drops of mother dilution (some producers also include water). Bach used two drops but the number now varies according to the producer's preferences. Stock bottles are bought by practitioners, who employ them to create personal treatment or 'dosage' bottles for their clients or by members of the public who may use them neat or diluted. Some producers also create their own to remove the need for further dilution.



The dosage bottle is the third stage of preparation and it is from this that the required daily doses of a treatment are taken. After deciding which essences are required, a few drops of each (dowse or check the label for instructions) are placed in a

small sterilised dropper bottle. This is then filled with spring water and a teaspoon of alcohol. From this treatment bottle the client traditionally takes four drops first thing in a morning, twice during the day and, finally, last thing at night, although both producers and practitioners' instructions may vary on this. When necessary, treatment can be more frequent, every 15 minutes if necessary, until the client feels more balanced. To gain the full effect, the dose should be held in the mouth for a moment or so before swallowing. It can also be added to a drink for sipping throughout the day, added to a small amount of skin cream or prepared as a spray for external use.

## **THE IMPORTANCE OF WATER**

The use of water is of great importance to the process of making essences, as it holds the imprint of the flower's energetic qualities. The most recent research (early 2000) to support this theory came from Japan and was conducted by Dr Masaru Emoto. His experiments focused on exposing water to spoken and written words and projected thoughts or emotions. After freezing, the ice crystals either formed into beautiful patterns or distorted, broken arrangements dependent on whether the words, thoughts and emotions were kind, loving and peaceful or angry, violent and aggressive.





## IS THERE ANY SCIENTIFIC EVIDENCE THAT VIBRATIONAL ESSENCES WORK?

There is a distinct lack of published scientific research in essence therapy and evidence mainly centres on the testimony of thousands of witnesses who have benefited from their use. Naturally, the essence world would like to see the therapy more widely accepted and used, but we have little technology available for monitoring efficacy that is based on an holistic model of a human, where the physical health is seen as part of a larger picture that includes their emotions, mental state, lifestyle and aspirations. Additionally, a practice in which an individual's emotional and mental state is taken into consideration and where ten clients with the same symptom may be given ten completely different treatments, does not lend itself to double blind studies. Neither is current research designed to take into account any growth in consciousness or change in feelings which can occur when taking essences.

Research using Kirlian photography or other aura photography can compare the 'before' and 'after' effects of taking an essence. Yet until there is mainstream acceptance of the importance of the subtle anatomy and its significance in health, this would be insufficient proof for those working in traditional health fields that essences can facilitate significant changes to a person's wellbeing.

One of the first qualitative pieces of research, using the Bach Flower Remedies, was carried out in 1976 by Brian Forbes, a Consultant who ran the Bristol Cancer Clinic. Here he discovered that essences really helped patients cope with the challenges created by their treatment and condition. More recently, Michael Hyland, Professor of Health Psychology at Plymouth University used the Green Man Essences (see Focus Fixes TUTS1 at [www.greenmanshop.co.uk](http://www.greenmanshop.co.uk)) for a quantitative experiment which proved, statistically, that this essence reduced the incidence and intensity of tantrums in children between two and five years old. See the research on TUTS1. ([www.mcscourses.co.uk/free-downloads](http://www.mcscourses.co.uk/free-downloads)).

There have additionally been several scientific studies carried out on essences in countries like Russia over the past few decades, but it has not been deemed advantageous to make information about these studies available to the general public. Hopefully this research will be disclosed in the years to come and many new studies undertaken.

Other examples of research can be found at <https://www.bfvea.com/research/>



Currently, the BFVEA is involved in a long-term research project to explore the efficacy of essences. The tool used by their practitioners to evaluate client progress is known as MYMOP (Measure Yourself Medical Outcome Profile), where clients numerically assess how they feel before and after taking essences. This provides immediate feedback as to whether the treatment has helped their problems or not and has proved a useful tool in a therapy where the aim is to make clients simply feel 'normal' and 'themselves' again. BFVEA research so far indicates that essences not only make a positive difference to clients, but that this change is statistically significant at the 1% level.

To read the research written up in 2017 see <https://www.bfvea.com/research/>

## IN WHICH WAYS CAN VIBRATIONAL ESSENCES HELP?

The various situations, circumstances and issues for which essences can be used, are numerous; just a few of the more typical ones are listed below. It is important to remember, however, that essences never change us from what we are already. Rather, in resolving unhelpful emotions, beliefs and thinking, positive qualities are enhanced, and we resonate to a higher frequency enabling our true selves to shine through. Also, as essences have a general balancing effect; one can often notice unexpected improvements or enhancements in our being.

**Upsets and trauma** - Essences can bring comfort in times of distress, trauma or upset. They also help release the effects of shock or fright that, if left unresolved, may become the underlying cause of future imbalances.

**Tension** - Essences can alter the perception of a strained situation, so we can manage pressure in a healthier way.

**Confidence** - For many people, a lack of self-esteem and confidence can prove to be a debilitating factor in various areas of life. Essences can help us address issues of self-worth, so it becomes easier to find the confidence to do things one wishes, take up opportunities and achieve far more than we thought possible.

**Change** – It is inevitable that we will all have to embrace change on some level at some time during our lives. Essences are particularly helpful for those who have difficulties with or resistance to change. They assist by gently acclimatising us to other perspectives or situations, enabling us to embrace other standpoints and generally to step more lightly through life with greater flexibility.

**Challenges and problems** - At these times, essences support and help us find the inner strength to face and cope with challenges and difficulties.

**Concern and worry** – By balancing the solar plexus chakra, essences can instil a sense of tranquillity and peace, which helps dispel worries or a tendency to negative thinking.

**Despondency or sadness** – Whilst conventional professional help should always be sought for the clinically depressed or suicidal, there are many essences offering support for negativity - from gloominess to despair. Essences bring a new, positive perspective and provide the inner strength to cope at times like these.

**Focus and direction** - Quite often we lose focus or need assistance to make a decision or find the appropriate path in life. Essences are able to balance the brow chakra to bring greater awareness and insight. This helps us to see more clearly and to clarify our aims and objectives easing decision making and providing direction.

**Inner guidance** - If one is looking for inner guidance or clarity around a particular issue, then there will be an essence to assist. Essences also help the development of spiritual awareness and an understanding of one's higher purpose.

**Relationship issues** - Essences can help personal relationships when communication problems or conflicts with others arise. Inevitably these occasions often mean facing hurt, pain and disappointment. Old resentments, jealousy or anger may also be involved. Here, essences increase awareness of our own behaviour whilst encouraging us to appreciate another's point of view. They additionally help us to forgive, let go and move on with resilience and optimism.

**Providing protection** - Many people, especially those who work with others, are often extremely sensitive to energies. Additionally, their 'openness' makes it very easy for them to absorb other people's 'stuff'. This can be tiring, emotionally overwhelming or debilitating and may even cause physical imbalance. Such people can benefit from the protective qualities of essences which help the creation of healthy boundaries enabling us to support and show compassion to others whilst remaining shielded and protected.

**Recovery** – Their balancing qualities help essences restore essential life force (Prana or Chi) during periods of recovery.

## **WILL I NOTICE A CHANGE AFTER TAKING VIBRATIONAL ESSENCES?**

Reaction to vibrational essences is usually a very individual one, dependent on disposition, one's stage in life's journey, level of spiritual development and awareness plus the issues involved. Changes are often subtle but most people soon notice a difference even if it is just feeling more like themselves again. Deep, ingrained problems, however, may require several treatments over a period of time, so be patient! Read also the section on '*What can be expected when taking Vibrational Essences?*' on page 16.

## **CAN VIBRATIONAL ESSENCES HELP WITH PHYSICAL ILLNESS?**

Essence practitioners always treat the whole person rather than physical symptoms. They also never use essences as a substitute for consulting a qualified medical practitioner. However, essences are currently employed in hospitals in Australia, South America and British institutions such as hospices and Cancer Clinics where the aim is to improve wellbeing by targeting emotional/mental attitudes, inner disharmony or resolving personality imbalances.

In recent years there has been much research on the interaction between psychological processes and the nervous and immune systems of the human body. This is referred to as psychoneuroendocrinology or PNI and supports the theory that the emotions can have a major impact on wellbeing. It is, therefore, not surprising that some clients do notice physical changes whilst undergoing essence therapy. Indeed, a future model for medicine could possibly resolve physical imbalances, by focusing on restoring harmony in those components of our subtle anatomy which are linked to our emotions and thoughts. This approach would be extremely pertinent for essence therapy as this is the level at which they are understood to work. Read also the section, '*How do vibrational essences work?*' on page 7.

## HOW ARE THE QUALITIES OF VIBRATIONAL ESSENCES DETERMINED?

The physical characteristics of a plant, flower or other element used in making a Vibrational essence can provide revealing information about its qualities. This is known as ‘the plant signature’ and may include colour, shape, habit, connection with legend etc. Take *Holly* for example. The Bach essence *Holly* is advised for someone who displays powerful feelings of jealousy, envy, revenge or/and negativity. These spiky and scratchy qualities could be said to be representative of the prickly shape of the plant’s leaf and the fact that one would need to approach it carefully. In other words, it describes the defensive characteristics that its essence could rectify.



Additionally, essence producers usually have a deep relationship with nature, and either by meditation, or ‘tuning into’ the flower, they are able to perceive knowledge pertaining to the attributes of a certain flower, crystal etc.

## ARE VIBRATIONAL ESSENCES SIMILAR TO HOMEOPATHY?

Some laypeople consider essences and homeopathy to be similar in that they are both vibrational treatments. Both are also preserved in alcohol and use similar terms such as mother dilution. However, Edward Bach, who worked with many leading homeopaths and even developed seven homeopathic treatments when he was a pathologist and bacteriologist at the London Homeopathic Hospital, always denied any connection between the two therapies.

This was because:

- Homeopathy uses the actual parts of a flower etc., to create a treatment whilst essences only incorporate their energetic imprints.
- The levels of dilution in the two therapies are widely different. In essences, the result from mother dilution to stock is from 1/240 to 1/360 parts. A 6X homeopathic treatment is diluted 1/1,000,000. Homeopathic medicines are also sold at different dilutions (potencies) since this can be an important part of treatment. Thus, for some conditions you may use 6X and in others a 30X. This is not so with essences.
- Homeopathic treatments have to be shaken vigorously after each dilution – a process called succussion. Essences are not succussed during preparation.
- Homeopathy embraces the principle of the ‘Law of Similars’ – that is ‘like cures like’. Essence therapy does not.
- The homeopathic picture of a treatment includes very specific symptoms ranging from the physical to the mental and emotional. In contrast, it is illegal in Europe for essence producers to include physical benefits in their essence descriptions. Instead, like Edward Bach, they describe a particular mental, emotional or spiritual state.
- Homeopaths arrive at a ‘symptoms picture’ of a remedy by ‘proving’ - taking small but safe amounts over a long period of time. The qualities of essences are discerned by producers who are very sensitive to plant energies and use intuition and their knowledge of the plant and the plant’s signatures. Use on self and/or clients then ‘proves’ the described qualities.

- The properties of each homeopathic medicine are clearly defined. In contrast, different essence producers often identify different uses for the same essence. Intention is also thought, by some, to be an important part of essence making. This approach has no part in homeopathic medicine production.
- Homeopathic medicines are given one at a time with at least a minute between each remedy. Tablets must also be sucked or chewed 15-20 minutes before or after food. Essences may be taken at any time in a range of ways.
- Essences have no side effects. Occasionally symptoms can become worse after taking a homeopathic treatment as they stimulate the body's natural powers to overcome imbalances. This is called 'aggravation' and is a good sign, as it shows the therapy is starting to work. Unlike essence practitioners, homeopaths may need to alter potency and dose a number of times before the most effective treatment is chosen. However, both essences and homeopathic treatments can be used with people of all ages and pregnant women.

## **HOW DO I TAKE OR USE VIBRATIONAL ESSENCES?**

Vibrational essences are most often taken orally, under the tongue, for speedy assimilation. However, it is important to follow the directions on the bottle or from your practitioner as to the frequency and number of drops. Generally, for best effects, essences need to be taken regularly.

Essences can also be rubbed on pulse points, placed on the meridians and chakras, added to creams, shampoos and bath water, or sprayed in the surrounding air or aura. They can be added to paint or to oils in a burner to set an intention for a specific space. Just leaving some drops in a bowl of water can change a room's energies.

When administering to an animal, they can be taken orally, sprayed around or stroked into them.

## WHAT CAN BE EXPECTED WHEN TAKING VIBRATIONAL ESSENCES?

Modern hopes and expectations of any treatment are instant relief, if only temporary. Essences, however, address key issues behind the problem presented and everyone's response is unique. Some people, therefore, experience quick results whilst others, particularly where the issues are deep-seated, may require a long period of time to restore equilibrium. For certain users, the result of taking essences can be compared to peeling an onion. After first taking an essence, an issue may be presented in our consciousness that we may or may not have previously been aware of. This may follow the resolution of the original issue or require resolution before addressing the original problem. Subsequent layers may reveal themselves and require additional essences. Essences often work in this manner, presenting one with a manifestation of how certain issues are impacting on one's life and need to be resolved.

During treatment, certain users may find the effects of essences so subtle that they do not think there has been any change after taking them. It is not until they reflect (or others remind them) upon how they were, or how they felt and behaved previously, that they recognise a difference. Note, too, that recovery can involve unexpected improvements or changes so it pays to be observant and informally monitor your feelings during treatment.

A very rare occurrence during the first days of taking an essence treatment is a 'healing crisis'. This may involve symptoms worsening such as increased awareness or expression of emotions and strong feelings such as irritation, anger or crying. Any physical condition already present may also temporarily worsen or perhaps a cough or skin rash may occur. Healing crises are seen as evidence that treatments really are working but, if you are concerned, do consult with your practitioner.

Finally, essences can be used for other reasons than improving a certain state of mind or condition, such as to increase personal empowerment, self-development and increased self-awareness. Indeed, many essence enthusiasts take them daily for these purposes or simply to stay balanced. You also do not have to believe that essences work for them to do so; after all they have been used very successfully with babies, children and animals. However, it does help to be receptive and open to them. So do experiment with using essences yourself or contact an expert BFVEA practitioner in your area. A list is available on our website (<https://www.bfvea.com/find-a-practitioner/>).



## ARE THERE ANY HARMFUL EFFECTS FROM TAKING VIBRATIONAL ESSENCES?

There are no harmful effects though, on very rare occasions a ‘healing crisis’ may occur. Read also the section, ‘*What can be expected when taking Vibrational Essences?*’ on page 16.

## OTHER THAN FLOWERS, WHAT ARE VIBRATIONAL ESSENCES MADE FROM?

Although the majority of essences are made from flowers, they can also be made from any living thing such as other plant parts, trees, non-flowering plants, etc. Land and sea animals such as birds, butterflies and jellyfish have also been used, though do note that none are ever hurt or suffer during the process. Finally, the energies of crystals, sacred or special locations, even atmospheric times and conditions can also be captured – so the list is very long indeed.



## CAN CHILDREN AND ANIMALS TAKE VIBRATIONAL ESSENCES?

Essences are totally safe to use with children and animals. Indeed, proof that essences are not simply placebos probably lies within the success essence practitioners have had in treating both of these groups for a wide range of conditions. However, they should never be used as a substitute for seeking medical or veterinary advice when needed.

## WHAT IF I AM INTOLERANT TO ALCOHOL?

Most essences are produced at stock level using alcohol, although some producers do create essences using other preservatives, e.g. cider vinegar for clients wishing to avoid alcohol. Bearing in mind that only a minuscule amount of alcohol will be ingested when a few drops are taken, this may be acceptable to some people, especially if drops are further diluted in a large glass of water. Additionally, placing the essence drops into a hot drink water will evaporate off any alcohol. Other options include external use on pulse points or taking essences in the form of small tablets, known as pilules. Traditional pharmaceutical tablets are made from a mixture of lactose and sucrose. Lactose or ‘milk sugar’ is an animal product often made from whey - a bi-product of cheese making. Since human lactose intolerance is widespread, essence pilules are usually made from sucrose, a plant sugar which occurs naturally in sugarcane, sugar beets, maple syrup, dates, and honey; or *XYLITOL* a tooth friendly product made by exposing xylose, a complex carbohydrate found in plant cell walls and woody tissue, to hydrogen. Producers add the essence to the pills in various ways.

**A word of caution** – do not give any product containing xylitol to dogs as even a small amount can cause hypoglycaemia, seizures, liver failure or even death in a dog.

## HOW DO I STORE VIBRATIONAL ESSENCES?

Essences usually contain a preservative which means they can be kept safely at room temperature although it is recommended to keep them in a dark place away from sunlight, heat, other medicines, chemicals or electrical equipment.

## CAN I TAKE VIBRATIONAL ESSENCES IF I AM ON MEDICATION?

Essences can be safely taken with medicines or homeopathic preparations.

## WHERE CAN I BUY VIBRATIONAL ESSENCES?

Some essences are available from health food stores and chemists. Others may be ordered via producers' or distributors' websites.

## HOW DO I CHOOSE FOR MYSELF WHICH VIBRATIONAL ESSENCE TO TAKE?

Various methods, including kinesiology and dowsing, are used by flower essence practitioners to choose suitable treatments for their clients. If self treating, information regarding the therapeutic qualities of essences can be found in various books (for a selection of books written by members of the BFVEA - see <https://www.bfvea.com/recommended-reading/>). Additionally, most producers have definitions of their essences on their websites.

In general, it is best to use a combination of logical analysis and one's own gut feeling when selecting an essence for oneself. Some essences will just 'talk to you' or you may feel an affinity with others by just viewing their photograph or reading about their qualities. Even so, because there are thousands of essences to choose from, it can be difficult to decide exactly which one/ones to select, especially if you have several issues to address. It is advisable to only tackle a few problems at a time otherwise it can be difficult to monitor progress. In either case you may find it easier to consult with a qualified practitioner of vibrational essences. Please see our directory of practitioners – <https://www.bfvea.com/find-a-practitioner/>

Read also the section, '*What to expect from a consultation with a BFVEA practitioner*' on page 22.

## CAN I TAKE MORE THAN ONE VIBRATIONAL ESSENCE AT ONCE?

You may find several essences that ‘speak to you’ regarding, for example, an emotional issue you wish to address. All may be appropriate, each having their own special nuance relating to your concern. Additional essences might also seem suitable if they relate to the issue in particular ways, for example, how it initially manifested or why it continues. It is perfectly alright to take several essences at one time. However, if the list is large, you may like to narrow it down by concentrating on just one or two problems at a time. Trying to resolve too many issues can confuse things and make it difficult to determine progress. Additionally, deep seated problems are not easy to self-treat as, once one problem has been dealt with, another may present itself. In this case, it is advisable to consult with a qualified flower essence practitioner, who will not only have a vast knowledge and supply of essences but also experience of working with clients with similar problems. They will also be able to provide an objective viewpoint of your condition whilst working with you to prioritise the best order of treatment for the issues being presented. Please see our directory of qualified BFVEA practitioners (<https://www.bfvea.com/find-a-practitioner/>). Read also the section, ‘*What to expect from a consultation with a BFVEA practitioner*’ on page 22.

## WHAT HAPPENS IF I TAKE THE WRONG VIBRATIONAL ESSENCE?

If you inadvertently select what you perceive to be the wrong essence, don’t worry. If you do not need that essence, then nothing will happen. This is because essences are self adjusting; that is, they energetically adapt and regulate themselves to the needs of the individual taking them. Also, you cannot overdose on essences as they are non-addictive and non-accumulative. Have an open mind, though, for sometimes we are guided intuitively to essences (or other things in our life) whose benefits do not seem obvious at the time but which we actually need.

## WHAT IS THE DIFFERENCE BETWEEN A STOCK AND DOSAGE BOTTLE?

Stock bottles produced by essence producers are the types of bottles most often sold by distributors. They are created from the Mother Essence and drops can be taken ‘neat’ from them. However, dilution of the stock essence does not affect its potency and it is more economical to create a dosage bottle. This is made by adding a few drops (see the label for details) to a small bottle of water containing some preservative, such as a teaspoon of alcohol. Read also about dosage bottles in the section, *‘How are Vibrational Essences made’* on page 5. Certain producers do sell their own dosage bottles which require no further dilution.

## CAN I MAKE VIBRATIONAL ESSENCES MYSELF?

Anyone can make essences, but determining their qualities requires skill and experience. Additionally, the practice of essence therapy is now subject to UK legislation as is the selling, bottling and advertising of essences to the public; so certain regulations apply which must be adhered to. The BFVEA, therefore, recommends that anyone making essences to sell to the public should join BAFEP (*British Association of Flower Essence Producers*) which ensures that members’ essences meet the highest standards.



## WHAT CAN I EXPECT FROM A CONSULTATION WITH A BFVEA PRACTITIONER?

Essences provide an excellent self-help therapy, and for simple solutions, self-administering is ideal. However, the choice of essences is vast, which can make it confusing when trying to select an essence for oneself. Also, if you attempt to address profound or complex issues with essences, it can be difficult to know just where to start. In these situations you are advised to book an appointment with a qualified practitioner, where you can benefit from an objective view of your situation or issue and their expertise in flower essences.

The way in which practitioners work may vary slightly, according to their training, certain methods they may have adopted over time, other modalities they work with and their experiences with clients. In order to be able to help you, a practitioner needs to fully appreciate your specific situation or issue, so will need to ask you several questions in order to complete a case history form. In addition to utilising their vast knowledge of essences, some practitioners may work with kinesiology, dowsing or other intuitive means, to choose the essences specifically for you. Practitioners create tailor-made bottles for their clients. These may consist of drops from either a single bottle of stock essence or a combination of drops from several different stock essences. Please see our directory for a practitioner in your area (<https://www.bfvea.com/find-a-practitioner/>). BFVEA practitioners are fully qualified, insured, work to a clearly defined code of conduct and participate in a programme of continuing professional development.

## WHY BECOME A BFVEA PRACTITIONER?

In 2013, the BFVEA joined with the Bach Centre to form a professional body for essence therapy. It is called The Confederation of Registered Essence Practitioners (COREP). Please note that practitioners need to meet these standards, whether they use essences on their own or as an adjunct to other therapies. Like all professionals, essence therapists should additionally be insured and undertake CPD (continuing professional development). Finally, because essences are classified as foods, practitioners must be knowledgeable about the stringent requirements for their preparation, description and advertising. See the BFVEA website (<https://www.bfvea.com/join/>) to read the benefits of becoming a Member and what is included in a membership package.

## WHAT QUALIFICATIONS DO I NEED TO BECOME A BFVEA PRACTITIONER?

For Practitioner membership the BFVEA accepts any suitable, insured practitioner who already offers essences as part of their practice or those who have worked with essences for more than two years and can satisfy certain application criteria. As a Practitioner Member you will be offered help and support to gain any knowledge or experience you need to meet BFVEA standards. When that has been achieved you will be upgraded to Advanced Practitioner status which offers advertising advantages and the potential for becoming a BFVEA tutor.

Unfortunately, there are many essence courses available that do not meet COREP standards. Those seriously interested in being a professional essence therapist should, therefore, consider a BFVEA accredited course. These are run by experienced Advanced Practitioner Members who are also trained teachers. Their courses also result in automatic BFVEA Advanced Practitioner Membership.

For a full list of BFVEA Tutor Members please see <http://www.bfvea.com/training/> and contact the Tutor direct for information and start dates.

## APPLYING FOR BFVEA PRACTITIONER MEMBERSHIP

If you would like to join the BFVEA, please see the website for different types of practitioner membership, subscriptions rates and an application form (<https://www.bfvea.com/join/>). Our Membership Officer will help and advise you through the process and introduce you to local members you may like to be in contact with.

*Come and join us!*



## CAN I KEEP IN TOUCH WITH THE BFVEA AND/OR BE INVOLVED AND LEARN ABOUT ESSENCES WITHOUT BEING A PRACTITIONER?

The BFVEA publishes a quarterly magazine entitled ESSENCE which is free to members. It contains articles on relevant legislation, research and publications



for the therapy, advice on the practicalities of being an essence practitioner or producer, informative and varied articles about vibrational essences in general plus details of individual producers' essences with comments on their use by experienced practitioners. The magazine is so popular that the BFVEA have a number of subscribers who have a general interest in essences but are not practitioners. We refer to these people as 'Friends' and they pay a yearly subscription to receive the magazine. If you would like to subscribe to ESSENCE and become a Friend of the BFVEA see our website (<https://www.bfvea.com/publications/>).

Also, if you have access to email you may like to receive the free BFVEA quarterly e-newsletter which also contains information about essences.

Email [newsletter@bfvea.com](mailto:newsletter@bfvea.com) to receive the latest issue and to have your email address added to the subscribers list.

**Facebook** - <https://www.facebook.com/BFVEA>

**Website** - <http://www.bfvea.com/>