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## **INFORMATION ABOUT FLOWER & GEM ESSENCE THERAPY FOR CHILDREN**

### ***How Do They Work?***

Flower and Gem Essences offer gentle and natural methods of restoring a child to his/her fullest potential because they address the child at a deep energetic level. Vibrational catalysts, like keys to the doors of awareness, introduce opportunities for new positive choices.

Human beings are bundles of whirling energy. Every cell in our bodies, and even the atoms within each cell, vibrates energetically. For children who have developmental or learning difficulties, or those diagnosed with ADD or ADHD, there are blockages that cause an imbalance in the whole system. Flower and Gem Essences can prevail at this vibrational level to restore the body's natural drive towards balance and good health.

Each flower has a unique vibratory rate which re-awakens dormant positive aspects and makes available a fuller range of choices. For example, a fearful or withdrawn child when given the flower essence Mimulus, begins to access innate but previously dormant courage.

Flower and Gem Essences do not change a child's inherent personality but release emotional components that have blocked the natural unfolding process. Generally the child experiences greater inner balance and harmony, with improved learning and coping skills. A grounded and balanced child can meet life's challenges more easily.

### ***What Can I Expect When My Child Takes Essences?***

The presenting symptoms diminish rapidly in frequency and intensity as the drops are taken. In some cases several cycles of essences may be needed for results to show. As stress decreases children become relaxed and more joyful. Many children say they feel better.

Let the therapist know of any changes in patterns of eating, sleeping or even dreaming. Report any comments by teachers about the child's behavior or interactions. With progress new essences will be introduced to continue and encourage wholeness.

### ***A "Healing or Awareness Crisis" - What is that about?***

Natural healing crises occur in all children's lives as they grow and develop. Occasionally the use of essences may precipitate a reaction in which the situation may appear to worsen. This is called a healing crisis and is a normally short-lived and indication of emotions clearing. For example: On a physical level there may be increased tiredness and a need for more sleep than usual - sleep being a great healer. A cold, or nasal congestion - may be viewed as the release of past grief. It is unlike a normal cold, and passes within a couple of days. A fever indicates that toxins are being burned out and it too is usually short-lived. With the new equilibrium that occurs through the use of essences general health is often enhanced. You may notice a physical growth spurt, or an improved appetite in "picky" eaters. On an emotional level there may be some anxiety or sadness or even anger lasting a few hours to a few days.

### ***How Long Do the Essences Need To Be Taken?***

This varies from child to child. Each selection of flower essences reveals more of the child's hidden potential. Negative attitudes are transformed. The child will **not** need to take essences forever. Once a healed pattern is established and becomes a natural part of the child, the need for that essence has usually passed.

### ***What if My Child Is Already on Medication, for example Ritalin?***

As the child experiences greater balance through the essences, the need for medication is also usually lessened. At that time you may talk to your medical doctor about gently reducing the medication.

### ***The Family***

All members of the family are affected when a child is troubled. Flower Essences and/or for close family members is usually suggested as well. Counseling may be recommended as well.