



Ian White

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FLOWER ESSENCES AND KINESIOLOGY

My presentation will start with the History of Flower Essences going back to Egypt, 3,000 years ago through timeless indigenous usage in Australia, Asia and South America, to the earliest recorded European use of Flower Essences in the 12th Century by Hildegard von Bingen, then to the re-emergence of this ancient modality in the 20th Century with the initial work by Dr Edward Bach in the 1930's up until the more contemporary Flower Essence researchers of modern times.

I will give a brief description how different systems prepare their Essences including the boiling, sun and pouring methods. I also discuss how Flower Essences are transferred in the physical and subtle bodies after ingestion. The benefits of both topical and ingested application of Essences will be explored with demonstration. I will also discuss the theoretical and traditional dosage methods of the various Flower Essence systems and contrast this with the results that can be determined for specific dosage through muscle testing.

Flower Essences have their own specific finger mode point which I will demonstrate. I will demonstrate how Flower Essences can be used for both physical and emotional realms and will include a demonstration on scar integration.

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Ian White is the founder of the Australian Bush Flower Essences and a 5th generation Australian herbalist who has been practicing successfully as a Naturopath since 1979.

His great-great-grandmother worked as a herbalist during Australia's 1850's Gold Rush. Both Ian's great-grandmother and grandmother were among the first white people to research and use Australian native plants for healing.

Ian as a young boy grew up in the bush, living next door to his grandmother and would spend as much time as possible helping her make her herbal tinctures and extracts. She would often take him for walks in the bush teaching him the healing qualities of many of the flora within the Australian landscape.

Ian has continued this family tradition, though specialising in the emotional and spiritual qualities of the Australian bush. He is the author of five major books and teaches his Bush Essences workshops in over 30 countries.