

Choosing a Remedy

Sometimes, an intuitive choice can help you rebalance 'in the now'. When we are choosing intuitively, our default choice is typically our most pressing need - and only after rebalancing this over a few minutes or hours can the deeper issues become clearer.

Treatment Bottle

Making a treatment bottle is relatively simple. It involves putting two drops of each chosen flower essence into a 30-ml bottle containing approximately 20 per cent brandy and 80 per cent water. You can also use apple cider vinegar for a preservative.

If the bottle is for someone who wishes to avoid alcohol, merely dropping some drops into very hot water will evaporate the alcohol, or drops can be placed on the wrists, where a rich network of meridians is to be found.

Dosage

The recommended dosage is approximately three to four drops on the tongue four to six times daily for as long as needed, for up to about six weeks maximum.

The remedies are entirely compatible with both prescribed medications and homeopathy. Your intuition and experience are very useful guides here. Side effects are quite rare, although sometimes people may get short-lived detoxifying symptoms such as a rash or a headache. Aggravations are very uncommon. Once one layer of emotions has been treated and felt to change, then it can be useful to reassess and see what lies beneath.

Once you take care of those immediate or pressing needs, you can then have some fun and start using flower essences proactively, intuitively or intellectually week in, week out. They become teachers and valuable tools to help you transit life's lessons and experiences relatively effortlessly.