***Green Tara Flower Essences –* Flower Essence preparation**

**Preparing a dose bottle**

Take a 1 fl. oz. / 30 ml dropper bottle and fill it with ¼ brandy and ¾ pure spring water. Add five drops of stock essence of one or more (up to six) essences to create your personalized blend. Take 3 to 5 times 5 drops per day.

**Preparing a mister bottle**

Take a mister bottle and fill it with 50 % clear alcohol such as vodka and 50 % of pure spring water. Add five drops of stock essence of one or more (up to six) essences to create your personalized blend. Mister onto your face and over your body as and when needed, such as 3 to 5 times a day. You can also spray one pump full into your mouth. If you choose to make an alcohol-free mister without alcohol, you will have to expect that once the liquid goes bad, it clogs the mister element and ruins the bottle forever. You would either have to renew the water based dose mix often, or count on having to replace the bottle on a regular basis.

**For clients who should or would like to avoid taking an alcoholic tincture**

Flower essences have a lot less alcohol than ordinary herbal tinctures, with the percentage between 9 and 12 vol %. The alcohol is used to conserve the liquid. You can avoid that either by using the essences in a mister to be applied around the body - however not by misting into the mouth – or by using the essence externally as in bodywork. The other way that works well is to prepare the essences in a bottle with only water as a base. Here is how to do that:

You need to take a brand new bottle which has never been used. You could take a heat sterilized bottle, however it is hard to sterilize the rubber top of the dropper without melting it in the heat. Then you take mineral water from bottle which has never been opened. This is to minimize any bacteria so common-place everywhere in our environment to be in the bottle. Then you add your essences to this water. The person has to be extra careful not to touch the dropper with their fingers, and especially not to their mouth. Children love to suck the drops out of the dropper, they have to be shown not to do that. Prepared in this way, the liquid will usually last about 4 weeks before it goes bad. You know this has happened once it turns turbid. The hotter the weather, the faster this will happen. I have no experience for tropical heat. Very small amounts of essential oils do not override the effects of the flower essences. You may want to add a one drop of lavender essential oil in tropical temperatures.

You can also choose to preserve the liquid with a little more than 50 % of vegetable glycerin or 50% or apple cider (or similar) vinegar. The former is very sweet and well-liked by children, but not a great choice with regards to gut health. The latter is so sour that I have not yet found someone who likes it.

**All bottles need to be washed with hot water and carefully dried between different essence blends. When makign a bottle fort he first time, use a brand new bottle to avoid residue of strong herbal or cosmetic preparations to interfere with the subtle energy oft he flower essences and diminish their efficiency.**