



# Manuale di floriterapia (Italian Edition)

*Cristiana Zenoni*

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## **Manuale di floriterapia (Italian Edition)** Cristiana Zenoni

La floriterapia utilizza essenze di fiori selvatici per riequilibrare stati emotivi e squilibri emozionali che poi si riflettono in scompensi psichici e fisici. Si basa sul principio di analogia tra lo stato d'animo del soggetto e il campo d'azione dell'essenza floreale.

In questo testo sono trattati e messi a confronto, con una fine diagnosi differenziale, i principali sistemi floreali:

- i fiori di Bach: 38 essenze scoperte dal padre della floriterapia, Edward Bach, colui che ha dato inizio a questa meravigliosa arte;
- i fiori californiani (Fes): 103 essenze scoperte dalla Flower Essence Society californiana fondata da Richard Katz e Patricia Kaminski;
- i fiori del Bush australiano: 69 essenze, per la maggior parte autoctone del continente più antico del mondo, l'Australia, scoperte da Jan White;
- i fiori Australian Living: 88 essenze provenienti dall'Australia e scoperti da Vasudeva Barnao e dalla moglie Kadambii seguendo la tradizione terapeutica degli aborigeni Nyoongah.

I primi, i fiori di Bach, sono la base della floriterapia. Tra i rimedi citati in questo libro, vengono presentati i diversi tipi psicologici corrispondenti alle essenze floreali e il raggio d'azione di ogni essenza sulle nostre emozioni.

I repertori floreali californiani e australiani sono i secondi rimedi più utilizzati e comprendono numerose essenze che agiscono riequilibrando alcune sfere particolarmente problematiche come la sessualità, la violenza o l'inquinamento.

L'ultimo capitolo è dedicato alla presentazione degli altri sistemi floreali esistenti. Oggi, in tutto il mondo, esistono numerosi repertori (quasi uno per nazione) e molti fiori sono in via di sperimentazione al fine di scoprire nuove proprietà adatte a bilanciare i nostri stati d'animo.

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