

# Flower Essences for “Vibrational Immunity”

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The COVID-19 virus is causing great concern in many parts of the world bordering on panic with its devastation. Here's the catch. The virus can be innocuous to the asymptomatic yet insidious to the elderly and those with underlying health conditions. Based on the pandemic fear it's creating, it seems to have a life force of its own, leaving a trail of anxiety in its wake to those of us in lockdown or quarantine.

Life is very different these days.

With the forward-moving evolution of humanity, more people these days understand the importance of seeking energy-based options as well as medical treatment for their ailments. The most successful alternative therapies are those that awaken our life force, such as flower essences. These herbal infusions work by stimulating our positive attributes. Thus they can initiate a more powerful energy flow within us.

While flower essences do not treat the physical symptoms of COVID-19, they *can* help us to reclaim our inner peace, innate sense of dignity with healthy boundaries, and indomitable strength in the face of obstacles – all helpful qualities to maintain our wellness.

The importance of flower essences as vibrational alternatives is becoming more widely accepted as we embark on our journey to take responsibility for our own well-being. Texas acupuncturist Dr. Robert Murdock, wrote, “This has to be the most powerful treatment I’ve ever come across. Acupuncture was the strongest treatment I had found to date. Flower essences rival it.”

Below are several flower essence recommendations to help you maintain a “vibrational quarantine” from the virus. These 4 essences powerfully express how they can strengthen the human life force. They introduce balance; enhance magnetism; raise energy; and provide a more superconscious approach to the perception and handling of this disease.

You may want to follow this 4-week program in this order, taking each flower essence singly for 1 week – several drops, several times a day on an empty stomach:

1. **Pear Essence:** for peacefulness, especially for emergencies such as COVID-19, as well as to sensitize you to the other flower essences in this program. **Pear** can help you to accept whatever happens. When we resist the natural flow of events, either positive or negative, we can lose great amounts of energy. That energy right now can be better applied to staying strong, centred, grounded, positive, and free from mass panic—much like the pear tree itself. It grows in temperate climates and needs little maintenance to produce nutritious and soothing fruit.



2. **Tomato Essence:** for the courage to overcome our fears. The laws of attraction demonstrate that we draw to ourselves that which we fear. While there is a fear-based element to this virus, it's even more important to be courageous, at the same time taking every precaution to stay well. For those brave few who might contract the virus, this flower essence can help them to be “Tomato Warriors.”

3. **Strawberry Essence:** one of the most popular for the Japanese people. Its message is about grounding, setting healthy boundaries, and being very solid in yourself. Most flowers grow vertically, while the strawberry plant grows horizontally on the ground by extending its runners and manifesting beautifully rich white blossoms. In taking this flower essence, we begin to express its noble qualities that are so important to maintain in the presence of threats to our overall health.



4. **Spinach Essence:** excellent to combat feeling stressed or overwhelmed – two of the most prevalent offshoots of COVID-19. **Spinach Essence**, prepared from the plants' bolted blossoms, can help to build a sense of trust that we will do our best to nurture our total well-being and equally so through social distancing and other measures, to keep safe for others' welfare. Those who are “calvalier” can potentially infect 400 people; the careful ones, only 10.

The 4 flower essences above, recommended from a complete line of 20, are based on the insights of the world-renowned master teacher, Paramhansa Yogananda (1893-1952), widely known for his classic book, *Autobiography of a Yogi*. He explained the psycho-spiritual qualities contained in the corresponding fruits and vegetables. “Eat cherries to develop cheerfulness,” he recommended, as one example. Foods, he said, have “vibrational vitamins” as well as biochemical nutrients. Yet within the blossom exists 90 percent of the plant's life force. Herein lies the key to the potency and vibrancy of flower essences.

Based on this compilation of the psycho-spiritual qualities contained in certain foods, flower essences energize our own sattvic (spiritually uplifting) qualities through the extraordinary life force found in the blossoms of fruit trees and vegetable plants. Flower essences are an outstanding form of “bottled life force” from nature.



The use of these metaphysical herbs can draw us tangibly closer to our own perfect well-being. We are spiritual beings living in a material world. Hence our own life force is the source of our wholeness. Flower essences can help to unlock that flow of internal power. They can touch, influence, and stimulate us to remember who we truly are—perfect expressions of Spirit.

*Anthony, Fauci, the director of the National Institute of Allergy and Infectious Diseases – and a doctor for the National Institutes of Health for more than 50 years – comments that, if you feel you’re doing too much to protect yourself from COVID-19, it means you’re not doing enough. Please take care. Do take every precaution, and stay very well.*

For further information, you can read online a complete chapter on each of the 4 flower essences described above, in [\*\*The Essential Flower Essence Handbook\*\*](#).

*NOTE: The first edition of this article was initially published online in Lotus Guide, March, 2020.*