

Ethereal Flowers I course notes

Making a remedy

1. Place a 20 ml. bottle with distilled water in front of you.
2. Look at the bottle and mentally say the name of the flower, ex. "Willow". This will instill the energy in the water.
3. After 2 seconds the remedy is ready for use.

This is the "concentrated" remedy.

Note: Distilled water is normally seen as "dead water", but this method will empower the water enough to "revive" the water. If you still don't want to use distilled water, you can use 1 part alcohol and 3 parts of spring water.

Directions

To make a remedy for a client or yourself:

1. Find the remedy/remedies needed and a 1oz./30ml bottle with distilled water or mixed alcohol and water.
2. Put one drop of each of the chosen remedies into the bottle.
3. Shake well before use.

Dose: 4 drops 4 times a day. First time in the morning, then noon on empty stomach, next at 17:00 on empty stomach and then in the evening as the last thing you do.

The flowers

Agrimony Mental torture behind a cheerful face.

Aspen Fear of unknown things.

Beech Intolerance.

Centaury Have difficulty in saying no and are anxious to please.

Cerato Doubt your own ability to judge situations.

Cherry Plum Fear of losing control of the mind.

Chestnut Bud Refuses to learn by experience.

Chicory Are overly possessive. The care for others is self-centered and manipulative.

Clematis Dreamy, absent-minded, lack of interest in present.

Crab Apple The cleansing remedy, have a poor self-image.

Elm Overwhelmed by responsibility.

Gentian Easily discouraged.

Gorse Hopelessness and despair, pessimistic.

Heather Obsessed with own troubles and experiences, dislike being alone.

Holly Hatred, envy, jealousy, suspicion.

Honeysuckle Living in the past, nostalgic, feeling homesick.

Hornbeam 'Monday morning' feeling, tiredness at the thought of doing something, procrastination.

Impatiens Impatience, easily irritated.

Larch Lack of self-confidence.

How to pass on Ethereal Flowers I

1. Imagine/visualize that you are surrounded by the energy of all the flowers in Ethereal Flowers I, that is slowly becoming stronger and stronger...the force field is becoming brighter and brighter. Do this for 2-5 minutes.

2. Say mentally or loud: (to your higher self) "I ask that (name) may be attuned for the Ethereal Flowers I empowerment."

Or if you are preparing the attunement in advance: "I ask that (name) may be attuned at (time) on (date) in his/her time zone for the Ethereal Flowers I empowerment."

3. The attunement will then start and after around 10 minutes, it will stop.

For more info about flower remedies you could read "The Encyclopedia of Bach Flower Therapy" by [Mechthild Scheffer](#) or "The Bach Flower Remedies" by [Edward Bach](#), [E.J. Wheeler](#).

Blessings

Ole Gabrielsen