

Expanding Sacred

# How to Make Your Own Flower Essences



## Sunlight Infusion Method

To make a homemade flower essence, gather the fresh blossoms of a plant you can identify as safe for human consumption. Be sure to choose a clear, sunny day to gather your blossoms, preferably in the early morning, when there may still be dew on them. The collection and activation of spring water is a ceremony in itself. Creating a connection to your water and making an offering or ritual at your local spring is a beautiful process that will enhance the life force of the essence you are creating. I recommend gathering your own spring water, clearing the water and energizing it before you begin. Our water supply has been depleted through greed and chemicals. We can ask the Spirit of the Water Element to come back into the physical crystalline structure of the water. \*If you create no other ceremony and ritual in your life, make one for your water and every aspect of your life will improve. Find a spring near you for harvesting your water at <https://findaspring.com>

Some people choose to use cotton gloves to harvest their flowers with sterilized scissors. I personally do not use gloves because I want the connection to the flower with my energy placed into the essence. Many times now, I do not even cut the flower off the plant, I simply place my cleared and charged water as near to the flower as I can, if I can position the glass close to the flower and still in the sun. You will know intuitively if it is necessary to place the blooms into the water for infusion or not. Your process will vary from flower to flower. Let the flower teach you how it wants to be handled and prepared. Especially if you are making this medicine for yourself, you can be very intuitive with this process. The blossoms are then placed on the surface of a bowl of spring water and left outdoors in direct sunlight where they can be infused by the heat and light of the sun for several hours. This process is thought to transfer the energy pattern of the flower into the spring water, embodying the beneficial essence of the plant.

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## Supplies You Will Need:

One medium sized glass bowl or jar. Color panels are optional. Remember that the Dinsha color panels I use are just an added enhancement for color infused water. You do not have to use these panels but you can check out the color frequency work of Darius Dinsha at <http://www.dinshahhealth.org>

One large, clean, glass bottle

Small glass bottles and labels

Pure spring water

High-quality apple cider vinegar, distilled white vinegar or brandy

## Choose Your Essence

While you may want to explore further resources on flower essences to pick the right essence for you, choosing an essence can be as simple as picking a flower that is growing in your garden or in the environment you live in that is intriguing to you. Sometimes the things we feel attracted to call to us because we could benefit from adding them into our lives. Flower essences are considered non-toxic because they contain only small traces of actual physical substance and have no direct impact upon the body's biochemistry. However, it is still important to make and consume flower essences with care.

**Safety Note:** Only harvest flowers from plants that you have positively identified and know to be safe for use. Also, be sure to harvest organically grown plants and in a sustainable way.

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## Harvest Your Flowers

Plan to make the flower essence on a clear, sunny day, when there are no clouds in the sky. It is also important to check in with yourself as preparing a flower essence can feel like a magical experience, not a mechanical one. Tune in to your mind, body, and spirit and see if you can be completely present in the moment. Make sure you are in the right place energetically to put good intention into the flower essence making process. If astrology is important to you, you may want to consider those aspects as well when choosing the day to make your homemade flower essence.

When picking the flowers to use, it's traditionally recommended to use a leaf from the plant to cover your fingers so you don't touch the blossoms. If you find this difficult, you can wear gloves instead and/or use tools if you need. This is the traditional way-so that your body's energy or other sources of energy do not transfer into the flower essence. I would use this method if I was preparing flower essences to sell, but if I am using them for my own healing or for someone I love, I like to put the energy of my hands into the essence. This is your call and you can be intuitive with the creative process.

Make sure the plant(s) you choose to pick from are organically grown. If wild crafting, choose a place where the plants grow in abundance and are not exposed to pollution from the city. Choose fresh, vibrant blossoms from the plant, and pick flowers that grow in profusion. Only pick a few blossoms from each plant to ensure the plant can live a healthy life after your harvest. If you feel this part of the process rather than intellectualize it, you can feel when the flower is ready to be harvested and when it is not. You can actually feel when a flower is potent



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with life force energy and when it is past its prime. Honor what the flowers tell you and your high sense perception skills will grow through this sacred, delicate process.

Fill a glass bowl with spring water. If you do not have access to a spring, bottled water is okay to use. Avoid distilled water because some believe the ionization process destroys the water's life force necessary to hold the flower's essence.



## **Infuse the Essence**

Place the flowers on top of the spring water in the bowl until the entire surface of the water is covered. Place the bowl in direct sunlight where no shadows will cross over it (including your own) for three to four hours. During this time, the essence of the flowers will be infused into the water through the energy of the sun.

## **Moon Infusion**

Place your ceremonial bowl of flowers to charge in the moonlight overnight. This is a different process than a sunlight infusion. With the sunlight infusion, you want no shadows, just a straight ray of light into the jar or onto the bowl for three to four hours. Moonlight infusion essences work differently. You may even want to capture the energy of a particular eclipse or another powerful transit time. Remember, spring water is a living crystal. You are making an energetic imprint into the water and you can capture a moment in ceremony and infuse it into your water.

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## Strain and Bottle

After three to four hours, skim the flowers off of the water using a leaf from the plant if possible. The water left in the bowl is now called the “mother essence.” Pour this into a clean, amber glass bottle, filling the bottle halfway with the mother essence and halfway with your preservative. The final mixture in the bottle should be half mother essence and half vinegar or brandy. The vinegar/brandy is used as a preservative and an anchor to hold the subtle essence vibrations in the water. Please note: if you choose to use vinegar as your preservative, the shelf life of your essence is reduced to one year and you will need to refrigerate your essence.

Don't forget to label your bottle! Write mother essence, the date, ingredients, where it was made, and any other important information on the label. Store it in a cool, dark, dry place. If made well and stored correctly, mother essences and stock bottles should retain their potency for six to ten years.

**Note:** Use brandy that is at least 80-proof alcohol. If you would like to avoid using alcohol, you may use apple cider vinegar or vegetable glycerin instead. However, it should be stored in the refrigerator, and this will shorten the shelf life to one year. The mother essence is to be diluted and never consumed directly. To dilute it, place two to ten drops of the mother essence in a one-ounce amber or cobalt bottle with a glass dropper and fill the remainder of the bottle with half brandy and half spring water. This is called a “stock” bottle. From this stock bottle, take two to four drops under the tongue, up to four times a day, as needed. You can be intuitive with how many drops you add to the stock bottle and how many drops you take each day.

## Tap Into Your Creativity

Allow yourself flexibility and freedom when creating your homemade flower essence. As mentioned before, this is believed to be a magical experience, not a mechanical one. There is no one-way to make a flower essence. The method we detailed in this post is known as the “Sun Method” of preparation. However, some herbalists enjoy making flower essences under the full moon, or during different unique and profound astrological times. Feel free to experiment and play around with things that resonate with you!

Making a homemade flower essence should be a fun, empowering activity to support your journey into herbs traditionally used for self-care and ritual. Flower essences are strengtheners of our own soul forces, enabling us to learn and grow from life’s challenges. They are not a quick fix. Flowers are wonderful plant allies, inviting us on a transformative journey, and can be our guides along the way.

What intuitive magic will you create in your own plant medicine ceremonies? I can’t wait to see how you take this flower medicine to a new level with your own signature energy style!