

# energy essences

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Few would deny the profoundly calming and healing effect nature has on our psyche and body. Flowers and crystals act as healers by stimulating our senses and inviting an emotional response from their beauty, fragrance and colour. In fact, the powerful manifestations of nature are a bridge to the psychic realm and offer deep healing beyond that which we can see and smell.



THIS PAGE: Moya Buchu beaker.

Practiced since ancient times, the holistic system of health called 'energy medicine' has made inroads towards mainstream use, respect and understanding over the past 100 years. Energy essences work on the body's energy system and can be distinguished from the well-known practice of aromatherapy or essential oils. The healing tinctures from flowers and crystals are called energy or vibrational essences and their therapeutic benefits are well documented and form an exciting area of development within the spa industry.

Knowledge of the vital role that nature plays in healing has led the world's most innovative spas to incorporate the concept of energy into their spa design. Design elements honour the elements of water, earth, fire, wood, metal and air and offer a deep sense of grounding, balancing and restoration to all that seek wellness within their walls. The effect can only be magnified as architecture unites with the energy essence spa journey among inspired spas around the world.

Perhaps the most recognised energy essences are those of Bach Flower Essences – a therapeutic system that uses dilutions of flower essences to balance physical and emotional disturbances. Developed in the early 20th century by English physician and scientist Dr Edward Bach, flower essences are energetic imprints of the life force of plants. Bach was acutely aware of how the human body is more than a mere physical form, it also embodies our life energy, sensitivity and feelings, and spiritual body. Consistent with the healing traditions of many cultures, he believed that the good health of an individual was the result of emotional, spiritual and mental harmony, and physical symptoms of illness were merely pointers to deeper emotional or spiritual imbalances.

Through his study, Bach discovered plants resonate with the conditions he found in his patients, and so by treating his patients with the correct flower essence, he witnessed restoration of wellness and emotional balance. He skillfully created his essences by transferring the healing vibration or energetic imprint of the life force energy of the flower into water. Bach distilled and produced a complete therapeutic system that included 38 flower remedies that continue to be prescribed for certain mental and emotional conditions and to support our natural state of wellness.

Flower essences bring the person into emotional, spiritual and mental harmony

by working on the subtle level of the energy body and returning them to their subconscious state of balance and wellness. In other words, energy essences awaken our inner wisdom and strengths, reveal the tools needed to remedy imbalances and conflict in our life, and ameliorate physical manifestations of disease.

Building on the healing power of flower essences, New Zealand based Balanced Energy brings a unique and contemporary approach to wellness and balance with vibrational essences combined with the ancient system of Chinese medicine.

Drawing upon the ancient wisdom of Chinese Five Element Theory, Balanced Energy's essences are created according to the belief that everything in the universe, including ourselves, are made up from a combination of five fundamental energies: Earth, Metal, Water, Wood and Fire. According to Chinese Five Elements Theory these energies affect different parts of the body and offer important insights into diagnosis and treatment of disease whereby energetic imbalances manifest as either a deficiency or excess.

Crafted on New Zealand's spectacular Waiheke Island, Balanced Energy's essences are tenderly made combining flower essences using the purest of organic and wild-crafted ingredients with the healing vibration of crystals and gems. Balanced Energy co-founder Catherine Opie describes their Liquid Light Essences™ as "offering a unique way to access the places we generally forget exist, and yet are often a determining factor for wellness and sustained good health on all levels."

In order to restore natural states of balance it is essential that the underlying source of energetic disharmony is treated. This approach is not unique to Chinese medicine and energy work, however it differs significantly from the conventional approach of treating mere physical manifestations.

Balanced Energy's healing experience uses geometrical representations of the five different elements called mandalas, in conjunction with a corresponding Liquid Light Essence. Balanced Energy co-founder and healer, Henri Venturini describes the mandalas as a crystalline language that we naturally understand and that our attraction to a particular mandala is an expression of what we need at that time. You may be surprised to find that you are attracted to a different mandala each time you use them. This is because each ele-

**Each of the five Balanced Energy elemental mandalas have a corresponding energy essence that offer insight and play a role in healing:**

**EARTH:** Heartbeat of the Mother – Grounds, balances all energy channels and meridians, alignment with new ways of being, letting go of the old, nourishing and supportive.

**AIR/METAL:** Wings of Joy – lifts grief, opens up creative expression, throat and sacral areas, lightness of being, relating in a playful way.

**WATER:** Path of No Resistance – Emotional balance, courage, go with the flow, deep calm, detoxifying and energising.

**WOOD:** Emerging Spirit – Clears away anger, aids decisiveness, growth and expansion, balances masculine energy, instills patience, seeing the truth

**FIRE:** Pure Heart Pure Mind – Motivation, assists focus in meditation, clears old patterns, opens heart to compassion and right action, purifying.

Symptoms experienced due to energetic disharmony can lead to physical symptoms and disease that energetic healers can identify and offer appropriate ways to restore harmony to the element(s) of concern.

The following example uses the earth element to illustrate these insights.

The earth element rules the spleen (yin) and stomach (yang) and when there is an imbalance in this element symptoms will be pronounced in these organs.

Deficiency in the earth element is associated with symptoms such as sluggishness, difficulty losing weight, bloating, and poor muscle tone. While excess in the earth element may cause excessive appetite, water retention, tender gums, aching, and mental cloudiness, to name a few.

ment relates to different spiritual, mental and emotional qualities, parts of the body, seasons, times of day etc, but always acts to nourish, balance and deepen awareness of self.

With the demands of daily life it is all too easy to reach for short-term fixes to our physical and mental discomforts, however these band-aid solutions never get to the root cause. In contrast, the field of energy medicine offers a unique contribution to energy healing and wellness and with healing tools like energy essences, we are given access to open to our inner wisdom and the flow of life. 🌱