

## **Enter The Blossom: An Introduction To Flower Essences**

**with Debra Bluth**

The journey from Dr. Edward Bach to the present

Vibrational remedies, partnership with plants, + how water has memory

The language of flowers – exploring signatures

What to look for when taking an essence

### **How To Make A Flower Essence**

You will need:

A thin glass bowl, high quality water, high quality brandy or other alcohol for a preservative, an amber round dropper bottle for the mother essence (could be one, two, or 4 ounce), an amber round bottle for your stock essence (1/2 ounce), and an amber round bottle for your dosage bottle (1/2 ounce).

Find the plant that draws you. You will search for flowers that feel really alive and speak to you.

The most important aspect of making an essence is the sense of partnership with nature and the plant. Ask permission. Listen with your inner and outer senses for a response. Making an essence is a form of ceremony, of medicine making and prayer.

Generally, morning sun is best.

Using your thin glass bowl, pour water to mostly fill it. Select blossoms and float them on top of the water. Use enough blossoms to cover the water. You will always leave enough for the bees and the butterflies, and for propagation.

Keep your bowl by the plant, if possible. Let it sit for 3-4 hours.

While your essence grows, prepare your bottles. Fill your mother bottle 1/3 full of brandy. Fill your stock and dosage bottles 1/3 with brandy, and the rest with your good quality water. Label all of your bottles with the plant name, the date, and the level of dilution (mother, stock, dosage).

When it comes time to collect your essence, you can either pour or use a dropper to transfer the water from the bowl into your mother bottle. Do not touch the water with your hands, and do not pick the flowers out with your hands. I like to use a dropper to transfer the water so that I can avoid physical plant material getting into the bottle. Leave the blossoms as compost for the earth. Make sure to thank the plant and nature.

If you like you can 'succuss' the mother bottle against the heel of your palm a few times to mix it up. This helps potentize it. Then take 3-6 drops of the mother bottle and put that into your stock bottle. Succuss your stock bottle a few times, and then transfer 3-6 drops of your stock bottle into your dosage bottle.

A flower essence dose is generally 3 drops, 3x a day. You can put it in water or straight in your mouth. Make sure the dropper does not touch anything, including your mouth. You can also make sprays, or use essences in the bath, or sometimes topically.

Variations on making an essence: solar/lunar, endangered plant, listening, place, gem

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