

Photographic Evidence that Essences Help Plants

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The below photos were taken during a 1995 flower essence experiment held in my basement at home, as reported below. After not being able to lay my hands on them for some years, I located them just yesterday while doing a massive (paper) file reorganization. These photos have never been published anywhere before!

Take a look at the series of photos at the end. Can you tell which group was treated with essences? And which with the placebo (water alone)? The essence blend, Master Harmonizing Mixture (MHM) contains Sedum ("Release from Limits"), Clover ("Acceptance") and Peonies ("Child-like Excitement"). After several replication trials, this is a summary that I wrote:

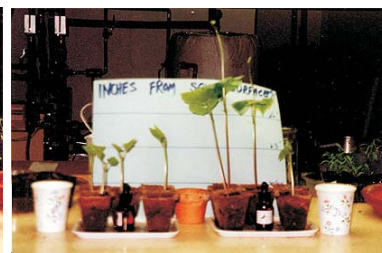
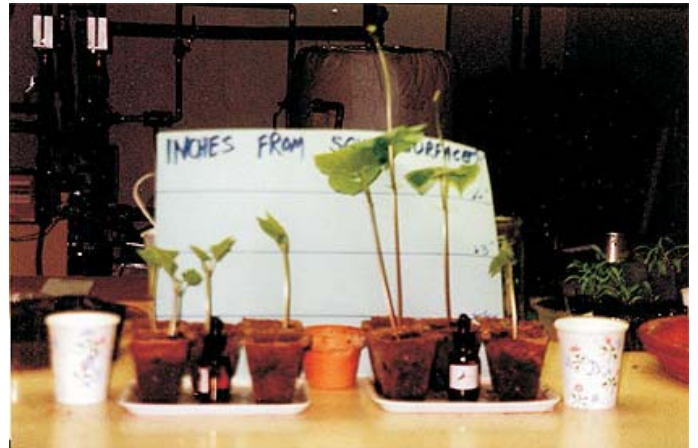
"We ran several experimental trials using scarlet runner bean seeds (photo above) and Master Harmonizing Mixture [Whole Energy Essences] to see how the essence might affect their germination and early growth. We had two groups: one that received the essence daily and one which received a placebo daily when they were watered with the same amount of water. The growers conducting the experiments did not know which was which (though it quickly became apparent). Except where noted, the results were replicated over multiple trials.

"In all trials, every individual in the essence group germinated as fast or faster than those in the non-essence group; not one was slower. In one trial, the MHM-treated plants germinated an average of 25% faster. There was always 100% germination of the MHM plants. The non-treatment group always germinated at a rate of 80%.

"In the MHM group, there quickly emerged what we called 'exceptional individuals.' That is, a number of plants with exceptional qualities (bigger, bushier, bloomed earlier), with none of these individuals emerging in the non-essence group. Pictured above you can see one of the final stages of the experiment. The essence-treated group turned out to be on the right, the water-only group on the left. (Again, see the full series of pictures at the very bottom of this post.)

"There were several instances of damping-off (a fungal disease of seedlings) and other types of unknown damage in the non-essence group. The damping-off always proved fatal to the plants in that group, which is normal from our general gardening experience. There was only one occurrence of damping-off in the MHM group, and that individual showed amazing recuperative abilities, displaying a new, tiny set of healthy leaves at the point of damage only a day after the disease was first noticed.

"And lastly, one trial indicated the MHM group required far less water than the non-essence group. A future experiment will have to be conducted to examine this specific response."



ABOUT THE AUTHOR: Deborah Bier, PhD is co-editor of *Vibration Magazine*, and a holistic healthcare practitioner in private practice in Concord, MA. She is the author of *Flower Essence Practice: For Students, Essence Practitioners & Other Healing Professionals* (Windfall, 2008). She is also the author of *Healthy Connections: Flower Essences for Better Family, Friend and Work Relationships*; *The Encyclopedia of Vibrational Essences*, and *Learning About Vibrational Essences* (find all these titles here). She is the maker of *Whole Energy Essences*, and is the director of the metro-west Boston, MA office of *Caring Companion Connections*.