



## Making a Flower Essence

Choosing an essence can be as simple as selecting a flower that you feel a particular attraction to. Every flower has a fingerprint unique to its own vibration. When working with flower essences, it's important to recognize that the individual essences are bi-polar in nature, addressing both the "problem" and the "solution." This requires honest self-reflection. Selections are based on individual history: goals, strengths, weaknesses, relationships, and life experiences.

### Preparing a Flower Essence

The first essence that you make will be the base of your flower essences, the Mother Essence. This Mother Essence will be further broken down into a stock bottle and finally if desired, a dosage bottle. Before you begin, it is important that all of your supplies are sterilized. Choose a sunny morning before the dew has dried to gather your flowers. You will be placing the bowl, elevated if you can, in the vicinity of where you have gathered them so try to choose a spot that will get at least three hours of sunlight.

### Supplies to Make Your Flower Essence:

- Two, two-ounce glass dropper bottles, dark (amber/cobalt/green) in color. The extra bottle is for breaking the stock bottle into a dosage bottle if desired.
- Small glass funnel.
- Clear glass or crystal bowl that is dedicated for making flower essences.
- A glass jar (Mason jar) with four to six ounces of fresh spring or well water.
- Do not use distilled water as the ionization process used to distill it destroys the water's life force.
- A leaf, such as a cabbage or lettuce leaf to place flowers on before adding to the water.
- Brandy or vegetable glycerin/apple cider vinegar as a preservative.
- Garden shears or scissors used specifically for gathering flowers.
- Labels. Be sure to record the time, date, location as well as the essence(s) contained.

### How to Make Flower Essences Step-by-Step

#### Step 1 – Choose and Gather Your Flowers

When you're ready to gather your flowers, take the water from the Mason jar and add it to the crystal bowl. Spend some time communing with your chosen plant/flowers. Be sure to explain to the plant what you plan to do and ask for permission. This may seem silly, but plants are living, breathing beings! **Remember that your flow of energy goes in to each essence you make.** Gather flowers that are near maturity. Follow your intuition, clipping just the flower heads (without touching them) and let them fall onto the leaf.

#### Step 2 – Add Your Flowers to Water

When you have gathered enough flowers for your Mother Essence, add them to the surface of the water, face up. Let the bowl with the flowers sit undisturbed in the sun for approximately three to four hours. Best time is Noon-3 pm when the sun is at its peak

#### Step 3 – Grad the flowers out and give back to Gaia

Using a leaf, you can remove the flowers from the water. Place them under the plant you have gathered them from and offer thanks or you can also bury in the ground.

#### Step 4 – Prepare Your Stock Bottle

Add the brandy or other preservative with spring water into the stock bottle, about a half-and-half solution, and then add four to seven drops of the Mother Essence. Activate the essence by vigorously shaking the bottle and tapping it against your palm, dispersing the molecules into

the water. Be sure to shake the essences each time before using. If making a dosage bottle, just repeat this process. Add the brandy or other preservative with spring water into the stock bottle, about a half-and-half solution, and then add four to seven drops of the Mother Essence. Activate the essence by vigorously shaking the bottle and tapping it against your palm, dispersing the molecules into the water. Be sure to shake the essences each time before using. If making a dosage bottle, just repeat this process.

### **Step 5 – Use Your Flower Essence**

Dosage from the stock bottle is four drops under the tongue or in a little water up to four times a day. Take upon waking and retiring, at noon and at evening meals. However, do not take directly with food. Be sure to store out of light and heat.

Start by working with a single essence. As you gain experience, you can then combine three to six essences focusing on key issues. There may be a temporary increase in symptoms until negative patterns are released. If needed, increase the frequency of the essence, not the dose size. Engage in activities that work synergistically with the flower essences, such as journaling and using positive affirmations that will help recharge your subconscious.

### **Flower Choices to Get You Started**

**Beebalm** *Mondardo didyma*: A favorite of the hummingbirds, and an excellent choice to put some zip back in to your life, physically and spiritually. Use bee balm flower essence to add some 'spark' to your life.

**Bleeding Heart** *Dicentra formosa*: A perennial, easily recognized by its dangling locket-like hearts, this essence has an affinity with the heart chakra. Those who have had broken hearts may find catharsis with bleeding heart, though it is recommended to do so gradually. It can restore harmony and peace to the heart.

**German Chamomile** *Matricaria recutita*: German chamomile is easily recognized by its delicate flowers with their sunny yellow center and white ray petals. Look to chamomile for feelings of stress and unbalance. The solar plexus chakra is soothed by the calming of chamomile.

**Columbine** *Aquilegia canadensis*: Columbine once seen is not soon to be forgotten for its ethereal beauty. Columbine is useful for those who suffer from self-esteem issues.

**Honeysuckle (common)** *Lonicera caprifolium*: Use the flower essence of honeysuckle if you find yourself lost in nostalgia, that "I want to go home again," feeling. Honeysuckle will save you from drowning in the past, be it a long lost childhood or the loss of a relationship. It can allow you to move forward with your life in a positive direction, learn from past experiences, and move forward.

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