

History of Flower & Gem Essences

Flower Essences



Flower essences have been used for centuries in many different cultures - India, Egypt, China, the Chaldeans, Greeks, the Australian aboriginals, and by Native peoples of the world. They are mentioned in ancient Hindu texts, some of the earliest texts known to man, and used in Ayurvedic medicine. In North America medicine men developed a medicine ‘wheel’ that shows the unique benefits of plants. South American shamans base much of their work on the energetic properties of various plants and flowers. The Egyptians collected dew from flowers to treat emotional imbalances. Flower infusions are mentioned in Sumerian tablets and were used by the Greeks. Arab physicians used infusions from a variety of plants and flowers, and much of their work was later copied by some forward-thinking physicians in the Middle Ages in Europe. The famous 12th century German abbess, Hildegard Von Bingen, also treated her patients with the dew collected from flowers. She placed muslin cloths over them to soak up their dew overnight. Paracelsus, who was one of the shapers of medical practice today, collected dew from flowers to treat his patients.

I remember the story my mother told of being ill with hepatitis, which can sometime cause jaundice... a yellowing of the skin or eyes, in her early days in India in the 1940’s. An Indian friend came to visit her, concerned about her illness. He asked if he could offer her an Ayurvedic remedy. He proceeded to produce some yellow flowers, which he placed in a bowl of water. After completing a puja (prayer) over the bowl, he then took out the flowers and offered my mother the water to drink. He said that the water would help purge the yellow from her liver and body. In essence, he actually made an essence for her to take!

Native elders also recognise the healing properties of flower essences. Venerable Khandro Dhyani Yawhoo, Chief of the Green Mountain Band of Ani Yun Wiwa, the twenty-seventh-generation holder of the ancestral Ywahoo lineage, and also a respected teacher of Buddhism states,

“The Elders have asked that the morning after every full moon at 10:00 AM that we gather and that we go outside and we look to the Sun, to the flowers, and to the heart of the earth...In doing so we bring more solar energy and flower wisdom to the earth, because the next age is the Age of Flowers. Flowers are our medicine for the next Age. “

Dr. Edward Bach – the founder of modern flower essences



Modern flower essences were introduced to the west by [Dr. Edward Bach](#), a British physician who was well ahead of his time. Dr. Bach trained as a physician, bacteriologist and immunologist. He first studied medicine in Birmingham, then at the University College Hospital in London, England, and finally obtained a Diploma in Public Health at Cambridge. In 1915, he took up a position at the University College Hospital in London, where he worked as an Assistant Bacteriologist, developing vaccines, house surgeon and casualty medical office. He also had a lucrative private practice as a Harley Street consultant and bacteriologist for over twenty years. Always interested in how to improve his practice, Bach engaged in research in immunology. Through this he developed an interest in homeopathy, and the works of Samuel Hahnemann.

In 1917, while treating soldiers returning from the war in France, Bach suddenly began haemorrhaging and was rushed into surgery. His colleagues found a life-threatening tumour, and he was subsequently told that he only had three months to live. This life-threatening event made Bach re-evaluate his life and he eventually left his position at the University College Hospital in 1919 to take up a new one at the Royal London Homeopathic Hospital, where he joined their laboratories. Bach developed seven bacterial nosodes (the seven Bach nosodes), which received attention from around the world and are still used today.

Bach was always a great observer of people, and through his role as a physician, noted that people's personalities or emotions seemed to be directly connected to their health problems. Dissatisfied with the poor results he was getting from allopathic medicine and the way it focused on disease, he began to search for an holistic approach to treat the whole person, not just the disease. He wanted to find remedies that would be purer and less reliant on the products of disease. He began collecting flowers in the hopes of replacing commonly used remedies with gentler ones.

In 1930, at the age of 43, Bach decided to search for a new healing technique and gave up his position, practice and home in London. He had noticed in his early morning walks that there was a special energy in the dew on flowers. He was sometimes overcome by the energies, leading him to recognise specific flowers for specific conditions, mental states or emotions. He spent the spring and summer in Wales and various other country spots, discovering and preparing new flower remedies, while in the winter he treated patients for free. From then until his death in



Bach's Home – Mount Vernon

1936, he devoted his time to looking for, preparing and researching plants to find those that would address key emotions or mental states.

Dr. Bach believed that when he treated the personality and feelings of his patients, their stresses and physical illnesses would dissipate, bringing about true healing. Just before he died in 1936, he finished his research and his 38 healers/flower remedies were created. He died in his sleep at the age of 50, feeling confident that his quest for gentler and more effective ‘healers’ was complete.

For more information about the remarkable life of Edward Bach, information can be found at the Bach Centre, dedicated to preserving the history of his work. A number of Bach’s lectures and writings have been preserved and are available to the public as free downloadable PDFs from the [Bach Centre’s website](#) in the U.K. Some of his more famous works were:

The Twelve Healers

[Heal Thyself](#)

Free Thyself

Ye Suffer from Yourselves

Bach wrote that flower essences were...



“...to raise our vibrations and open up our channels for the reception of our spiritual self, to flood our natures with the particular virtues and to wash out from us the faults which were causing them. They are able, like beautiful music or any gloriously uplifting thing which gives us inspiration, to raise our very natures and bring us nearer to ourselves and by that very act to bring us peace and relieve our suffering. They cure not by attacking disease but by flooding our bodies with beautiful vibrations of our higher nature in the presence of which disease melts as snow in the sunshine.”

Bach generously shared his protocols for making flower essences with the world, perhaps in the hope that others would follow in his footsteps and use them in their healing practices. Since that time, the world of essences has exploded and many people around the world have created their own flower essences, gem essences, tree essences, shell essences, etc., using mainly the ‘sun method’ given to us by Dr. Bach.

Luminesce sells the flower essences of two well-established flower essence producers, the [Bloesem Remedies Nederland](#) (Flower Essences of the Netherlands), created by Bram Zaalberg, and the [Spirit-in-Nature Flower Essences](#), created by Lila Devi.



Gem Essences



Crystals and gems were highly respected for their remarkable, even magical powers and vibrational healing properties. Gemstones have been used through the centuries in much the same way flower and nature essences are now being used in the west. Scientific evidence that acknowledges the special vibrational frequencies of gems is only coming to light as science develops the knowledge and tools to analyse the structure and properties of gems, and quantum physics and high resolution microscopy give us some of the answers as to why gems, crystals and minerals are able to do what they

do. The ancients are at last being proved correct in their assumptions. Somehow, they understood the vibrational power of gems and their potential influence on the subtle energies of the human being that science is only just beginning to explain today.

Gem essences follow a similar and very ancient tradition to flower essences. Since the beginning of recorded history, almost every culture – Indian, Egyptian, Babylon (the Chaldeans), Greek... as well as Australian aboriginals, Aztecs, Incas, Olmecs, Mayan, and many Native peoples, has placed an extraordinary amount of value on precious gems. Ancient cultures used gems and sound vibration to direct the subtle forces of nature. Gems came to be used in astrology as well, to counteract the negative influence of the planets. In ancient eastern medicine, gemstones and gem elixirs played an important role in the healing process. Gemstones are still used today in Ayurvedic medicine.

The country where gem therapy has been used most extensively is India. There are references to gems and their power in early works on astrology in Sanskrit right from the time of Varaha-Mihira (Circa 400 AD). The oldest Purana, namely, the Vishnu-Purana (c. 2nd Century B.C.) makes elaborate observations on the origin and power of gems. In the Ayurveda and Siddha systems of medicine, gem 'essences' are sometimes called gem 'elixirs'. However, technically, there is a difference. Gems were sometimes ground up and ingested as a drink. True gem essences do not contain ground up gems, rather only the vibrational frequencies of gems captured in water.

In the ancient **Vishnu Purana**, nine Vedic astrological gemstones are mentioned. Each represents one of the nine major planets: ruby for the Sun, pearl for Moon, coral for Mars, emerald for Mercury, diamond for Venus, blue sapphire for Saturn, cat's eye for the planet Ketu and garnet (hessonite) for the planet Rahu.



In **Autobiography of a Yogi**, by Paramahansa Yogananda, his guru Sri Yukteswar, explains:
“Electrical and magnetic radiations are ceaselessly circulating in the universe; they affect man's body for good or ill. Ages ago our rishis pondered the problem of combating the adverse effects of subtle cosmic influences. The sages discovered that pure metals emit an astral light which is powerfully counteractive to the negative pulls of the planets... Most effective of all are faultless jewels of not less than two carats...”

In the '**Ancient Medicine of India: Ayurveda**', Jonathan Klemens, RPh, writes,
"Jyotish is the Sanskrit name for Vedic astrology, meaning "**science of light**". Ayurveda is the Indian system of medicine meaning "**science of life**". For gems to be capable of transmitting cosmic planetary rays that may enhance physical, emotional, or spiritual health or attract positive influences toward a person, they must first of all be natural. This means they are created by tectonic pressure within the earth over time periods up to millions of years. Gems also transmit cosmic colours that are in turn absorbed by the chakra centres in the ethereal body and therefore they must be of good quality in clarity.

Ayurveda is one of the most complete holistic types of medicine in the world and includes, gem stone therapy, colour therapy, and metal therapy...

Certain gems are considered to have beneficial qualities based on the healing energy vibrations that they contain. They are claimed to activate energy centres and help to develop sensitivity. Individuals can benefit from these energies by wearing gems as jewellery or by placing the natural gems in water overnight and then drinking the water. Gems can be purified by placing them in salt water for two days."

In Ayurvedic medicine, gems work with certain elements (i.e. Ether, Water, Fire, Earth, Air) and imbalances in the three doshas or body types (i.e. Pitta, Kapha, Vata). For example:



Amethyst - Contains elements Ether and Water. This gem helps control emotional temperament. It is good for vata and pitta imbalances. This gem should also be worn as a necklace.



Emerald - Contains Fire and Ether. It stimulates excess pitta but will relieve vata and kapha. Promotes intelligence, power, and prestige. Enhances art and music.



Diamond - The diamond is the best rejuvenating precious stone. They naturally should be of the best quality. It brings prosperity and is spiritually uplifting. It contains Ether, Air, Water, and Earth.



Ruby - Helps concentration and mental power. It contains Fire, Air and Ether. Ruby strengthens the heart. Pitta is sensitive and it is also good for excess vata and kapha.

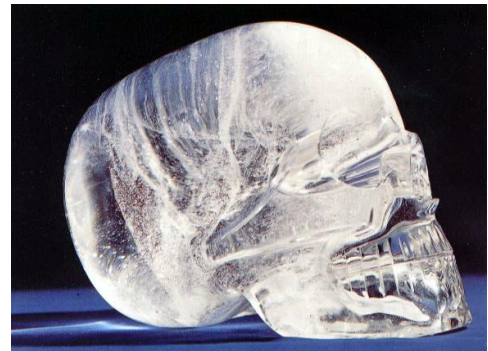


Topaz - Promotes passion and relieves fear. Topaz gives strength and intelligence. It contains Fire, Ether, and Air.



Sapphire - Promotes digestion, metabolism, strength and complexion. Alleviates all three dosas.

The **Mayan crystal skulls** are an example of how the ancients used the vibrational properties of crystals to transmit knowledge and connect with the spiritual realms. Native American Indians used crystals for diagnosis as well as for the treatment of disease.



Mitchell-Hedges crystal skull



Breastplate of Aaron

In ancient Israel, Aaron, the High Priest, wore a breastplate of gems. The instructions for fabricating the Breastplate of the High Priest, or the **Breastplate of Aaron**, can be found in Exodus 28, 8-21. The breastplate was of great importance because by means of it, God revealed his Divine will to His chosen people. It was designed by God Himself and the directions as to how it was to be made were given to Moses.

The Breastplate, [Exodus 28, 8-21](#)

“And thou shall make the breastplate of judgement with cunning work; after the work of the ephod thou shalt make it; of gold, of blue, and of purple, and of scarlet, and of fine linen shalt thou make it.

Foursquare it shall be doubled; a span shall be the length thereof, and a span shall be

the breadth thereof.

And thou shalt set in it settings of stones, even four rows of stones: the first row shall be a sardius, a topaz, and a carbuncle: this shall be the first row.

And the second row shall be an emerald, a sapphire, and a diamond. And the third row a ligure, an agate, and an amethyst. And the fourth row a beryl, and an onyx, and a jasper; they shall be set in gold in their enclosings.

And the stones shall be with the names of the children of Israel, twelve, according to their names, like the engravings on a signet; every one with his name shall they be according to the twelve tribes....

And Aaron shall bear the names of the children of Israel in the breastplate of judgement upon his heart, when he goeth in unto the holy place, for a memorial before the Lord continually..."

Even in Greek and Roman times, it was believed that stones had a direct and positive influence on the body. Stones were worn as talismans for health, protection, and to attract virtues. It is no accident that the kings and queens of old wore gems in their crowns and upon their person.



Austrian Crown Jewels

In ancient healing it was determined that specific gemstones or crystals could be used to heal specific parts of the human anatomy. Science is now able to show that this is true and that each organ vibrates to a specific frequency, and that specific gems can match those frequencies. When disease is present the specific vibrational frequency of that organ is altered. The principle of essences is that they can assist in altering those frequencies, helping them return to their true form and function.

References to the Vibrational Frequency of Body Organs:

Finucane, Edward. W. '[**Definitions, Conversions, and Calculations for Occupational Safety and Health Professionals**](#)' - Edition 3' CRC Press, 2006 pp. 7-3 to 7-4

Dossey, Barbara Montgomery & Kegan, Lynn. '[**Holistic Nursing: A Handbook of Practice**](#) – 5th Edition'. Jones & Bartlett Publishers, 2008, pp. 327-329

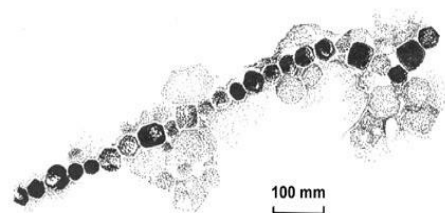
Through the principles of resonance and ‘dominant field theory’, crystals and gems are able to assist in restoring health and vitality.

Today’s science is making some interesting discoveries and uses of crystals and gems. The invention of the high-powered electron microscope and other such instruments is finally making it possible to look deeper into inner structures of the human body and of gems and crystals. Gems are also used in many different ways by technology:

- In addition, using a quartz crystal as a miniature microphone, researchers have developed a prototype virus detector that can ‘hear’ viruses. They predict that this listening technique using crystals will eventually be used to provide instant diagnosis.
- Gems are used to transmit and magnify energies in many different ways.
- Rubies are used in lasers for microscopic surgery.
- Crystals are also used in ultrasound devices, watches, and many other electronic and technical devices.
- Silicon crystals are used in making the chips that power our computers and the photovoltaic cells used in solar technology.
- Liquid crystals are used in many different ways – computers, windows, LCD displays, liquid crystal turnable filters used as electrooptical devices in hyperspectral imaging, lenses, lasers, etc.
- Walking crystals may lead to a new field in crystal robotics!
- The list goes on...

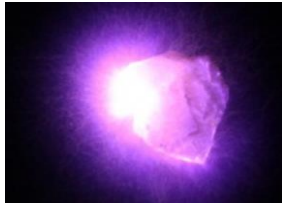
With the research done with *high powered electron microscopy*, we also now know that humans have **magnetite crystals in their brains** and that as solid and dense as stones, crystals, gems and minerals might be, like everything else in this plane of reality, they are actually made up of specific patterns of vibrating atoms and molecules ... and space. Just as flowers have a 'life force', so do gems and mineral.

Magnetite crystals in the human brain



[Coetzee, H. '[Biomagnetism and Bio-Electromagnetism](#): The Foundation of Life'
(Originally published in Future History, Volume 8) OR [LEARN – Resources – Living Light](#)]

Quartz crystals have been found to have a natural property called **piezoelectricity**, an ability to generate an electrical field, which makes them very useful in radio and video equipment. This is also applicable to the magnetite crystals in our body. Kirlian photography gives us some idea of the electrical fields generated by crystals.

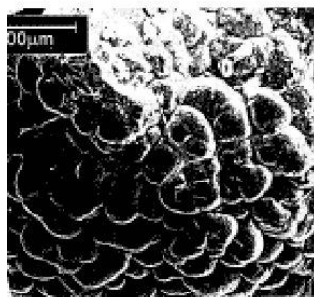
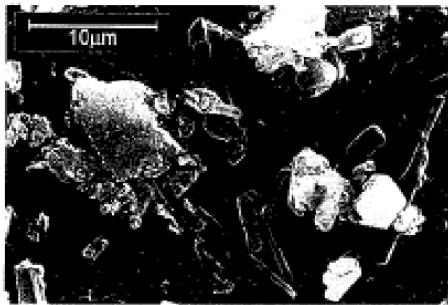


crystal aura -
energy field



crystal aura –
energy field

Research completed in 1996, found that the **pineal gland tissue contains noncentrosymmetric crystals**, also related the presence of *piezoelectricity*. Three different types of crystalline structures were observed by scanning with high-powered electron microscopy – mulberry-like and faceted crystalline calcifications.



(Lang, Sidney. Marino, Andrew. Berkovic, Garry. Fowler, Marjorie. D. Abreo, Kenneth.
Bioelectrochemistry and Bioenergetics - Piezoelectricity in the human pineal gland, 1996/12/01.

Retrieved from:

https://www.researchgate.net/publication/247112683_Piezoelectricity_in_the_human_pineal_gland

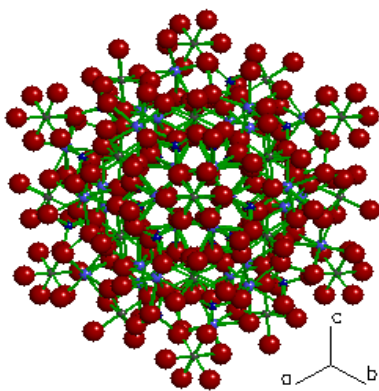
Richard Gerber, in his now classic book, **‘Vibrational Medicine: New Choices for Healing Ourselves’**, dedicated two chapters to the vibrational and healing properties of flowers, gems and crystals. He suggested that gem essences were a form of vibrational therapy that was able to amplify the energies already moving through the subtle structures of higher dimensional anatomy. Dr. Gerber went on to say,

“Certain gemstones have a special harmonic resonance with particular points of human physical anatomy. Healing through the use of gem elixirs takes place when crystalline patterns stored in the elixir are resonantly transferred to unstable biomolecular structures within the diseased physical body. As vibrational energy is transferred to specific molecular systems within the body, stabilization of biochemical processes causes increased cellular organization, organ repair, and a general shift toward physical health.”



(Gerber, Richard. [Vibrational Medicine: New Choices for Healing Ourselves](#). Bear & Company. Santa Fe, 1988)

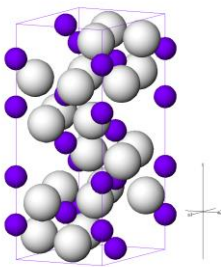
Atomic Structure of Garnet



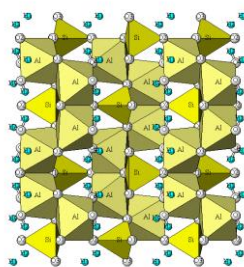
Dr. Gerber also noted that gemstones and crystals had unique molecular arrangements of geometrical symmetry. This molecular regularity of the crystalline structure of gems and crystals provided a stabilizing energetic influence to cellular and biomolecular systems within the physical body. Gemstones have a unique molecular structure that is quite significant. In taking a much closer look at gemstones and crystals, we find that each atom that makes up their atomic molecular structures has a mirror image of itself on the opposite vertex. From an atomic viewpoint they possess perfect symmetry and balance. Programs like XtalDraw, from the University of Texas at Austin, are able to show us these beautifully symmetrical atomic structures.

Below are the atomic structures of the gems and crystals used in the [Living Light Essences](#):

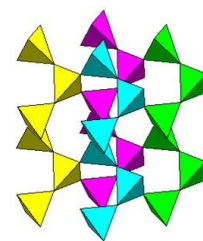
The atomic structure of sapphire

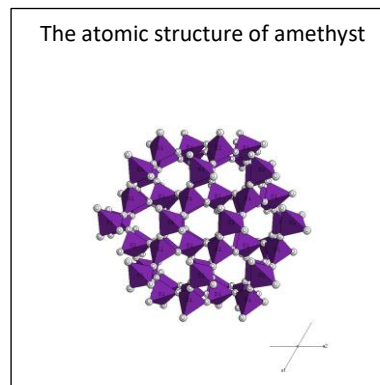
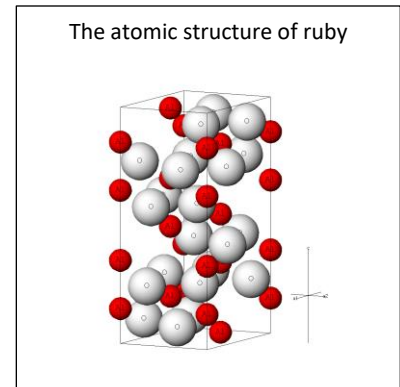
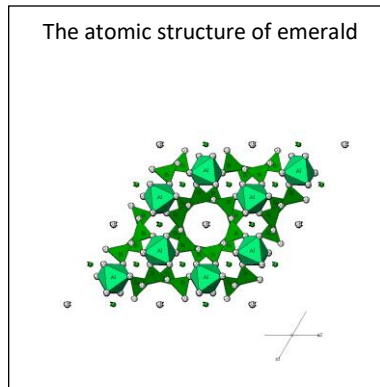
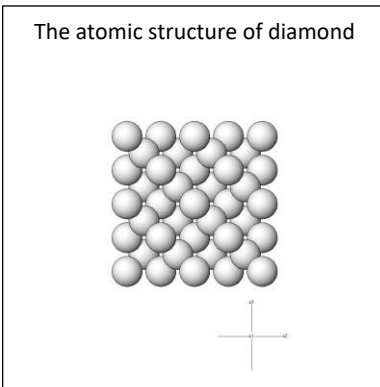


The atomic structure of topaz



The atomic structure of rose quartz





An argument has been used by some that gem, crystal or mineral essences are not true ‘essences’ as they are not ‘live’. There are a number of researchers who would disagree. Rudolph Steiner, founder of the anthroposophical movement once stated that, ***‘Only the consciousness closest to God (the Source) would be willing to undergo incarnation in such a rigid form as a mineral life’.***

[Harry Oldfield](#), a biologist and modern-day inventor and researcher, who invented Polycontrast Interference Photography (PIP), a device which captures changing patterns of light energy emanating from all things. He stated,

*“While PIP-scanning various crystals, I discovered that 10 percent of them have undulating within, on or about them **a previously-unknown life form, a creature with its own aura.**”*

(Solomon, Jane & Grant. [Harry Oldfield’s Invisible Universe](#). Thornsons Publisher. 1999)

Others researchers have also confirmed the same phenomenon.

"Rocks are not lifeless;
they resonate with a memory
that is the very essence of life itself."

— Author unknown



Marcel Vogel, a PhD research scientist who worked for IBM for 27 years, did many experiments with crystals. In one experiment he found that when a quartz crystal is placed in water it will change the PH balance of the water and the water has fewer impurities. He also found that placing crystals in plant potting soil helped the plant grow faster and protected the plant against disease! **He came to the conclusion that crystals have the ability to store, amplify, and transfer information and that forming a thought and directing a specific energy through the crystal aided in healing because crystals can communicate with our thoughts or intentions and can hold memory.** As thought is energy and so is intention, crystals hold high fundamental fields, retaining information. Synthetic crystals have no field.

"Marcel witnessed and photographed the precipitation of Light into crystal in his IBM laboratory while growing liquid crystals and subsequently wrote:

"When cool, if a liquid crystal state exists, the melt goes into a birefringent state under polarized light which can be readily seen under a polarizing microscope. From this state the sample will then crystallize into the solid state.

In the course of the study of this state under the microscope I noticed a remarkable event, namely that before the melt went into the liquid crystal state, a blue flash of light took place and then immediately after that, the sample transcended into the liquid crystal state. Scientific

*This state was videotaped and, after one year of effort, a picture was taken at the moment of transition. **What appeared on the film was the prefiguring in space of the crystallographic form the system was to assume. The blue flash contained information which formed into a geometric form. This geometric form was the source of the crystallographic form from which the crystal grew and developed***²

The flash of blue light witnessed through the microscope was the transfer of information from the level of light-coding to the physical plane. This is discussed in metaphysical literature, but had never before been witnessed and photographed.”

(Retrieved from: http://www.vogelcrystals.net/legacy_of_marcel_vogel.htm#crystals)



Photo of the quartz crystal's
electro-magnetic system.
Photographed with Kirlian photography.
– from 'The Winds of Keltia'

Perhaps the most interesting of all is a statement made by the famous inventor, Nicola Tesla,

*“In a crystal, we have the clear evidence of the existence of a formative life-principle,
and though we cannot understand the life of a crystal, it is none the less a living being.”*

We weren't aware on any of this when the Living Light Essences were created, but it seems that our essences have been aptly named – the **Living Light Essences!** ∞

