



蘭花花精介紹

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摘要

花精¹是在歐洲有數世紀歷史的民間傳統，雖然到 1930 年代才由巴哈醫師介紹給廣大的群眾，但早在巴哈花精問世之前，義大利、奧地利以及俄羅斯的高加索山區等地的村落就有在製作花精²。

1998 年 9 月某晚，我體驗到蘭花與自己的心靈對話後，自此深受吸引，投入蘭花花精的製作。自首次製作蘭花花精以來，所有用到的花朵都完好無損地留在植株上（即：我們不會切下花朵，在製作過程中會完好無損），要做的事只是將花朵上少許的生物電能（氣）導入碗內的水中，並在酒精的幫助下將氣留住。自首次製出「打開愛」以來的這 23 年間，我們更進一步製作出 100 款單方蘭花花精³。我們也與同事安·布理托-巴巴布雷醫師密切合作，小心謹慎地開發出約 80 款複方花精。

花精能量在人體內會流經針灸經絡，並作用於脈輪⁴，這點適用於所有類型的花精。但蘭花花精的特別之處在於，其亦能進入比人體更高層次的脈輪或能量中心並作用於上。這就像是在名為宇宙的池塘當中激起漣漪，勾勒出我們在精神上與宇宙間的互動關係。正因如此，蘭花花精具有深厚的影響力，當中包括解決過去世的問題。需要透過多次輪迴轉生來完成的課題多半非常艱難，但若能有技巧地使用蘭花，便可輕易地幫助到我們。

蘭花花精也可輕易地解決此生伴隨的問題。有一個人，他在古典歌唱訓練當中傷到了其中一個較高層次的脈輪，此後超過 20 年的時間都受睡眠問題所苦。在經過正確的測試找出最佳花精後，滴用數次便協助到他的睡眠問題。另外，兒

¹ 花精是細微的液體，運用日曬浸泡法或煮沸法來製作，使用方式主要是舌下滴用。花精是用花朵微細物理震動，可協助處理人類深度的情緒與心靈發展，帶來心情平衡與放鬆的功效。

² 現代的花精普及則要歸功於 1930 年代在英國的巴哈醫師，他統整出現代的花精製作與運用，並讓花精運用擴及到全世界。巴哈醫師認為植物作為草藥能夠與人類的心理狀況有關，所以研發出「花精」來協助提出情緒、身體和心靈健康。

³ LTOE (Living Tree Orchid Essences) 為蘭花花精品牌名稱，本文都簡稱為蘭花花精。

⁴ 經絡與脈輪是中醫與西方自然療法去解釋花精如何影響身心時的能量通道與能量中心。



時曾遭受不好對待的人，可能會使他們的心輪⁵阻塞，產生各種人際關係上的問題，而蘭花亦能輕鬆消除這類阻塞。

簡言之，蘭花花精可以用作為花藥(協助改善負面狀態)亦或是「促進精素」。例如，蘭花花精的許多品項都能夠改善使用者的冥想體驗。換句話說，使用者不一定要感覺身體不適才能藉由滴用蘭花花精受益。儘管人們多半是被蘭花花精的花藥身分所吸引，會為我們的精神帶來深厚幫助的通常都是其「促進精素」的那部分。

在一開始製作蘭花花精的那幾年，我們以英格蘭南部為據點，但過去 17 年來我一直都住在靠近蘇格蘭西部海岸的小島上，在那裡蘭花可享有一個乾淨平和的生長環境。我們的溫室距離海邊僅數百公尺，因此空氣非常乾淨。集亞島具有非常溫和的微氣候，可免受像不列顛本島那樣的極端冷熱影響，是種植蘭花和製作花精的理想地點。我們也從此地將花精配送給我們位於世界各地的總代理網絡。

簡歷

Don Deniss (唐·丹尼斯) 出生於美國，他與家人目前同住在蘇格蘭的集亞島。唐在 1975 年在英國留學時首遇巴哈花精，1995 年後設立 IFER 公司與 LTOE 蘭花花精，並於 1998 年開始養育蘭花並製作出第一個蘭花花精。

二十五年間直至 2021 年 1 月已發展出 180 多個蘭花花精，是全球唯一積極且專注製作蘭花花精的品牌，蘭花花精的療癒力量可協助自信、情緒平衡、人際關係與心靈等議題，特別在這樣世界疫情時刻更有效用。在 28 個國家廣受自然療法、心理專家與世界使用者們的喜愛。

蘭花花精製作時的照片 (照片皆為 Don Dennis 親自拍攝)



⁵ 心輪對應到負面情緒例如：不信任、批評、刻薄、僵化，花精可幫助人重升愛與慈悲的支持感受。



【參考資料】

英文書

Don Dennis, Orchid Essence Healing: A Guide to the Living Tree Orchid Essences, 2010, IFER。

中文書

唐·丹尼斯作者、張之芄主編，《蘭花花精療癒全書》2019，新銳文創出版。

台灣中心

「花精之友」作為引進與教學花精的組織，在2014年正式引進蘭花花精。四度帶著台灣學員親訪集亞島，也到倫敦向安卓醫師學習。

蘭花花精是集結廣度、深層與細緻的花精，提供我們在身體、情緒與心靈上有快速轉化的機會，特別在這樣世界疫情時刻更有效用，我們已提供了上百位醫護人員面臨疫情時可協助安穩的蘭花花精，歡迎您來信與我們交流。

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Introduction of Orchid Essences

Mr. Don Dennis

Abstract

Flower essences are a centuries-old folk tradition in Europe, though it was brought to a far wider audience by Dr. Edward Bach in the 1930's. But flower essences have been made in villages in Italy, Austria, and in the Caucasus Mountains of Russia, long before the Bach Remedies appeared.

I was drawn to make essences with orchids, after experiencing one spiritually speak to me one night in September 1998. From that first essence-making experience, the orchid blooms have always been left unharmed with the plant (i.e., we do not cut the blooms, they are left unharmed throughout our process). All that is needed is to convey some of the bio-electric energy (Chi) of the bloom into water in a bowl, and then to hold it there with the help of alcohol. In the 23 years since Unveiling Affection was first made, we have made a further 100 individual orchid essences. Working closely with our colleague Dr. Brito-Babapulle, we have also carefully created about 80 combinations.

The energy of flower essences travel in our bodies via the acupuncture meridians, and then act upon our chakras. This is true for all flower essences. What makes the orchid essences so special is that they also enter and act upon the chakras or energy centers that exist above our bodies. These are like the ripples in a cosmic pond, delineating our psyche's relationship with the Universe. As such the orchid essences are able to have a profound impact, including addressing issues from past lifetimes. The lessons we learn over many lifetimes are generally pretty tough, yet the orchids are able to help us very easily, if used skillfully.

They also address issues anchored in this lifetime, and do so readily. One person had suffered terrible insomnia for over 20 years, after straining one of the higher chakras in classical singing exercises. With correct testing identifying the optimum essence, the insomnia was healed in a few doses. Again, people who suffered badly in childhood, can have their heart chakra blocked. This leads to all sorts of trouble in relating to others. The orchids are readily able to dissolve these blocks.

In simple terms, orchid essences can either act as remedies (to help with a negative condition), or as "enhancers". For example, many of the LTOE are able to improve one's meditational experience. In other words, one does not need to be feeling poorly at all to find a benefit in taking some drops of an orchid essence. And



while it might be for their remedial qualities that we are most often drawn to an orchid essence, it is their “enhancer” aspect that generally brings the most profound assistance to our psyche.

In the first several years of making the Living Tree Orchid Essences we were based in the south of England. But for the past 17 years I have lived on a small island on the west coast of Scotland, where the orchids are able to enjoy a clean and peaceful life. Our greenhouse is just a few hundred metres from the sea, so we have very clean air. The island of Gigha has a very temperate micro-climate, so it avoids the extremes of cold and heat found on the mainland. It is an ideal location for the orchids to grow, and for the essences to be made. And from here we send them out to our network of Distributors around the world.

Introduction

Don Dennis, born in the USA, is now living on the Isle of Gigha, Scotland, with his family. Don’s first encounter with the Bach flower essences was in 1975 during his studies in England. In 1995, he set up his own company, International Flower Essence Repertoire and Living Tree Orchid Essences, began to grow orchids, and gave birth to the first orchid essence in 1998.

Over the next 25 years, Don developed more than 180 –orchid essences (by January 2021), making IFER the exclusive global essence leading brand specializing in orchids. Orchid essence has the healing power for issues of self-confidence, emotional balance, relationship and spirituality which especially are useful during global crisis time nowadays. it is popularly applied by natural therapists, psychologists and users across 28 countries.

Making of the Orchid essences (photo curtesy of Don Dennis)





[References]

English literature

Don Dennis, [Orchid Essence Healing: A Guide to the Living Tree Orchid Essences](#), 2010, IFER.

Chinese Literature

Don Dennis (with C. P. Chang (Ed)), [Orchid Essence Healing](#), 2019, Independent & Unique.

Taiwan Center

As the organization began officially introducing and teaching the flower essences to Taiwan in 2014, the “Flower Essence Friends” has visited the Isle of Gigha four times, and also flew to London to learn from Dr. Brito-Babapulle.

Orchid essences are flower essences with breadth, depth and delicacy. They bring opportunities for quick transformation in physical, emotional and spiritual issues. During this time of global pandemic, we have provided orchid essences to over a hundred medical personnel to help calm their minds during these stressful critical times. Your comments and experience sharing are welcome.

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