Flower Essence Preparation:

What you will need:

Glass or lead-free crystal bowl- size depending on the size of the flower preparing and the amount of the original preparation or 'Mother essence' desiring. Make sure the bowl are really clean and 'cleared' before each use.

Scissors or chopsticks for removing the flowers

Strainer made of natural material such as bamboo to remove any plant material remaining in the flower essence.

Glass jars with lids if field collecting (for transporting purposes)

High quality organic grain or grape alcohol or organic vodka for preservation with non-alcoholic ones such as Red Shiso vinegar. We want to use at least 20% of a 80 proof alcohol for preservation. For the Mother Essence I often times do 50% organic alcohol to 50% flower essence.

Spring water- either a safe local source if you are lucky enough to have one or spring water sold in glass (Mountain Valley is a good one)

New Glass Bottles- 2 Sizes needed: 1/2 oz dropper (dosage size) and 4oz or larger (for your Mother Essence or your original preparation). I like using cobalt blue or amber glass bottles to prevent excess light from decreasing the potency.

Wildflower guide- for identification and safe use

** An important note about the glass used both for making the flower essences and storing them. Because glass can ‘hold’ energy, I like to ‘clear’ the glass or lead-free crystal bowl with sea salt. Fill the bowl with water and a strong concentration of sea salt and leave for 24 hours. Do this anytime before making a new flower essence. This ensures that your flower essence is as energetically pure as can be. Also, the glass dropper bottles or glass jar used to store the essences should either be new or ‘cleared’. Personally, I use new storage bottles and reuse my pretty glass bowls for flower essence making.

Method:

1. When choosing a flower to prepare as an essence I personally like to spend a bit of quiet, meditative time with the flower before I start. I connect with the flower and first thank it for it’s beauty and for being on this planet. I then convey my intention to make it into medicine and ask its permission to do so.

2. I then, co-creatively with the plant, choose a few flowers to use for the flower essence. Typically, we use blossoms that are the most vibrant. When making a flower essence I typically only use a few flowers to infuse in water as opposed to a whole bowl full, but it depends on the amount of essence I want to make and how abundant the flowers are. I do this for two reasons: first, because I only want to take what I need and second, we are preparing an energetic medicine and the quantity of flowers is less important. Generally speaking, I have found that using more flowers does not necessarily equal a more powerful medicine. In other words, I have found that using three flowers is just as effective as using thirty given that I am not making a 5 gallon Mother essence from three flowers! However, as I said, if the flowers are plentiful and you are making a large quantity of flower essence, you can use as many flowers as you like. I guideline that many flower essence practitioners make, is to have enough flowers floating to cover the waters’ surface.
5. Once the flowers for the flower essence have been chosen I like to drop them directly into a bowl or glass jar of spring water using scissors or chopsticks, if they pull off easily. I try not to touch the flowers or spring water with my hands during any part of the preparation in order to keep the energetics of the flower and water as ‘clear’ as possible.

4. Once the flowers are in the bowl of spring water we then put them in the sunlight or moonlight for a couple hours. One thing to watch for, is making sure our flower essence is in full sun during processing. As the sun shifts during our 2-4 hr window, shady spots can cover our once sun exposed bowl. This has happened to me several times. Generally, one way to avoid this is to position your bowl in a wide open space or be close by keeping regular check on how the sun is moving.

5. The next step, after the flowers have had their allotted time in the sun or moonlight, is to remove the flowers either with a wooden spoon, chopsticks or by pouring through a strainer if there is any plant material loose in the water. Transfer the flower essence water into the larger bottle (a wide mouth jar is also good)- fill bottle 80 % full. Again, do not touch the floral water directly. Fill the rest of the bottle with organic alcohol. This original flower essence preparation, considered the Mother Essence, should be at least 20% alcohol and 80% flower essence water. As stated earlier, you can also do a 50% concentration of alcohol, as long as it is over the 20% concentration needed for preservation.

There are three strengths of dilutions commonly referred to: The Mother, stock strength, and dosage.

The Mother Essence is your original preparation
The stock strength is diluted down from the Mother. Bach’s original way of making a ‘stock strength’ bottle was to take 7 drops of the Mother essence to a 30 ml or 1 ounce bottle containing a mixture of one-third spring water and two-thirds of brandy.
A dosage strength bottle is primarily intended for everyday use. It is made by putting seven drops of the stock in a 1 ounce dropper bottle of spring water (using at least 20% brandy and 80% spring water).

The original preparation is called the ‘Mother’ essence. It is important to introduce an antimicrobial agent or preservative to the flower essence after it is finished to prevent molding. The most commonly used ones are organic grain or grape alcohol, brandy and organic vodka with nonalcoholic ones being Red Shiso vinegar.

A variation on this that I often use is making dosage bottles directly from the Mother essence, adding 2 drops to my alcohol/spring water mix. One can also make dosage bottles containing multiple flowers. For example, I make custom blends for clients using multiple flower essences from my apothecary.

** Be sure to label each essence as you go as when unlabeled as you can imagine they look quite similar.

Here are just a few helpful tips and reminders to make the process more clear and seamless:

When I am about to prepare the essence, I suspend my bowl of water under the flowers that I have chosen and cut them so they fall directly into the water. Another important aspect is to not touch the flowers or the water when placing them in the bowl of spring water or when taking them out of the water. Flowers are removed from both the plant and the bowl of water by using clean scissors or chopsticks. This is to keep the energetics of the essence ‘clear’. For myself, when it is time to remove the flowers from the bowl, I used wooden chopsticks and then remove any fine particles that may still be left in the water with a bamboo strainer. I prefer to use something made of natural material to strain the flower essence if I need to.

Some rituals ideas around making essences from wildflowers in their natural environment. For example, if I am heading to the high country to make essences, during the time needed for flower essence processing, generally 2-4 hours, after I have meditated with the flowers and blessed the process, I like to hike or have a picnic with my sweetheart. You can incorporate your own ritual into the process such as doing some type of prayer or ceremony before making the essences.
Some use a copper pyramid around the bowl of flowers, it is thought to amplify and poetize the essence. Most importantly, be sincere and have fun with it!

*An important note here about the preparation of the essences. In order to show my deep respect for the plants, before I begin making a flower essence I convey my intention of making soul medicine to the plant and ask permission. It is rare, but I have gotten that the time wasn’t optimal. And therefore I didn’t make the essence at that time.

Normal flower essence treatment time can range anywhere from a few days to several months of using the same combination of flowers with adjustments made along the way with the average treatment time being 2-3 weeks. A typical dose is 2-4 drops of flower essence, 4 times a day orally or applied topically such as to the acupuncture points or an area that needs special attention. Flower essences can be taken directly from Mother bottle, diluted into water, mixed in creams or oils, such as massage oil, for topical application, or added to bath water. Again, in order to keep the energetics of the flower essence clear, be sure not to touch the glass dropper to the mouth or anything else, such as setting it down on the counter. Please store your flower essences away from heat, EMI’s (computers, cell phones, etc) and direct light. I have created a special place for my essences in my healing room away from these disharmonious influences.