



## Making a Custom Mix

There are many situations in which it may be more convenient to mix all the Flower Essences you need in one bottle and work with them in this way. For example, if you are going away on a trip and do not feel like taking your whole set with you or if you are very busy and a mix will make it easier for you to work with your Essences then you can mix whatever Essences you want in one empty bottle. Green Hope Farm Flower Essences are stock concentrations so that they lend themselves well to this process.

We offer empty 1/2 oz. and 2 oz. cobalt blue glass dropper bottles as well as Red Shiso stabilizer for these mixes. The Red Shiso can be used to fill up the bottle after you have put the Essences you want in the empty bottle. You can also top off your mix bottle with water if you are going to use the mix within a couple of days or you are willing to keep the mix in the refrigerator.

We routinely make mixes for all the animals at Green Hope Farm. This is a much easier way for us to give them their Essences each day than to open so many bottles. Jim is in charge of feeding all the animals here, and he puts an Essence mix in their food bowls morning and night.

On another front, its been hard to miss that as our children have gone off to lives away from the farm, they and their friends ask for a steady flow of mixes. Each year when Emily left for college, so many of her friends would ask her to bring Flower Essences mixes that we would spend a good half day assembling them! I love Emily's stories of friends who tried her Flower Essences just to see what these strange things were only to find themselves unexpected but devout fans!

If you find yourself in a similar situation of sharing Flower Essences with friends or clients, mixes are a great way to go. With a mix, friends or clients get to experience the benefits of the Flower Essences without immediately facing the task of self-diagnosis.

During my early years making Flower Essences, I was also doing past life readings. I would give each person Flower Essences in a glass of water to sip during the reading. When the session was over I would send each person off with a special mix of Flower Essences. People began to call for refills and this was one of the ways our mail order business got rolling.

If you have a healing practice or are in charge of an event at which you would like everyone at the event or everyone in your care to receive the same custom mix, contact us. We do make custom mixes for these kinds of situations. Some of our favorite mixes,

including Centered Birth, were created at your behest so let us know what you would like and we will see what we can do for you and those in your care.

*“We are teaching an 8 week workshop on Body Image/Woman’s Empowerment Issues” that is going wonderfully. Our workshop is called ‘The Good Body.’ We had a great brainstorm when planning our curriculum, in that it seemed very appropriate to examine the lesson being presented each week and match a group of Essences that would support taking that information in. The matching was fairly easy, since we each own, use and are familiar with a good number of Essences at present. So what we do as the ladies enter the office each week, is pass out a bottle of water, and dose it with the proper Essence for the week and give them the hand-out of definitions as to which Essences they are receiving that week, and what they support. We are very pleased to tell you that the women are loving this idea and we both know it will bless their ability to internalize and use the wonderful life changing information we are presenting.” J.B., WA*