



# Introduction

## The Stirring of Plant Energetics – The initiation

**M**y first three years as a professional clinical aromatherapist had taught me many things, among them how misunderstood this diverse therapy is and how vast its potential. To my mind aromatherapy represents something of a paradox, as it is often simple in its approach, yet complex in its methodology and chemistry. Perhaps this is why many unfamiliar with the world of aromatherapy believe it has little use outside of the aromatic sphere, that is, to make enclosed spaces more pleasant and fragrant. An appreciation of aromatic functions merely scratches the surface of this rich plant therapy, laden with complexity and potential pathways of speciality. There are so many avenues of aromatherapy that, initially, I didn't know which road to follow. I have always had an inclination towards aromatherapy energetics, which I define as the use of essential oils for holistic health – mental,

physical, spiritual and emotional well being. It also includes the psychic realms – the unseen forces that affect the human energy field. Trust me to choose an area of speciality that has no form of scientific validation.

I also have an interest in energy healing, which incorporates the techniques of Reiki, Medicine Buddha practices, pranic and intentional healing. Although I didn't know it at the time, I was heading towards marrying the two interests. It was sometime in 1999 that I began to research the connection between essential oils as a form of energetic medicine. In doing so, I encountered the book *The Fragrant Heavens*, by Valarie Ann Worwood (London, 1999). In the book Worwood makes many references to essential oils in a spiritual, psychic, religious and energetic context. It whet my appetite to know more and I was curious to find out how it came to be that essential oils

were used for specific energetic, psychic and spiritual purposes. Where was the proof that essential oils had the qualities to instill courage, open one up to self love, expand the mind for visionary experiences or promote confidence and joy?

Shortly after, however, particular essential oils started to make themselves known to me in the most inexplicable of ways. This took place over a couple of years – mostly during 2000 and 2001 and two of the most memorable experiences have been included as anecdotes in this book under the headings *Cypress story* and *The gift of Sweet fennel*.

Each incident had a profound effect on me and brought me to a point of wanting to learn more about plant energy and how it affects the human body, mind and spirit.

My experience with Australian Bush Flower Essences was initially as a client. On a number of occasions I visited an Australian bush flower essence practitioner who prescribed certain remedies for issues I was processing at the time. Some years later, Ian White, founder of Australian Bush Flower Essences, was coming to my city (Perth, Western Australia) for a series of bush flower workshops. Although at the time I was only remotely aware of who he was, I instinctively knew it was important that I attend.

During one of the many meditations, I received a message saying that I was being initiated into the plant kingdom. I wrote this message down in my workshop notes, returning to it periodically over the next 18 months to

ponder its significance. Later, the statement began to make sense and I pursued bush flower essences at a practitioner level.

In my time working with this remarkable vibrational medicine I have witnessed many wonders. The flowers and plants act individually or in combination with each other as a remedy to manage, relieve, clear issues and at times completely change people's lives. I also strongly felt that both the Australian Bush Flower Essences and essential oils had a part to play as allies. After all, both are plant therapies and both have the ability to heal holistically and tap in to the spiritual and psychic realms. Also, both therapies are able to be ingested, although flower remedies are a safer option than essential oils<sup>1</sup>, don't require extensive knowledge of anatomy and physiology (although this is advantageous) and don't have much of a taste.

One question I have often asked myself is 'What is the *purpose* of working with plants energetically?' An answer has come through meditation and reflection, simply: that it brings us closer to nature, increases our awareness of the outer worldly realms and heightens our understanding of oneness within ourselves as well as the Universal consciousness. It also increases our spiritual and personal development. Working with plants energetically presents individuals with a wonderful opportunity to grow and empower themselves. It is within reach, providing there is commitment and patience.

Essentially, *Flower Power Energetics in Action* is about finding harmony, healing and empowerment by using plants in the bottled form as energy medicine. There is a chapter, however, called 'Aromatic plants in all their glory', where I weave a travelling tale or two into a framework of experiencing aromatic plants grown and cultivated in their natural environment before they become a bottled commodity. By feeling the soil beneath your hands and witnessing plants in their natural state, one experiences the interconnectedness to all living things.

I have also been working on the concept of aromatherapy and art and have included my early developments as a chapter in this book.

There isn't a scientific framework discussed in these pages, but what is offered is the essence of exploration and discovery, the gaining of knowledge and inner truth, as well as exposure to a little bit of plant magic.

It is through anecdotes, stories and research that I present to you *Flower Power Energetics in Action*. Perhaps there may be information presented here that fails to resonate or strike a chord with some readers. All I ask is that you remain open to it, as even though one person's truth or experiences may not resonate with you today, they may tomorrow.

Aromatic wishes and blessings

**Sana Turnock, August 2005**