



Making A Flower Essence - Sun Method

Ingredients & Tools

Sunny day

3 dropper bottles (1-2 oz)

amber/brown and cobalt/blue are opaque and best preserve the essence)

Clear clean glass bowl

Clean kitchen scissors

Spring water (not distilled)

Preservative

brandy, apple cider vinegar, vegetable glycerine

Mesh strainer

Funnel

Bottle labels + pen

Journal

Instructions

1. **Choose** the type of flower from which to make the essence. Make sure:
 - a. there are enough flowers in the area to fill the top of the bowl and still leave some growing
 - b. there are no chemicals, including pesticides or fertilizers, on the flowers
 - c. the flower is not an endangered species
 - d. the flower is not poisonous
2. **Sit** quietly with one of the flowers. Study it. Notice its color, shape, smell, anything else that calls to your senses. What emotion(s) do you feel in its presence? What other impressions do you receive? (If you feel foolish or like you can't "get" anything, just have fun with it and trust what you notice and feel.)
3. **Ask** permission of the flower to make an essence.
4. Assuming you get a "yes" (or at least not a bolt of lightning coming from the sky), **pour** spring water into the glass bowl - 2/3 to 3/4 full.
5. **Snip** the flowers onto the surface of the water without touching them.
6. **Place** bowl in sunlight for 3 hours. (You can do more or less time - use your intuition)
7. **Fill** half of one of your dropper bottles with your preservative of choice.
8. Carefully **pour** the essence water through the mesh strainer to fill up the bottle. Use the funnel if you want to be neat!
9. **Label** this bottle MOTHER, along with the name of the flower and the date.
10. **Swirl** the bottle clockwise to mix the essence and preservative.
11. **Fill** half of your second dropper bottle with your preservative. Take 2-7 drops from the Mother bottle and put into this bottle. Fill with spring water.
12. **Succuss** the bottle - hold it in one hand and beat its bottom against your other palm or a book, for as many times as you would like, to enhance its potency. I like succussing the bottles 20 times, but I have seen instructions that recommend 100 times. Let your intuition guide you, and trust it.
13. **Label** this bottle STOCK, along with the name of the flower and the date.
14. **Fill** 1/3 of your final bottle with your preservative. Take 2-7 drops from the Stock bottle and put into this bottle. Fill with spring water and succuss as before.
15. **Label** this bottle DOSAGE, along with the name of the flower and the date.
16. You're ready to use the flower essence from the Dosage bottle! Before using, shake the bottle a little to activate its energy. Take 2 drops in any way you like, up to 6 times a day.
17. You can make a formula with 2 drops of up to 6 essences in a dropper bottle, with 30-50% preservative. Shake before using, and take 3-4 drops up to 6 times a day.

