

Topical use

1. Add 6-10 drops of stock of each essence selected per 30 gm (1 oz) of creme, oil, or lotion. Self-Heal Creme, which comes in a wide-mouth jar, is excellent for this purpose.
2. Use on a daily basis either exclusively, or to supplement oral use.
3. Essence drops can also be applied directly on the body in conjunction with massage, acupressure or acupuncture, or chiropractic treatments.

Use with alcohol-sensitive persons

Many recovering alcoholics and other alcohol-sensitive persons have benefited greatly from the use of flower essences. Although flower remedies are preserved with brandy at the stock level, people have found much success in diluting the essences to the dosage level without the use of alcohol. Dilution methods insure that any alcohol ingested is chemically and physiologically insignificant, about one part in 600 when diluted in a one-ounce (30 ml) dosage bottle, or about one part in 4,800 in a eight-ounce glass of water. All of the following four methods have been reported to be effective:

1. Use two to four drops of stock in a large glass of water or juice, stir and sip slowly.
2. Prepare the essences in a dosage bottle, but fill it 1/4 to 1/3 full of apple cider vinegar as preservative, instead of brandy.
3. Prepare the essences in a dosage bottle, filled 1/3 to 1/2 full with vegetable glycerin. Vegetable glycerin is a derivative of coconut oil; it has a sweet taste and is used extensively to preserve herbal preparations.
4. The dosage bottle can also be prepared with no preservative if it is refrigerated, or used in a short period of time (several days to a week).

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Practical Directions for Administering Flower Essences

Using directly from stock

1. Flower essences can be taken directly from the stock bottle (the form in which most essences are sold).
2. Place four drops under the tongue, or in a little water. This dosage is most commonly taken four times daily.
3. For acute use, such as with the *Five-Flower Formula*, use hourly, or even several times an hour, on a temporary basis.

Mixing the essences in a glass of water

1. Add four drops from each essence stock in your combination to a large cup or glass about three-quarters full of fresh water.
2. Stir the water for about a minute in a clockwise and counter-clockwise motion.
3. The essence combination can then be sipped several times throughout the day. Cover the glass to provide protection.
4. This mixture can be newly prepared after one to three days. In any case, it should be freshly stirred each day.

Using a glass spray bottle or mister

1. Prepare as you would a dosage bottle. (See description on following page.)
2. Rather than taking the drops internally, spray the mixture around the body and in the environment.
3. Shake the bottle before each application to sustain potency.

Preparing a dosage bottle

1. Fill a one-ounce (30 ml) glass dropper bottle nearly full of spring water or other fresh water.
2. Add a small amount of brandy (1/8 to 1/4 of the bottle) as a preservative. More brandy can be added if the dosage bottle is used over a number of months, or will be subject to high temperatures.
3. To the water and brandy mixture, add two to four drops of flower essences from the stock bottle of each essence selected.
4. After the essence stock has been added and before each subsequent use, you may want to rhythmically shake or lightly tap the bottle in order to keep the essences in a more potent or energized state.
5. Place four drops under the tongue, or in a bit of water. This dosage is most commonly taken four times daily. A 30 ml / 1 oz dosage bottle used in this manner will last approximately three weeks to one month.
6. The dosage bottle can be further diluted by adding four drops to a half-glass of water. Stir this mixture both clockwise and counter-clockwise, and sip slowly. This is one way to decrease the taste of the brandy preservative.

Glass bottles and droppers are recommended, since plastic may adversely affect the subtle qualities of these natural plant remedies. It is best to use new bottles for new combinations of essences to ensure the cleanliness and clarity of the vibrational patterns.

Use in baths

1. Add about 20 drops of stock of each essence to a normal-sized bath tub of warm water.
2. Stir the water in a lemniscatory (figure-eight) motion for at least one minute to help potentize the remedies in the water.
3. Soak in this solution for approximately 20 minutes. Pat the skin gently dry, and then rest quietly or go to sleep to continue to absorb the subtle qualities of the essences.

Frequency and timing of dosage

Regular, rhythmic use of the flower remedies builds the strength of their catalytic action. Therefore, potency is increased not by taking more drops at one time, but by using them on a *frequent, consistent basis*. In most cases, the essences should be taken *four times daily*, although this may need to be increased in emergency or acute situations to once every hour, or even more often. The *Five-Flower Formula*, when used in a temporary or emergency situation, is often taken on a frequent basis. On the other hand, children or other highly sensitive persons may at times need to *decrease the frequency* of use to once or twice daily, if they seem to be reacting too strongly.

The essences address the relationship between the body and soul, and therefore are most effective at the thresholds of *awakening* and *retiring*, since these are the times when the boundaries between body and soul shift. Other transition times of the day are also important, such as just before the noon or evening meals. Even when the essences are used in the midst of a hectic schedule, it is beneficial to allow a quiet moment of receptivity so that the messages of the flowers can be received at a subtle level. Many people find it helpful to remember to take the essences by keeping one bottle of their flower essence formula right on the bed-stand, and another one of the same combination in their purse, briefcase, or in the kitchen.

Although flower essences can be used on a short-term basis for acute situations, their ideal use is for long-term or deep-seated mental-emotional change. At this level, the most common cycle of essence use is four weeks or one month, a time interval which is strongly correlated to the emotional or astral body. Seven-day or 14-day cycles may also be of significance in the growth process. For particularly deep changes, a whole series of monthly cycles may need to be considered. However, in most cases changes will be noticed in about one month. At this interval there is usually the need to re-formulate or re-assess the flower essence combination. We recommend continuing to use a formula, or at least one or two key essences from the mix, for a period of time even after some change has been noticed. This allows a possibility for the essences to be “anchored” at deeper levels of consciousness.