

Making Essences

Working with the energy vibrations of flowers and plants

Use spring water or well water (ideally). If neither is available, use filtered tap water. Place the water in a glass bowl. Some people don't like to touch the plant they're going to use with their hands, because they feel that touching it would disturb the plant's energetic vibrations—I leave that to you to decide. When you make your essence you can either clip the parts of the plant you are using and put them into the bowl of water or you can leave the plant in tact by bending a part of the plant into the water and securing it there to infuse. If you do not want to touch the plant, clip or bend the parts you are using directly into the bowl of water using scissors or a stick to maneuver the plant instead of your hands. When making an essence you may just use one part of the plant (such as the flowers) or you may use multiple parts. You may also make essences from rocks, crystals, etc.

Let the bowl of water sit/infuse with the plant in the sun for 3 to 4 hours. I like to leave the essence at the base of the plant while it infuses. Some people use a pendulum to determine when the essence is done, but 3 to 4 hours usually is a good baseline. Make your intention clear when you make your essence, and give thanks to the plant for offering you its medicine!

When the essence is fully infused, remove any plant parts and cut the liquid with brandy to store/preserve the essence; see the ratios below.

Dilutions and Proportions

The more diluted the essence, the more powerful the vibration.

Mother essence:

1 part essence
1 part brandy

Stock essence:

1 part water
1 part brandy
30 drops of your mother essence

Dosage essence:

1 part water
1 part brandy
3 drops of stock essence

If you anticipate using your dosage bottle quickly, you can use $\frac{1}{4}$ part brandy and $\frac{3}{4}$ part water with 3 drops of stock.

Dosage

The standard dose is 3 drops, one to three times per day. Succus the remedy (tap the bottom of the bottle against the palm of your hand) and set your intention before taking the dose.

Mother essences are generally not used except for to make the stock essence. Stock essences are used to make dosage essences. Dosage essences are most commonly used for daily use internally or externally. That said, you can also use stock essences internally or externally for daily use. If you are making a preparation like a room spray you can use either stock or dosage dilution.