



Guidelines for Essence Use

Flower and vibrational essences have traditionally been taken by mouth, that is, a few drops placed under the tongue or in a small glass of water.

You might like to try the following:

- Put drops into a bottle of spring water and sip throughout the day
- Putting a drop on the pulse points (wrists, throat, neck, forehead, soles of the feet)
- Putting a few drops on your hands, rub them together and then sweep around the body, a few centimetres above the skin or clothes
- Rub a drop of essence between your palms and then cup your hands near your nose and breathe in the essence as it evaporates
- Put a few drops into an atomiser or sprayer containing water. Spray around the body or room
- Add a few drops to some massage oil
- Add drops to your bathwater
- If using the essence instead of a crystal or similar item, put drops of the essence onto pieces of tissue or cotton wool and place on or around the body

A good guideline for using essences or a spray is 3 or 4 times a day.

Individual experiences with essences will vary. Sometimes there may be strong reaction, emotional or other. If this is uncomfortable, reduce or stop for a while.

If you cannot use alcohol:

- Place some very hot water that has been boiled into a cup (a glass may shatter) and put the drops onto the water. The alcohol will evaporate within a few minutes. Let the water cool before drinking it. You may still be able to taste the sugars from the alcohol in the water.
- Place the essence on your skin
- Ask your essence producer to supply the essence in granules or pilules.

Remember, these essences help you to change yourself - they do not create change by themselves. You are always in control and have free will. Use It!

Although any essence may help to remove underlying imbalances and increase self-healing, they do not replace medical attention. If you have a concern see a qualified medical practitioner.