

What are Essences and How Do They Work?

The term ‘essences’ has taken on many meanings in recent years. You’ll find herbal essences, aromatic essence, skin care essences, essence makeup, etc. However, real ‘essences’ are none of these and have been around for centuries. The first modern essences were created by a British doctor named Edward Bach in the early 1900’s – the Bach Flower Remedies. Since then the world of real ‘essences’ has exploded and there are many different types of essences made around the world.



Essences are often confused with **essential oils**. They are quite different. An essential oil is made using a special extraction method, which removes the natural **oils** from a plant. They have a **scent**. Generally speaking, essential oils are valued because of their scent and how that affects the mind and the body. Essential oils are used in **aromatherapy**. Essences are not oils and have no scent.

Essences are sometimes also confused with **homeopathic remedies**. Again, they are quite different. A homeopathic remedy is prepared by taking substances, masticating them, and then diluting them until no substance is left, only the vibration. Homeopathic remedies may be used for physical ailments. Essences are not.



Essentially, **essences** are liquid preparations that are taken internally, used topically on the skin, in sprays, or even in your bath. They are made from different sources – flowers, gems, plants, trees, shells, spirit... etc. There is no flower or gem in an essence, only the pure, vibrational frequency left after being potentised in the sun. To learn more about how essences are made check out our [How Essences Are Made](#) page.

So, exactly what are they???

In 2001, a group of Canadian essence producers and practitioners got together to ‘define’ essences as there had been some controversy in the field as to exactly what constituted an ‘essence’. We divided up into groups to brainstorm our ideas and then got together to share them. **Andy Christopher of Alypsis Inc.**, took our ideas and crafted them into what I consider one of the best descriptions of what essences are and their purpose that I’ve seen to date. Here is his synopsis of our thoughts:

“Vibrational Essences are highly diluted, energized preparations made with the plants, gems, minerals, and other substances found in nature, and with colour, sound, light, and spirit. They hold the positive properties of the consciousness of their source.

Vibrational Essences introduce positive qualities of consciousness to the individual. This change in

depth and breadth of awareness leads to an expanded range of understanding and interaction between persons and between persons in nature.

Vibrational Essences are liberating in that they enable us to see through restrictive conditionings and belief systems imposed by our respective cultures. They do this in an unobtrusive manner. They assist by catalysing expansion rather than forcing it. They are unassuming and act benignly.

They help us through the minor and major transitional periods of our lives by bringing issues more clearly into focus and stimulating insights into these. Moreover, they nurture and comfort in times of flux.

Because they are capable of raising our level of awareness, they assist us in understanding and appreciating our own uniqueness and that of others. They enable us to become who we are at our soul or core level while understanding the inherent right of others and the natural world to do the same.

Vibrational Essences assist us in recognizing that we are multi-dimensional beings; that our existence and cognition go beyond the physical to the emotional, attitudinal, intuitive and spiritual.

They help us to approach wholeness within ourselves while recognizing that we are integrally related to the sacredness of others, animals, plants and the entirety of our natural environment.”

Flower Essences



Flower essences are a gift from nature, providing us with wonderful healing properties. Essences are highly diluted, energized preparations made from the vibrational frequencies of flowers and plants. Each flower or plant has its own specific vibrational frequency. Flower essences capture those frequencies to assist in healing and transformation. They hold the positive properties of the consciousness of their source.

Christine Northrup, M.D., a visionary pioneer and a leading authority in the field of women's health and wellness, which includes the unity of mind, body, does an excellent job of defining flower essences,

“Flower essences, or flower remedies, are infusions made from the flowering part of a plant. The process of sun steeping, or boiling the flower in water, captures the energy imprint of the flower. So, unlike essential oils or herbal remedies, which contain physical substances extracted from plants, there is no physical part of the flower in a flower essence, only its healing vibration. And, every flower has a different healing quality.

“Flower essences offer a wonderful way to heal and grow because they act as catalysts for change at a deep emotional level. The positive changes that can occur from using flower essences include feeling

more confident and creative, experiencing more joy, being more forgiving, forging better relationships, having more clarity and focus, and even cultivating a deeper connection to your Higher Self.

“When you use a flower essence you are connecting on a spiritual level with nature and your guides. So don’t be surprised if you start to gain clarity about your life’s purpose while using flower essences.

“Unlike pharmaceuticals, which suppress symptoms, flower essences work by the principle of resonance in the subtle body where imbalance starts. In other words, the action of flower essences is energetic, not biochemical. All plants have a unique vibrational energy pattern, and the flower is the pinnacle of this energy. Sometimes flower essences work immediately; other times you may feel the effects unfold over days or weeks, layer by layer.

“Research in the field of psychoneuroimmunology shows a clear interrelationship between physical illness, stress and emotional outlook. While flower essences don’t address specific physical ailments, such as asthma or cancer, they work on an energetic level to address the underlying emotions, release unwanted patterns, and attract what is right for you.

“When you use flower essences, anything that doesn’t match the vibration of a chosen essence simply goes away. For example, if you are experiencing fear and anxiety and you use a flower essence with a calming or joyful vibration, your awareness of that calm and joyful feeling is raised, and the feeling of fear (which is a lower vibration) dissipates. This is also how homeopathic remedies work.”



Flower essence therapy is a very delicate natural way of healing. Essence therapy uses energetic essences, made from the flowers of wild growing or organically grown plants, trees or shrubs. Only the life energy of the plant or flower is used.

“The essences are used when emotional states or emotions are out of balance. An ongoing fear, for example, will affect the life force and vitality of a person. Flower essences are catalysts that help us gain insight in our consciousness. A fear, for example, is not a fear, but the lack of courage. Flower essences don't push away the fear but show you the way and give you insight into how to develop your courage again. When the mind is balanced again, the body can eventually recover itself naturally.” ~ Bram Zaalberg, [Bloesem Remedies Nederland](#)

“Flower essences allow us to see into the soul of things—into ourselves, our world, and all living beings”. ~ Lila Devi, [The Flower Essence Handbook](#).

Luminesce carries two main brands of flower essences – the [Bloesem Flower Essences](#) and the [Spirit-in-Nature Essences](#). Check out our Shop Essence pages for these essences or visit the Our Story pages that will tell you a little about each essence producer and their company.

Gem Essences



Gem essences have been used for centuries as powerful tools for self-healing and transformation, bringing positive changes to the emotional, mental and spiritual aspects of our selves. Gem essences capture the vibrational frequencies of gems and are encoded with wisdom achieved at a planetary level. This wisdom is transferred from the gem to the essences in the process of making the essence. Gemstones provide the most perfectly balanced physical base for creating an essence.

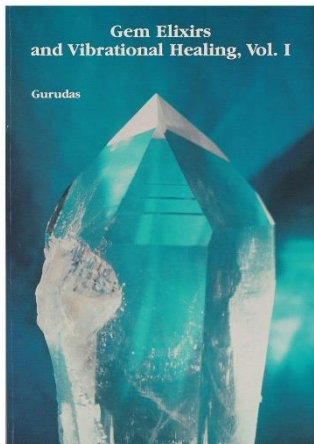
Gem essences seem, from our experience and feedback we have received from customers and practitioners, to work a little differently from flower essences. They tend to work more quickly and more powerfully. Perhaps this is because part of our physiology consists of minerals and we have magnetite crystals in our blood and brains. (See [History of Flower & Gem Essences](#).)

Perhaps the most in-depth research on how gems and crystals work with regards to essences was, gathered over hundreds of hours in a three-year period in the early 1980's by [Gurudas](#), Founder of the Pegasus Essences. Aside from his own extensive research, Gurudas enlisted Kevin Ryerson and Jon C. Fox, both internationally renowned trance channels, to answer questions he had about how essences worked, vibrational 'medicine', spiritual growth, and the nature of consciousness. The information provided by Ryerson and Fox, along with Gurudas' own research into the subject, was presented in three books on Essences by Gurudas: 'Flower Essences & Vibrational Healing', and 'Gem Elixirs and Vibrational Healing I and II'.

[Kevin Ryerson](#) is an acclaimed author, award winning consultant, expert intuitive, futurist and trance channel in the tradition of Edgar Cayce. [Jon C. Fox](#) began his channelling career as a conscious channel who was known and respected for his ability to accurately research a wide variety of technical subjects. He expanded his gift to include trance channelling, because that often made it easier to present technical information.

Their detailed descriptions of how essences worked dovetail with some of the recent research into the **piezoelectricity** of crystals [See: LEARN – Resources – [History of Flower & Gem Essences](#)] being conducted with the help of high-powered electron microscopy, and the findings of Harry Oldfield and Marcel Vogel that crystals are 'alive'.

To quote from [Gem Elixirs and Vibrational Healing – Volume I](#). Cassandra Press: San Rafael, 1985, page 1:



“Question: Would you discuss the origin of crystals and the entire mineral kingdom on this planet?

Response: You would take and find that there was the creation of souls to go forth and create diversity amongst the one original creation. Ye as souls, or as consciousness, were given forth as being co-creators of the earth. These activities brought forth a creative act in the physical universe. When there was a stabilization of this planet, the various mineral structures in their own right projected down from the ethers and stabilised through equal dispersion to the presently existing mineral beds throughout the planet. Then there could be a stabilization and projection of the energies as souls to be as crystallized and anchored and equally dispersed across the planet as a whole. This, of course, was before thy

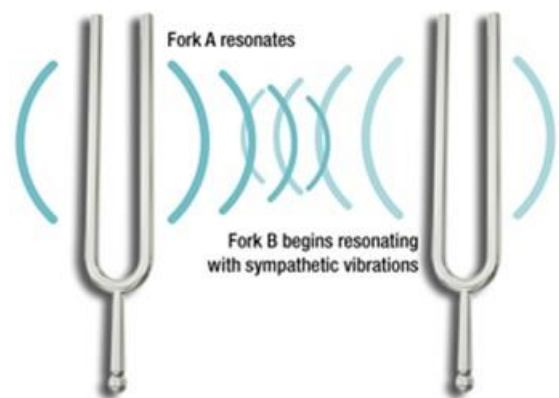
physical incarnation. **Crystalline structures grew as life forms because they are indeed living entities in their own right. Life here is defined as an activity of pure consciousness that follows strains of pure consciousness,** even as you would find that thy nervous system allows for the extension of the biological mind to all portions of the body physical. **Crystals had their origin as extending along the greater forces of consciousness before the physical incarnation of ye as souls into this planet many eons past.** Therefore, crystals have a natural alignment with electromagnetic fields. These fields are but as by-products of the activities of the ethers, and the ethers are but as by-products of the activities of the souls’ forces. **Matter is crystallized spirit!”**

When asked to explain the general principles involved in using gemstones in healing and spiritual growth, the response was, (Gurudas, Vol I, page 2)

“The content and nature of properties and faculties of gemstone are that they have a direct correlation within the individual concerning the concepts of vibration, which are based on sympathetic molecular structure. Gemstones stimulate healing within the body physical, based on the **principles of resonancy** or harmony and vibration. All things are in a constant state of vibration and in a constant system of harmonics and resonancy, according to the point of stability within the ethers. **These harmonics generate fields of electromagnetic and electrical nature,** but above all, the fields within the ethers are activated.

There is no such thing as empty space. Space is permeated with the ethereal fluidium within in its own right.

You would find that gemstones often contain crystalline aspects or crystalline structures. Crystals are one of the more stable elements found within the mineral kingdom. What is found in crystalline structures is a state of resonancy and harmonics that is able to resist the permeations of other forms of resonancy that could as lead to the deterioration of the mineral’s own state of harmonics. Crystalline structures contain a stable element of proper pattern of molecular activity that may act as a proper frequency to amplify the vibration of other life forms.



Many now understand that there is a law of vibration upon the molecular level, and that vibrations specifically on the molecular level make up many of the activities that eventually become the denser organic matter of the body physical. The ability of gemstones to heal is based upon the transference of their stable form of molecular structure, permeating into the body physical down to the molecular level and bringing stability on the biomolecular level to where there is a sympathetic resonancy. There is the transfer of a sympathetic molecular and often crystalline structure to aspects of the specific molecular structure within the anatomy of the individual.”

For some more fascinating reading about how gemstones and crystals work with **amplifying thought**, and may actually work better sometimes when programmed by thought, check out Gurudas’ ‘Gem Elixirs and Vibrational Healing, Volume I’, Chapter 1: General Principles and Historical Use. This fits in with how the Living Light Essences were made using gems and crystals as a base, but also using the principles of “ask and you will receive.”

Masaru Emoto



Masaru Emoto, [See: OUR STORY – [About the Living Light Essences](#)] in his work with water also found similar results. Words, prayer, thoughts can affect and change the structure of water, so can crystals. The human body is 70% water, and also has many crystalline structures within it.

In his water research Dr. Emoto went to an elementary school and conducted an experiment with the children that involved praying to samples of water in the classroom. They used tap water and some water from a drainage basin outside. It was a great success—the

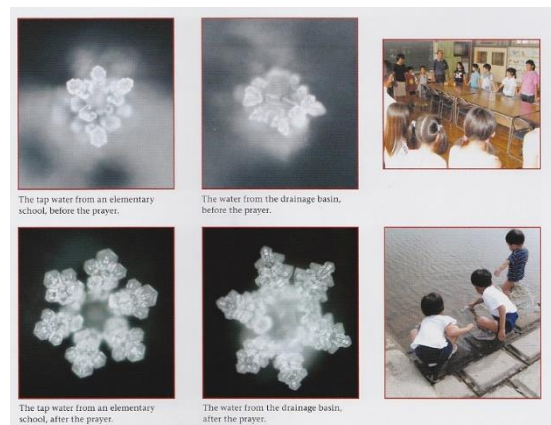
children’s pure feelings were clearly conveyed to the water.

Dr. Emoto conducted many experiments with prayer, music and words, which demonstrated that intent, words and music have the capacity to change structure. Thought can change matter, and water can hold the memory of words, prayer, music, and intent.

The model put forward in Gurudas’s material, plus from his own research of how essences work was summarized by [Richard Gerber](#), M.D., in his ground-breaking first edition of ‘**Vibrational Medicine**’. Richard Gerber, author and leader in our time, was responsible for breaking the ground between integrate mainstream medicine and vibrational medicine. He passed away in 2007.

Below follows my attempt, using this information, to simplify what has been given regarding the path ways essences follow and how they work. ~ rf

(‘**Vibrational Medicine: New Choices for Healing Ourselves**’; Gerber, Richard; Bear & Co, Santa Fe, New Mexico, 1988; pages 251-259.)



An essence is taken **internally** or on the **skin**



The essence is assimilated by the **Circulatory System (CS)**
(bloodstream)



Then the essence settles **midway between the CS and the Nervous system (NS)**



An **electromagnetic current is created** here by the polarity of these two systems,
which have quartz-like properties.

There is an intimate connection between the CS and the NS
related to life force and consciousness.

The **CS** has more to do with the **life force**
and the **NS** (including the brain)
has more to do with **consciousness**.

The *blood cells*, especially the red and white blood cells, contain *quartz-like properties*
and the *NS* contains of an *electromagnetic current*.

The *life force* and *consciousness* use these properties to enter
and stimulate the physical body.

From midway between the NS and the CS
the essence usually moves directly to **the meridians**



Then the essence's life-force enters the various **subtle bodies**,
the **chakras**, or returns directly to the physical body to the **cellular level**
through several portals midway between the NS and CS.

Its path is determined by the type of remedy and the persons constitution.



There are **three main portals** for the essences' life-force to re-enter the physical body:

- (1) Etheric body and ethereal fluidium*
- (2) The chakras
- (3) The skin - has silica or crystalline properties



Specific parts of the physical body are portals for the life-force of an essence
only because they are associated with different chakras or meridians.



The life-force of an essence usually gravitates toward one portal,
but it may re-enter the physical body through several portals.

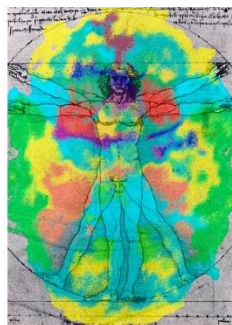
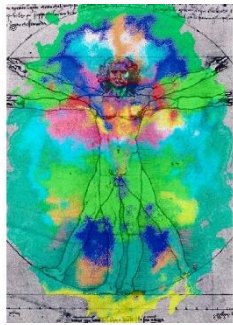
After passing through one of the described portals,
the life-force always **passes midway between the NS and the CS**.



*The **ethereal fluidium** is the part of the etheric body which surrounds the physical body, that brings the life-force into the individual cells.

Flower essences appear to be especially potent in inducing changes in the chakras and subtle bodies, and some heal by working directly at the level of the physical body.

Gem essences influence specific organs in the physical body and work closely with the biomolecular structure to integrate the life force into the body. They have a stronger impact on the ethereal fluidium and **amplify consciousness... they affect the psychospiritual dynamics of the individual.** They work especially well with acupuncture because they affect all the meridians at once.



Aura pictures
taken after
ingesting
different
essences.

Homeopathy seems to directly affect the physical/molecular structure of the cellular body. It is a bridge between traditional medicine and vibrational medicine.

[See Gurudas, Vol I, pages 257 – 259 for how essences affect the **pineal gland** and the **crystalline structures.**]

“Gem Essences - The mineral kingdom helps us fully anchor and embody changes in consciousness that are catalysed by the use of flower essences. Just as the rocks and soil of this planet provide structure and stability for the growth of the plant kingdom, gem essences stabilize and restructure our energy systems so that our physical bodies can maintain their balance as the consciousness within us grows and expands.” ~ Steve Johnson, Alaskan Essences

“Crystal is the flower of the mineral world, the peak of perfection in matter. Each stone carries within its crystalline structure specific vibrational frequencies and attributes that can affect the energetic fields near it.” ~Star Riparetti, Star Essences

Considering much of the information in Richard Gerber’s description of how essences work was written in the mid-1980’s, well before the introduction of high resolution electron microscopy, the information presented matches quite significantly with recent scientific findings about the crystalline nature of various parts of the human body, and the fact that we are essentially not just physical, but also electrical beings.

As the **Venerable Khandro Dhyani Yawhoo**, Chief of the Green Mountain Band of Ani Yun Wiwa, stated, **“... the next age is the Age of Flowers. Flowers are our medicine for the next age.”**
... vibrational essences.

Vibrational essences, whether they be **flower or gem essences** have an ancient history, and have played a part in healing on every continent and in many cultures. *“Vibrational Essences assist us in recognizing that we are multi-dimensional beings; that our existence and cognition go beyond the physical to the emotional, attitudinal, intuitive and spiritual. They help us to approach wholeness within ourselves while recognizing that we are integrally related to the sacredness of others, animals, plants and the entirety of our natural environment...” ∞*

