

California Native Plant Essences

Plant Attunements

An Attunement is a method for discovering the healing properties of a plant. Attunements can be performed with any substance: animals, plants, minerals, and manufactured items. In homeopathy, we take a remedy made from the substance and notice what it does to us; this process is called a proving. With plant essences, you can discover their properties just by opening your mind, body and spirit to their properties.

Sometimes you will “choose” your plant, and sometimes it will choose you. If you are walking along and a plant speaks to you, stop, stay very still, breath, and listen to its message. Then sit down where you can touch this plant. Let its message come through your body kinesthetically. Notice the sensations in your body that arise as you touch this plant. This might be a message about the part of the body this plant affects, or the sensation you experience may tell you more about the emotional and spiritual nature of the plant. Then tune into your visual channel and let yourself see the images that this plant is sending you. If you have a notebook, draw or paint the images that come. Lastly, tune your auditory channel and listen for the sounds and words this plant is sending you. Write down the words and phrases that come to you. Or sing the notes you hear, or just listen to the sounds that come.¹ When you have sat for 10-20 minutes with the plant, thank the plant for its message.

Later, you can make an essence from the plant. When you first take the essence, sit quietly and go do another attunement to discover the similarities and differences between your first attunement with this plant, and the next one when you take the essence.

Lastly, research the properties that other’s have found in this plant. Look in plant essence books, or go online and look at some of the websites listed below to discover additional properties.

Plants speak to us in many ways. Just because the message you got from a plant was different from what you find published, does not mean that it is not valid. This plant has just chosen to speak to you in a unique way!

12 Windows of Plant Perception²

1. Form and Gesture
2. Orientation in Space, Geometric Relationships
3. Botanical Plant Family
4. Orientation in Time: Daily and Seasonal Cycles
5. Relationship to the Environment
6. Relationship to the Four Elements
7. Relationship to Other Kingdoms of Nature
8. Color
9. Other Sense Perceptions: Fragrance, Texture, Taste
10. Chemical Substances and Processes
11. Medicinal and Herbal Uses
12. Lore, Mythology, Folk Wisdom, Spiritual and Ritual Qualities

¹ Information is not likely to come from the three channels in this order. Let the information enter as it may, and allow information from the three channels, kinesthetic, visual and auditory, to mix.

² To read an in-depth description of each quality go to: <http://www.flowersociety.org/twelve.htm>

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How To Make Essences

Materials:

Glass or Crystal Bowl
Distilled, Filtered or Spring Water
Cheesecloth
1-4 oz. Dropper Bottle of Blue or Amber color
Brandy or Vodka
Labels for Bottle
Optional:
Additional 1/2 to 1 oz. Blue or amber bottles
Crystals to place in water

Collection Method: If using this method, it is best if you grow your own plants, as picking some native plants is illegal and some are threatened species. If you do pick the plant, ask its permission and tell it that you will be using it to help yourself and others. Singing while you pick is also wonderful!

Pick enough flowers to cover the surface of the water and place them immediately in glass or crystal bowl of distilled water. You may want to add a quartz crystal or other gem to the water to enhance the essence. Place in the sun for about three hours.³ Then remove flowers and compost or place in another bowl to enjoy them on your table! Place cheesecloth or a light cotton fabric over the mouth of the bottle you will store the tincture in. Pour the flower water into this bottle, letting it drip through the cheesecloth to filter out any plant parts. Fill bottle half full with flower water. Fill remaining half of bottle with brandy or vodka to preserve the essence. This bottle is the “mother tincture.” Label it with the plant’s name, the date, and “mother tincture.” To make additional bottles for others, take four drops to one dropper full from the mother tincture and place in half or one ounce bottle. Fill with five parts distilled or spring water and one part brandy or vodka and label. Shake well.

Living Method: Fill a glass or crystal bowl with distilled water. Place bowl underneath plant when the sun is hitting the plant. Tie the plant to bowl so that the flowers and leaves touch the water. Leave for about three hours. Continue with above procedure.

Making A Personal Flower Essence Mix

If the mix is for you, focus on what you would like assistance with. If the mix is for another person or animal, hold that person in your mind and feel them with your heart. Ask what essences will be best for you or the being you are making the mix for. Sometimes as you pick up different bottles of essences, you will know just by feeling the bottle. You can mix as many essences as you like in one bottle, though more than seven can be a lot of the system to process.

Prepare a 1 oz. Bottle with 5 parts distilled, filtered or spring water and one part brandy or vodka. Decide what essences seem most central to the mix, and add four drops of these essences. Add 1-3 drops each of the remaining essences. Let the essences tell you how much of each need to be added to the mix. It is fine to mix gem, flower, tree and animal essences. Shake well and label.

³ Some plants do better if made in the light of the full moon. Usually the plants will tell you if they would like to be made with moon light.

Beth's Nine California Essences of Spring 2009

Poppy, *Eschscholzia californica*

Papaveraceae Family: Sensation: pain, punished, war, violence, fright, shock Passive reactions: hibernation and sleeping Active reactions: rage and violence Compensation: calm and peaceful in situation with great pain.

Sleep aid, take when you wake at night and can't get back to sleep, or before going to bed, emotional cleansing, this plant essence is good for all people and animals, helps cleanse and refine energy removing influence of others, breath, children, "wings of light"

Evening Primrose, *Oenothera*

Primulaceae Family: Sensation: unable to move because of pressure and lame sensation Passive Reaction: Sluggishness, not moving Active reaction: desire to move, travel, increase in strength, Compensation: happy in a small space

Healing deep relationship with mother, healing neglect or abuse while in utero, connecting with in-utero experience, encourages ability to radiate warmth, re-birthing the soul, ability to form deep, committed relationships, heals aversion to sexuality

Blue Lupine, *Lupinus*

Luguminosae Family: Sensation: splitting apart, scattered, bound together Passive Reaction: feeling scattered and confused Active Reaction: getting things together, Compensation: feeling together and unified

Connecting with community, self-identity integrated within community, able to sacrifice personal needs for good of community, unify thinking when feeling scattered, *lup* = wolf in Latin, this plant had a reputation for stealing from the soil, but in fact all Luguminosae are nitrogen fixers, adding nitrogen to the soil

Douglas Fir, *Pseudotsuga menziesii*

Conifer Family: Sensation: fragile, broken, connected/disconnected Passive reaction: fearful, weak Active Reaction: rigid and hard Compensation: Strong and protective of others who are brittle and fragile

Longing for the ideal mate, relatedness, finding one's place, freedom to be one's self, grounding through the legs and standing in one's power, stepping out with practical action

Madrone, *Arbutus menziesii*

Ericaceae Family: Sensation: need to move from one place to another, extension, change, wandering

Fullness and abundance of the physical body, ability to receive nourishment, increase experience of sensual nature, heals history of absence of maternal nourishment

Golden Eardrop, *Dicentra chrysantha*

Fumariaceae Family: No information yet

Contacting, remembering, healing and releasing wounds from childhood, enabling the heart to open, stimulating tears as a form of emotional release

Borage or Hounds Tongue, *Cynoglossum grande*

Boraginaceae Family: No information yet

To bring buoyancy to a heavy heart, courage and optimism in difficult situations, physical and emotional strength, lifts a heavy feeling in the heart and body, *cor* = heart in Latin, courage

Fiddleneck, *Amsinckia spp.*

Boraginaceae Family: No information yet

Helps you unwind when you have a twisted view of those around you, for the stubborn and headstrong, uncurls the spine to connect with energy of the universe, helps form a lighter view of those around you

Duck Egg

Increase understanding of process of birth, life and death, encourage deep emotional transformation and rebirth, and see the transformational aspect of events that seem violent

Online Sources for and Descriptions of Essences

<http://www.flowersociety.org/> Official Site of the Flower Essence Society, the original site of Patricia Kaminski and Richard Katz's research into California Flower Essences

http://www.fesflowers.com/index_company.htm FES flowers

http://www.methodsofhealing.com/Types_of_Healing/california-flowers/ Site listing other CA plant essences

<http://www.essencesonline.com/FES-RangeLight.htm> Site describing and selling many essences

<http://www.greenmantrees.demon.co.uk/tree.html> UK distributor, but good source of info. about trees

<http://www.geocities.com/joydoctor2001/FlowerEssences.html> Flower Essences for the Highly Sensitive Person

Books of Bay Area Native Plants

Plants of the East Bay Parks, Glenn Keator, Mount Diablo Interpretive Assoc, Roberts Tinehart Publishers, Inc., Niwot, CO, 1994.

Plants of the San Francisco Bay Region, Eugene Kozloff and Linda Beidleman, Sagen Press, Pacific Grove, CA, 1994.

Medicinal Plants of the Pacific West, Michael Moore, Red Crane Books, Santa Fe, NM, 1993.

To Look at Botany and Sensations of the Plant Families

Botany in a Day: Thomas J. Elpel's Herbal Field Guide to Plant Families, HOPS Press, Pony, MT, 1996.

An Insight into Plants: Vol 1-III, Rajan Sankaran, Homeopathic Medical Publishers, Mumbai, India, 2007. (An in-depth exploration; I recommend Volume III.)

Sankaran's Schema: Rajan Sankaran, Homeopathic Medical Publishers, Mumbai, India, 2006. (A chart of the plant families and associated sensations.)

Flower Essence Books

Bach Flower Remedies for Animals, Helen Graham and Gregory Vlamis, Findhorn Press, Findhorn, Scotland, 1999.

Flower Essences and Vibrational Healing, Gurudas, Cassandra Press, San Rafael, CA, 1983.

New Bach Flower Therapies: Healing the Emotional and Spiritual Causes of Illness, Dietma Kramer, Healing Arts Press, Rochester, VT, 1995.

Stars of the Meadow, David Dalton, available from his website, www.deltagardens.com