

Flower Essences for Horses & Pets

Flower remedies were pioneered by Dr. Edward Bach in the 1800's. Not to be confused with essential oils (aromatherapy) flower essences have no fragrance and are prepared from the blossoms of different flowers. They are vibrational remedies in that they possess the unique properties and personalities of the flowers themselves. Flower essences promote the balance and well-being of a variety of different emotional and spiritual imbalances and are therefore very beneficial for all animals (and people). They can be considered as a dialogue of healing and wisdom between the soul of nature and the soul of your pet.

Here is a quick guide to common flower essences for all animals including horses, dogs, and cats.

Aspen	Fear or chronic anxiety. Nervous animals with trembling.
Bleeding Heart	Breaking emotional attachments. Whining cats, pining, or moping dogs, herd-bound horses. Separation anxiety. Loss of loved one.
Borage	Heavy heartedness or grief. Depression.
Chamomile	Animals with emotional upset, usually due to relationships.
Chestnut Bud	Helps the animal retain information during training and not repeat mistakes.
Chicory	Demanding or emotionally needy. Always seeking attention.
Dandelion	Tense, rigid, or stiff muscles. Over striving and intense.
Dill	Overwhelmed and confused when there is too much activity around.
Holly	Unconditional love remedy for jealous pets, and sibling or herd rivalry.
Impatiens	Impatience, high energy, and high-strung animals.

Lavender	Spiritually sensitive animals that are nervous and easily over-stimulated.
Love-Lies-Bleeding	Emotionally or physically wounded, suffering animals. Despair or depression over one's pain.
Mariposa Lily	Bonding with mother. Alienated from mother or feelings of abandonment. Rescues.
Mimulus	Nervousness and multiple small daily fears in sensitive animals.
Pink Yarrow	Animals who sponge their owner's problems and health conditions. Lack of emotional boundaries.
Poison Oak	Fear of intimacy or bonding. Overly protective over their boundaries. Reactive to people or other animals.
Quaking Grass	Helps animals adjust to the group or to new members of the pack or herd.
Red Clover	Calming hysterical animals, especially cats. Influenced by environmental chaos, anxiety, or panic.
Snapdragon	For biting and aggression in all animals.
Star-of-Bethlehem	Abused animals or animals who suffered injury or trauma in the past or recent. Need healing and comfort from the spiritual world.
Vine	For animals that like to dominate others, especially younger or weaker animals.
Yarrow	Extreme vulnerability to others and to the environment. Overly absorbent of negativity energies. Easily depleted.
Willow	Resentment, anger, and attachment to negative emotions. Holds grudges.
Five Flower Remedy (Cherry Plum, clematis, Impatiens, Rock Rose, Star-of-Bethlehem)	First aid remedy for any kind of stress, shock, trauma, or emergency.

Using Flower Essences With Animals

The methods of administering essences to your pet are similar to the methods recommended with humans, and are as diverse as the personalities of our pets. Here are those reported to us as effective:

Add to water:

Add drops of each prescribed essence to the water dish for animal to drink from throughout the day. Most animal practitioners we have interviewed recommend 2-4 drops of each essence prescribed, or 2-4 drops from a combination remedy in a dosage bottle. Dosage bottles may be based in brandy, cider vinegar, vegetable glycerin, or spring water.

Rub on gums, or place under tongue:

Dosage bottles made in vegetable glycerin have a sweet taste that many pets love, and may enjoy having the essence combination rubbed on their gums. *(Especially for dogs & horses.)*

Additional internal uses:

- Put the drops on pet treats, thereby ingesting directly.
- Essence may be placed directly under the tongue.

Use a misting bottle:

Put the drops in a misting bottle and spray the air the animal breathes. This is often the method of choice for owners of cats, reptiles, and birds.

Additional topical uses:

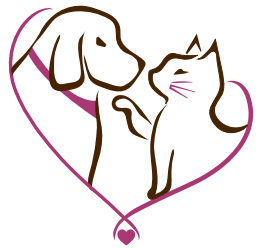
- Dab the drops on the pads of the paws, behind the ears, or on the forehead.
- Drop essences into a pet's bath water.
- Gently rub into the palms of one's hands, then apply by petting the animal.
- Mix essences into our Self-Heal Creme or herbal flower oils and daub it onto specific sensitive or sore spots – some equine therapists use this method as a massage technique.

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