

How to Make a Flower Essence

Flower essences are made by spending time with plants and observing them. Anyone can do it, including you. Take time to sit with the plant. Start by observing a flowers—their smell, color, size, shape, etc. In plant medicine this is called observing the plants' Doctrine of Signatures. In the hustle and bustle of our busy lives, it is important not to skip this step. Thank the plant and ask for its permission to be harvested is also recommended. You can also ask it to reveal its medicine to you, or set an intention for how you would like it to assist you and others. As observers we see what plants have the power to offer and teach us.

I've spent time with my plant and it gave me permission, now what?

Now it's time to use a crystal or glass bowl (nothing too large unless it is a large flower) and fill it half full with the purest water you have at your disposal. In a perfect world spring water but whatever you have on hand such as filtered water will do. Tap water should not be used. Gently cut the flowers or use clippers allowing them to fall in the flower water without touching the water or flowers. This is important not to contaminate the water. Leave the flowers in the bowl in a sunny location outside. Allow the sun and the flower energy to release into the flower water. After you see the flowers have wilted (this can be 3 to 5 hours or depending your location and weather) gently using a twig, branch, tweezers or any material but your hand remove the flowers. You can then strain the flower water using a muslin bag or fine mesh strainer lined with a coffee filter if there is plant material left. This step is only necessary if there is plant material left in the water.

Next, fill a bottle with half of the flower water and half brandy. Close the jar and gently beat on the palm of your hand. I like to hold it to my heart and thank it for its medicine. This is called your "mother essence". Label and store it in a cool dark place.

For the next step, you will make a stock bottle by filling 1 fluid ounce bottle full of brandy and about 2 to 4 drops of the mother essence. Again, beat the jar on your palm, hold it to your heart and give thanks. Label this as the "stock bottle" which can be taken in acute cases up to 4 drops 1 time per hour as needed.

From this stock bottle you create your dosage bottle filling another 1 ounce bottle with $\frac{1}{4}$ brandy and $\frac{3}{4}$ spring or filtered water with adding 2 to 4 drops of the stock. For this final step you can use $\frac{1}{3}$ to $\frac{1}{2}$ glycerine or apple cider vinegar for a non-alcoholic option. Label and you are done.

It is recommended to take the dose bottle 4 drops under the tongue 4 times per day or added to your drinking water. For use in a bathtub 20 drops of a stock bottle stirring in a figure eight motion for 1 minute. The essences can also be added to sprays, salves, and lotions.

This is a brief introduction to the process. For more on flower essences, visit the above websites, take a flower essence course, schedule a consult with myself or another practitioner or attend my plant talk group!

The plant lover in me honors the plant lover in you.

Namaste,

Melanie Yukov

