

Is there a wrong way to use flower essences?

Being an authorised Australian Bush Flower Essence instructor, I have noticed that one question comes up at the start of every workshop I run:

'Can I make a mistake when choosing flower essences for myself or someone else?'

My answer to that is, while I wouldn't personally use the word 'mistake', there are certainly more effective ways that you can use flower essences to gain the best results. And that also means there must also be less effective ways to use them, too.

To better illustrate this, we could look at an example of someone wanting to learn how to best hammer nails into timber. You might first watch someone experienced do it in real-life before testing their instructions out for yourself. When you accidentally hit your thumb using their tips, you would then modify your technique to suit your needs and test it again. Once you've succeeded a few times, this would mentally become your way of approaching that task from then on. After a while, you might even go on to share your own experience with a friend, your children or even in a handy 'how-to' Youtube video – for those who are now where you started out!

There are always better and worse ways to do anything in life. Ultimately, the optimum ways we learn and discover end up gaining us the best results.

In the case of flower essences, there are many ways to get started learning how to effectively use them for your highest benefit, and some starting points to consider would be:

- Listening to the experiences of a teacher who has already used flower essences extensively and hearing for yourself some of the benefits that have been achieved, as well as the processes that led to those results;
- Assessing their perspectives and feedback, both by using essences themselves and giving them to their clients;
- Researching the good, average or less-than-average results achieved by other practitioners who have tested particular essences and combinations for specified emotional states;
- Learning the better ways flower essences can be used, and also ways others have used them that haven't worked quite so well;
- Applying what you have learned by practicing - choosing flower essences for yourself and eventually even clients, logging your own results, errors and successes, and gaining your own experience and methodology in the process.

While there are certainly books, DVDs and reference cards to help you work out which flower essence might be recommended for a particular emotional condition, attending live workshops or retreats with experienced teachers can give you unique skills to enhance these printed materials – such as learning how to *feel* which flower essence(s) are the best selection for you or someone else. Or how to dowse with a pendulum or muscle-test for which flower essence might be the best choice for you or a client at that time. It is often through these subtle, energetic and intuitive techniques that the best flower essence choices are made. Learning with someone who can also teach you these nuances will enable you to truly tap into your ‘whole’ healing ability, and ultimately the deeper potential effects of flower essences.

So the next time you wonder, ‘*Why attend a workshop or retreat when you can just ask Google or find the answer in a book?*’, I challenge you to ask yourself if there is ever a substitute for real-life guidance from an experienced mentor who can extend your learning experience beyond just trite information and anecdotes!