



Introduction Flower Essences

What are flower essences, how do they work and in what way do you take them? Below you will find some introductory information.

How it started

The most well-known flower essences are the ones developed by Mr. Bach (maybe you have heard of Bach flowers or Rescue Remedy). Mr. Bach discovered flower essences around 1930. Today there are many beautiful flower essences developed by different people, coming from special corners in nature around the world. Here you are presented with another beautiful line of essences from a special place in France; Simply Canvas Farm (SCF Flower Essences). I am proud to be part of this process and to introduce the essences to you.

Simply Canvas Farm

Sandra and Santi founded Simply Canvas Farm in 2008. The farm is a beautiful property dating back to 1760, situated in the countryside of South West France in the department of the Lot et Garonne. In the old days wine was made and you found cows in the fields. The last 20 years the 12.5 acres of land surrounding the farm hasn't been ploughed or treated. Sandra (Dutch) and Santi (born in Laos, but raised in France) met each other in the Buddhist monastery Plum Village of Thich Nhat Hanh where they were both monastics. They have over 25 years of meditation experience and nearly 20



years of practicing and sharing mindfulness. It is a beautiful story of which books have been written and documentaries made, but let's stick to the land and the flower essences. Simply Canvas Farm blossomed and flourished due to a passion for mindful living and a heart connection with nature. The 12.5 acres were developed according to the principles of permaculture and it is beautiful to see how wild life and flowers have reinstated themselves. Sandra and Santi have known flower essences for many years, as they have played a part in their daily life. Sandra has been making tinctures and flower oils for many years. The collaboration with nature has intensified, from which a next, natural step was to make a line of flower essences in collaboration with the land and the beings living there. We are very happy to introduce these essences. An important thread in our lives has been the healing of trauma. Not only physical healing but also emotional, mental and spiritual. The flower essences of Simply Canvas Farm work on these different levels. Within this introduction you also find the descriptions of the flower essences. Below more information about flower essences and how to take them.

What are flower essences?

Flower essences are energetic extracts of the beneficial properties of flowers.

What does this mean? Wild flowers, flowers of trees and plants, flower bulbs etc. they all have a positive message to share with us. It is possible to move this message into water. The fixing or grounding in water is done with the help of the sun, a few flowers and one or more persons in collaboration with helpful nature beings. When the essence has been grounded into water, alcohol (often brandy) or distilled vinegar is added to preserve the flower essences. Without the preservative the flower essence has to be used in about 2 weeks' time. With the alcohol the flower essence remains good for many years.

How do flower essences work?

By taking drops of the flower essences we receive the healing benefits of the flowers in our own body, mind and soul. Flower essences don't work like a paracetamol which will chase away your headache for a short period of time. The essences try to support us and help to give us insight in the root of the pain or suffering. The root of the suffering or problem can be hidden under several layers. By taking the flower essence for a period of time the different layers are peeled off. Flower essences assist us holistically on a physical, emotional, mental and spiritual level. Sometimes we call this kind of help vibrational or energetic support. It might sound a little floaty, but really it is a beautiful collaboration between you and the essence of the flower allowing your body, mind and soul to sing together again as a harmonious choir.



How not to use flower essences

Flower essences can serve as a powerful helper on your way to healing however, they don't work in the same way as regular medicine. Don't make your own diagnosis based on the descriptions of the flower essences. Go to the doctor when you are seriously ill (both physically and/or emotionally). Use the essences to support your healing process, not as a replacement.

How to choose your flower essences

- *The easy way: intuitively*

Don't stress out over the world intuitively, everyone can do this. Look at the bottles, the label, the definitions and just pay attention to which bottle speaks to you. This can be a color, a word or a picture of the flower. It is possible that more than one remedy jumps out and this is also okay. It is no problem to combine flower remedies however, it is best to take, as a rule no more than 3-5 essences in one go. You can choose flower essences looking for the support of your general wellbeing, but you can also choose essences for a specific problem or illness. If it is the latter, start by describing the problem or illness you want to work with. For example the backache that has been bothering you for days now. Be specific in your description (you can do this in your head by the way), not: I would like to get something for my backpain, but, rather, I would like to be helped with the throbbing pain in my back between my shoulder blades, which appeared after I planted a tree two days ago. Which flower essence(s) can help me with this? Then pay attention which bottle, word, picture or definition speaks to you.

- *Via kinesiology or the pendulum*

If you don't know what the above means, just skip it and go on to the next paragraph.

If you know how to work with kinesiology or the pendulum you can take a bottle in your hand and ask if this essence is helpful to you. Again when you want to work on a certain subject be specific in your description. Not: I want something for my sleep, but: I would like to be supported with my sleep. It is difficult to fall asleep, because as soon as I lie in my bed grocery shopping lists and other things to do demand all my attention. After the description you take a bottle in your hand and ask if this bottle is helpful and allow the pendulum or kinesiology testing to respond yes or no. If there are many bottles in a row, you can point to a line and ask; is it a bottle in this line, with a no, you go to the next and then, upon a yes, you focus on every bottle in that row to ask which one it is.



How to take flower essences

- *Taking drops*

Take four drops four times a day. Put them directly on or under your tongue or in a glass of water. You can also put 16 drops in a 0.5L bottle of water and drink it during the day. You can also combine drops in a glass or bottle (not more than 3-5 essences at a time).

When you take drops straight from the bottle make sure that the dropper doesn't touch your tongue. If it does, rinse the dropper with warm water and soap or alcohol (something with 40% alcohol like brandy or vodka) before you put the dropper back into the bottle. This is to prevent your bacteria/saliva contaminating the bottle.

- *In your bath*

It is wonderful to soak up some of the remedies by taking a bath. Especially when you are looking for relaxation or to take care of sore muscles. Put 20 drops in your bathwater, you can still add bath soap if you want to, but even better add some lovely flower oil like rose or lavender oil.

- *Straight onto a painful spot*

- When you have sore muscles or ligaments you can massage a few drops into the sore spot. Combine it while still taking the drops.

Flower remedies for children, animals, plants, gardens and houses

You can use flower remedies for all kinds of situations: for example, when an animal is stressed or a tree is somewhat peaky. Also pay attention to your intuition when you are walking in and around the house. Maybe you always feel tired when you arrive in the kitchen or you feel sad in a certain corner of the garden. Drizzle some essences in that area to bring back the harmony.

- *Children*

Without any harm you can use flower essences for children. In this case massage 2-4 drops softly on their forehead. Don't give the drops to the child, especially the ones with alcohol.

- *Animals*

Think about giving essences to your animals when they are in need. Put 4 drops in the morning and evening in their food.

- *Plants*

Don't forget your plants, trees and the garden. When trees or plants look a little sad, put some drops on the soil around them or in the watering can (a few drops for a plant a dropper full for a tree or bush).

- *House or other spots*

Put a bottle in the area you wish to harmonize or sprinkle a few drops.

How long do you take flower essences

You can use flower essences for long stretches of time without any harm.

Below are a few guidelines.

- *The easy way: intuitively*

Take them or sprinkle them around until you forget, then you are done. This can be over a few days, a few weeks or several months, all is okay.

- *Via kinesiology or the pendulum*

If you don't know what the above means, just skip it and go on to the next paragraph. If you do know how to work with it, use it as a simple yes/no format

- *Ask: how many drops am I to take at one time?*

You get a yes, until a no, then it is that amount... So, 1 drop/yes, 2 drops/yes, 3 drops/no...you then are to take 2 drops.

- *Ask: how many times a day*

So, 1 time/yes, 2 times/yes, 3 times/yes, 4 times/no...take them 3 times a day.

- *Ask: for how many days*

1 day/yes, 2 days/yes, etc. If there are many days, you could also ask per week: 1 week/yes, 2 weeks/no. The amount of days will be somewhere between the two. Ask then 8 days/yes, 9 days/no...you need to take them for 8 days.



There is much more to say about flower essences. You can work by yourself with the remedies, but there are also flower essence therapists. They know very well how to work with the different layers of health issues and know how to assist you with a thorough consultation. Working with a flower essence therapist can be very supportive to help you dive a little deeper into the world of essences.

Enjoy SCF Flower Essences