

## How to Take the Essences:

Your flower essence mixture contains: water, preservative, (either brandy, vegetable glycerin, or apple cider vinegar and a dilute flower essence mixture.)

### Instructions for Taking the Remedy:

Shake the bottle before each use.

Take 4 drops directly under the tongue, or in a 1/4 cup of water. Hold under your tongue for a few seconds before you swallow.

Generally take 4 X per day. While awakening, and before sleep, are two key times.

If you find 4x per day is too much cut back to 3 or 2 X per day. Consistency is important. Try to take the remedy during times of quiet.

Do not touch the glass dropper onto your tongue, hand, etc. If this happens, rinse it off under running water before putting back into the bottle. If you suspect contamination for any reason, stop taking the remedy and call your student/practitioner.

Store the bottle in a cool place.

Generally the essences are taken for **28 days**. For deeper results, take longer.

Some people notice large effects in their perceptions, emotions and awareness. Other people notice very little. Often others people notice the shifts, before the individual taking the remedies.

Rash, headache, yawning, irritability (short lived), are often reactions to the remedy working. If this goes on too long for your comfort decrease the amount and frequency you are taking the essence, or stop altogether. Please advise your student/practitioner.

The essences are not cures for disease or illness.

To support your changes: Keep a journal, note your dreams, reflect on your moods and perceptions. Repeat your affirmations. Determine if you in fact do wish to make changes. Inform a friend, or therapist of your goals and experiences.

Student/ Practitioner Name and Phone # \_\_\_\_\_

## **Client Form- Flower Essences**

Flower essences are highly dilute infusions of wildflower blossoms, spring water and a small amount of brandy.

They are generally taken by mouth, but may also be taken in the bath, placed in a cream or oil, or sprayed in the air.

Their aim is to change emotional or soul patterns. Some people find essences:

- enhance their awareness
- develop awareness of life's direction and how we fit into the bigger cosmic picture.
- facilitate a deeper understanding of relationships and life lessons
- determine what no longer works in our lives.

Flower essences do not cure or alleviate disease. It is not a substitute for conventional medical or mental health care. Due to their gentle nature, they may often be used in conjunction with other health care services.

The flower essence student/practitioner will recommend a flower essence remedy for you. You are under no obligation to take this remedy.

The remedy will consist of water, a dilute mix of blossoms and a preservative. The preservatives available are: brandy, apple cider vinegar or glycerin. You will need to indicate any preservative you cannot use.

If you chose to work with the remedy the usual practice is to take the remedy for 28 days. Sometimes when the essences start to work they will create some discomfort, physically or emotionally- ranging from a rash, head-ache, or coming into increased awareness or struggle with an emotional or spiritual pattern.

If these sensations are unusually strong or long lasting, decrease the amount of essence taken, or stop - and call your student practitioner.

Flower essences are among the safest health remedies available. Very little, if any of the original plant is left by the time the essence is diluted for dosage.

Flower essences are not addictive.

If you agree to participate in this study: You will be asked to initial a consent form.

Please read the form carefully and ask any questions before signing.

Your name will not be used.

Do you have any questions?