

# ELEMENTAL WHISPERS

ESSENCES FOR HEALING & REMEMBRANCE



## Frequently Asked Questions about Flower Essences

### **What is a flower essence?**

A flower essence is the vibrational pattern of the plant infused into water with the help of sun or moon light. In other words, it's the spirit or medicine song of the plant or elemental. Essences work on the energetic level—emotional, spiritual and mental levels—to offer healing and harmonizing of your energy field and being.

### **Are essences the same as essential oils?**

No, they are completely different. Essential oils are the distilled volatile oils (the aromatic constituents) of the plant. They are highly concentrated plant extracts. They usually must be diluted with a carrier oil and almost never should be ingested. Whereas essences are not physical extractions of plants at all. They are the collected energetic imprint or pattern of the plant, flower, gem or other elemental. They do not have a scent (other than the slight brandy smell) and can and should be ingested.

### **What's in the essence?**

The essence bottle contains the vibrational imprint of the elemental or plant, spring or well water and high quality 80 proof brandy (grape alcohol) to preserve it.

### **Is the essence gluten free?**

Although it isn't certified gluten free, the alcohol used to preserve it is brandy, which is distilled from grapes, not grain. Therefore, there is no wheat or gluten in the actual alcohol. However, as with anything, if you are very sensitive or a celiac, please try a skin test to make sure. Obviously, I take every precaution and don't have gluten-containing items in the apothecary, however I cannot guarantee anything as I'm not a certified gluten-free operation.

### **How much alcohol is in the essence?**

About half of the bottle is filled with 80 proof brandy. Therefore, we would say about 20%, since 80 proof brandy is 40% alcohol and 60% water.

### **What if I'm allergic to alcohol or cannot drink alcohol?**

Depending on your level of sensitivity, you can add nine drops of the essence to a glass or bottle of water in order to dilute it. Then drink that throughout the day. If you can't consume alcohol at all, there are other ways to engage with your essence. You can add a few drops to a bath or spray bottle with water and witch hazel to spray into your auric field. You can place a

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drop or two on the inside of your wrist or on your heart chakra. You can also simply hold the bottle for a minute at a time and engage with it that way. Lastly, you can place it on your altar and use it as a point of focus in your meditation.

## **Are essences safe to take if I'm taking pharmaceuticals?**

Because essences are 100% vibrational medicine, meaning there is no physical plant constituent present, they are completely safe to take with any other drugs or supplements you may be taking. You do not need to be concerned with any contraindications or drug interactions.

## **What if I'm allergic to one of the flowers or plants the essence is from?**

Again, these are entirely vibrational. So taking the essence of a plant, even one you're allergic to, is a safe way to experience this being and its energy and medicine without experiencing any physical allergic reaction.

## **Are essences safe for children?**

Yes, absolutely. In fact, because of the sensitive nature of children, essences are a beautiful healing support for any emotional and energetic issues that might be present in children. They are also a lovely therapy for animals!

## **What if I'm not sure I want to ingest it?**

Then don't. 😊 Plain and simple. It's all about consent. You choose what you put into your body. As I've already mentioned, this is 100% vibrational. And the choice and option is still totally yours. Do what feels right.

## **Is this a magic potion?**

No. In my experience, there are no shortcuts when it comes to healing. This is not a hocus-pocus all your problems away. There's no magic pill. The beauty and power of essences comes from their ability to help you know who you are at the deepest level. They do this by reflecting that which already lives within you. They also reflect that which resides within you that seeks healing and resolution. When I call them miracles in a bottle, I mean it. But not in the "magic it all away." They have the uncanny power to go to the root of the emotion or energetic wound and help it be seen, felt and resolved. That being said, they can only take you as far as you are ready to go. They have an inherent intelligence to modulate based on your level of consciousness and your readiness. They are profound allies. 😊