



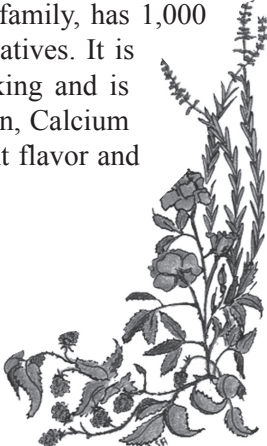
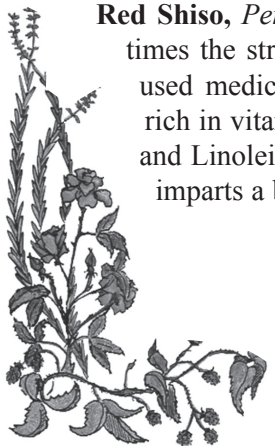
## Flower Essences of Singing Brook Garden

Preserved in Red Shiso and Apple Cider Vinegar

**Flower Essences** were originally created in the 1930's by Dr. Edward Bach, to address the underlying cause of illness before disease manifests into the physical realm. Flower Essences help initiate the body's inner healing ability to build a bridge between the healing elements of nature, body and soul.

**Flower Essences** are used to encourage positive change, to harmonize and heal the hurt within the emotional, mental and spiritual selves. They help reconnect to the healing source within, to that peaceful loving place within our hearts. Our essences transform the spirit and open the senses to living in the moment. They help you to slow down, go with the flow, experience the child-like wonder of the natural elements of the healing Earth, and live in harmony. Enjoy!

**Flower Essences** are made at the peak of their flowering. On a clear summer day, the petals are steeped in water for four to six hours. The petals are strained, having offered their sweet fragrance, color and unique vibrational energy to the water. We use **Red Shiso** and Vinegar as a preservative to provide **Alcohol-Free** essences, due to the strong negative effects of alcohol.



**Red Shiso**, *Perilla frutescens*, from the Mint family, has 1,000 times the strength of synthetic food preservatives. It is used medicinally and in Macrobiotic cooking and is rich in vitamins A, B2, C, Chlorophyll, Iron, Calcium and Linoleic acid. **Red Shiso** has a pungent flavor and imparts a beautiful red color.

## Flower Essence Blend

Made with Singing Brook Farm flowers



### Midsummer Rose Blend



A blend of essences from 31 of our beautiful roses in bloom on a glorious Midsummer's Day. An uplifting blend to open your heart, soothe the emotions, raise your spirit and remind you of the gentleness of life. Enhances fertility and arouses your passions. *I am a beautiful, sweet smelling rose, full of radiance, light, healing & love.* **1/2 ounce cobalt.**

## How to Use Flower Essences

**Flower Essences** can be taken directly from the stock bottle. Take 4 drops in water or into mouth, whenever you feel the need. The taste is tart but vital. For a relaxing bath, add 20 drops to your bath. To raise or change the vibration in the atmosphere, place Flower Essences in a spritzer bottle and spray. Flower Essences can also be used for animals or plants in the same way.

