

HOW TO TAKE YOUR FLOWER ESSENCES

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The normal dosage for flower essences is 4 drops under the tongue 4 times daily. The best times to take them are upon rising, mid-morning, mid-afternoon, and before retiring at night. They may be taken directly under the tongue or in a little water or beverage, but preferably not with meals. You may also, if you like, add 10 drops to your bath water. Taken orally, the one ounce bottle should last about a month.

METHOD: Always begin by tapping the bottle on the palm of your hand to awaken the energies. Hold the dropper about 6" above your open mouth so you can see to aim the drops to fall under your tongue, where their energy is absorbed through the mucous membranes. Try not to get saliva on the dropper, as this may cause spoiling of the essence.

It is impossible to overdose using flower essences, as essences are vibrational energies that gently bathe the etheric and auric layers with their transforming positive patterns.

Sometimes more than one set of the same essences are needed to imprint the new patterns. Discuss this with your consultant and call if you have any questions or concerns. After you have cleared the original issues with the first set, you may have other issues that require another selection.

POSSIBLE REACTIONS TO FLOWER ESSENCES

The usual response to taking flower essences is gentle, gradual, and positive changes that sometimes can only be realized in retrospect..."I've just realized that since I've taken the drops I no longer have the usual..." A distinct increase in energy and decrease in stress level may be noticed. "I feel calmer, centered, more relaxed, more tolerant, more loving, less resentful, a lot happier..." Sometimes, because there is a new openness to growth, spontaneous and exciting life changes seem to occur...."I've suddenly been offered this great opportunity" or..."things are becoming clearer..."

Your **dreams** may also indicate clear messages to you, as dreams are a form of communication at the soul's level. Note any unusual dreams or memories that may be triggered and tell your consultant.

IF ANY REACTION CAUSES CONCERN, immediately **STOP** the essences and call your consultant. In all energy work where negativity needs to be released, the form of release is natural but can be unpredictable. **Healing crises** are a rare but welcome clearing. They can take the form of unusual emotionality like crying or anger, or even physical clearing via the mucous membranes, bowels, or skin.

Please be aware that any "loosening up" or change is a **very** positive result. An existing physical condition **may appear to worsen** temporarily, as the flower essences have a catalytic and cathartic action and promote change on deep levels. Stopping the doses for a day or two, or cutting back to fewer drops, usually deals with this effectively, at which time the essences can complete their healing process. Homeopathic remedies are also forms of subtle energy work and can have similar effects.

ENJOY YOUR FLOWER ESSENCES!