

The working of vibrational essences understood as questions in a bottle

Esther Dageraad, writer and life coach gives her take on: "How can the way vibrational essences work can be understood in relatively simple everyday terms?"



"I understand that essences are asking questions to your belief system. They activate the process where you start formulating your own (new) answers."

Why am I interested in the topic how essences can be understood?

In our kitchen table chats, vibrational essences figures regularly. No wonder, since my boyfriend is in the process of developing an authority website on the topic. He is on a mission to introduce the essences to a broader public. He wants to demystify them, explain their use for smoothening and solving many situations that occur in everyday life.

We know from our own experience the benefits from using them in all sort of situations, from dealing with minor emotional difficulties to major struggles with life.

Richard has in 2014 studied to become an officially licensed practitioner. Curious as I am, understanding that the topic is closely related to my main field of interest (self-development) , I obviously browsed through his books and notes to know more about their background.

Let me put it this way: the explanations on how they work tend to be good exercise for the muscles in my eyebrows!

I am quite willing to go a long way in reading esoteric abstract parts in books on self-development with a fair amount of patience. However that patience is often highly tested when I come across information on vibrational essences.

With all due respect to the creators of these pieces of information, but the words *airy fairy* just float though my mind and stick themselves with superglue to my personal reviews of these texts.

Between us, that's one of the milder labels I give those texts when I am in a very peaceful mood. Even in a peaceful frame of mind, I do wonder.....

I am quite used to esoteric jargon and I can't swallow it often at all easily. How difficult must it be to relate to these texts for people who are not already very much into that!?

There I am, supporting my partner in his mission to introduce the *down-to-the-ground* people to the world of essences too. Most of them are highly likely completely not bothering with working their way through those texts. But if they *did* know more about essences, these people might consider choosing using them to find out if they are beneficial for them....! Dilemma!

As a teacher and philosopher, I can't help myself, I *have to* play with the question: "How can the way essences work be explained in terms most people can relate to?"

Why do I want to share my take on the way essences work with you?

(You might wonder :‘ What’s in it for her?’)

I like to share my take on how essences work with you for various reasons.

As a writer, I’d like to get people interested in my analogies. If you want to know more on how you can operate your own mind and in doing so influence the quality of your life, you might want to read more from me and be inspired to use them as food for thought.

As a life coach I help people to find their own answers to improve their own lives by seeing and using the resources available.

I’d like to inform people on my take on ‘ life’ and various methods that are available to support self-development.

If you like my approach, you might want to invite me in your life to support you for a period of time 1-on-1 as an in (your) company life coach.

As the partner of the founder of an authority website on vibrational essences, I support his work. He is publishing various takes on how essences work. I am adding my take to the different ways of putting it, to add to choosing what resonates with you.

As a human being, I enjoy very much being around happy confident resourceful people.

The more people fit that description, the merrier, is my opinion.

I believe essences are a way to support people in a relatively easy and low-cost way to become happier, more confident and resourceful.

People-who-see-much-room-for-improvement may shy away from using essences only because they can’t grasp the concept. In that case, it’s not only them missing an opportunity. But if I happen to meet these people, I might miss out on meeting another happy person and have creative meaningful conversations.

I also believe that if the amount of happy resourceful people increase in this world ,mankind will evolve in a more peaceful, harmonious joyeus way. That is not only nice for me, if I happen to meet you.

As the founder and creator of the 1U Company (<http://www.1ucompany.com>) I this is my (copyright) policy:

I explicitly encourage you to play with this information.

Use it as it is, or with modifications to your taste.

I ask you two consider two things in the process:

- 1) If you communicate to others about it, remember to name the source.
- 2) If you consider the essence of this text to be a valuable contribution to your life, please remember to share your resourcefulness with me and others.

suggestions

‘ How can the way vibrational essences work roughly be understood in simple terms?’

Here is one way of how I could explain how vibrational essences work:

Most people come across obstacles in their lives.

At times, they are only small hurdles, relatively easy to get your head around. But ever so often some obstacles seem vast, unfathomable, heavy, large and wide.

Vibrational essences are one of the various resources you can use to solve the issue.

Almost everybody who works with essences will say that they clear and remove blockages in a gentle yet powerful way.

Vibrational essences are basically drops that come in tiny little bottles.

How likely is it that these drops transform on request in smartly dressed super heroes ready to push your personal obstacle to the side or slam it to smithereens, so you can pass without having to deal with the situation at all?

I have observed them at work and I haven't seen them do any of those things. Except for their capacity to make wet patches, I haven't seen them change anything in the outside world directly.

Their power lies in what they do in your inner world, the habitat of your thoughts and feelings, what I call the belief system.

That is the place where you feel and think about certain situations: “ I find it difficult to deal with!” or even stronger “ I can't deal with it!”

There is an important obstacle situated that needs solving before you are able to see anything else and that's where essences can help you to open up, to be able to take further steps.

I see it like this. Can you step or look through a solid door you've closed?

Of course you can! But first you'll need to find the a handle to open that door, (sometimes even a key to unlock it) and feel the confidence to walk through the doorway, see possible solutions and choose one you like.

Opening doors in a building is not much different from opening doors in your belief system.

Are there some very familiar door handles and keys available for opening up your mind to find suitable approaches for the situation you find yourself in?

As a philosopher with 10 years of experience in the world of information management, my answer there would be: “ Of course there are, those tools are called questions! “

In thought it through. I checking it with my own experiences with essences, relating it to my understanding as a life coach in how the human mind can be influenced to see more appealing options in dealing with life's challenges. I can see clearly how I understand essences to work as very specific questions in a bottle.



‘ How can the way vibrational essences work in more detail be understood in simple terms?’

Interested in hearing more?

Follow me into the world of computers and how you manage information with them. You are using one almost every day, so you are familiar with the process of ‘ storing and retrieving’ files on a computer, the main analogy I’ll use here to explain my take on it.

If you feed a computer statements, you are storing data.

A file is created, modified maybe, saved and closed. It’s highly likely that you’ve stored it for future reference. Why would you otherwise save it?

If you want to use what you’ve stored, you’ll want to open up the archives and retrieve the relevant file(s).

No file ever opens on a computer unless somehow activated. (Sometimes consciously by the user, very often as a result of running routines within the programs.)

You can’t view the content of any file without a request for opening it. You don’t get a list of potentially relevant files, fitting to certain criteria if you don’t ask for it in some sort of search box.

Now think of your belief system, the world of your thoughts and feelings, as the software running on your computer.

If you, as the user of your belief system, feed it statements, by thinking thoughts ending with a ‘period’ they get stored away in files. Very much like on a computer, all sort of tags get stored automatically with it: like time, date, location, filetype (=feeling)....

If the owner is wants relevant information on any topic, he consults his own belief system by asking a question. To that it will respond with opening up the archives and retrieving the relevant file(s).

All is well if all works well. You store and retrieve, store and retrieve endlessly on your belief system without thinking twice about it.

It gets interesting when an issue occurs. In a simple case... you can’t find the file you where planning to enjoy or it seems somehow compromised. In a more severe case, the computer/ belief system gets stuck, or even completely blocked.

What do you do when that happens using your computer? You take time to investigate why you are not getting what you hoped for in order to find a good solution.

You probably have the experience that once you know what the exact issue is, you’ll have an idea how to solve it too. And as long as you are not satisfied with the results, you keep asking questions and checking the outcome.

Asking questions is the way to get an understanding of what is going on, to narrow the situation down to seeing the underlying problem.

The same goes for operating your belief system too.

Your belief system is as obedient to you, the user, as your computer is.

You feed it thoughts: statements and questions. At high speed, non-stop.

You can ask a question (request to retrieve something from the achieves of your experience) and see the experience you've got with this, like trying to find something on the internet with Google.

I can show you best how I see the mind works by showing you this illustration, where somebody asks herself: "What is my experience on the phenomenon 'singing a pop-song in public?" It could be because somebody asks her what she thinks about that. It could also be that she is less conscious about asking it when, for instance she hears a nice tune in the shop and feels a desire well up to sing along with the refrain and she's just scanning her files for information about doing such a thing.

The result may look like this:

find

12.465 files in total showing 1-3

- 1 Somebody I don't know sings a pop-song in the street

I don't like it

Date: yesterday

Location: my street

Labels: annoying, stupid, out of tune, ridiculous

Feeling: irritation
- 2 I sang along with the radio in the car in presence of kids

I enjoyed the singing but not their response

Date: 5 days ago

Location: my car, driving through my town

Labels: embarrassing,

Feeling: embarrassment, shame
- 3 I sang a song out of tune in the school play due to nerves

I didn't like it

Date: 15 years ago

Location: my secondary school

Labels: awkward, failure

Feeling: embarrassment, shame

There is an enormous amount of files available on the topic, but the song is only three minutes and the refrain to sing along with starts in 20 seconds. The thinking pause the curious friend gives may be equality as short.

She glances over this list of results in her mind in those 20 seconds (or less) and the picture is clear. Thanks to the warning in red that you didn't enjoy yourself in these three experiences, singing a pop-song in public get viewed as 'negative'.

The mind uses fuzzy logic (like Google) to serve you the results in such a way that you will be likely to make your mind up within seconds, giving the most recently acquired experiences first and the experiences that had a huge impact on your wellbeing.

Usually that works very well, you don't even have to open the underlying files to get an idea.

But if the fun is squeezed out of your life, because many things only get labelled ' negative' and you don't do the things you have a vague memory of that you used to enjoy anymore.....

Changing the question slightly suddenly leads to a complete different list!

ing a pop-song in public joyfully **find**

4312 files in total showing 1-3

1 I sang along with the choir's at Christmas

Good fun

Date: last December

Location: the high street

Labels: fun, festive

Feeling: **joy**

2 I sang along with street artist

great experience

Date: 6 months ago

Location: Spain, on holiday

Labels: courageous and fun

Feeling: **joy**

3 I sang a song on mom's funeral

Goose bumps

Date: 4 years ago

Location: St. Mary's Church

Labels: scary, moving, important, soothing my grief

Feeling: **scared**, pride and **joy**

See how the list is a lot shorter, since you are inquiring for joyfull experiences with this phenomenon, but still quite long!

There may be a little tinkling going through your spine seeing in a split second the orange alert in 3. But just reading the summary makes you remember a good goose bumps moment.

Based on this list, it is far more likely that she'll singing along with the refrain in the shop. And yes, there is no guarantee that she can add positive experience number 4313 in her files. But since she's feeling confident about her singing, it is also far less likely that she sings out of tune. So it is far more likely that if anybody responds to her singing, it could be positive.

Another example, this time on the topic of asking a certain question.

What if the first three results in the summary list all refer to people saying: " it's pointless to ask this question." , all marked with a calm positive feeling.

You may conclude, based on this, that you'd better ask another question.

But what if this was actually the question that would give you the necessary answer to solve a certain problem?

You don't find the solution, because you're not asking the right question!

In that process, you start to create new files, new experiences related to asking this question, going from green (clam) to orange (irritated for not finding the solution) to red (angry for still having to deal with your problem)

How do you think your top three, representing most recent and most impactful experiences looks like when it comes to 'asking this specific question'?

How likely is it that you actually are going to ask that specific question and wait for the results to be reviewed? How inclined are you to actually open and look into any of the presented files and pursue that avenue any further?

Now you add essences to your belief system.

In doing so, you allow a very specific question to be asked to your belief system. Every time to take it.

Let's take the question: "What do I know about this topic?"

It's in itself a very helpful question in troubleshooting mode, since it gives you a list of all knowledge related to this topic.

However, if the top rankings got 'red flagged' with things like: "quote from teacher: don't be so stupid", "quote from parent" You know nothing about this, keep your mouth shut", "snappy quote from partner: "What do you know about this topic?", you may come to the conclusion that you don't know anything about it and feel discouraged to look even further.

But do you see that you haven't actually **answered** the question 'What do I know about this topic?'. You've only seen 3 summary's of experiences where the question occurred.

You may think: "Does that matter?"

Well, there is no harm done, but please do realise that you are creating more red and orange tagged files on the topic of this specific question. In doing so, it gets less and less likely that you are willing to actually answer it and see what the knowledge is that is stored in your system on the actual topic.

So how can this process be influenced in a way that you are more likely to actually ask the question and open the relevant files?

In taking the essence, that is in this case repeatedly asking the question that you refuse to look into based on the tags of the top three summaries, you are doing a couple of things to your belief system.

- 1) You are calmly taking in the question (just not on a conscious level), labelling it as something that is supportive to you. So, you are creating new experiences, new files about dealing with this specific question, with in the summary "this question is OK, calm observation by myself". **Green flag.**
- 2) You are consciously repeating taking in the question. In doing so you are emphasising that in this period in your life, you find this **relevant.**

- 3) In consciously continuing using the essence, (asking and re-asking the very same question) you are tipping the balance in the presentation of the files towards a good feeling about the question. Now, not only, if you where to look at the list of results, are the recent calm ones filed in one record under ' taking this essence this month' , but that is now followed by older or previously considered less relevant files according to the fuzzy logic of your mind. They get a higher ranking, in the top three, since ' good feelings' on this topic seem to prevail in your recent field of interest.
 - 4) All of a sudden you see summaries of how you did like to watch a documentary on the theme ones with a cousin, or how you did succeed is solving a similar problem, or how you witnessed somebody else dealing with that issue in a way you are now comfortable with, but couldn't do when you where younger. You do not only like reading those summaries, you are also very much willing to open the actual file with that contains the actual knowledge!
 - 5) You use that knowledge and it's highly likely that it helps you to solve the problem. A new file is created: asking that questions helps to solve problems. Green flag and smiley face!
 - 6) Now, when in the future you consciously ask the very same question yourself, now without using the essence, the list of retrieved items looks much more appealing to open! Not just based on 'being calm when question is asked' , but even better on ' seeing good results from using the answers to this question myself'.
- Chances of you finding a comfortable solution for dealing with your next problem in the outside world increase.

Yes, there may be some conscious or semi-conscious rumbling going on in your system.

Your belief system is checking an re-arranging your files all the time and has a build in auto-cleaning function.

Your auto-cleaning system will detect that there are mixed messages about this topic now. Old files indicating one thing, new files indicating another. You may experience some stress of unknown origin, dreams, memories cropping up, as your system is unsure what you want to keep and starts to check it with your consciousness.

Stay calm, understand what is happening, keep using the essence to tip the balance and if you feel courageous to open up some orange flagged files, or red files even to investigate what actually happened in the **past** (so it can't really harm you **now** to see what a younger version of you experienced and how he/she filed it in your system). With the rest of the experience from today, you might be able to see it in another light and rewrite the summary.

'Why is it that vibrational essences don't work for everybody?'

As said, your belief system is very obedient to you and is your loyal scribe. If you keep actively labelling the summary of files on a topic with orange and red flags, using constantly labels like ' I'm wrong' and seeking actively the experiences to see and prove that .. no matter how often you take the essences, you are personally outnumbering the effects of them! This can be understood as **Sabotage**.

If you label ' vibrational essences' as ' rubbish' when you take them, then that label will appear on every summary involving this question. Did you feel doubt, do you state ' this can't work' ?

With that in the summary of the top rankings... how likely is it that you start to feel positive about the question, that you'll open any of the files having to do with this?

This can be understood as **Pre- judgement**.

Does that mean it is a placebo? Does it mean that it only works if you believe it works?

Well, let's say that if you refer very actively to it as a placebo, you would probably benefit from turning to another resource to help you solve your problem.

A life coach for instance may not be as gentle with you and may cost you a lot more time and money. But if that's what your belief system needs to really open up to looking into **all relevant** files it may work better for you.

So no, to my mind, you don't have to believe in them for them to work for you. The benefit of the doubt is enough, knowing you are always in control. How can asking voluntarily and repetitively a question harm your system, if you always have the copyrights?

As long as you don't actively **undo** it's work, then it supports your loyal scribe to retrieve your joyful files for you as a base for creating new (more joyful, more peaceful and more confident this time) experiences.

I mentioned before that the essences don't actively change anything in the outside world. Their power lies in what they do in your inner world, the habitat of your thoughts and feelings, what I call your belief system



Having read this article, now you see that I believe that they don't even change anything in your inner world!

It is your response to them that makes you make changes in the order of files in your belief system.

So, the essences don't change a thing! Interesting conclusion.

Does that mean they don't work?

They only ask questions, they don't write or re-write any files! They just play, over and over again the recording of their single one question.

I, the writer of this article, am also a life coach for people seeking sustainable change in their lives.

I don't change a thing. Could that mean that I don't work?

I play! I toss questions to your conscious mind, which you may find very challenging (and you might now know why too). 😊

‘What research have I done on the thought that vibrational essences ask questions?’

Is the idea that essences work by asking you questions on an energetic level just a theoretical understanding?

As a writer of analogies, I appreciated that seeing essences asking questions to your belief system, is a beautiful analogy.

The image sits really well with my understanding of spiritual concepts like ‘the Universe gives everybody freedom of choice’ and my understanding of how life supports everybody with ‘unconditional love’.

Once I put the idea into words, my practical curiosity wanted to dive into this a step further.

What if this idea is closer to what is actually happening than when it is ‘just an analogy’?

What if they really are asking questions?

Could I hear them?

I became eager to find out more, to do a little experiment.

It may sound ‘silly’ to listen to the content of a small bottle, see what it has to say, if anything.

To me, it is second nature to

- a) do silly things ☺ (I call it play, it’s a fun way to explore and learn) and
- b) listen beyond the obvious, to other layers of communication

I did realise that if essence are indeed asking questions, I would be a likely person to be able to hear them.

I do have a skill set and experience that may be useful in doing this experiment myself.

I have a sensitivity developed for ‘listening’, for feeling, call it knowing what is broadcasted on an energetic level (subconsciously) .

Most people pick up when there are mixed messages or ‘stange vibes’.

I believe that it is a natural human ability.

With me, It just got trained and fine tuned in decades of being intrigued with human interactions.

I worked professionally on many projects as an information specialist all revolving around the question:” How can people have access to the information that suits their needs?”.

To find out what people need, it really helps to train your senses and to hone skills in asking questions and listen for the answer, on all levels of communication.

So, feeling slightly silly and somewhat excited, I sat down with some essences, one at the time and invited them to speak to me; if they had a question to ask. And then I listened.

Much to my excitement, I could hear from every single one a different question.

I did about a dozen different essences.

I can hear them as clearly as if somebody stood in front of me.

It was very much like talking to different people. It is not just the essence of the question in words

that comes to me, but there are other qualities to what comes though as well (from straightforward and clear to soft voiced: subtle and nuanced).

Of course I was curious how the questions I heard would relate to the descriptions that come with the essences.

I did it in a blind experiment, so I didn't know which essence I was listening to.

However, the questions I found corresponded really well with the interpretations that describe them.

Immediately that thrilling result kicked off my desire to understand more. Do I see patterns? I did notice how there seems to be a certain type of questions within the Bach range and quite a different type in the Baileys' and Lightbringer essences I had available. The types of questions I found matched with how we always understood that different ranges serve different purposes.

That is an interesting direction to explore and investigate even further.

Anybody who is interested in hearing more about these experiments in detail, please contact me through my website: <http://www.1ucompany.com>.

What was my situation when I started to develop this answer?

In the past I had bought two bottles myself in a health store to use in dealing with a difficult work situation. They didn't make much of an impression on me then.

Two years ago, I got an interest in flower essences, mainly since I started to live with somebody who wanted to be an advanced practitioner in flower essences. They were present in the house and present in our conversations.

Going through a couple of major life changing events (changing partner, house, life style and occupations) came with a sequence of emotional challenges.

So I started using them, on a regular basis. Sometimes dowsed for me by Richard, often following my own intuition.

I could surely feel beneficial effect of using them.

From the beginning I felt that they are not ' doing' anything as in ' fixing' something that is broken.

When I first started to formulate how they work (being fascinated by the human mind in the process called life) , I could see how they would work as little tuning devices. Like a pitch fork gives always a clear sharp note on demand. That is a vibration on a certain frequency resulting in something we perceive as, for example the note A. We listen to the pitch fork in order to tune into that frequency with our musical instrument, to get ' in tune', so that your ' A' matches the clear sharp one.

For a long time I felt that they are ' pinging' something similar to you. A frequency that you can't hear, but that your inner system can calibrate to. You want a clear sharp ' peaceful mind'? The

appropriate essence gives you the pitch example of that frequency and so you know if you are ' too low' or ' too high' with your own tuning.

Christmas 2014, Richard got a guided journal as a present, with inspirational quotes. Based on that I developed the idea to create a guided journal flying from a different angle. I realised (from my own work as a life coach, philosopher, writer and information specialist) how creation actually kick-starts with asking yourself a question.

Richard was just in the process of realising that he really wants to create an authority website on essences, to make the use of them available to a broad audience. He expressed he wanted to make articles available to the public on the topic, in simple terms for those who have hardly been introduced to them, as well as more in depth articles for and from users and producers with more experience with the world of vibrational essences.

Having the theme of *questions* on the table, combined with Richard desire to publish articles in simple terms, understanding how empowering open inquiries are, it all got my cogs working. It just fell into place, really and I really enjoyed how well it fitted together.