

Cor Kit

Twelve Flower Essences
to Nurture and En-Lighten the Heart



California Wild Rose

Indications for Use by Patricia Kaminski



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Start with the Heart

Flower essences are unique and potent healing medicines, for they reach into deeper levels of the soul's relationship to the body and to the world. The gateway to the soul is through the human heart; it is at once an organ which is physical but also metaphysical. Even the most materialistic scientist will acknowledge that the heart is affected by trans-physical states of consciousness. Distinct thoughts and feelings show variability in heart rate and in blood flow, such as when we are afraid, embarrassed, filled with rapture, in love, or immersed in meditation and prayer. Many ground-breaking scientific studies show that the health of the physical heart is intimately related to the soul's emotional well-being and expressiveness. For example, a recent study from the Heart-Math Institute concludes that, "Heart-focused, sincere, positive feeling states boost the immune system, while negative emotions may suppress the immune response for up to six hours following the emotional experience."

For this reason, the "core" of flower essence therapy involves treating the heart and nourishing the quality and diversity of its consciousness. It is the heart that processes and registers the information of both body and soul and continuously creates harmony and integration between both dimensions of human life. While all flower essences ultimately heal the heart, the twelve essences discussed in this brochure are the most foundational and fundamental.

Twelve Gateways to the Heart

The flower essences on the following pages are ones that have been shown through extensive research in the *Flower Essence Society*, to be the most nourishing and transformative for both the physical and the soul health of the human heart. Just reading the profiles associated with each of these flowers can be an opening into a deeper consideration of the heart's potential. While each of these flowers can heal the acute conditions and states of consciousness described, consider also using them as positive elixirs to bolster and extend your spectrum of heart consciousness. Eventually each of these flowers can and should be used, either singly or in tandem with other flower essences in order to create a firm centerpoint for your soul's continued development and evolution.

*Your work is to discover the world
and then with all your heart give yourself to it.*

Buddha

Special Notes for Applying and Using the Cor Kit Flower Essences

Please consult the pages at the end of this booklet for the many beneficial ways in which flower essences can be used. All of these applications apply to the twelve flower essences featured on the following pages. In addition to this general information the following specific procedures can produce especially potent results:

Use prior to sleep: The heart is the gateway to higher dimensions of consciousness when the soul frees itself from the body as we sleep. Before going to sleep apply several drops of stock essence under the tongue and several drops topically to the heart region. Center yourself by slowing the breath, with four counts of gentle in-breathing and 8 counts of out-breathing for at least five minutes. As you practice this conscious breathing, become intimately aware of the space around your heart. As you breathe out, imagine that your breath extends into a wide periphery beyond the physical realm. Feel this peripheral field of your heart as an extension of your consciousness. Affirm the qualities of the flower essence you are using for heart healing. In the morning as you awaken, watch for thoughts, feelings, intuitive guidance, or dream pictures that speak to the soul issues you wish to resolve or encourage. For enhanced benefit, you can also practice this same breathing technique in the morning as you awaken.

Apply Topical Application on a Daily Basis to the Heart: In addition to taking your selected flower essence internally, also employ a topical application. One of the most effective is to mix the flower essence(s) you are using into a cream base and apply every morning to the heart region. Do this gently and mindfully, knowing that you are nourishing the most important organ of your body. As you do this, affirm the qualities of the heart essences you are taking and ask that they be received and anchored deep within you.

Journaling: The heart grows through the mindful cultivation of consciousness. Even if your day is busy, take at least 3-5 minutes to write about what you are learning, perceiving and experiencing with the flower essences that you are using. Sketch pictures or diagrams as well as words to capture your feelings.

Practice an Attitude of Gratitude: Most especially, remember that the heart flourishes when gratitude and receptivity are activated in the soul. Each day affirm some aspect of your healing journey, no matter how minor. Feel gratitude that you have the opportunity to grow and learn. Feel the love that flows into your heart from others, and from Nature, as well as the love that flows outward from your heart into the world. This practice of giving and receiving with gratitude and positivity is at the inmost core of the heart's path of higher evolution.

Bleeding Heart *Dicentra formosa*

Positive qualities: Ability to love others unconditionally, with an open heart; emotional freedom

Patterns of imbalance: Entangled in relationships based on fear, possessiveness or neediness; emotional co-dependence; unable to perceive or foster the evolutionary potential of others, even if it means letting them go

Bleeding Heart is an enchanting wildflower that flourishes in moist, shaded environments. Its delicate pink color, and “split” outer petals, suggest sensitive qualities of the heart aptly evoked by its name of “Bleeding Heart.” This flower essence is a powerful heart cleanser and strengthener for those who must learn to balance the soul’s two greatest needs: love and freedom.

The paradox of the heart is that through love we form attachments. Yet the heart also needs to continue to evolve, and for this, it needs freedom. Attachments that may have been healthy at one time, can be codependent and confining in another phase of the soul’s evolution. Even within on-going relationships, Bleeding Heart is a necessary remedy for accepting the inevitable changes and challenges of any healthy partnership. Bleeding Heart is also indicated for all feelings of loss and emptiness we may experience — when a beloved family member or friend dies or moves away, when a child goes to school, or leaves home, when any kind of partnership ends, or when an animal companion dies.

Through **Bleeding Heart flower essence**, the soul learns to fill itself from within with strong spiritual forces, so that the capacity to love another is based on the ability to intend the highest for each one’s own good. Bleeding Heart fosters a pure and free love, anchored in the heart’s core, firmly in touch with its inner divinity and innate strength.



Borage *Borago officinalis*

Positive qualities: Ebullient heart forces, buoyant courage and optimism; emotional resiliency and positivity despite hardships

Patterns of imbalance: Heavy-heartedness or grief, lack of confidence in facing difficult circumstances; depressive behavior; stagnant resistant emotions that weigh down body and soul

The beautiful blue flower of the Borage plant has an intriguing signature with its bright blue star pointing not so much skyward, but toward the earth. Silica-rich white hairs cover the stems, leaves, flower buds and sepals suggesting a rich endowment of light-bearing qualities; and yet the plant as a whole appears “heavy” with its mucilaginous stem and tap root. The tension between gravity and levity within the emotional space of the heart is addressed by the Borage flower essence.

At times when the soul experiences too much adversity, disappointment, grief or sadness, the heart itself can become contracted. Thus we say that we have a “heavy heart,” or we feel “disheartened,” “discouraged” or depressed (deep-pressed) and weighed down.

Borage flower essence helps the heart to process, digest and release these emotions so that they do not remain stagnant and oppressive within both body and soul. The soul needs to learn that it can move through these fettered feelings in the heart by learning to feel levity as a counter-balance. Borage or “Borago” was originally called “Corago” for the heart-healing quality of courage it was believed to emanate. This quality of courage is not so much connected to grit or strength, but to a condition of buoyancy in the soul which helps it to rise above, rather than sink into and become mired within the weight of defeat, discouragement or depression. Borage flower essence helps the heart to experience ebullience and lightness, filling the soul with fresh forces of optimism and enthusiasm. It is an excellent all-purpose balm and toner when the heart feels too laden and oppressed and needs the healing forces of light, upliftment and renewal.



California Wild Rose *Rosa californica*

Positive qualities: Love for the Earth and for human life, enthusiasm for doing and serving; passionate commitment and engagement in the life affairs of the world soul

Patterns of imbalance: Apathy, resignation, pronounced passivity; inability to catalyze will forces through the heart for greater manifestation and service

California Wild Rose is one of the most vigorous of roses, creating dense, nearly impenetrable thickets, with curved thorns or “prickles,” growing profusely out of the stems. By contrast, its five-fold soft pink flowers impart a sweet, evanescent fragrance that literally melts the heart, despite the fierceness of the thorn-ridden plant.

The Scottish mathematician Lawrence Edwards discovered that the shape of the rose bud mirrors that of the left ventricle of the heart, turned 180 degrees. As the rose bud opens, it undergoes a rhythmic contraction and expansion that is analogous to the heart beat. (See Edwards, Lawrence, *Field of Form*). We can say that the rose literally awakens the beating heart of the incarnating human being; and its sublime gift is not only at birth, but throughout life.

The California Wild Rose has transformed its vigorous vitality of root and thorn into harmonious form and fragrance. It teaches us to enter with passionate enthusiasm into the stream of life on Earth, despite challenges and obstacles. Hate is not the opposite of love, only a distortion of it. Rather, it is apathy that is the opposite of love. The ability to really care and to give oneself to life, to others, and to the Earth, characterizes a truly loving soul. Many souls hold back or hesitate, not wanting to experience the pain or challenge of life on Earth. They find it hard to take emotional risks in relationships with others, preferring instead to anesthetize themselves from pain or suffering. Such souls can also suffer from deep-seated social alienation, being unable to rouse the inner fire of the heart toward compassionate caring and activity in the world.

California Wild Rose flower essence stimulates the true love forces of the heart, so that the soul finds enthusiasm for its ability to serve and give in the world.



Downy Avens *Geum triflorum*

Positive qualities: Intelligence that is integrated with the heart; life wisdom derived from rhythmic development of body-soul forces, thinking developed through the organ of the heart; moral and emotional intelligence integrated with intellectual abilities; patience cultivated through engagement with life process, and artistic perception

Patterns of imbalance: Precocious intellectual capacities with lagging emotional and moral development; easily bored or distracted due to inability of the heart to sustain deeper vision and inspiration; hyperactivity, attention deficit disorder; social antipathy; lack of sustained interest or social engagement in the needs of others.

Downy Avens flourishes in high mountain meadows, producing stunning pink bell shaped flowers, covered with fine, hairs that become spiraling whorls soaring into the light. Hence it is named for the downy underside or wings (avens) of a bird. The plant remains downward and bud-like and then opens with extreme rapidity, seeming to quickly change form and fly into the air with its silica-rich wings.

Downy Avens flower essence addresses an important need of the heart in our lightning-paced technological culture, which values facile intellectual mastery and cursory cleverness. This cultural preference often over-uses or emphasizes the mental or air element at the expense of the incremental unfoldment of the heart's deeper wisdom and emotional connection. The ability to learn in ways that produce immediate results often leads to boredom, hyperactivity or other forms of "attention-deficit" because the deeper chords of the heart have not been sufficiently catalyzed. The heart is a rhythmic organ which paces and regulates itself through a gradual development of perception for both center and periphery, self and other, inner and outer. The intelligence of the heart is widely embrasive and its deep sense of wholeness and inclusiveness forms what is called "moral imagination" or "emotional intelligence," a sensitive awareness for the needs of others and for deeper engagement in the world.

Many children in today's modern culture suffer what appear to be learning disorders, nervous or brain dysfunction or social antipathy, due to technological and pedagogical methods that propel the intellectual capacities without sufficient arousal and commitment of the heart forces. The inner space of the heart fosters the development of soul warmth and deeper sustained



interest in others. It is this feeling space of the heart that is the necessary alchemical prelude for outer manifestation in the world. For the soul to spread its wings and become a butterfly, it needs the proper structure and incubation period of the heart's chrysalis.

The Downy Aven is widely applicable, not only for the needs of children in our fast-paced technological world, but for all ages and life occupations. The heart cannot truly be happy and healthy unless it is able to blossom at its own pace, inwardly cultivating its enormous forces of love and then raying them out into the world. These deeper rhythms of the heart lead to greater artistry, sustained interest and enjoyment in life, and more meaningful and satisfying forms of social engagement. Many forms of stress, depression, nerve depletion and insomnia stem from this deprivation of the heart that lies within the core of modern life.

Forget-Me-Not *Myosotis sylvatica*

Positive qualities: Engagement of the heart beyond the earthly dimension; activation of the heart's transcendent connection with another through memory and devotion; perceptive mindfulness of subtle realms and transpersonal relationships

Patterns of imbalance: Lack of connection with soul relationships in the spiritual world; loneliness, stagnant states of grief, depression or related emotional toxicity due to death of a loved one; soul blindness due to materialistic consciousness, depriving the heart of further healing possibilities beyond the threshold of death

A member of the Boraginaceae (Borage) family, Forget-Me-Not illuminates woodlands and meadows during spring with its arching inflorescence of tiny sky blue flowers. These luminous flowers seem to lift our hearts into the infinite blue of the heavens, and in fact, Forget-Me-Not was named for its ability to help the soul remember its spiritual connections beyond the earthly dimension. This flower essence has unique healing qualities for the heart, stimulating love, memory and trans-physical communion with others.

When we have cherished someone in the physical dimension we do so through the medium of the physical body, employing touch, speech, gesture and so forth. Yet the heart has experienced a much broader relationship of exquisite thoughts and feelings, and these have the possibility to flourish far beyond the originating physical matrix. The heart is more than a physical pump, it is an organ of sublime soul sensitivity. This extensive capacity of the heart is a true metaphysical reality, enabling it to reach far beyond the threshold of death into the spiritual world. In the words of Mitch Albom, in his book [Tuesdays with Morrie](#), "Death ends a life, not a relationship."

Our hearts can naturally feel grief, isolation and abandonment when a loved one departs from the earthly realm. Forget-Me-Not flower essence helps the soul to become aware of life beyond the earthly threshold through the heart's wide field of trans-physical love. By remaining faithful to and continuing to nurture the bonds of love which began on Earth, Forget-Me-Not helps awaken the soul to higher levels of heart exchange and soul evolution.

Forget-Me-Not flower essence is important to consider following the initial stage of numbness and grief after the death of a loved one, and can be very helpful for those who have never fully resolved their feelings of isolation and abandonment following the loss of a family member, friend or animal companion. Even



more powerfully, the heart can address those relationships which may not have been resolved on earth due to conflict, abuse, neglect, abandonment and so forth. A new opportunity opens up when the departed soul has crossed the threshold and sees relationships in a new light.

Forget-Me-Not can also be used by expectant parents who wish to establish a conscious link with the soul seeking to be incarnated through them, or it can be beneficial when one wishes to understand the deeper, karmic soul connection which inspires or challenges any current relationship. In all these instances, Forget-Me-Not guides us toward greater love and compassion through a heart-based awareness of the incredible depth, beauty, and infinite healing possibilities of soul-based relationships.

Green Rose *Rosa chinensis viridiflora*

Positive qualities: Compassion as the doorway of connection to all living beings; love as a form of transcendent embrace and trust

Patterns of imbalance: Apprehension, mistrust, defensiveness; fear of being attacked or annihilated and thus developing barriers within the heart to other living beings

Green Rose has ancient alchemical roots, and was likely co-created by the ancient Chinese or Persians as a form of communication between the human soul and elemental beings. Its “green flower” may technically be called a bract or sepal, but the noteworthy signature is that the Green Rose remains close to the vegetative leaf stage, from which the all-embracing life forces of Nature emanate. Plants live in polarity to humans, so we can view this ability to remain green as being connected with Nature’s heart (while the human heart expresses itself in the polar opposite color of fiery red blood).

The Green Rose flower essence helps the heart to remain open, spacious and composed so that the forces of all sentient beings can be embraced. When we do not have this receptivity for what comes to meet us, the heart is paralyzed in trepidation and mistrust. When the heart seizes up we no longer feel a vital connection with the living Earth — its animals, plants, and other sentient life forms. Our pleasure for life, and our appreciation for the gift of Creation itself is greatly diminished. The Green Rose nourishes and opens the heart chakra, not so much to personal love and personal relationships, but to the ability to recognize, respond to and revere the vast fullness of life on earth in all its forms and expressions. This ability to embrace all life within the Heart of Nature leads to greater life force, health, and enhanced receptivity with the human heart.



Hawthorn *Crataegus monogyna*

Positive qualities: Strong and vital bodily forces that impart power, courage and bravery; positive assertive forces that bring mastery and leadership to social endeavors

Patterns of imbalance: Overly strong will that depletes heart balance; “Type A” aggressive, hostile personality; easily agitated, frustrated or stressed when personal will forces and desires are not satisfied

A member of the Rosaceae family, Hawthorn is a tree-like shrub, flowering profusely with fragrant white flowers that become bright red berries in autumn. Its genus name *Crataegus* is from the Greek *kratos*, meaning strength, a fitting name for this intensely thorned scrubby plant. Hawthorns have a sacred status in the Celtic world, often referred to as “fairy trees,” growing in conjunction with holy wells and other threshold places connected with the elemental world.

The ‘Biflora’ variety of *Crataegus monogyna* found in Glastonbury, Somerset, England is associated with Joseph of Arimathea, who is said to have inaugurated the healing tradition of the Holy Grail, being instructed by higher beings to carry a branch of the white thorn until it flowered in his seafaring travels from East to West. It was in Glastonbury that the thorn blossomed, and the cup from the Last Supper containing the blood of Christ was then buried in the earth.

The dried berries and fresh tops of the Hawthorn are also well known in modern herbal medicine for their ability to increase the strength of heart contractions, blood flow, and for normalizing blood pressure. Extracts of Hawthorn have been studied in clinical trials for treating congestive heart failure, with documented results of decreased fatigue and shortness of breath.

These various attributes of the Hawthorn are richly evocative and point to its soul qualities when used as a flower essence. The Hawthorn carries positive virtues of courage, ferocity and enduring strength. This is one of the reasons it served as a threshold plant for entering the elemental world, for the intensity of this metaphysical experience could not be endured by the faint-hearted. It is also reflected in the story of Joseph of Arimathea who needed to summon great courage, tenacity and physical strength in order to make his long sea-faring voyage at that time in history. Furthermore, the White Thorn that takes root in the earth halfway around the world, then becomes a potent seed force for the sublime healing tradition and enhancement of heart forces connected with the Holy Grail.



The Hawthorn plant also speaks to a challenging side of these powerful heart qualities. If not purified and made selfless, strong personal will forces can become inflamed with over-reaching ambition, aggression, and self-aggrandizement. The will is so virile and masterful that it focuses only on having its way, and its personal desires met, a theme often explored in the stories of the Holy Grail. Ultimately, this egoic behavior subjects the heart to states of extreme tension and stress, resulting in the classic “type A” personality, that has been the focus of many modern studies.

Hawthorn flower essence should be used for anyone with a history of heart disease accompanied by tension, or more generally for anyone with strongly developed personal will forces, accompanied by agitation, frustration, irritability or generalized stress when these will impulses are stymied or thwarted. It is also indicated in childhood and beyond for the bully who uses personal power and prowess to coerce others into submission.

The flower essence of Hawthorn helps to direct and channel the potent will-forces of the heart so that they become a vehicle for ever greater love, compassion and service on behalf of others. In this way, the personal will works at the direction of and is illumined by the higher spiritual will.

Holly *Ilex aquifolium*

Positive qualities: Loving and inclusive gestures toward others; heartfelt compassion; ability to express gratitude and appreciation for others; compassionate concern and care for others; realization that Self and other are one wholeness

Patterns of imbalance: Social isolation or “loner” stance; unable to form inclusive and cooperative social bonds with others due to hatred, jealousy, envy, rivalry, suspicion, anger or hostility

With pointed prickly leaves and the ability to remain green throughout the year, Holly points to qualities of endurance and ferocity; indeed, the Druidic glyph for this ancient Celtic tree means, “I am a battle waging spear.”

Holly flower essence addresses hostile or aggressive tendencies in the soul, resulting in the Self constantly pitted against others, with accompanying emotions of jealousy, envy, suspicion, hatred, rivalry, anger or animosity. The innate warrior-like strength and fierce conviction that the Holly type feels is an admirable quality, but the fire of the heart becomes too identified with self-preservation and self-interest. Ultimately, the soul is not spiritually secure in its identity (what Dr. Bach calls “that great inner Self”), and so various forms of hostility are turned outward toward others. Holly helps the soul tap into these fiery passions of the heart in such a way that they become a force of love, compassion and inclusive consideration of others.

Dr. Bach considered Holly one of the most foundational of flower essences with many broad-based applications. Ultimately, Holly helps the human heart anchor and sustain a transcendent quality of wholeness or “holiness,” which the very name of Holly evokes. This sense of sacred unity and compassionate consideration of others resides at the deepest core of what it means to be human; for this reason Holly should be used widely and frequently to tame and train the heart in the art of love.



Lotus *Nelumbo nucifera*

Positive qualities: Expansive and inclusive spirituality, development of spiritual consciousness integrated with the love impulses of the heart, mindfulness in the breathing element, so that the heart circulates light and consciousness throughout the body and soul

Patterns of imbalance: Head-centered spirituality, or spiritual pride, inflated sense of self-importance or higher advancement, lacking humility, receptivity and service to others; arrogance or exaggerated sense of spiritual superiority

A member of the Water Lily Family (Nymphaeaceae), the Lotus is an aquatic plant, with rhizomous roots firmly anchored in mud, producing large circular leaves that rise dew-laden above the water, with stunning pink chalice-flowers and uniquely shaped edible seed receptacles. Also called the Sacred Lotus or Thousand Petaled Lotus, it is deeply regarded in Oriental spiritual tradition as a symbol of spiritual enlightenment. In fact, all the spiritual centers, or chakras, are depicted as Lotus-shaped, with the thousand petaled Lotus related to the crown chakra, which registers and reflects the highest universal consciousness embracing all that is divine.

The pink-colored Lotus helps to develop spiritual consciousness that is integrated with the loving capacities within the human heart. In Chinese medicine, various parts of the Lotus are used to reduce heat, or inflammation, with the very center of the Lotus seed known to be most beneficial to the heart because of its cooling qualities. This property within the physical plant is reflected in its use for the soul as a flower essence. If the spiritual consciousness develops too rapidly, or is one-sided, feelings of superiority, aloofness, arrogance or inflation develop within the soul — the fire of the heart is drawn upward and inflames the individuality.

Lotus flower essence tempers and steadies the heart's flame, so that the impulses of love within the heart are integrated with the spiritual consciousness. This flower essence also affects the health of the heart-lung region, especially the harmony



of the breathing. Inflation is quite literally an excess of *flatus* or air, because the air is not properly circulated through the body and transformed into carbon dioxide. Breathing is at the basis of all meditation and spiritual development, and this was why the Lotus was regarded as so sacred. Just as the plant itself stays firmly anchored in earth and water as it rises into the air and light, the same quality is needed in spiritual development, enabling the love-impulses of the heart to regulate and ground spiritual development.

The soul is meant to wear a regal crown of light, but it can only be rightly worn when humility, receptivity and service to others is also operative. Lotus flower essence enhances and harmonizes the spiritual consciousness. It especially heals the tendency toward spiritual pride, or the illusion that one is higher, superior or more advanced than others. It is an excellent, all-purpose remedy, and should especially be used extensively by those who are engaged in spiritual practices, so that balance and integration are maintained.

Love-Lies-Bleeding *Amaranthus caudatus*

Positive qualities: Transcendent consciousness, the ability to move beyond personal pain, suffering or mental anguish; equanimous acceptance of life karma or collective karma, ability of the soul to become stronger by moving through the gate of suffering and dissolution

Patterns of imbalance: Intensification of pain and suffering due to isolation; profound melancholia or despair due to the over-personalization of one's pain; feeling of victimhood; inability to accept and move through affliction and misfortune

The flowers of Love-Lies-Bleeding come to full maturity as autumn deepens, producing pendulous catkins with thousands of tiny-red magenta blossoms. Each plant forms sweeping arches that grow longer and longer, until they literally embrace the Earth. This "bleeding" gesture as the season of autumn darkens and deepens, points to its healing qualities as a flower essence. We often think of the heart as our center of strength and core identity, but equally important, the heart sends its blood force to the periphery. The heart engages in a constant rhythmic interplay of consolidation and surrender, of bringing life force to the core Self and then letting that force be completely dissolved.

Love-Lies-Bleeding flower essence speaks to the dissolution process of surrender as a necessary state of soul evolution. This flower enables the soul to encounter, to accept, and often to transmute or transcend pain and suffering, including mental anguish, deep-seated chronic affliction, or pervasive acute disease. Love-Lies-Bleeding does not play the role of an analgesic; it does not provide direct relief from such distress. It helps by moving the soul consciousness outward from overly-personal identification and focus, to transpersonal awareness of the meaning and purpose of such an experience. This energetic shift can often be experienced directly in the physical body, in the eventual cessation of symptoms of pain or as a general stimulus to the immune system. However more typically, the individual is able to experience physical and mental suffering differently, within the context of a larger, shared human experience. For example, an individual suffering from a personal illness, a particular disability, addiction or personal misfortune, may be impelled to reach out to others who suffer similarly. Ultimately, the heart acquires greater sensitivity, insight and empathetic awareness for the plight of others. In this alchemical journey of the heart, surrender and acceptance actually lead to new soul forces of courage, resilience and compassion.



The deepest teaching of Love-Lies-Bleeding is centered around the meaning of compassion and sacrifice, a realization within the soul that is often called “Christ consciousness.” Ultimately, it is the ability to realize that we encounter anguish and pain (“bleed”) not only for ourselves but for all of humanity and for the redemption of the Earth itself. As Holocaust survivor Dr. Viktor Frankl wrote in *Man’s Search for Meaning*, “When all else has been taken away, we still possess the freedom to choose our attitude in a given set of circumstances.” This ability to find meaning in suffering as part of the deeper experience of the human condition, is the gateway by which the soul attains ever greater levels of heart consciousness and compassion for all living beings.

Rock Fringe *Epilobium obcordatum*

Positive qualities: Ability to tap into new wellsprings of energy for one's life purpose; re-imagining one's capacities and commitments; renewal and reconstruction of one's life work or destiny through revitalized forces of the heart

Patterns of imbalance: Feeling tired, depleted or dis-heartened; unable to meet the challenge of new life tasks; unable to rouse the heart's passion for life and its connection to renewed sources of energy, especially at mid-life or in unexpected adversities of life

Rock Fringe exalts in alpine meadows after other flowers are finished blooming and conditions are generally dry. It forms a "fringe" around the moist shaded areas of rocks, seeking out and drawing upon the remaining precious bits of moisture for its late season blossoms. The gesture of these vibrantly colored magenta flowers is striking, forming four inter-locking hearts, from which its name of "obcordatum" or "reversed heart" derives. The ability of this plant to thrive in less than optimal conditions, along with its prominent magenta color (the color of etheric life) suggest a strong elemental force in the Rock Fringe. The four interlocking hearts can be viewed as vibrant connections to the four elements which "feed" this plant in a most extraordinary manner.

Although **Rock Fringe flower essence** is a more recent research remedy, FES is already receiving convincing reports that point to the ability of this flower essence to play a similar role of etheric regeneration in the human body and soul. It is indicated for times when life conditions seem overwhelming and are often unexpected, when one is facing various forms of adversity, resulting in feeling drained and depleted. A typical use of this essence is at mid-life when the exuberant forces of youth have waned and one is confronted with life responsibilities and tasks that feel overwhelming, including the need to re-build one's life work, home or family structure. It is said that one can be "dis-heartened" or "lose heart" in such daunting situations. There is a literal truth in these expressions, for the heart is simultaneously a psychic and a physical reality.

In our collective culture as a whole, we are challenged to develop more flexibility and wellsprings of energy, by re-inventing and re-creating ourselves, often extending into later decades of life. For example in prior ages, one could be reasonably certain of developing job skills that would sustain one for the duration of life, but in our modern technological world this is no longer the case. Like the Rock Fringe plant that draws out nourishment for



its growth when environmental conditions are sparse, the flower essence imparts forces of rejuvenation, renewal and re-visioning despite intense or unfortunate life circumstances.

These revived heart forces are important not only for the personal life and work situations one may face, but also because the ability to be replenished by the elemental matrix of the Earth is growing more imperiled. Various conditions such as the encroachment of technology into the life mantle of the Earth, climate change, economic upheaval, warfare and numerous natural disasters result in ever more challenging situations for the life force of the heart to be adequately nourished by the etheric stream of Nature. We are increasingly called to seek out the heart's connection to life in a more conscious and more intended way, even in the face of adversity.

In these many situations, Rock Fringe flower essence rekindles and re-awakens the life forces, so that the heart may continue to feel its passion for giving, serving and creating on Earth.

Yerba Santa *Eriodictyon californicum*

Positive qualities: Free-flowing emotion, ability to harmonize breathing with feeling; capacity to express a full range of human emotions, including pain and sadness; positive soul depth, especially the ability to process grief, loss or heart anguish

Patterns of imbalance: Constricted feelings, particularly in the heart and lungs; internalized grief and melancholy, deeply repressed emotions; feeling of restriction in the breathing and in the heart

Yerba Santa (Spanish for Holy Herb) thrives in hot, dry conditions with leathery, olive green resinous leaves well-adapted to moisture conservation. It is a well-known herb that counteracts overly moist, mucus-laden respiratory ailments such as colds, bronchial congestion or pneumonia. Its small violet tubular-shaped flowers suggest a quality of deepened spirituality and inwardness connected to the interior space or sanctuary of the heart-lung region of the body, as its Spanish name suggests.

Within every human heart there is an inviolable space which must be kept open and free; it is from this temple that the Spirit-Self breathes its essence from the cosmos into Earth and from the Earth back to higher worlds. Therefore the heart-lung region of the body is the most alive, but also the most sensitive and most deeply feeling part of the body/soul complex. Feelings which are too overwhelming to process — especially sadness, loss or grief — can be secreted into the emotional recesses of the heart, leading to chronic sadness and melancholia, psychic vulnerability, depression or physical frailty. The breathing can also be congested or otherwise disturbed, resulting in degenerative diseases such chest congestion, pneumonia, asthma, allergies, nasal or throat congestion, tuberculosis, or addiction to tobacco in order to numb the chest region. Because the soul is inwardly consumed by intense forces of grief, sadness or other buried feelings, the chest region can appear sunken or concave, with the face and eyes lacking sparkle due to disturbed breathing and oxygen-carbon dioxide balance.

Yerba Santa flower essence facilitates the release of stored trauma and emotional impurities. Often the individual becomes aware of unclaimed grief, such as the loss of a beloved friend or parent, animal companion, home or community matrix. Yerba Santa gradually restores the temple space of the heart, making it more spacious and light-filled, allowing the breathing to be freer and more harmonious.



Practical Directions for Administering Flower Essences

Using directly from stock

1. Flower essences can be taken directly from the stock bottle (the form in which Cork Kit essences are sold).
2. Place four drops under the tongue, or in a little water. This dosage is most commonly taken four times daily.
3. For acute use, take hourly, or even several times an hour, on a temporary basis.

Mixing the essences in a glass of water

1. Add four drops from each stock essence in your combination to a large cup or glass about three-quarters full of fresh water.
2. Stir the water for about a minute in a clockwise and counter-clockwise motion.
3. The essence combination can then be sipped several times throughout the day. Cover the glass to provide protection.
4. This mixture should be newly prepared after one to three days. In any case, it should be freshly stirred each day.

Using a glass spray bottle or mister

1. Prepare as you would a dosage bottle. (See description on following page.)
2. Rather than taking the drops internally, spray the mixture around the body and in the environment. Be sure to close eyes and remove glasses before misting around the face and head.
3. Shake the bottle before each application to sustain potency.



Preparing a dosage bottle

1. Fill a one-ounce (30 ml) glass dropper bottle nearly full of spring water or other fresh water.
2. Add a small amount of brandy (1/8 to 1/4 of the bottle) as a preservative. More brandy can be added if the dosage bottle is used over a number of months, or will be subject to high temperatures.
3. To the water and brandy mixture, add four to six drops of flower essences from the stock bottle of each essence selected.
4. After the stock essences have been added and before each subsequent use, rhythmically shake or lightly tap the bottle in order to keep the essences in a more potent or energized state.
5. Place four drops under the tongue, or in a bit of water. This dosage is most commonly taken four times daily. A 30 ml / 1 oz dosage bottle used in this manner will last approximately three weeks to one month.
6. The dosage bottle can be further diluted by adding four drops to a half-glass of water. Stir this mixture both clockwise and counter-clockwise, and sip slowly. This is one way to decrease the taste of the brandy preservative.

Glass bottles and droppers are recommended, since plastic may adversely affect the subtle qualities of these natural plant remedies. It is best to use new bottles for new combinations of essences to ensure the cleanliness and clarity of the vibrational patterns.

Use in baths

1. Add about 20-30 drops of each stock essence to a normal-sized bath tub of warm water.
2. Stir the water in a lemniscatory (figure-eight) motion for at least one minute in each direction to help potentize the remedies in the water.
3. Soak in this solution for approximately 20 minutes. Pat the skin gently dry, and then rest quietly or go to sleep to continue to absorb the subtle qualities of the essences.

Topical use

1. Add 6-10 drops of each stock essence selected per 30 gm (1 oz) of creme, oil, or lotion. Self-Heal Creme, which comes in a wide-mouth jar, is excellent for this purpose.
2. Use on a daily basis either exclusively, or to supplement oral use.
3. Essence drops can also be applied directly on the body in conjunction with massage, acupressure or acupuncture, or chiropractic treatments.

Pulse point application

Spray on pulse point and lightly rub in the mixture; then apply gentle pressure for a minute or so while breathing deeply



Use with alcohol-sensitive persons

Many recovering alcoholics and other alcohol-sensitive persons have benefited greatly from the use of flower essences. Although flower remedies are preserved with brandy at the stock level, people have found much success in diluting the essences to the dosage level without the use of alcohol. Dilution methods insure that any alcohol ingested is chemically and physiologically insignificant, about one part in 600 when diluted in a one-ounce (30 ml) dosage bottle, or about one part in 4,800 in a eight-ounce glass of water. All of the following four methods have been reported to be effective:

1. Use two to four drops of stock in a large glass of water or juice, stir and sip slowly.
2. Prepare the essences in a dosage bottle, but fill it 1/4 to 1/3 full of apple cider vinegar as preservative instead of brandy.
3. Prepare the essences in a dosage bottle, filled 1/3 to 1/2 full with vegetable glycerin. Vegetable glycerin is a derivative of coconut oil; it has a sweet taste and is used extensively to preserve herbal preparations.
4. The dosage bottle can also be prepared with no preservative if it is refrigerated, or used in a short period of time (several days to a week).

Frequency and timing of dosage

Regular, rhythmic use of the flower remedies builds the strength of their catalytic action. Therefore, potency is increased not by taking more drops at one time, but by using them on a frequent, consistent basis. In most cases, the essences should be taken four times daily, although this may need to be increased in emergency or acute situations to once every hour, or even more often. The Five-Flower Formula, Dr. Bach's emergency formula is often taken on a frequent basis, when used in a temporary or emergency situation and this same technique of frequent dosage can be used for other essences when addressing acute situations. On the other hand, children or other highly sensitive persons may at times need to decrease the frequency of use to once or twice daily, if they seem to be reacting too strongly.

The essences address the relationship between the body and soul, and therefore are most effective at the thresholds of awakening and retiring, since these are the times when the boundaries between body and soul shift. Other transition times of the day are also important, such as just before the noon or evening meals. Even when the essences are used in the midst of a hectic schedule, it is beneficial to allow a quiet moment of receptivity so that the messages of the flowers can be received at a subtle level. Many people find it helpful to remember to take the essences by keeping one bottle of their flower essence formula right on the bed-stand, and another one of the same combination in their purse, briefcase, or in the kitchen.

Although flower essences can be used on a short-term basis for acute situations, their ideal use is for long-term or deep-seated mental-emotional change. At this level, the most common cycle of essence use is one month, a time interval which is strongly correlated to the emotional or astral body. Seven-day or 14-day cycles may also be of significance in the growth process. For particularly deep changes, a whole series of monthly cycles may need to be considered. However in most cases, changes will be noticed in about one month. At this interval there is usually the need to re-formulate or re-assess the flower essence combination. We recommend continuing to use a formula, or at least one or two key essences from the mix, for a period of time even after some change has been noticed. This allows a possibility for the essences to be “anchored” at deeper levels of consciousness.



*Love never fails.
Where there are prophecies, they will cease;
where there are tongues, they will be stilled;
where there is knowledge, it will pass away...
now these three remain: faith, hope and love.
But the greatest of these is Love.*

Corinthians 13