

How to Choose & Use Essences

Different essence producers have found that specific methods and dosages work best with their essences... so you will see some differences in instructions. Below are general instructions for how to choose and use essences, plus the dosage and use instructions for each of the brands we carry – the Living Light & Rainbow Essences, the Bloesem Remedies Nederland, and the Spirit-in-Nature Flower Essences.

General Information

How to Use the Living Light Essences

How to Use the Bloesem Essences

How to Use the Spirit-in-Nature Essences

But first a few points to note:

- **IF YOU ARE SENSITIVE TO ALCOHOL** you might consider using the essences topically or in a spray. The Living Light Essences have only 7% alcohol (brandy)/volume in them. The Bloesem and Spirit-in-Nature Essences have 40% alcohol/volume
- **IF YOU HAVE SENSITIVITIES TO SPECIFIC PLANTS**, please do not use the essence made from that plant.
- **IF SOMEONE HAS MENTAL HEALTH CONCERNS OR IS SERIOUSLY ILL OR TAKING MEDICATION** that might be affected by the consumption of alcohol or by the changes that may take place when using an essence, we always recommend consulting with a health practitioner before taking an essence.
- Please read the information presented on our [FAQs page](#), and make sure you have read our full [DISCLAIMER](#).

Some General Tips on How to Choose an Essence?

We suggest that before you take an essence you sit down for a minute and first focus on how you feel, what things are affecting your life the most, patterns of behaviour that are repetitive, or what you would like to invite into your life right now.

In essence, there are two ways of looking at things –

- **What you would like to change?**

- Usually something you are not satisfied with in your life
- *Example:* You are stressed and can't focus, and would like to be able to be able to focus on what is important first.

- **What you would like to encourage or enhance?**
 - A quality, behaviour or way of being you would like to see more of in your life. We have all of those qualities within already, but sometimes we've been a bit lazy, forgotten them, denied them, suppressed or ignored them. Essences help to bring them out those positive qualities.
 - *Example:* You feel you are a loving spouse or parent, but would like to enhance those qualities even more.

Please check out the supporting materials on our site. You can find this under the dropdown tab for **SHOP ESSENCES** for each brand under **Literature & Resources**. We have brochures, flyers, guidebooks, charts and audios associated with the type of essence(s) you are drawn to. These will all serve to help you choose what would be best for you right now.

We also have a lot of information about the essences under the **LEARN** tab. We encourage you to check that out as well to make best use of our essences.

If you have a test method that you use please feel free to use that. Trust your own intuition.

When in doubt, consult with your Health Practitioner who may also be able to advise you regarding which essences to take, or, give us a call or email us for assistance.

Some General Tips for Taking an Essence

We live in a society that is very busy, and it is often a challenge to take time to 'notice'. We tend to grab and run, or take an essence as we are walking out the door. If you don't take the time to 'notice' and 'listen' when you take your essence, you may miss some of the valuable 'information' your body, self and the essences are giving you when you take them.

We recommend that before taking your essences, you sit quietly for a minute or two and notice how you feel and what is happening with your body, emotions and thoughts, then take your essences and do the same again. Notice whether you feel any different. Initially, you may not observe any changes, but after taking the essences for a while you may begin to appreciate what is happening on the subtle levels and in your life.

Essence Hygiene



When taking an essence please be careful not to touch the glass pipette. If you return a contaminated pipette back into your essence bottle you may also contaminate the entire essence and it may go 'off'. *If you happen to touch it with your fingers or your mouth, please wash it off with some boiling water before replacing it in the bottle.*

When you first start taking your essence(s), it might be helpful to take them in front of a mirror so that you can see what you are doing... a drop is not a squirt, and looking in the mirror will help you get a feel of what you are doing and if you are doing it correctly.

Store your essence bottles upright. Leaving them lying on their side may affect the rubber in the dropper assembly, and your essence may begin to taste a bit like rubber. Store them at room temperature in a cupboard, not direct sunlight.

If you look after your essences, they can last for years.

Ways to Use Flower & Gem Essences

Below we'll provide you with the ways each essence producer feels their essences should be used, but before that, here are some general ways you may use essences. They complement and deepen many healing modalities. Feel free to use your imagination. There is really no wrong way to use essences:

- **Acupuncture:** Apply to acupuncture points
- **Animals:** place some in a bowl next to your pet's regular water bowl. This allows them to choose. Or, place a few drops on your hands and rub them over your pets fur.
- **Aromatherapy:** mix with essential oils to augment their effectiveness.
- **Bath:** Put several drops in your bath.
- **Beauty Products:** Put a few drops in beauty products, shampoos, massage oils, and lotions.
- **EFT:** Use an essence(s) related to what you are tapping about either topically or take it while you are tapping
- **Energy healing:** Rub them on your hands or mist the room or the client's energy field
- **Feng Shui:** Place them in specific baguas or on a plan of your house or garden, they also work holographically
- **Food:** Put some on your food after it is cooked
- **Gardening:** Put a few drops of essence into your watering can before you water your plants or spray the ground before you plant to clear the energy of your garden

- **Herbs and Homeopathy:** Take along with herbal or homeopathic remedies to increase their benefits
- **Homeopathy:** Take alongside homeopathic remedies to address the emotional, mental and spiritual components of the remedy.
- **Injury:** Dab them on minor cuts and scrapes
- **Massage:** Put a few drops in your oil or on your hands, use a mist to clear the air or set a wonderful tone for your session. You may find muscles release quicker and your client feels more relaxed
- **Meditation:** Take an essence before you meditate to deepen your experience, or spray your meditation room
- **Plants:** Rescue a sick plant by placing an essence bottle next to it for a few days, or gently spray it with a light water/essence mix
- **Reflexology:** Place some drops of essence(s) on your hands before you start to work on the feet of your client or yourself, or directly onto the skin
- **Reiki or energy healing:** Put some drops on the chakras
- **Sleep:** Put some drops on your brow or spray your bed and room before sleep
- **Spray a room or your house:** Clears the energy and uplifts your spirits
- **Spray or mist:** Great for clearing your energy field, refreshing!
- **Stress:** Hold your chosen essence against your heart when you feel stressed or upset



How to Use the Living Light & Living Light Rainbow Essences

The Living Light Essences are dosage essences which means they are ready to take straight from the bottle, not diluted.

Essences are typically taken internally. Place a few drops under the tongue or in a glass of water, just as you would a homeopathic remedy or flower essence. They also work very well rubbed on the skin or sprayed in the air.

As a general rule, you may take 7 drops of essence three times a day for a period of about one week, taken directly under the tongues or in water, and then re-evaluate your need.

Your health professional may advise you with regards to which essences you should take, for how long, and how many drops you need per dose. This dosage will be specific to your needs and may be quite different from the general recommended dosage of 7 drops three times a day, taken directly under the tongue or in water.

However, if you have a test method that you use, please feel free to test out for yourself how many drop you need, how many times per day and for how long.

We encourage you to follow your own intuition when deciding how many drops, how frequently you need to take them, and for how long. Use whatever means you have to check out how long would be best for you. There are no set rules for taking the Essences.

Remember, as you change, so might your dosage requirements.

If using topically, be advised that the brandy in the essence may stain clothing.

You may also relax at the end of the day by adding 10-15 drops of each chosen essence to a warm bath or spray yourself after your shower. Spritz your face and body when you feel stressed or need a quick refresher.

To change the atmosphere in a room, spray it with a few drops of essences mixed with water.

Place 4-5 drops of essences on your hands before a healing, Reiki, TT, massage or reflexology session, or directly on the body, chakras or acupuncture points.

If you are using essences on the chakras, we advise folding up a tissue and placing it on the chakra, and then putting drops on that. The chakra extends outside the body, so clothing and the tissue do not block the effectiveness of the essence.

It is OK to take more than one essence at a time. In fact, the Living Light Essences are often used in sequences of essences.

Which Essence Should You Take First If in Doubt?

We recommend that you look at the seven Gem essences if in doubt, and see which one of them resonates best with you.



How to Use the Bloesem Remedies Nederland (Flower Essences of the Netherlands)

The Bloesem Flower Essences are **stock essences**. Stock essences are generally diluted into a dosage bottle before using.

For more information about how to use the Bloesem Essences please check out '[Flower Essences: A Gift of Nature](#)'.

To prepare a dosage bottle you will need to do the following:

- Take a clean 30 ml/1-oz bottle with a dropper,
- Add about 1 cm or approx. ½” of alcohol (brandy, vodka), vegetable glycerine or vinegar as a preservative
 - Please be aware that if you use anything other than alcohol (i.e. brandy or vodka), you will be reducing the shelf life of your dosage essence.
- Select the stock bottle(s) of the chosen essence(s) you wish to use.
 - For best results it is preferable to combine no more than 4 flower essences at one time.
- Put from 2-4 drops of the chosen essence(s) into the filled dosage bottle, or whatever amount you, your test method or your health practitioner has decided works best for you.
- Top it up with spring or distilled water.
- Write the name of the essences on a label and put it on the bottle so that you know which flower essences you are taking.
- **This dosage bottle is now ready for use.** Keep refrigerated.

Please note: There is nothing wrong with taking stock essences 'straight'. However, in general, stock essences are diluted first, and made into dosage essences. Sometimes, in an emergency situation, taking a stock essence straight is recommended.

Directions for Use

As a general rule, take 4-6 drops from the dosage bottle under the tongue, 4-6 times a day. Again, dosage may vary according to instructions from your health care practitioner or your own test method.

Always shake your dosage bottle well before using.

It is important that you take the essences several times a day, for example, in the morning when you get up, before meals and in the evening before going to sleep. Take just a few drops each time as this works better than a large amount.

Sometimes sensitive people may have a consciousness crisis when taking an essence. Should this occur while using the essences, such as an aggravation of the commotional complaints, you can simply hold the bottle in your hand. When you are peaceful again, you can start taking the essences more frequently, 4 drops 12 times a day and even (when necessary) every 10 minutes.

If you get restless reduce the amount to 2 drops twice a day. When this still doesn't give the desired result, you can start taking the essence(s) directly from the stock bottles. In this case, take 2 drops at least 2 to 4 times directly under the tongue.

Should the need arise an emergency essence such as 'Terra' or 'Protection' can be used. It is best to put 4 drops in a dosage bottle, when using an emergency essence dilution.



How to Use the Spirit-in-Nature Flower Essence

(excerpted with permission from '[The Essential Flower Essence Handbook](#)' by Lila Devi)

The Spirit-in-Nature Flower Essences are stock essences. Their research shows that potency and results from using the Stock essence and the Dosage essence provide identical benefits. Most people prefer to take the Stock essence directly, as it's the easiest and quickest.

➤ *Please note: SiNE offer only Stock essence to give you both options.*

Directions for preparing a dosage bottle:

- Add 2 drops of Stock essence to a 30 ml / 1-oz. empty bottle,
- Then add 1 T. brandy
- Top up with spring water
- Keep your dosage bottle refrigerated to maintain potency for 1 month, taking 4 drops, 4 times daily.

Directions for Use for Adults & Children

2 to 4 drops Stock essence, 4 times a day directly under the tongue or added to juice, tea, or other beverage and taken on an empty stomach, 10 minutes before a meal or 1 hour after.

Flower essences may also be added to:

- bath water -- 16 Stock drops
- to lotions or oils -- 4 Stock drops per 1/2 cup
- and to baby's bottle --2 Stock drops

It is advisable to take the flower essence more often if the need is felt – 10 or even 20 times a day.

At bedtime and upon rising are especially important dosage times.

Store out of direct sunlight, heat, and humidity.

Flower essences possess an innate “safety valve” so that it is not possible to take an overdose, nor are there any contraindications. They cannot be neutralized by other substances, and they may be used to supplement other forms of treatment.

One Essence at a Time

Based on our research – including over 30 years of feedback from our customers – we recommend that you use one essence at a time rather than combination formulas. This method tends to yield quicker and more noticeable results.

Which Flower Essence Should You Take First?

Pear is by far our most popular flower essence.

Pear Essence. In most cases, Pear (for peacefulness and emergency support) is the best essence to begin with, for it will increase your sensitivity to the others.

Pear will help you to feel that peace bathes you gently, cooling and refreshing you as if in a weightless waterfall.

Pear Flower Essence can help you feel like yourself again. Having peace of mind means that you can magnetize peaceful circumstances into your life and remain unshakeable through life's countless ups and downs.

Pear is for those times when you feel "a little off," or not quite yourself. Anything from daily stresses to major emergencies can do their best to throw you off centre. This flower essence will help you to regain your sense of balance, harmony, and proportion.

Directions for Use for Pets

(excerpted with permission from '[Flower Essences for Animals](#)' by Lila Devi)

Animals often respond even more quickly than people to flower essences, as countless pet testimonials worldwide have confirmed. The 20 Spirit-in-Nature essences — prepared from fruit and vegetable blossoms — activate your pet's ability to live a more balanced life.

Addressing specific behaviours and situations rather than treating physical symptoms, flower essences allow animals to return to their natural state of harmony.

Given singly, results will be noticed within 3 days, oftentimes immediately.

You will find more detailed information about administering an essence to your pet in *Chapter 2: Flower Essences & How They Work* of '[Flower Essences for Animals](#)'.

Using any of the following methods for a total of 4 times a day is the recommended minimum, preferably not with meals (10 minutes before or 1 hour afterward); or every few minutes in emergency situations.

- **Add 4 drops of Stock essence to a fresh water bowl, or 16 Stock drops to a watering trough.**
- In addition, you may apply several drops to your palm and rub them into your pet's fur, feathers or scales. *Please be aware that you will also be receiving the flower essence topically when using this method.*
- You may also drop the dosage on your pet's coat, not close enough to touch the coat and contaminate the dropper no too high that would cause alarm to the animal.
- Some animals like the essences rubbed on their gums, around their nostrils, behind their ears or on their paw pads.
- 4 drops added to water in a misting bottle to spray bedding, stalls, kennels, cars or carriers is also effective.

To prepare a Dosage Bottle:

- Add 2 drops Stock essence to a 30 ml/1-oz. dark bottle
- Add 1 T brandy
- Top up with spring water.
- Use as above, 4 drops at a time
- Store out of direct sunlight, heat and humidity.

Please note: *It is advisable for the pet owner to honestly assess if he is contributing to his pet's problem. For example, giving Grape Essence, for loneliness, to a neglected animal will not replace proper care from the owner.*

Flower essences, though a form of holistic pet health care, do not replace proper veterinary treatment.

Please note:

- **Essences are generally 'benign' and safe for use by adults, children and pets. You may also use them with plants.**
- **Essences were classified and placed in the Food & Beverages category by the NHPD of Health Canada in 2001. They are not a 'natural health product'. They have not been tested by or have the 'approval' of Health Canada or the FDA.**
- **Please read our full DISCLAIMER before using our essences.**