



Plant Essences

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First Steps!

I highly recommend that you use classic shamanic protocols before venturing into working with the energetic or vibrational imprint of other forms. Plants are among the most popular, so I single them out for basic info below.

1. Start by getting permission and initial instructions from your own helping spirits about working with the energetic or vibrational imprint of the form you feel drawn to work with.
2. Assuming you get a go-ahead, next work with the over-soul of each particular form. If you get guidance to work with flower remedies, journey with your helping spirit to the over-soul of Plants (all plants of all times). Introduce yourself and respectfully ask permission and guidance.
3. Assuming you get a go-ahead from the over-soul spirit, journey to each specific plant species you feel drawn to work with. As usual, introduce yourself, confirm that the plant is willing to work with you, then do one or a series of journeys to ascertain what healing qualities or powers the plant possesses and is willing to share as well as any information about how to prepare the essence/elixir, and any other guidance you need to know.
4. If you are working with any wild plants, shrubs, or trees, get ordinary reality information on how to responsibly harvest them so they can continue to live and reproduce, like one of the following:
 - Tom Brown's guide books < <http://www.amazon.com/Browns-Guide-Edible-Medicinal-Plants/dp/0425100634> > ,
 - *Peterson Field Guides: Edible Wild Plants: Eastern/Central North America* < <http://www.amazon.com/Field-Guide-Edible-Wild-Plants/dp/039592622X> > or,
 - here in the DC area, take a class with Ancestral Knowledge <<https://www.ancestralknowledge.org/>>.
5. Be sure to thank the plant for the information. Also give thanks with each use.

Be aware that some states have laws requiring licensing for administering substances like these.

How to Use Essences and Elixirs

Typically, an elixir is used by putting a few drops of it under the tongue or by adding them to beverages such as tea. However, elixirs can also be used externally. They can be rubbed into the pulse points on the body like a perfume or into the chakra points. They can be sprayed on the aura, the energy layers that surround the physical body, or sprayed in the home to change a room's energy. Elixirs are often added to bath water. They are also useful for watering and adding energy to plants. Follow the guidance of the plant and your helping spirits for additional applications, as they may have other good ideas.

How to Make Plant Essences

The instructions below are just a basic approach; feel free to explore others. Most of the info below, unless stated otherwise, is from http://www.ehow.com/about_5336581_healing-elixirs.html and <http://www.iaath.com/treatments/flower.shtml>, International Alliance for Animal Therapy and Healing, information provided courtesy of Sharon Callahan

The maker should be in an appropriate state of mind before and during all aspects of the work. An essence is made by floating the blossoms of the chosen plant on the surface of a bowl of pure spring water, which is then charged in the sun or moon for several hours or more. During this time the vibrational imprint of the plant is transferred to the water, water being a universal storage medium. (Water has memory, i.e., the capacity to store information.)

Once the elixir is done, the stones are removed with a spoon to avoid direct physical contact with either the stones or the water so that they don't absorb other energies. Alcohol or vinegar is used to preserve the elixir. The alcohol used must be at least 40 percent to be considered a preservative. The finished elixir is stored in a dark glass container to prevent it from degrading under light exposure. Essences may be ingested or applied topically, as appropriate and safe.

How Plant Essences Work

Flower essences encourage a gentle, positive, noninvasive refocusing. For instance, an animal that has experienced abuse or neglect may become withdrawn and depressed, leading to illness and negative behavior. Appropriate essences are offered to open the heart to love and trust, and to release past trauma. The animal is then often better able to respond to other healing modalities.

How Essences Differ from Herbal Remedies & Essential Oils

Unlike Aromatherapy or herbal medicine, flower essences and gem elixirs are the essence, or energetic imprint or a flower or mineral. Nothing of the physical element of the flower or mineral gets transferred in the process. They are the ethereal vibration of the plant or mineral, referred to as the vibrational signature. This signature is captured by placing a flower or gem in distilled water in full sunlight and allowing the sunlight to strike the water and blend the energetic imprint into the water. This becomes the essence and is then transferred to the individuals when it is ingested or topically used on the body. These vibrational remedies are prepared in this way as treatment using the pure energy essence of the flower or mineral.

[This paragraph is from http://www.catfaeries.com/essences_faq.html] Flower essences (or flower remedies) are sometimes confused with essential oils or aromatherapy products. But they are not even remotely similar. Essential oils are the volatile oils which were extracted or distilled from a plant therefore they have a scent. We have multiple certifications in aromatherapy and have worked with it since 1982 but it is not our favored modality any longer. To make essential oil a huge amount of plant material must be picked and used to distill the oils and we feel this is not the best way to honor or work with plants. We prefer the gentler approach of our no-pick method flower essences.