Hawthorn Flower Essence

BY TATIANA EAVES

4.5–5 OZ.
80-PROOF BRANDY

A FEW
HAWTHORN FLOWERS

5 OZ. OF
SPRING WATER

Flower essences have been used for thousands of years to increase emotional and mental well-being. They are vibrational medicines and operate by helping us embody lessons, gently guiding our personality to move in a direction that leads to a more balanced and evolved spiritual state.

YIELD: The dosage bottle contains over two months' worth of medicine if consumed daily.

HINTS: Use your kitchen scale to weigh the Mother Essence when you transfer it into a canning jar. That way, you'll know exactly how much brandy to add to achieve a 50/50 ratio.

SHELF LIFE: Very shelf stable for over a year.

DOSAGE: Give her a little tap before using to activate the medicine. Ingest 4 drops from the 1-oz. bottle daily, either directly or in a glass of water.

HERBS
with ROSALEE

1. **Ask For Permission** – Spend some time with Hawthorn and get to know her. Take your time to introduce yourself and state your intentions, and ask for permission to make a flower essence. Remember that they are sovereign beings and honor the answer.
2. **Prep Your Bowl** – Fill a small glass or crystal bowl with 4 oz of pure spring water (do not use tap or distilled water).
3. **Harvest Flowers** – Choose flowers that are near maturity and clip just the flower heads (without touching them) and let them fall into the bowl facing upward (use a leaf to guide them if needed).
4. **Infuse the Essence** – Let the bowl with the flowers sit undisturbed in direct sunlight for three to four hours.
5. **Strain** – Using a leaf, remove the flowers from the water and place them under the plant you harvested from. Offer gratitude.
6. **Prep the Mama** – The remaining water is called the “Mother Essence”. Transfer it into a glass canning jar and add 80-proof Brandy at a 50/50 ratio for preservation. Activate the essence by vigorously shaking the jar.
7. **Dosage Bottle** – Add .5 oz. each spring water and brandy into a 1-oz. dropper bottle. Then add four to seven drops of the Mother Essence.

Tatiana Eaves

Tatiana Eaves is a Medicine Woman--an ecologist, herbalist, wildcrafter, and spiritual guide, among many other things. She has spent her life seeking to deepen her understanding of the interconnected nature of life; learning and finding the threads of connection between various ways of knowing. She believes in sharing her knowledge and the wisdom of the forest to bring us all back into the remembrance of our personal power to enact change in our lives, our communities, and beyond. Her goals are in bringing forth an environmentally sustainable, spiritually fulfilling, socially just human presence on this planet by working collaboratively with others to strengthen our connection with ourselves, Mother Earth, and each other.

You can find more from Tatiana on Instagram @a.virosa.

You can also find Tatiana on her website, EcologistSays.com, on Facebook, and on Twitter.