



Title: Using Flower Essences of Yarrow (*achillea millefolium*), Dill (*Anethum graveolens*), Shooting Star (*Primula hendersonii*), Baby Blue Eyes (*Nemophila menziesii*), Mariposa Lily (*Calochortus leichtlinii*), Hornbeam (*Carpinus betulus*), Self-Heal (*Prunella vulgaris*) for feelings of vulnerability, hypersensitivity to others and the environment, alienation; abandonment and unexplained fatigue.

Description of the Case, Introduction, and History:

The client is a 63-year-old male, divorced, U.S. Marine veteran. He is currently working as a Facilitator in a Training Centre. His work is very enjoyable with lower to moderate stress and not physically straining nor mentally demanding. He loves to work. Lately, he has been experiencing unexplained fatigue that does not correspond to his level of activity. His sleep pattern is stable, and he maintains a healthy diet.

He has little to no social life and only one good friend. He usually does not feel comfortable in social situations or in crowds, and he is overly sensitive to the presence of people, changes in the environment, changes in weather, and strong lights and sounds.

His wife left him and married the next-door neighbour over 20 years ago. He never remarried, nor did he embark on any other serious relationship. He is now estranged from his only daughter. She refuses to talk to him or allow him to see his grandchild after she tried to take control of his finances, and he refused. This is a source of great sorrow as he adores his family and always took good care of them.

When he was a child, his parents divorced. His mother was struggling financially, and he went to live with his father. His father took in a foster care young girl, with whom he started to have sexual intimacy, sometimes even in front of his male children. The client, who has a strong moral code, called up his father upon his conduct. He saw this foster girl as a "sister". The father refused to halt the sexual abuse of this minor, and the client continued to call him up on this.

One day, when the client was 11 years old, he found himself homeless when he returned from school to the trailer park where they lived. His father had abandoned him and left him there to fend for himself. He never stopped going to school. Not even for one day. He survived several weeks in the woods where he had taken refuge before being "rescued" by a teacher from his school.

When he eventually contacted his mother, she asked him if he wanted to live with her but declined. He did not want to burden her financially more than she already was. The mother did not insist. He also did not want to be taken into juvenile care or put into foster homes. He went to live with the teacher whom he trusted. When the client turned 12 years old, this teacher began to sexually abuse him. She threatened to turn him over to social

workers or the police if he refused or if he told anyone about what was going on between them.

He went through this abusive situation until he was old enough to get a job. He supported himself through high school. During his last year in school, his mother remarried, and he was finally able to live with her and his stepfather. At last, he had a more normal life. Despite not ever getting counselling over his trauma he went on to become a US. Marine, graduated from the university and completed two master's degrees.

Despite his ordeal, he is very sweet and loving, always looking at the good side of people and situations. He longs to belong; to love and be loved, yet he does not seem to make any efforts to socialize. He is not bitter about his past but has been unable to forgive his father for what he did to him. The constant betrayals from those he trusted most (his father, teacher, wife, and daughter), have made him very guarded.

Client Information:

The client currently takes 100 mg of Losartan daily, to regulate his high blood pressure. He uses an aromatherapy inhaler, which has replaced his former allergy pharmaceuticals. The client has complained about unexplained fatigue, which like his allergies, is usually exacerbated when he is out in social situations, when there are changes in weather, or when he is exposed to chemicals and sanitizers.

He would like to feel energetic and not tired all the time. He would also like to improve his overall wellness. We agreed on a treatment protocol to promote the healing of the abandonment wounds he experienced in his childhood and to help improve his energy levels.

Treatment Protocol:

Details of Blend

4 drops - Yarrow (*Achillea millefolium*)
4 drops - Dill (*Anethum graveolens*)
4 drops - Shooting Star (*Primula hendersonii*)
4 drops - Baby Blue Eyes (*Nemophila menziesii*)
4 drops - Mariposa Lily (*Calochortus leichtlinii*)
4 drops - Hornbeam (*Carpinus betulus*)
4 drops - Self-Heal (*Prunella vulgaris*)
7 ml (.23 oz) Brandy
21 ml (.71 oz) Water

Treatment

A 1 oz. glass dropper application with the above synergy was prepared for our client with instructions to tap the bottle over his open palm several times and then take 4 drops under the tongue, four times a day.

Due to the client's hypersensitivity, I advised him to begin taking 1 drop under the tongue, increasing 1 drop with each dose until he worked his way to the full dosage. How fast this can be done would depend upon his response. He was informed that I would be closely working with him to achieve this.

Rationale

The Flower Essences for this synergy were chosen based on the client's higher responses to the Flower Essences Questionnaire and the client's goals. I also used a pendulum to confirm the suitability of the choices, as follows:

Yarrow (*Achillea millefolium*) is indicated for those who have an "extreme vulnerability to others and the environment; easily depleted, overly absorbent of negative influences, and psychic toxicity" (Kaminski and Katz 2023 p.302). This flower remedy is indicated for those who are affected by environmental illnesses and allergies and for those whose energies can get depleted by negative energies (Kaminski and Katz 2023 p.302).

This flower essence can help the client develop a stronger auric field so that he can more comfortably interact with others as well as with the surrounding environment. It can help the client develop and maintain healthy boundaries while also remaining sensitive and open (Flower Essence Services, 2016).

Dill (*Anethum graveolens*) is advisable for those who can be hypersensitive to sensory stimulation or who experience sensory congestion (Kaminski and Katz 2023 p. 202). This flower essence can help the client feel less overwhelmed by the stimulation that both people and the conditions around him generate. It can also help to "harmonize the psychic life within the context of daily work and modern living" (Kaminski and Katz 2023 p.202).

Shooting Star (*Primula hendersonii*) is for those who feel alienated and "who hold back from full participation in earthly life" (Kaminski and Katz 2023 p.279). This flower is used to help a soul fully incarnate (Flower Essence Services 2015). We included it in our synergy because the client often feels as if he does not belong anywhere, perhaps because of the instability, neglect, abuse, and abandonment that he experienced during childhood.

Baby Blue Eyes (*Nemophila menziesii*) is recommended for those who did not have the help and support they required during childhood, specially from the father (Kaminski and Katz 2023 p.172). Our client's father disappeared and left, abandoning him in a park. He also never truly provided for him emotionally. Our client grew up without a sense of security and the little protection he received while still living with his father was taken away from him.

"Such souls find it difficult to "let down their guard;" they tend to develop a protective shell of defensiveness" (Kaminski and Katz 2023 p.172). This flower essence can be useful not only to help the client heal the issues he had with his father, but it can also be useful in making him less guarded and more open to develop healthy relationships with others and be more trusting and less socially isolated (Kaminski and Katz 2023 p.172).

*"My soul gazes into the Blue Heaven.
The Heavenly Father heals the wound of the Earthly Father.
I will trust the tender vulnerability of being human.
I am held in the love of the Heavenly Father."
P. Kaminski (Flower Essence Services 2016).*

Mariposa Lily (*Calochortus leichtlinii*) is recommended for people who lost contact with their mother, or who were abandoned due to separation or financial difficulties (Kaminski and Katz 2023 p.238). Mariposa Lily can help this client process his painful past and feel worthy of unconditional love. This flower essence remedy can also contribute to help him overcome and heal from the abandonment he suffered as a child and clear his "orphan state of consciousness", the feeling and sensation that he does not belong anywhere (Kaminski and Katz 2023 p.238).

Hornbeam (*Carpinus betulus*) is indicated for cases of fatigue of unknown reason or cause, and tiredness that is not congruent with their physical activities (Kaminski and Katz 2023 p.223). Although the client has expressed that he loves his work, I feel he might be a little overqualified for it. He does love to work, but he may be bored with the daily tasks required, which perhaps, he does not find that interesting (Kaminski and Katz 2023 p.223). Hornbeam has been added to the client's synergy in the hope that it will help dissipate this tiredness and fatigue and help him feel strengthened (Orozco 1996 pp.153-154). This flower essence is advised for those who feel "too tired to face the tasks of the day, largely due to inner resistance" (Kaminski and Katz 2023 p.78). This "inner resistance" makes me think about the amount of energy required from this client in resisting and guarding himself from others and the world.

Self-Heal (*Prunella vulgaris*) was added to this synergy because it is helpful for providing “gentleness” to the transformation process through which the client will go through on his road to wellness (Hargis 2023). It is also one of the flower remedies recommended for exhaustion and fatigue to help regain contact with our inner healing forces (Kaminski and Katz 2023 p.277).

Evaluation

Client's Response after 1 day (June 3): The client took one drop of the synergy for the first dose. Because he seemed to respond well, he took 2 drops of the synergy on the second dose and 3 drops of the synergy on the third and fourth doses. He was instructed to continue taking 3 drops 4 times a day for a week.

Client's Response after 1 week (June 10): The client has responded well to treatment. He says he has been feeling great overall. His fatigue and tiredness have begun to subside. He was instructed to take the full dosage of the synergy at 4 drops, 4 times a day.

Client's Response after 1 month (July 8): The client has apparently been experiencing reactions to the Flower Essence Synergy. This could be described as a healing crisis. His allergies suddenly flared up (allergic rhinitis) and nothing he was doing was working properly to calm it down. After he decreased the number of times he took the synergy from 4 to twice a day, his allergies calmed down. He has been taking the synergy twice a day for the last two weeks. I told him that it would have been a good idea to let me know about it when it happened.

His allergies have calmed down. I asked him to try to increase the number of times he took the synergy to three times a day for this week and to call me if his allergies increased or if there were any changes. He stated that he wanted to try to increase the dosage to four times a day. I advised him to take it easy and keep it at three. We will have a follow-up call one week from today to see how he is doing.

Client's Response after 1 month and 1 week (Jul 15): The client has surprised me. He did not follow the instructions given and instead of taking the synergy 3 times a day, he went with his intuition and increased it to 4 drops 4 times a day.

He says the allergies are not bothering him at this point, and that he feels better than ever. Furthermore, he is no longer feeling tired. The client reports having dreams in which he returns to the place where he was abandoned in the trailer park woods. He has also had dreams in which he sees some scenes from his childhood.

He has also begun to go out during the weekends and socialize a little. The client has additionally made plans to attend his High School reunion for the first time ever. He will also visit his mother along the way.

Client's Response after 2 months (August 3): The client returned from his trip to attend his high school reunion. During our consultation follow-up, he showed me the pictures of the places that he had told me about.

He visited the trailer park where he was abandoned and the woods that cradled him. He visited his Junior High school. Likewise, he attended his High School reunion and said that he had a good time. He enjoyed seeing his classmates. He still does not feel comfortable with loud music, but this is due to an ear injury inflicted during his time of service.

On his way to and from the reunion, he stopped to visit his mother, spending a few days with her. Now in her old age, he is trying to convince her and his special needs brother to move in with him.

The client says that he no longer feels anger towards his father. He says that forgiving his father in his heart simply happened. This seemed to have happened without him having to make any effort about it. He also stated that although he still thinks and feels that what his father did to him was wrong, he can now see this from a place of discernment and not from a place of judgment. He says that he feels that he has made peace with this part of his past.

Conclusion

My client had lived with deep grief, emotional pain, and resentment caused by having been abandoned as a child. The betrayal and abuse inflicted upon him by those who should have provided security and protection had made him guarded and avoidant of social interaction. I believe there is a possibility that being abandoned in the woods, without shelter, where he lingered for weeks, made him sensitive to his environment and the surrounding energies. This was necessary for his survival at the time, as he learned to be alert to potential dangers. Nonetheless, because of the circumstances experienced, this sensitivity turned into hypersensitivity towards both people and the environment.

Going through life with pain that has not fully had an opportunity to heal, always maintaining a guarded defence, and avoiding social situations, require a lot of misdirected energy. There might have been little energy conservation. This added to the fact that he is perhaps working in a job where he cannot fully put to work all his capacities, which might have been producing a little boredom. This would explain his feelings of fatigue and tiredness. The client has begun an inner healing journey in which he was able to confront

his past and forgive the shortcomings of his parents. He is also slowly socializing and has become less avoidant of people and situations. At the same time, this healing may have reflected upon his allergies, which have subsided.

What is most interesting about this client's journey is that he seemed to require very little time to make profound changes. His response was surprising when he went from almost zero social interaction to traveling to his school reunion and revisiting his past. The client reports that his energy levels have returned to normal. He says he feels he has a more positive outlook and feels less stressed. The client also stated that he feels the synergy brought up issues that needed to be addressed, but that he was able to deal with them in a calmer, less stressful way. He also commented that "the shape of things seems more clearly defined and colours seem more vibrant." He also stated that he looks forward to continuing his healing journey with the help of flower essences as required and is very excited about it.

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