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Title: Using Flower Essences of Larch (*Larix decidua*), Pine (*Pinus sylvestris*), White chestnut (*Aesculus hippocastanum*), Self-heal (*Prunella vulgaris*) Chamomile (*Matricaria recutita*), Centaury (*Centaureum erythraea*), California wild rose (*Rosa californica*) for Depression, Low Energy and Low Self-Confidence

Introduction and History: The client is a 59-year-old male who works in a high-stress position. Although he enjoys his job, stress and changes at work make it rather difficult to continue. His mood is fairly low most of the time, and the drudgery at work has made him apathetic with feelings of being stuck in life, resulting in low self-confidence. He suspects he has depression as well, as he is apathetic and not getting pleasure out of his usual activities. This depression started about two years ago, although he did have periods of depression when he lived on a farm in his youth. "Persistent feelings of sadness and loss of interest in activities that once brought pleasure are symptoms of depression (Professional C.C. Medical). This mood disorder can also lead to difficulties with memory, thinking, eating, and sleeping" (Professional C.C. Medical)

In addition to his stress at work, his marriage is also a source of stress and is a recurring challenge. This and his work stress caused him to ruminate on his thoughts, allowing him only 2 - 6 hours of sleep per night.

Growing up on a farm, my client's mother became ill when he was an adolescent and passed away. While he wishes he could have spent more time with her, he feels okay with her death and accepts it. However, he did have issues with his father during this time, but the relationship is now repaired.

He also has a history of ADD, diabetes and arthritis. He finds that joy in his life is depleted in the city; however, he finds it easier to smile and enjoy himself on his yearly fishing trip.

Flower Essences Selected - Session #1 (July - August)

The goals set out by my client included reducing his stress, increasing his mood (reducing depression), helping with self-confidence, as well as reducing his rumination. The flower essences used to address these areas include:

Larch (*Larix decidua*)
Pine (*Pinus sylvestris*)
White chestnut (*Aesculus hippocastanum*)
Self-heal (*Prunella vulgaris*)
Chamomile (*Matricaria recutita*)
Centaury (*Centaurium erythraea*)
California wild rose (*Rosa californica*)

Details of Blend

4 drops Larch
4 drops Pine
4 drops White chestnut
4 drops Self-heal
4 drops Chamomile
4 drops Centaury
4 drops California wild rose
0.113 oz (3.34 ml) Brandy
0.787 oz (23.3 ml) Water

Treatment

On July 13, 2023, a 1 oz glass dropper bottle was prepared for oral applications. Four drops were to be administered under the tongue four times per day.

Rationale for Choice of Flower Essences

My client's overall goals included:

- reduce stress
- increase his mood
- increase his self-confidence
- reduce his depression
- reduce intrusive thoughts (rumination)



Larch (*Larix decidua*) is associated with the inner quality of self-assurance (Scheffer, 1988b). While in a negative state, the individual lacks self-esteem, feels inferior to others and may tend to admire others while doubting their ability to succeed, leading to a fixed mindset of failure

(Scheffer, 1988b). This flower essence helps dissolve these self-imposed limitations, allowing individuals to realize their true potential (Scheffer, 1988b). With a realistic approach, they can tackle challenges with perseverance, even when setbacks arise and maintain an objective assessment of any challenges that come their way (Scheffer, 1988b).

Pine (*Pinus sylvestris*) is for those who hold onto guilt and regret, leading to exhaustion and little joy in life (Schafer, 1988c). They set high standards for themselves, undervalue themselves, and experience self-reproach (Schafer, 1988c). This flower essence can help individuals accept their faults, feel genuine regret, forgive themselves, and discover humility and patience (Schafer, 1988c).

White chestnut (*Aesculus hippocastanum*) is associated with tranquillity and discernment (Scheffer, 1988d). In the negative state, the individual experiences unwanted thoughts, mental hyperactivity, lack of concentration, depression, and inability to sleep (Scheffer, 1988d). This flower essence helps restore calm and clarity necessary for a balanced state of mind capable of finding solutions to problems (Scheffer, 1988d).

Self-heal (*Prunella vulgaris*) directly impacts our mental and emotional states (Katz, 2020). Stimulating our body's natural healing processes is an excellent remedy for those confronting significant healing challenges, as it promotes resilience and receptivity to change (Katz, 2020).

Chamomile (*Matricaria recutita*) has calming and soothing qualities (Katz, 2019). Assisting in releasing emotional tension held within the stomach, chamomile further helps in balancing inner solar forces, leading to greater emotional peace and stability (Kaminski P. and Katz, R. 2019)

Centaury (*Centaurium erythraea*) for those who cannot say no, continuously serve and give without replenishing their energy or needs (Kaminski, 2021 & Scheffer, 1988a). This flower essence helps individuals recognize their needs, allowing them to know when to say no when necessary (Scheffer, 1988a). This flower essence allows individuals to respond to their needs and others, creating a mutual exchange (Graitty, J).

California wild rose (*Rosa californica*) flower essence instills strength and courage in the heart, enabling individuals to face and overcome life's challenges (Gossling, 2020).

Follow up after session #1 (July - August)

After my client had answered the Bach questionnaire, it was determined that his archetype was Larch. My client was presented with his blend of flower essences and used them four times daily. Initially, he experienced ringing in his ears, but this subsided shortly after. It was concluded that the ringing in his ears was partly due to the flower essences and an increased sugar intake. Although he experienced ringing in his ears before taking the flower essences at a softer level, he did note that the ringing was louder with the flower essences. It was thought he was being called to start paying attention to his emotions and thoughts.

Unfortunately, none of his goals were accomplished while taking this flower essence blend. He did not experience any reduction in his stress, still experienced low moods, his self-confidence remained low, he still experienced depression, and his intrusive thoughts continued. As he did not experience any changes, he stopped taking the flower essences after two weeks. After a few days of stopping his flower essence blend, he noticed that he pushed his emotions down, keeping his anger hidden because he wanted to appear nice.

Flower Essences Selected - Session #2 (August - September)

For his second blend, I decided to show him pictures of flowers and had him choose six that he thought would be beneficial, with the seventh being Self-heal. Keeping his goals in mind he chose:

Self-heal (*Prunella vulgaris*)
Larch (*Larix decidua*)
Scarlet Monkey flower (*Erythranthe cardinalis*)
Rock water (*solarized spring water*)
Arnica (*Arnica mollis*)
Buttercup (*Ranunculus occidentalis*)
Shooting star (*Primula hendersonii*)

In this blend, only two flower essences stayed the same as the first blend, including self-heal and larch.

Details of Blend

4 drops Self-heal
4 drops Larch
4 drops Scarlet monkey flower
4 drops Rock water
4 drops Arnica
4 drops Buttercup
4 drops Shooting star

Treatment

On August 23, 2023, a 1 oz glass dropper bottle was prepared for oral application. Four drops were to be administered under the tongue four times per day.

Rationale for Choice of Flower Essences

For this round, my client's goals largely stayed the same. However, he did want to deal with this anger.

- reduce stress
- increase his mood
- increase his self-confidence
- reduce depression
- reduce anger



Scarlet monkey flower (*Erythranthe cardinalis*) is indicated for those who suppress their emotions (Kaminski, P. and Katz, R. 2019f). This flower essence provides courage to confront and acknowledge these emotions, preventing them from exploding uncontrollably (Kaminski, P. and Katz, R. 2019f). Acknowledging these experiences, the soul learns that integrating these emotions rather than repressing them is healthier (Kaminski, P. and Katz, R. 2019f). Scarlet monkey flower imparts emotional depth, honesty, and vitality to the soul, aiding it in its journey toward true wholeness. (Kaminski, P. and Katz, R. 2019f)

Rock water (*solarized spring water*), while not a flower, is a solarized spring water sourced from a sacred underground spring (Kaminski, P. and Katz, R., 2019e). Indicated for those with rigid attitudes rock water helps individuals develop flexibility and embrace life by feeling the currents of their emotional life (Kaminski, P. and Katz, R., 2019e). It opens the soul of the realm of consciousness, allowing it to experience the flowing qualities of life (Kaminski, P. and Katz, R., 2019e).

Arnica (*Arnica mollis*) is for those who have experienced deep-seated shock or trauma from accidents or violent experiences (Kaminski, P. and Katz, R., 2019a). These experiences hinder recovery with this flower

essence. However, the individual can resolve many psychosomatic illnesses that do not respond to allopathic treatments (Kaminski, P. and Katz, R., 2019a). This flower essence can also be used in first aid to facilitate quick recovery and can help achieve greater awareness of the under-utilized parts of the self (Kaminski, P. and Katz, R., 2019a).

Buttercup (*Ranunculus occidentalis*) this flower essence is useful for those who suffer from low self-esteem, feelings of insignificance, and who have difficulties accepting attention or compliments (Kaminiski, P., 2022). The flower essence provides a luminous aura that instills self-assurance in the individual (Kaminiski, P.).

Shooting star (*Primula hendersonii*) help those who hold back from participating fully in early life (Kaminski, P. and Katz, R., 2019g). They may have waited long before seeking earthly incarnation and are often preoccupied with extra-terrestrial existence (Kaminski, P. and Katz, R., 2019g). It is not uncommon for birth trauma or complication to occur, as the soul may hesitate or retract during the movement of contraction into physical form (Kaminski, P. and Katz, R., 2019g). Shooting star helps these souls connect them to earthly life and experience self-determination (Kaminski, P. and Katz, R., 2019g). It also teaches that Earth is the right place to learn about heart-impelled love (Kaminski, P. and Katz, R., 2019g).

Follow up after session #2 (August - September)

While taking his flower essences four times daily, my client and his wife noticed improvements in his mood, stamina, and reserves at the end of the day. He was mentally and physically exhausted before he got home and sat down. After a week, he was more alert and had more energy at the end of the day. This increase in energy was a welcome respite and was not among his goals.

There was also an improvement in mood as he laughed easier and saw improvements in his relationships. His self-confidence had gone up, his depression decreased, and he also noticed that his anger was starting to come up, and he was no longer avoiding it. It is believed that this blend is helping him resolve his depression, which started approximately two years ago as a result of financial trauma.

He did, however, still experience stress at work and began to shut down when yelled at. His intrusive thoughts also continued, although his goal this round wasn't as focused on reducing this.

Flower Essences Selected - session #3 (September - October)

Due to the second blend's success, I continued to show him photos of the flowers to allow him to connect with the plants. He chose the following:

Self-heal (*Prunella vulgaris*)
Larch (*Larix decidua*)
Rock water (*solarized spring water*)
Arnica (*Arnica mollis*)
Buttercup (*Ranunculus accidentalis*)
Gentian (*Gentiana amarella*)
Golden yarrow (*Achillea filipendulina*)

In this blend, only two flower essences were changed to include gentian and golden yarrow. After discussing with him, he chose not to continue with Scarlet monkey flower and Shooting star.

Details of Blend

4 drops Self-heal
4 drops Larch
4 drops Rock water
4 drops Arnica
4 drops Buttercup
4 drops Gentian
4 drops Golden yarrow

Treatment

On September 23, 2023, a 1 oz glass dropper bottle was prepared for oral application. Four drops were to be administered under the tongue four times per day.

Rationale

For this round, my client's goals largely stayed the same; however, he wished to strengthen this resolve regarding challenges and seek to remain balanced without compromising his integrity. His goals included:

- reduce stress
- maintaining his positive mood (that he gained with the second blend)
- overcome challenges without feeling discouraged
- continue to reduce depression
- maintain and create a protective shield at work to protect his energy



Gentian (*Gentiana amarella*) indicated for those who tend to feel easily discouraged and disheartened by setbacks and problems (Kaminski, P. and Katz, R., 2019c). Perceiving challenges as insurmountable obstacles and struggling to find solutions, this flower essence helps the soul become resilient by shifting its perspective toward long-term growth and strength (Kaminski, P. and Katz, R., 2019c). Fostering encouragement and deep faith, this flower essence nurtures the soul by allowing it to gain inner fortitude and trust in the outcomes of life events (Kaminski, P. and Katz, R., 2019c).

Golden yarrow (*Achillea filipendulina*) is a flower essence that helps maintain balance without compromising integrity (Kaminski, P. and Katz, R., 2019d). It is indicated in those who tend to shy away from public attention or performances due to their sensitivity (Kaminski, P. and Katz, R., 2019d). These individuals may become trapped in their introversion, unable to open up (Kaminski, P. and Katz, R., 2019d). Finding it challenging to cope with their sensitivities, these individuals may turn to drugs or other activities that dull and harden the soul (Kaminski, P. and Katz, R., 2019d). Golden yarrow builds a protective sheath that shields while providing access to innate sensitivity, anchoring the soul in light and strength and encouraging gentle expression of the self (Kaminski, P. and Katz, R., 2019d).

Follow up

While only two flower essences changed in his blend, he felt his stress was still high, experienced a setback in his mood as he was no longer positive, and his depression was coming back. He also noted that the energy and stamina he found with the second blend were gone. He became discouraged, and after one week of taking this flower essence, he found no need to continue and stopped taking it.

Conclusion

My client experienced stress, low self-confidence, depression, and intrusive thoughts, which later led to new revelations. These revelations had him change his goals to reduce his anger, overcome his discouragement after setbacks, and protect his energy and integrity at work. While there was no

change to his stress, self-confidence, depression, and intrusive thoughts with the first blend, there was improvement with his second blend.

After having him look at pictures, he was able to connect with the flowers better, allowing me to formulate a more effective blend better tailored to his needs. After his second blend, he noticed improvements in his mood, self-confidence, and depression, with a bonus of increased energy and reserves at the end of the day. His relationships, including his relationship with his wife, also improved.

He continued to use a third blend; unfortunately, it did not help him, and he discontinued it after one week.

Unfortunately, none of the blends were able to address his stress or his intrusive thoughts. Further questioning is needed to address these concerns and determine their origin. Based on these findings, however, I would ask him if any other flower essence, such as agrimony (*Agrimonia eupatoria*), corn (*Zea mays*), or filaree (*Erodium cicutarium*), speaks to him. These flower essences help with emotional honesty, establish a grounding presence, and reduce obsessive worry, respectively (Kaminski, P and Katz, R., a, b, c). If these flower essences don't resonate with him, I would return to the second formulation, as this one provided positive results.

In addition to the flower essences, I would recommend that he seek therapy from a mental health expert to address any deeper emotions and engage in meditation and yoga to help calm his mind.

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