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## Healing Cats With Flower Essences: Practitioner Reports and Cases

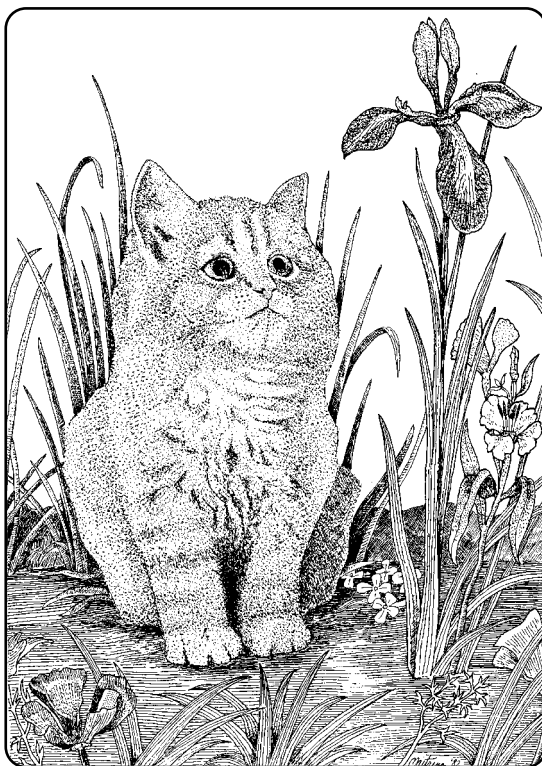
*Editor's Note: Flower essence therapy for animals is truly one of the most fascinating areas of research. When essences are chosen correctly we can often note very clear and dramatic behavioral changes. These changes are significant, for they cannot be attributed to the usual placebo effect that skeptics sometimes use to dismiss the efficacy of flower essences. More importantly, the flower essences teach us that animals **do** have souls — real feelings for which we can become sensitive and responsive. Our modern scientific culture inflicts suffering on animals in order to test chemical medicines as well as many other forms of research. Flower essences provide an opportunity to redress the balance, to help rather than harm, and to learn from our animal friends, rather than to exploit or manipulate them for our own selfish ends.*

*In this edition of the newsletter we focus on cats. It was not easy to choose from the many fine case and practitioner reports in our files, but we hope you will find the following selection insightful. **We invite you to send your case reports for inclusion in a forthcoming book on Flower Essence Therapy and Animals. We also welcome your submissions for our newsletter. Our next edition will feature dogs.***

*Patricia Kaminski*

I have been practicing veterinary medicine for 21 years, and about 15 years ago began to include many alternative modalities such as acupuncture, herbal medicine, homeopathy, nutritional supplements, massage and flower essences. I use the flower essences to hone in on the emotional factors involving the animals' wellness. In addition to devising specific formulas for the animals, I use them when I first meet the patient. The caretakers arrive and are usually quite concerned, telling me that their animals don't do well at the vet's office. But with the application of essences, the caretakers will frequently remark on the unusually calm or positive behavior which is present. I have a formula called "Negative Energy" that's used in the duct system of my office, which contains **Crab Apple, Walnut, Mustard** and **Wild Rose**.

I have another combination called the Travel Formula consisting of **Walnut, Wild Rose, Gen-**



**tian, Scleranthus, Aspen** and **Olive**. The standard treatment for traveling animals is tranquilizers. But instead we put the essences into a spray bottle and mist the carriers before putting the cats inside. If the cats start to get restless, we apply further applications. I've received letters from my clients telling me that this formula facilitated the best trip ever experienced with their cats.

Dispensing essences to cats is not always easy. Their heightened sense of smell may sometimes cause them to reject essences put in drinking water due to the preservative. In addition to misting bottles, another use-

ful technique is put a few drops of essence on one's fingers and massage it into the cat's ears. Essences can also be massaged into other parts of the animal's body with very great success.

*Dr. Stephen Blake, DVM, Carmel Mountain  
Animal Clinic, San Diego, California*

I am an animal healer and work with many clients long distance. I worked with a cat from Canada who had experienced emotional disharmony when a fire destroyed his outside play area. Nelson was a neutered six-month-old tabby. After the fire his person noticed that he began to spray in the house. As the problem became worse he went to his veterinarian for an examination. His check for urinary problems was negative and the cat was prescribed Valium for stress.

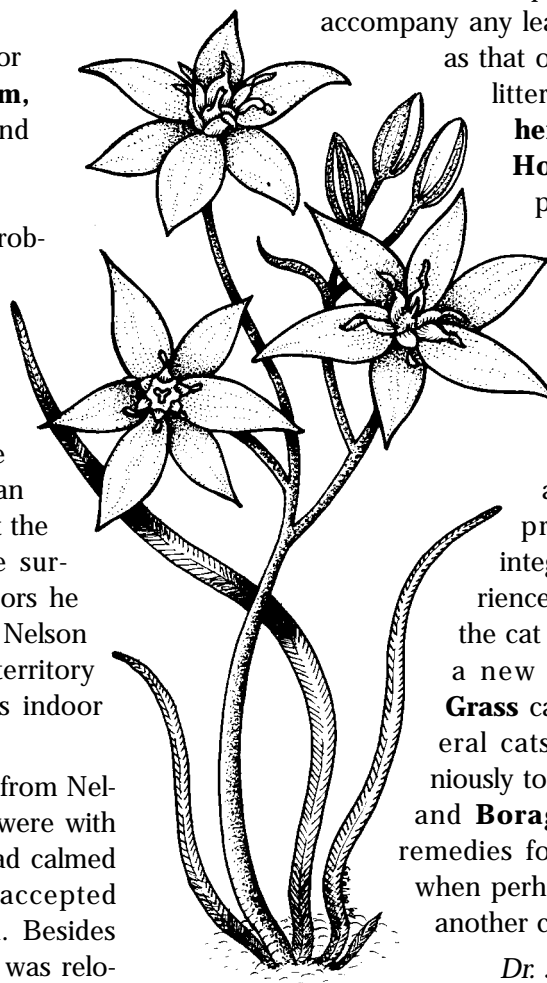
Nelson's people were not comfortable with this therapy and contacted me. They had never heard of flower essence therapy, but at this point were willing to try anything. They sent me a beautiful photo of Nelson and a detailed description of his personality before and after the fire. With winter fast approaching in Canada, the concern was that if Nelson was to live indoors for the winter, coping with spraying was a major concern.

I put together a personalized remedy for Nelson consisting of **Star of Bethlehem**, **Walnut**, **White Chestnut**, **Mimulus** and **Chestnut Bud**. Four to six drops were given daily in his water. The remedies chosen for the cat had potential to help problems such as trauma, accepting change in his environment, tension, fears of particular things, and behavior modification for distinguishing between right and wrong. Since Nelson didn't have any way to express his frustration regarding the fire and loss of his outdoor world, he began to spray. Even after the clean-up I felt that the smoke might have penetrated into the surrounding area. When Nelson went outdoors he was reminded of the fire on a daily basis. Nelson may have given up trying to mark his territory outdoors after the fire, but protected his indoor world by marking it instead.

On Thanksgiving Day I received a call from Nelson's caretakers saying how happy they were with the subtle changes in their cat. Nelson had calmed down and quit spraying. Nelson had accepted things and received the help he needed. Besides the flower essence therapy, his litter box was relocated to a suitable spot that pleased the cat.

*Sally Papin, animal healer,  
Anderson, California*

**Star of Bethlehem**  
*Ornithogalum umbellatum*



I am a psychologist who works both as an animal communicator and a human psychotherapist. During the last nine years I have seen about 200 animal clients per month. I recommend flower essences in approximately 50% of my cases.

Two primary remedies which I use continuously in my practice are **Arnica** and **Self Heal**. While these remedies are not a substitute for veterinarian attention, they greatly assist the recovery process for injured and sick animals. My own cat is over 21 years old and receives these two remedies along with acupuncture and some herbal supplements. My cat is quite feisty, stands up to younger cats, has good agility, and is very present and alive. I am absolutely certain that the essences are replenishing and sustaining her life force.

Another outstanding remedy which I have noted is **Chestnut Bud** for helping positive emotions to accompany any learning experience, such as that of being trained to use a litter box. **Star of Bethlehem**, **Oregon Grape** and **Honeysuckle** are a very

potent combination for issues of past abuse and trauma, particularly when the cat is now in a new home, with a new owner.

The **Golden Ear Drops** essence can also assist this healing process, by helping to integrate old, painful experiences which may be holding the cat back from experiencing a new life phase. **Quaking Grass** can assist in helping several cats to live more harmoniously together. **Bleeding Heart** and **Borage** are two important remedies for grief and letting go, when perhaps a caretaker or even another cat has died or moved.

*Dr. Jeri Ryan, psychologist  
and animal communicator,  
Oakland, California*

Although I work with many different animals, I have noted an especially rich area of healing involving flower essences with cats. The common issues I note involve hiding, fear, neediness and dependence, and dominant/submissive issues with siblings. Some outstanding essences which I consistently note as beneficial to cats include **Bleeding Heart** for relationship and dependency issues; **Mountain Pennyroyal** because cats seem very prone to picking up negative energy; **Saguaro**, especially for delinquent or wild cats; **Madia**, helpful for cats who seem scattered; and **Corn**, which helps cats to become more embodied — they easily disassociate from their bodies when ill or traumatized.

Because cats are by their very nature quite susceptible to psychic contamination, I recommend that practitioners first clear this aspect before proceeding to the more obvious presenting problems. I have consistently noted more efficacious results by doing so.

Mary Ann Simonds, animal counselor,  
Vancouver, Washington

## Bleeding Heart

*Dicentra formosa*



I use a very wide range of flower essences along with a *fresh* whole foods diet and foundation of love and respect. A remedy which I would like to mention as being particularly important for cats is **Five-Flower Formula** for any emergency or trauma situation. This formula should be used by yourself. In many cases your own use of the remedy will provide such calming to the animal that no further step may be needed.

A very important remedy to keep in mind for cats is **Water Violet**. This is *the* constitutional remedy for cats; they are by their very nature independent and aloof. When sick they will tend to retreat or hide. They can become so disconnected that they will literally die from what I refer to as “Violetism”. I suggest Water Violet as the first remedy in your bouquet, and it should also be considered for yourself, since many cat caretakers operate on this same frequency.

Another flower essence quite specific to cats is **Manzanita**. Many cats display “anorexic” tendencies and can go on hunger strikes. This remedy helps to ground and embody. **Mariposa Lily** is an excellent mothering remedy to administer to pregnant or nursing animals. It can also help heal the damage done from improper mothering, such as that of abandoned litters. Mariposa Lily may sometimes engender an “awareness crisis” when there is a deep psychic wound from abandonment or other abuse. However, this is only a temporary aggravation.

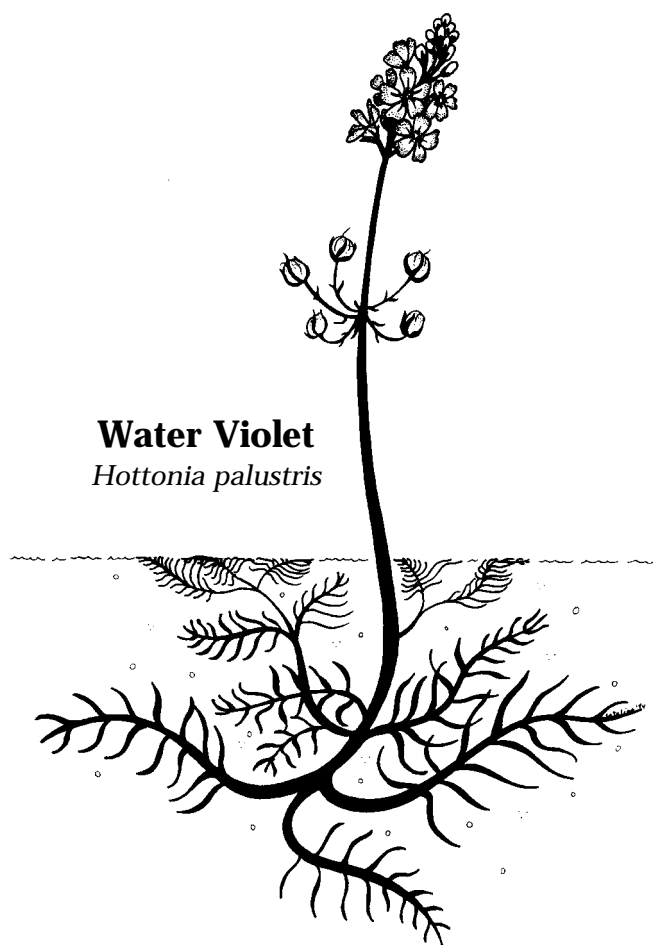
**Quaking Grass** is a very important remedy for helping cats who are living with each other and need to bond. In some instances it may help territorial cats who are spraying or marking. **Chamomile** is an important remedy for any signs of upset stomach, or for cats who vomit frequently. **Corn** can help cats who are disconnected from their bodies, especially city cats who may not have adequate access to the outdoors.

*Adapted from a larger paper on “Animal Therapy and Flower Essences,” by Yolanda LaCombe, counselor, Glendale, California*

I am a graphic designer as well as a photographer and long-time plant person. Over the last two years I have developed a flower essence practice. A friend of mine had rescued male and female cats who had been run over on a busy street outside her home. They were both about three years old. Although they made good physical recovery, they fought and scrapped constantly, even being unable to eat in the same room with each other. I was asked to help Mariah and Rusty with flower essences. I chose **Arnica** for the obvious shock and trauma. It seemed that some of their behavior was instinctual and survival-oriented, considering the near-death experience they had recently gone through. I felt that the Arnica would facilitate "soul recovery" in addition to recuperation from the more physical trauma. **Star of Bethlehem** was chosen to assist this same process. I sensed that the Star of Bethlehem would bring re-alignment and calm. These cats were constantly wary that they would be harmed again, causing them to be manic and suspicious, with no time to relax. I noted

## Water Violet

*Hottonia palustris*



that even in sleep they twitched and had muscle spasms. In addition to these two remedies which were used to address the traumatic aspects of their condition, I chose three other flower essences which I felt would help their particular behavioral tendencies. **Holly** was selected to address the jealousy which was evident in both cats. The smallest attention toward one and not the other caused hissing and clawing. Holly opened their hearts and allowed them to feel the love coming through. **Quaking Grass** was included to help Mariah and Rusty learn how to live harmoniously together, and **Tiger Lily** completed the formula, to address aggressive and hostile tendencies. It seems Tiger Lily had the effect of redirecting their fire energy from hostility and aggressiveness to wide-eyed curiosity and playfulness.

Before the first monthly cycle was completed, Mariah and Rusty had already gone through major changes. The first sign of healing was the day they slept together in the same room with their hind legs touching. The caretaker found this to be remarkable, as it had *never* happened before. By the end of the first cycle they were learning how to play together without fighting. Mariah and Rusty took a one month break between cycles and their healing continued. They could often be found together curled up in a ball. Sometimes they reverted to their old behavior, but it was much more half-hearted. They then continued on the formula for a second month to insure complete balance and no regression to their old behavior. In working with animals, I don't always get such dramatic improvement so quickly, but this case was a wonderful affirmation of just how delicately, yet forcefully, the flower essences are capable of working.

Andrea DuFlon, FES Certified Flower  
Essence Counselor, Berkeley, California;  
summarized from a larger report submitted to  
the FES research program

I am a therapeutic massage practitioner, and was formerly a teacher of child development. My practice includes Reiki, acupuncture and, for the last three years, flower essences. Our family has two cats, named Socks and Grey Cloud. They were born under the house and abandoned by their mother early in life. For two years we put food out for them and tried to gain their trust through

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*Felines are generally far more independent from human beings than dogs. They live in our vicinity but remain much more within their own world, even if they share our houses. These creatures are endowed, to a certain measure, with a self-contained and self-sufficient being. Wherever they may be they carry their own rhythm and their own existence within them. Heedless of their surroundings, they lick and clean themselves; they withdraw into themselves if they so please, and seldom feel disturbed ... Their coat is uncommonly sensitive, and the whiskers around mouth and nose, forelegs and ear give them an all-round capacity for refined sensation. No doubt the most gentle breath of air, unnoticeable to other animals, will register on it. This is why the cat so dislikes getting wet, for it then loses its sensitivity, and this it cannot bear ... The spring, walk and run of the cat are measured and self-contained. Each movement is directed and distinctly harmonious ... In cats, it is the heart which sets the rhythm and simultaneously strikes the fundamental note of all other movement melodies.*

Karl König

from his book, *Elephants, Bears, Horses, Cats and Dogs*, Floris Books, Edinburgh, Scotland, 1992.

talking with them, to no avail. They would hiss and run, and display a wild look in their eyes. We had to live trap them when we moved to our new home. Even though we built a nice, warm place for them under our house, they refused to come near us and would never enter the house.

Although we were skeptical that the flower essences could help, we decided to give it a try as we had exhausted all other possibilities. We chose a formula of four remedies, and we put approximately 10 drops in their morning meal and drinking water each day. **Aspen** was chosen to address the extreme fear which these cats displayed. Their mistrust and nervousness prevented them from seeing the love, nurturing and safety that was available to them. To help with the nurturing process we included **Mariposa Lily**. They had never experienced proper bonding with their mother, and the trauma of these early months prevented them from trusting the warmth and security which we were offering. We selected **Impatiens** because we observed that the cats were quite agitated and nervous. Their quick furtive movements prevented them from slowing down enough to realize that our family could offer warmth and love. Our final flower essence was **Mimulus**, because Socks and Grey Cloud were filled with such irrational fear and

anxiety. They also needed courage to risk again and trust that a safe, nurturing environment really could be available to them.

During the first 2-3 weeks the cat's behavior did not change much at all. Then they slowly approached my husband, sniffing his hand. By the fourth week they allowed short pats and strokes on their backs, and the hissing and swatting had mostly stopped. By the sixth week we were able to pet them briefly and rub them under their chins. After the eighth week they no longer displayed a wild look in their eyes. By the twelfth week they rubbed up against our bodies and would follow us through the garden. They both entered the house part way. By the 16th week all previous changes had stabilized and they would enter the house completely and walk through it quite boldly. They are now an integral part of my family. This amazing experience helped all of us to acquire confidence in the powerful effects of the flower essences. We are absolutely certain that they were the catalyst in the positive changes which took place.

*Shelley Morrison, CMT, FES Certified Flower  
Essence Counselor, Quincy, California;  
summarized from a longer report submitted to  
the FES research program*

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## Lily: Guardian of Terra Flora

Lily is one of the “guardian angels” of Terra Flora, the home and garden sanctuary of the Flower Essence Society. Several months before she came into our lives, we had a distinct picture during a meditation of a pure white animal spirit guardian. We subsequently realized that this was about the time she was being conceived. We felt a strong pull toward her and we almost accepted a white cat from someone’s litter, but fortunately did not do this. We sensed that somehow the right cat would find us by the law of affinity.

Time passed and we let go of our urge to have our white kitten. One morning Patricia awoke from a most beautiful dream about a white lily. We went out to our garden and were delighted to find the first pure white Madonna Lily blooming in the golden rays of the morning sun. This alone would have been a very fine blessing for the day. But then we heard a tiny “mew-mew” sound, and were astonished to find a pure little white kitten of about two months standing in our driveway. We ascertained that she belonged to none of the families in our neighborhood. We realized she was the cat of our dreams, and of course her name was Lily!

Although Lily has benefited from several flower essences, her first experience was very clear-cut and dramatic. Immediately after she came into our

lives, we established a very affectionate love bond. But only three weeks later we were involved in a 10-day teaching course located away from our home. We were gone from early in the morning to very late at night. Lily was beside herself with grief and panic, and would run wildly through the house when we came back at night. She also cried out in loud, piercing sounds. We gave her a single remedy of **Bleeding Heart** in her drinking water, and also visualized the particular energetic pattern of this flower essence for her heart. We wanted her to trust and feel our love and caring for her even though we were physically separated. The effects of this remedy were immediate and dramatic. Within 24 hours, her panic-ridden behavior was significantly reduced. By the second evening when we returned home she greeted us with a quiet and contented purr.

We’re grateful to have Lily in our lives, not only because we’ve been able to help *her* with flower essences, but because she’s also helped *us*. She always comes to the garden when we are working with the plants, and without fail when we are making essences. She exudes a quiet, meditative presence that is really quite palpable. She takes great delight in visiting our guests who come to Terra Flora for our training program, and often chooses the most astonishingly perfect moments to grace us with her presence. She is truly a guardian angel for our work and part of the magic behind the FES flower essences. Thank you, Lily!

