

Rose Full Moon Flower Essence



About Flower Essences

A flower essence is traditionally a solar water infusion with the flowering part of a plant. The infusion harnesses the sun's energy to pull beneficial properties and essences (or life force) out of the plant material and into the water. It is essentially an energetic imprint of a plant rather than the physical healing properties. This means there are no actual plant constituents in your medicine. We're working directly with the plant spirit. We essentially take the vibration in to our own being to help us work through emotional and behavioral blocks, patterns, etc.

Flower essences are primarily used to support the emotional, mental, and spiritual body, and they embody the concept of self-care.

Flower essences can also be worked powerfully with the phases of the moon, made on full or dark moons, depending on your intention. Sunlight is the traditional infusion mode; however, working the moon phases with your flower essences adds much potency to your medicine.

Preparing Your Flower Essence

I recommend working with a full moon flower essence as well as daylight essences. The full moon essence is beautiful as your rose is rising to its peak flowering stage in this time.

Supplies

Medium size Clear bowl with no ridges or designs

1 cup Spring or fresh water

2-4 roses, enough to cover the surface of the bowl

1 cup Brandy or another high proof alcohol - local made is great

60ml dropper bottle

20-30ml dropper bottle

Labels

Scissors

Pen

Crystal or special rock (if desired)

Large (quart size) glass jar with lid

Small 1oz amber or cobalt blue dropper bottle

Infuse your Essence

Place the glass bowl filled with water directly under a flower you would like to cut. Ideally you will cut one off a bush that is not treated with chemicals. But you can also do with fresh store bought (organic) roses.

Give an offering or ask permission to use the flowers

Cut your roses and the base and let them drop into the bowl, trying not to touch with your hands

Leave the bowl out all day and through the night to get the full moon charge. This can be done a few days before/after the full moon too. If just done in day 3-6 hours at least.

During the infusion time, sit with the essence at least 10 minutes in silence or follow the meditation offered below

Strain off the flowers and offer them back to Mother Earth

In a large jar, fill 1/2 water of your newly infused essence (~1 cup) and 1/2 alcohol (~1 cup); Essentially you want to find a jar big enough to make a 1:1 ration with the flower water infusion and the alcohol. This is your Mother Essence, which will last up to 10 years stored in the dark. Never take directly from her. She must be cut to smaller Stock Essences for dosage purposes.

To make a Stock essence for using: Put 7-10 drops of the Mother Essence into your 1oz dropper bottle then fill the rest with half water and half alcohol

Dosage

Take 3-4 drops under your tongue 3 times daily, for at least a month around the same time of day for each dosage. Listen to your body. She will tell you when it is time to stop/start your essence or reduce dosage.

Using Rose Flower Essence

To use your flower essence, take under the tongue, as above. You can also mix them in tinctures, blend with other flower essences, or add to auric mists/sprays for external use. They can also be rubbed on the body or added to your rose flower bath, foot bath or facial steams.

Meditating with Your Rose Flower Essence

This is a beautiful practice to do when you first start the flower essence, to connect with the spirit of Rose and to guide your medicine making.

Sit comfortably, quiet your mind, and close your eyes. If possible, have your feet flat on the floor to connect with the roots that grew the blooms.

Take some deep belly breaths and move them into your heart space, then down into your root chakra, located around the perineum. Allow the lower part of your body (legs, feet, thighs, hips) to relax with each exhalation. Feel yourself heavy and sinking into the ground. Allow a grounding cord, roots of some kind (can be tiny roots or one large tap root) emanate from your lower back. Feel the root(s) reaching down through your root and plunging into the crystalline core of the Earth. Feel the Earth energy coming up through your root. Notice how it feels in your body as you connect with the Earth. Feel your roots connected to the Earth and to that of the Roses in your essence. Move from the roots into their flowering state as they infuse into the water. Feel the power of their rooted energy, their earthiness fused with the airy lightness of the petals. Feel the caress of the water as she receives their power. Feel the light of the moon, her silvery, pearly rays guiding the infusion, spreading it out through the watery depths of your flower essence.

When you are ready, come back gently to your space. Release the roots back to the earth and allow your root chakra to relax. Slowly deepen your breath once again, bring your awareness back to your space. Open your gaze to the flowers in the bowl and give thanks. Leave them to infuse into the water for at least 3 more hours, or overnight.

A Note on Working with the Essence of Rose

Rose encourages the positive potential for enthusiasm and lively interest in life. It encourages heart forward living, dropping out of the head and into the heart. Use this flower essence to re-ignite your passion for life and find enthusiasm in your work, relationships, etc. It helps the soul be present in its responsibilities on Earth and expands our love of self and the Earth. It is excellent for people whose souls are seeking to find positive ideals and seeking to serve the world through a life calling. Patterns of imbalance that it supports in balancing are: apathy, resignation, over positivity, inability to catalyze will forces through the heart.

Enjoy your Full Moon Flower Essence Experience with Rose

Love,

Kat

