



More about these Methods of Application

Spritzing

When there is an issue with a specific animal or person in a household of many animals and/or many people, it is sometimes hard to figure out the origin of the issue. Sometimes the person or animal with the symptoms is not the source of the issue. We are all connected electrically to each other when we live or work together. This means the person or animal exhibiting the stress may be reflecting that others in the household need support too.

Consider putting drops of Flower Essences in a cup or two of water in a plant mister, or get a 2-ounce bottle and mister top from us. Then spritz the rooms where the animals and/or people live and spritz over the people and animals as well. Spritzing means everyone gets a chance to learn from the Flower Essences. Each person or animal in the space pays attention to whatever information they can benefit from and ignores the rest.

Just like the theory of the hundredth monkey, if everyone gets help on an issue at the same time, its more likely everyone will have a light bulb problem solving moment in their electrical system. This is because if one member of the household gets the solution, then this solution can be communicated from one household member to another electrically.

Spritzing also works well for the person or animal that does not like taking Essences more directly. Spritzing is a very noninvasive but thorough way to offer the road map of Essences to lots of people. It is a great thing to do in any room where lots of emotional work is done or people experience a lot of stress.

Spritzing is the method we suggest when different ways of working with the Essences have not shown expected results. It is a very effective way to work with Flower Essences. Spritzer bottles will last a few days if refrigerated. If the spritz feels flat in any way, don't hesitate to make a fresh batch.

"Picked up the little shelter tyke from foster care and had a scared little feline hiding behind a desk. Sprayed the animal essences a couple of times around the room and when I sprayed the third time he came out and was ready to make friends. And he's been getting adjusted so quickly it's almost unbelievable." A.C., Silver Spring, MD

Baths

When a child is going through a difficult stretch, the Angels often suggest putting Flower Essences in a bath of regular unfiltered water. This is a very relaxing and efficient way to learn from Essences as the minerals that occur in regular unfiltered water act as conductors of the electrical energy of the Essences.

The Angels describe this method as the most effective way to give your electrical system the information of Flower Essences. This is because when you take a bath with Essences in the water, the part of your electrical system that extends out from your bodies is permeated with the vibration of the Essences. In the playful, relaxing space of the bath, your electrical system can calmly and thoroughly assimilate the information of the Essences because a large area of your electrical receptors receives the information.

Flower Essences in a glass of tap water

I usually take my Flower Essences in a glass of tap water. This simplifies things for me. I can put Essences in my water in the morning and then sip this same mix all day. My electrical system gets the information I need every time I take a sip, and I do not have to fiddle with bottles more than once. If my glass of water runs low, I fill it up again before all the Essence water is gone. This way the water still has the vibration of the Essences in it. Flower Essences work well in regular tap water because regular water that has not been filtered holds minerals that conduct electricity. Also, by hydrating myself with the water, I make my body more able to conduct the electrical information of the Essences to all parts of my energy system.

On the Skin

If you do not like the taste of Flower Essences or just do not want to take them internally, rubbing them on your skin will introduce them into your electrical field. Sometimes people are guided to put them on specific pressure points on their bodies. Often people put them on their palms. Rubbing them on paw pads or ears is just two of a myriad number of ways to give them to animals.

In General

No one method for taking Flower Essences is better than another, nor do I want to give you rules about how to take the Essences, how much to take, when to take them or anything else. One thing the Angels always say to me is, “Dogs, but no dogma.”

This slogan reminds me that your way to heal is unique to you. We are reminded of this truth every day as we hear about the wonderfully diverse and inventive ways you are prompted to use Flower Essences. The ways you decide to use Flower Essences reflect your unique energy system as well as the unique journey you are on. Your feedback to us about the inventive ways you use Flower Essences also reveals the incredibly flexible nature of these tools.

I hope that everything I have written here sets you free to explore Flower Essences with a light heart, ever knowing that you cannot work with Flower Essences in an incorrect way.