

The Awareness Crisis

One common experience reported by people using flower essences is an intensification of certain traits prior to experiencing a transformation. For example, someone taking Willow essence for resentment may have an acute awareness of resentment, before being able to forgive. This seeming increase of an emotional trait has similarities to an “aggravation” produced by a homeopathic remedy, or a “healing crisis” stimulated by such cleansing practices as fasting.

We call this phenomenon an awareness crisis, because it is caused by bringing unconscious emotions and attitudes to the surface of awareness. Since they were previously hidden or disowned, these qualities seem more intense when brought to consciousness. Such experiences provide us with a clear opportunity to witness and acknowledge negative or dysfunctional aspects of ourselves.

Support from counseling, self-reflection, journal-writing, and other means of strengthening the “witnessing” aspect of consciousness can help create a smoother journey through the sometimes rough waters of this experience. If the awareness crisis becomes unusually intense (beyond a healthy level of discomfort), then one must reduce the frequency of dosage, or change the flower essence selection to ease the process.

With awareness comes the ability to understand and change. It is difficult to let go of resentment and forgive if one is unaware or in denial of having any resentment. If self-awareness has already been cultivated, there often there is no need for an awareness crisis; one is most likely to move directly into the transformative stage of the flower essence process.

From “Choosing Flower Essences: An Assessment Guide” by Patricia Kaminski
Published by The Flower Essence Society