



GREEN HOPE FARM

CARING FOR YOUR GREEN HOPE FARM FLOWER ESSENCES

IF YOU READ ONLY ONE THING, PLEASE READ THIS!

Here are some things you can do to keep your Flower Essences in good shape so that they last many years.

PLEASE try not to touch the dropper of the bottle to anything outside the bottle. Touching something else with the dropper can introduce the vibration of what was touched into the bottle. You want only the high vibration of the Flower Essence in the bottle. IF you accidentally touch the dropper to something else, run the dropper under cold water for 5-10 seconds before returning the dropper to the bottle.

PLEASE do not add water or any other ingredient but Red Shiso to your Essence bottles and expect it to last as well as a full strength Essence. You CAN make dosage bottles from our Essences because our Essences are stock concentrates but please make these dosage bottles with FULL STRENGTH Red Shiso. Essences have a strong life force energy. They need the full strength stabilizer to keep them at their best.

Your Essences may be cherry pink in color or they may be pale pink. After several years they may fade to almost clear. The Essence can still be fully potent even with these color changes. Red Shiso is an herb that varies in coloration from growing season to growing season, from batch to batch, even from leaf to leaf. The active ingredient of perilla aldehyde is present no matter the color of the Red Shiso.

Our Flower Essences are an herbal product containing the herb Red Shiso. We strain our organic Red Shiso tincture but sometimes the Red Shiso still will have organic matter in it. This organic material sometimes clings to the inside of the dropper and sometimes looks a bit like the mother in cider vinegar. Another thing that you sometimes may see in your dropper is calcium. Our artesian well water is very hard and sometimes calcium will precipitate inside the droppers. If you see either particles of Red Shiso or white on the inside of your dropper, you can rinse out the dropper and proceed to use your Essence knowing it still carries the electrical information of the Flower in it. It is also a good idea to squeeze out any Essence from the dropper before returning the dropper to the bottle. This helps keep the droppers clear.

If you do not like the taste of the Red Shiso, remember that your Essences do not need to be taken internally. Flower Essences are electrical information. They need to be introduced into your electrical field for your electrical system to read the information they offer. Your electrical field extends out from your body. This means you can rub Essences on your skin, put them in bathwater, spritz them around your body, hold them in your pocket or take them internally. With any of these methods your electrical system gets the opportunity to copy the electrical vibration of the Essence. The fall 2004 newsletter discusses this in detail. Ask us to send you a copy if you have not gotten one.

PLEASE store your Essences upright. This puts less stress on the droppers. When you put the top back on the bottle there is no need to tighten the top with a great deal of effort. Extremely tightly closed tops put pressure on the tops and may cause them to bulge. This does no damage to the Essence but may leave you with a dropper top that does not work very well!

PLEASE store your Essences in a place that feels safe and high in vibration. This isn't a test of discernment. Common sense will do. In other words, if there is a dark and overstuffed closet that you avoid entering, this is probably not the place for your Flower Essences. If there is a place in a room in which you like to spend time,

that's a good possibility.

KEEPING YOUR ESSENCES POTENT.

As with so many things at Green Hope Farm, the following contains some unorthodox suggestions. Please use it as a springboard for your own process not a recipe you must follow exactly.

You deserve to work with Flower Essences of the highest vibration and potency possible. When you get your Flower Essences, you might consider acknowledging aloud that you intend to keep your Flower Essences pure and powerful. This declaration and commitment won't take much time but is one of the most important things you can do.

Your Red Shiso stabilizer is a litmus paper for the stresses which your Flower Essences undergo. If things get murky, know that you can call in many helpful spiritual beings to help bring back your Flower Essence to peak performance.

There are many spiritual beings happy and able to help you keep your Flower Essences in pristine condition or return them to full potency should they suffer any difficulties. Once you welcome these spiritual entities into partnership with you, **they will be there**, in service to you and your Flower Essences. It is as simple as that. There are so many spiritual helpers available to help you. Trust yourself to find your own network of kindred spirits. Here is a list of some spiritual beings that you may want to consider working with.

*Archangel Michael and the Angels of the Blue Ray. These are THE protection Angels and Archangel Michael is in charge. He is a force of Divine power used in complete union with God's will. His sword can be borrowed to cut yourself or your Flower Essences free from inappropriate energies or to create better protective boundaries. God Bless Archangel Michael for his tireless service to all mankind.

*The Deva of Flower Essences and the Deva of Healing overlight the use of Flower Essences and will bring in their support and guidance when asked. The Deva of Flower Essences holds the keynote for each Flower Essence and thus can serve as a kind of tuning fork for you to clear your Essences or keep them in the purity in which they were created.

*The Angel overlighting your healing practice or healing work will add specific guidance about what you need to do about protection. If you are uncertain about creating such a dialogue, ask what you want to know. Then ask that any message you need to receive be sent to you so clearly and even repeatedly, if necessary, until everyone involved knows you got it. Believe me, you'll know you're in a dialog soon enough!

*Pan, head of all the Elementals, can bring a tremendous level of protection to all things in form. He and the Elementals can create a form for protection of your Flower Essences. You may not see it but it will be there in a higher dimension.

*Clair, Elohim of Purity is the Elemental in charge of the Fourth Ray of Divine Purity. You can ask him to make sure that your Flower Essences hold the Divine wisdom of the Flower and its healing energies and nothing else. He is wonderful to work with and so easy going that he didn't correct me for a year when I assumed he was female in energy!

*One of our staff people sees the fairies which accompany each bottle of Flower Essence. Remember these Elementals, one for each bottle of Flower Essence, is there as long there are any drops in your bottle. This Elemental can support you to keep your Flower Essences potent, pure and full of the love with which they were created.

PLEASE call us with any questions or concerns 603-469-3662 With all Gratitude to you and all our spiritual partners, I send you Blessings from Green Hope Farm!

Molly Sheehan