

FLOWER POWER
Flower Essences for You and Your Animals
by Nedda Wittels
<http://www.raysofhealinglight.com>

How to Make Flower Essences

I was taught by a Homeopathic MD how to make my own homeopathic remedies using intention. This same system works when you want to make an individual flower essence or a combination flower essence formula.

To make a flower essence (or homeopathic remedy), you need

- A drawing of a ten-sided figure (see the last page of this document.)
- A clear glass container (do not use colored glass or plastic).
- Purified, spring, or distilled water.
- A piece of clean white paper cut to fit inside the decagon.
- A pen.
- A clear, strong intention. (Be sure you are grounded and centered in your power center.)

Important

- The decagon must be larger than the bottom of the container so that it fits completely inside the decagon.
- The written message must completely fit under the container.

Steps

1. Put about 2 ounces of water into the container.
 2. Cut the paper to fit inside the decagon.
 3. Write on the paper the name of the essence (or essences) you want to make.*
 4. Put the paper inside the decagon and put the container on top of the paper.
 5. Let it sit for 15 minutes.
- To make a single flower essence, write the name of the flower, e.g., Impatiens.
 - To make a flower essence formula the energy of which you are familiar, you can use the formula name, e.g., Rescue Remedy or Feral Cat Comforter. Otherwise, write all the names of the flowers you want to use in the formula on the same piece of paper to go under the water.
 - To make a homeopathic of specific potency, such as arnica 200 C, write the name of the homeopathic with the potency on the paper.

FLOWER POWER
Flower Essences for You and Your Animals
by Nedda Wittels
<http://www.raysofhealinglight.com>

- To create something specific for a situation where you don't know the name of a remedy or the particular potency, write a description of what you want to create. (See the last section of this material for instructions.)

Preserving Your Flower Essence or Homeopathic

The ideal way to preserve an essence is in a brown dropper bottle that has been thoroughly washed or sterilized (boiled in hot water on your stove for 10 minutes).

- Use a 1 oz measure, like a jigger.
- As a preservative, put vodka, brandy, or vinegar into the jigger – about 15-20% of the ounce.
- Fill the jigger to up the 1 oz mark with the remedy you have just made.

When you use this system, you can leave the bottle out at room temperature.

If you don't want to use any alcohol or vinegar, refrigerate the remedy.

As I use up the remedy, I refill with clean water + more preservative in the same percentage as before. If you do this and let it sit for 15 minutes, the energy of the remedy spreads through the new liquid. In this way, you can go an infinite amount of time without remaking the remedy.

I still check all the bottles from time to time by holding them up to the light to make sure nothing is growing inside them.

Use muscle testing or a pendulum to check whether this essence or formula is the correct energy pattern for you or the animal for whom it was made.

Additional Notes

If you already have some flower essences, you can extend their life indefinitely by doing the following:

- Keep them out of direct sunlight.
- When the bottles get low, add alcohol and water in the same proportions (20% alcohol and the rest water.)

Because of the frequent vibrational shifts on planet Earth during our Ascension process, I sometimes muscle test essences I have made to see if I need to remake them at a higher frequency. If I get a "yes", I remake the formula.

FLOWER POWER
Flower Essences for You and Your Animals
by Nedda Wittels
<http://www.raysofhealinglight.com>

Creating Your Own Remedies

Using your imagination and creativity, and your Divine Mastery, you can make remedies for many things by consulting with your I Am Presence, the I Am Presence of the animal or person, and the appropriate body elemental, other guides.

For example, there is a feral cat named Hattie whom I feed once a day. Since she refuses to eat worming medicine, which is a poison anyway, I created an energy remedy that keeps her clear of parasites.

To do this, I contacted my I Am Presence and Hattie's I Am Presence and asked what to write. I was guided to write this formula and use it to make a remedy for her.

Whatever will eliminate parasites of all kinds from Hattie's 4-body system and restore harmony, health, and balance, at the appropriate potency.

I have used this energy remedy for over 5 years now, and she has weight on her ribs consistently. I ask for guidance from her I Am and I muscle test for when to use and how long to use the remedy and how much to give her.

I've made other remedies in a similar way and used them successfully. It's not a fool-proof system and it doesn't always work to resolve an issue, but it works often enough for me to use it frequently.

I've even made colloidal silver 200 ppm this way and it works!

If you decide to make your own remedy this way, ALWAYS ask for guidance, and always muscle test what you wrote to make sure it's the best possible frequency for what you are trying to accomplish.

FLOWER POWER
Flower Essences for You and Your Animals
by Nedda Wittels
<http://www.raysofhealinglight.com>

DECAGONS

