

ADMINISTERING FLOWER ESSENCES EFFECTIVELY

Understanding Stock, Dosage and Dose



DEFINING TERMS

A STOCK BOTTLE:

This is what you buy 'off the shelf' when purchasing a particular essence from a shop or from an essence producer.

It is in a concentrated form. You can take drops directly from the bottle, or you can use this bottle of stock to produce many dosage bottles for yourself and clients.



A DOSAGE or PRESCRIPTION BOTTLE:

This is a diluted version of the essence. You can make many dosage bottles from one bottle of stock. You can make up a larger quantity and you can also mix several essences together. You can also safely administer the essence(s) to other people.



MAKING A DOSAGE BOTTLE

1. Start with a 30ml dropper bottle. Sterilise the bottle by using a baby bottle steriliser or by putting the bottle and pipette in a pan of boiling water for 1-2 minutes. Make sure the bottle and top are separated when sterilising. Glass medicine bottles do not come sterilised, even when bought from the chemist.



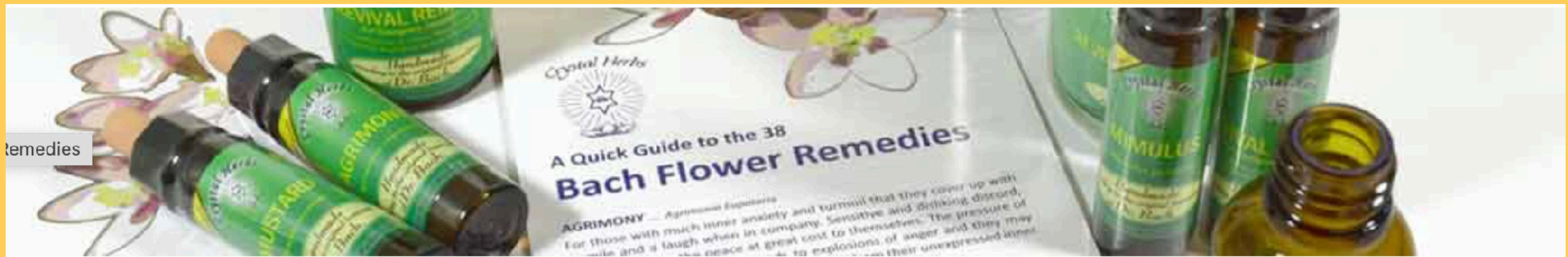
30ml
dropper
bottle



Dropper Pipette for
dropping the essence
into a bottle or into
your mouth

2. Add 10 mls of brandy or vodka to the bottle as a preservative, and top up the rest of the bottle with spring water or filtered tap water. Leave some space at the top so that the essences can be dropped in and the bottle doesn't overflow. This is your base mixture to which you will add the essences. This is a Dosage or Prescription bottle of essences and it will keep around 4-5 weeks - plenty of time to use the essence mixture.





3. Select the essence - or essences - you wish to take. Add the required number of drops from each stock essence to the dosage bottle. Seal, label and date.
4. If you do not want to use alcohol, fill the bottle with water only, but follow these instructions:
 1. Be sure to keep the bottle in the fridge
 2. Keep the pipette from touching your mouth or hands at any time when using
 3. Check daily to ensure that the water looks and smells fresh
 4. Discard the entire mixture after 3 weeks and refresh with the same blend or a different one as needed

HOW MANY DROPS?



Different essence ranges around the world recommend a different number of drops as their 'dose'.

The number of drops comes direct from the essence producer via intuitive information received from the plants themselves. In a sense, they are part of the energy blueprint of that essence range.

The Australian Bush Flower Essences use 7 drops, the Alaskan Essences use 4 drops, the LightBringer Essences use 5. The Bach Essences use 2 drops of stock concentrate in their prescription bottles, but recommend you to take 4 drops per dose of this mixture.

Follow the recommendations from the specific range you are working with. If you are combining essences from different ranges in one bottle, intuit the final number of drops you wish to take as a dose.

That said, some experienced practitioners like to be free and intuitive with the prescription bottles they make up, responding to that person, on that particular day. With essences, *THERE ARE NO RULES*. You are free to feel your way with this. Numbers are not, ultimately, that important: *intention and responsiveness are.*

Stock bottles range in size from 7.5ml to 30ml



DO I TAKE STOCK OR DOSAGE?

It is possible to take an essence direct from the stock bottle or to make up a dosage bottle. How do you know which to do when? You are free to do whichever feels right for you in the moment. You really cannot get it wrong with essences. However, as always, there are guidelines that you may find useful:

WHEN YOU MIGHT TAKE DROPS OF NEAT STOCK ESSENCE: Taking a few drops direct from the stock bottle gives a more concentrated dose than taking a few drops from the dosage bottle. It is energetically more intense and dynamic, and may be more impactful more quickly.

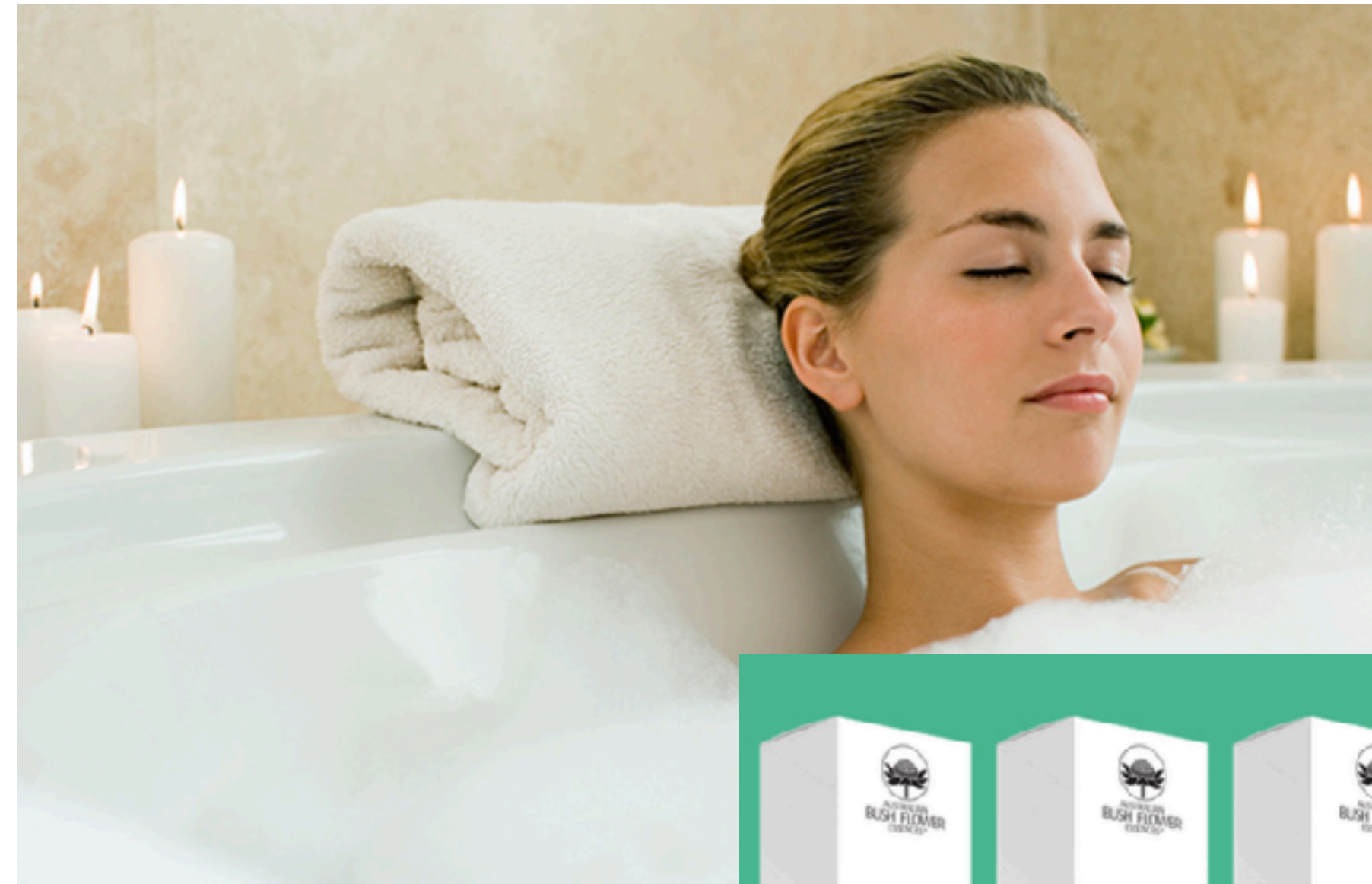
- This can be useful in acute or emergency situations when you need to treat someone rapidly and efficiently for shock, confusion or distress so that they can get centred and act in a more grounded or safe way again.
- It can also be useful when you wish to move through an emotion or state more quickly and dynamically. Taking drops straight from the stock bottle and taking the drops more frequently during the day are both ways in which you can rapidly move through an energetic state that you are seeking to transmute.

N.B. Taking more than the recommended number of drops in a single dose, at any one time, is not helpful. To increase intensity and dynamism of prescribing, change FREQUENCY and choose STOCK over DOSAGE.

WHEN YOU MAY WISH TO GO FOR DOSAGE: The dosage strength essence is gentler, 'quieter' and less intense. It will slip in lightly and quickly start to go deep. Because it feels so intimate and gentle, the entire body-being seems to take to it very easily. It simply flows. This means deep transformation can happen at a surprisingly fast rate.

- Dosage is perfect for chronic, long-term states that have been around for a very long time. Several essences can be selected and combined together to slowly illuminate stuck states and support inner transformation.
- Dosage is useful where a person is extremely sensitive and has aggravated a lot from energy medicines/ treatments in the past. You can start them on as little as one drop, once daily so that they have time to get used to the essences in their system. Slowly increase as their energy-field is able to handle more.
- Dosage tends to work well for people who are very impatient (type 'A' personalities) who want to rush their healing. These are often the people who will opt for stock because they want to heal as quickly as possible; yet, there is no way to shortcut healing; the quickest way is through. Having the chance to slow down and feel into the healing journey that is unfolding *is* actually the most direct route.

ARE THERE OTHER WAYS TO ADMINISTER or TAKE ESSENCES?



ESSENCES CAN BE USED AS FOLLOWS:

- In an energy mists to spray around the room and/or your aura to clear the energy space
- Added to your toiletries: creams, lotions, shampoo, conditioner, liquid soap, deodorant
- Household cleaners: (the more natural the better) and laundry liquid
- Cooking and baking: especially at family gatherings or during heartfelt celebrations/special occasions
- Topically on a bruise, a sprained area or an area that is chronically tense or painful
- In the bath
- In an aromatherapy diffuser