

HOW TO MAKE FLOWER ESSENCES

Although flower essences are often attributed to Edward Bach, earlier herbalists had made use of nature's version of the flower essence—the dew from plants.

Dew that has beaded on leaves and flowers is water that has sipped the essence of the flower. Remember that the flower contains the seed—the magical imprint of the life and energy of that plant.

Flower essences are simple and fun to make. [Check out this video!](#)

You will need:

- a small clear glass or crystal bowl that has no markings
- water (spring water or rain water is best)
- light
- brandy (apple cider vinegar will preserve for a shorter period of time and can be used with those who are alcohol sensitive)
- a brown (or dark) glass bottle
- an open heart

How to do it:

Make flower essences on a sunny day. Dr. Bach suggests 9 a.m. as a good time, when the plants are energized by the returning sun.

Begin by sitting quietly with the flower.

Use all your senses to connect with the plant. Let it know that you want to use its flower to make an essence and let it know why—to get to know the plant better, for healing purposes, etc. Ask the spirit of the plant for help in understanding how its essence works.

Use your whole being, paying attention to even the smallest sensation, in order to “hear” the answer.

When you feel ready, ask it for a bloom.

One will speak to you! It will nod in the wind, or appear brighter than the others. Just pay attention.

In order to keep the essence pure, pick the blossom with a leaf from the plant, or with gloves, or snip the flower and let it fall right into your bowl of water, so that your essence doesn't mingle with the flower's.

Place the blossoms in a clear glass or crystal bowl filled with about 1 cup of water (if you use a big bowl and a lot of water you will end up with more flower essence than you know what to do with!).

You can pick flowers from a variety of different plants of the same species until the flowers cover the top of the water or, if you are using a plant with big flowers, you may end up simply using one.

Put your bowl outdoors where it will get direct light.

I like to nestle it in at the base of the plant that I got the flower from if it happens to be in a sunny spot. Be sure your bowl will be left alone by children and animals! Let sit for 3-4 hours.

If circumstances don't allow you to make an outdoor essence, Rosemary Gladstar suggests this alternative: put 4 ounces of flowers into a small saucepan. Cover with a quart of spring water and simmer for 1/2 hour. Cool outside. Let the sediment settle to the bottom of the pan and then proceed with instructions.

Then it's time to bottle your essence...

Remove the flowers carefully (you can use a leaf or stem of the plant you are making an essence of), and filter the water into the clean brown glass bottle, which is 1/2 filled with brandy (or vinegar). This is the **mother essence**. Label with the flower and the date.

Make **stock bottles** by putting 2 drops of the mother essence into a one-ounce bottle filled with brandy.

In turn, use essence from the stock bottle to make a **dosage bottle**. The dosage bottle is a one-ounce bottle filled with spring water and 1 tsp (or a splash!) of brandy. Add 2 drops of the stock essence to the dosage bottle. You can mix 5 or 6 flower essences in the same dose bottle.

Use the flower essence from your dosage bottle for daily use.

A dose is 2-4 drops under the tongue, 4 times a day. If you need more, increase the frequency, not the dose.