

PRIESTESS
~of~
Flowers



FLOWER
ESSENCE
JOURNAL

DEVELOP YOUR RELATIONSHIP
WITH NATURE'S HEALING ALLIES



*For all the essences
in your apothecary:
flower essences,
gem elixirs, and more.*

ELKA EASTLY VERA

~ ALSO BY ELKA EASTLY VERA ~

Welcome the Wild Pollinators

Seeds of Wisdom

Moonwise

My Heart Is a Garden

Seeds of Wisdom Flower Essence Companion

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ELKA EASTLY VERA

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Priestess of Flowers: Flower Essence Journal

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FLOWER ESSENCE JOURNAL

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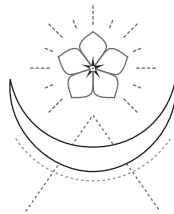
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~ ABOUT YOUR JOURNAL ~

Your *Flower Essence Journal* has three main parts:

Journal Pages

SELECTION RECORDS & NOTES

sacred space to honor your encounters with the essences

Index of Essences

A REPERTORY OF EMBODIED EXPERIENCE

sourced from your encounters with the essences

Index of Keywords

A REFERENCE GUIDE OF INDICATIONS

distilled from your authentic discoveries with the essences

Whenever you select an essence to work with, take the time to write about it in the **Journal Pages**. Discoveries you make in your Journal Pages will help you create your own personal repertory and reference guide to the essences in your apothecary.

The following **Introduction** goes over all parts of your journal and is devoted to helping you make the most of it!



INTRODUCTION

THIS JOURNAL IS FOR ANYONE WHO USES FLOWER ESSENCES. It is also a welcoming space for other kinds of vibrational healing remedies, too – like gem or environmental essences – made in a similar fashion to Dr. Bach’s original water-and-sun botanical infusion method.

Whether you use flower essences in your professional practice or simply for your own well-being, this journal will help you develop your relationship with what I call nature’s healing allies.

If you are completely new to flower essences and their kin, please refer to the Recommended Resources section on page 163. You will find a list of excellent books and quality websites where you can begin your essence journey. You can use this journal in tandem with any self-directed learning process or professional training program. It will be a supportive companion whether you decide to read and explore on your own or take a class with an established teacher.

If you have ever taken an essence – be it flower, gem, or otherwise – you know that essences *are not* essential oils. Essences have no scent and they taste only of the alcohol or glycerin used to preserve them. You will learn more about the differences between essences and essential oils as you begin exploring the Recommend Resources mentioned above.

Although this *Flower Essence Journal* is for all the essences in your apothecary – not just the flowers – there are several reasons for the emphasis on flowers in its name.

First of all, I wanted to make an initial, immediate distinction for those who might think an “Essence Journal” is for essential oils. It bears repeating: essential oils and essences are entirely different. I really want to highlight this because I have heard many people say: “yes, I use essences!” when they really meant essential oils.

There are two more reasons I call this a *Flower Essence Journal* and not just an “Essence Journal.”

1) Flower essences are more well-known and more readily available than essences made from other sources. You can purchase flower essences at most natural food stores, but other kinds of essences – like gem, mineral, mycological, and environmental essences – are found mainly online and in specialized shops.

2) While I do use many kinds of essences in my practice, my experience and training with essences are rooted mainly with the flowers.

I began working with essences nearly 20 years ago. (You can read the story of my introduction to flower essences in the sidebar “Flower Power” on the next page.) They figure prominently in my transformative practice. While not every client resonates with or has an interest in what I call “flower medicine,” the essences nevertheless weave a matrix of invisible support in sessions and in the courses I teach.

In some courses – like my 12-month Wisdom Program and my six-week Elemental Alchemy course – essences play a very visible role. In Elemental Alchemy, for example,

~ Flower Power ~

Many years ago, I was working at the little Goddess shop I owned in San Francisco. A friend of a friend came in and wanted to share with me a special project she was working on: her own line of flower essences for pets.

Honestly, I hadn't been impressed with flower essences before then. I had seen them at my local herb shop and tried a bottle of one essence or another. My experience was kind of a shrug.

Flower essences are subtle in nature. In a similar vein to homeopathy, they contain no measurable trace of botanical compounds. To some people this sounds super "woo-woo." But I am a believer in the power of many things that science can't yet measure.

At the time, I was making my own "aura spritzes" out of pure water, intention, and energy (plus some essential oils for scent). Since there is no actual botanical matter in a flower essence, I wondered how essences differed from my intentional spray blends. But since my aura spritzes were actually very effective, I embraced the idea that some tools simply resonate with some people and not with others.

(Side note: if you'd like to call all of this placebo, you are welcome to. As an article from Harvard Medical School states "...placebo is not proof that a certain treatment doesn't work, but rather that another, non-pharmacological mechanism may be present." See health.harvard.edu/mental-health/the-power-of-the-placebo-effect.)

So, while I was not personally compelled by flower essences at the time, I was happy to carry her line of products in my shop. I was certain someone would benefit from them. But my new friend wanted me to get a feel for their true transformative power, so she offered me a consultation and custom flower essence blend.

That was the turning point for me. I enjoyed my consultation. Just having someone listen and mirror back what you're up to is profoundly healing!

In the consultation, I learned some important distinctions about flower essences. If you choose an essence you don't need (or, rather, that isn't in vibrational alignment with you), you won't really notice anything. Hence my shrug-worthy experience.

students culminate their explorations with the elements of nature by creating an essence themselves. In the Wisdom Program, each of the 12 monthly wisdom themes is paired with a selection of five flower essences that harmonize with the teachings of that theme.

My Wisdom Program flower essence pairings eventually became a little book, *Seeds of Wisdom Flower Essence Companion*, which was profiled in the Flower Essence Society International Research Journal online. FES is a

leader in flower essence research and education, so this was quite an honor!

The *Flower Essence Journal* you hold in your hands is a space for you to record your encounters with the essences *as you use them*. I created it because I wished for a dedicated place to develop my own relationship with new essences that came into my apothecary. I also wanted something I could hand to my clients and students who use essences for their personal self-care or in their own

I also learned to think of essences not as tools or as things, but as teachers and allies – different presences and personalities from the realm of nature.

The effect of my custom flower essence blend itself was a total “wow!”

I took the essences as indicated: 4 drops under the tongue several times a day for two weeks. I didn’t notice anything the way I might if I was taking allopathic medicine, but I was game to see it through. Maybe a week or so into my blend, I had a profound, healing dream.

The details are extremely personal, but the dream reached back into some deep ancestral trauma. Dysfunctional family patterns were laid bare in this dream. In seeing these patterns clearly, I also saw one of the defining stories of my life with new clarity. And I saw that it was a story I had made up. And, frankly, that it was incorrect.

I woke up from the dream... transformed. This incorrect story was just sort of “liberated” from my nervous system. I knew – at the deepest cellular level – that it wasn’t true, so it didn’t have a hold on me anymore. Without this story running as a life script, I was free to make different choices, specifically

in the area of relationships. A whole new paradigm of relating opened up for me.

My experience also opened up a whole new world of study and discovery, and I later went on to share flower essences in my transformative practice.

Over the years, I’ve observed how some clients’ tenacious patterns seemed to melt away while taking essences. Some clients just stopped talking about recurring issues. When I inquired about them, they would pause and say with surprise: “Oh, I had completely forgotten about that! Nope, that’s not an issue any more.” They couldn’t say how or what shifted exactly. Just that the shift occurred.

This is not to say that flower essence are a “magic bullet.” They are not. And sometimes what happens when you take a resonant flower essence is that the theme you’re working on “lights up” and pushes you to get deeper – and different – support.

Essences are, as I said, teachers and allies. They can’t do your transformative work for you. But they offer presence and support to those who desire it. Flower essences can strengthen your relationship with nature, too. I see this as being particularly important in our climate-changing world.

professional work. It provides a structured-yet-concise space to record details about your essences and a freeform space for exploring them in a journaling style.

Your *Flower Essence Journal* also offers something very special: the opportunity to index your essences and the keywords you come to associate with them. Your apothecary may include essences from a variety of makers around the world, each with their own literature and references. Your *Flower Essence Journal* can become your

own personal repertory and reference guide distilled from your own authentic discoveries with the essences.

As you work with your essences and honor your process by recording details about them in your *Flower Essence Journal*, you will gain more than knowledge. You will create a repertory of embodied experience. When you actually move through the process of writing down your discoveries, you will develop intimacy with nature... and with yourself.

Please note that the space for each item on the Essence Selection Record page is deliberately small! The idea is to give space for what's *essential*. There is space to really stretch out on the facing Notes page.

There's a sample Essence Selection Record completed on the next page (page 8). I'm using one of my own selection records for the example.

Here are the Essence Selection Record items and my thoughts about them:

SELECTION DATE – Self-explanatory, but super important, dates highlight moments in time you can refer back to.

ESSENCE – Write in the name of the essence you've selected, *as you* refer to it.

BRAND – Include the brand, maker, and/or line this essence comes from. They likely have literature you will be referencing as you flesh out this detail page. Note that an essence made by one brand will have a different vibration and possibly different therapeutic qualities than the same essence from another brand. Makers impart their energy upon their creations.

LATIN – If the essence is a flower or other botanical, include its Latin name. It will indicate the plant's genus and species. This will help differentiate essences across brands and plant varieties. For example, Bach's Wild Rose essence is made with *Rosa canina*, while California Wild Rose essence from FES is created with *Rosa californica*. These two essences – both roses – have different qualities and indications. However, they do share similarities, too. The Latin binomial will help you connect with the essence within the context of an entire body of botanical wisdom.

TYPE – Is your essence a flower or some other kind of essence? Choose its type from the list and circle it. For the sake of simplicity, mycological (mushroom) essences

are considered to be “other botanicals.” Technically speaking, mushrooms are not part of the plant realm, but historically, they were thought to be plants, and they do use the Latin binomial form. If you are purist who uses mycological essences, you are welcome to strikeout those words and write in more specific, correct language for your essence type. Other botanicals also might include essences made from plant parts other than flowers. Mineral essences, in this context, are considered to include gems, stones, and crystals.

MODE – How are you planning to take the essence? Circle the mode(s) you plan to use. The traditional way to take an essence is orally, but I have found that I personally use spritzes more frequently than oral application. Modes of application are vast and creative! You can use more than one mode with the essences you select. You even can add them to your laundry. If you are new(ish) to essences, you will likely be taking them orally or topically. The Recommended Resources on page 163 will inspire exciting possibilities for taking the essences.

INTENTION – Here is where you really begin to tune in to the essence as an ally, teacher, and/or healing catalyst. Why did you reach for an essence today? You may need to explore your thoughts and feelings about this in the open Notes space of your two-page spread. See if you can get to the very heart of your intention – the “essence” of your intention.

CONTEXT – Is there anything noteworthy about this day – astrologically, personally, culturally? For example, is it a new or full moon? Is it an important milestone day (like a birthday or anniversary)? Is it a special day in the culture at large (like a holiday or political event)? Is it an important day of your menstrual cycle (if you have one)? You might discover over time that certain essences come up in your selections at significant phases of the moon or your body's cycles or that you experience certain feeling states at personally or culturally significant moments.

SELECTION DATE 1/11/2021

ESSENCE *Sierra Primrose*

BRAND *FES Range of Light*

LATIN *Primula Suffrutescens*

TYPE What kind of essence is it? FLOWER OTHER BOTANICAL MINERAL ENVIRONMENTAL COMBINATION FORMULA

MODE How will you take the essence? ORALLY TOPICALLY BATH SPRITZ DIFFUSER OTHER: *laundry*

INTENTION Why did you reach for an essence today?
was feeling a bit depressed and out of sorts

CONTEXT Is there anything noteworthy about today?
general pandemic distress

PROCESS How did you make your essence selection?
consulted the FES flower essence guide looking for a match to my feelings

THERAPEUTICS What are some of this essence's supportive qualities?
gratitude for life regardless of health; seeing life as a gift

SIGNATURES What do you notice about the essence constituent(s) in nature?
pink/magenta 5 petals shaped like hearts tiny!!

DOSE + DURATION How much, how often, and for how long did you take the essences?
2 drops as needed

FOLLOW UP What did you notice or learn while using this essence?
noticed a shift right away: mood lift, more peace in/with my body

SUMMARY In your own words, what would you say this essence is helpful for?
When you're feeling depressed because of "lack of" health, this will connect you with a sense of gratitude for life itself.

KEYWORDS What three keywords would you use to reference this essence?
1: *depression* 2: *joy of life* 3: *gratitude*

PROCESS – How did you make your essence selection? Did you consult a repertory of indications or literature provided by the essence maker? Perhaps a flower essence practitioner recommended the essence to you. Maybe you made your selection intuitively or by using a pendulum or muscle testing. I've had flowers come to me in visions and shamanic journeys. I have decks of cards related to at least four lines of essences I use, and I'll often select an essence from one of these decks in the style of an oracle. Sometimes I will hear the name of a plant or gemstone and get an inner *ping!* which tells me I need to bring that essence into my life. This is one of the reasons my apothecary has grown large over time!

THERAPEUTICS – According to the essence maker, what are some of this essence's supportive qualities? Essence makers generally provide some kind of written insight regarding the positive qualities an essence may catalyze. They may also include the "problems" or challenges that indicate the essence may be helpful. These therapeutic insights may be found in the maker's product literature, in a repertory or reference book, or on the maker's website. Remember, therapeutic insight may differ across brands, as well. You'll see that your *Flower Essence Journal* allocates only a small space to summarize *what you see* as the relevant therapeutics. The idea isn't to copy the essence maker's literature word for word, but to tease out what's relevant to you – on this particular day that you've selected this essence.

SIGNATURES – The "doctrine of signatures" is an ancient philosophy that says nature provides clues as to the healing properties of plants through signs – or signatures – like color, shape, pattern, and other qualities of the plant itself or the environment in which it grows. Regarding the essence you are choosing today, what do you notice about its constituent(s) in nature? Your essence is not (just) a bottled product. It is the vibrational transmission, or spirit medicine, of one of nature's allies. Where does this ally live in nature? What does it look like? What are its signatures that may be relevant to the healing,

wisdom, or transformation it may offer you? You will need to look at a picture of the botanical, mineral, and/or environmental source of your essence. If the essence maker's literature does not include an image, search online and look at a variety of images. What stands out to you about this ally today?

DOSE + DURATION – This section marks the transition between essence selection and follow-up. It asks the question: How much, how often, and for how long did you take the essence? You also can write in your *expected* dose and duration for working with this essence and then come back to it at a future date and write in what you *actually* did. A standard practice with an essence dosage bottle is to take 4 drops twice daily for two weeks. In my own life, I often take essences directly from the stock bottle as needed. (See Recommended Resources on page 163 if you need more guidance on taking essences and the difference between dosage and stock bottles.) I also consider esoteric or energetic dosage to be legitimate. For example, if I don't have a needed essence on hand, I will meditate with an image of the plant and consider that "taking the essence." It's not quite the same as taking the essences directly, but still can be efficacious. Use this section to set an intention for regrouping for the final three sections on the details page.

FOLLOW UP – It's easy to take an essence... and then forget all about it. Give yourself the gift of following up after you complete your dosage cycle. Reflect on what you learned or noticed while partnering with this essence. This is key to developing intimacy with the essences as teachers and allies.

SUMMARY – Creating a summary empowers you to bring together your discoveries from the details on this page and on the facing Notes page, along with your embodied experiences. Try not to consult any additional literature or other resources as you distill your insight into a brief summary that answers the question: In your own words, what would you say this essence is helpful for?

KEYWORDS – If you’ve taken the time to flesh out the sections above, your process with this particular essence will have been rich, thorough, and uniquely your own. The outcome is intimacy with yourself and with this ally of nature. The gift of this intimacy is wisdom. Gather this wisdom in the form of three keywords that you can add to your Index of Keywords on page 149. As you add your wisdom to the Index of Keywords, you grow a reference guide of indications distilled from your authentic discoveries with the essences. This will add to the body of literature you consult when you select an essence in the future. Your Index of Keywords will stand as a reference guide alongside other essence repertories in your library.



This journal holds space for 60 essence selections. If you select one essence per week, this journal will take you more than a year to fill. Of course, you can select more than one essence per week. Or maybe you reach for essences less frequently than that. The *Flower Essence Journal* is designed to companion you as you select and work with essences at your own natural pace at the time you select them. If your approach to working with essences is organic and as-needed – and if your personally apothecary includes only a handful of essences – it may take you quite a while to fill this book.

If you are learning an entire set of essences in a systematic way, you could choose one essence to explore according to a set rhythm – like one per month or one every two weeks. Depending on the size of your set and your selection rhythm, you could potentially gain intimacy with the entire kit in a year. But don’t rush it! Building relationships takes time.

You may discover over time that you select the same essence more than once. That’s ok! It’s actually perfect. Hold your encounters with that essence in separate records each time you select it. You can include multiple encounters with that essence in your Index of Essences.

CREATING YOUR INDEX OF ESSENCES

Your *Flower Essence Journal* gives you the opportunity to index your encounters with the essences so you can easily refer to them whenever you like. The Index of Essences begins on page 135.

Create your index by writing in the name of the essence after you fill out *at least part* of its Essence Selection Record. If you select the same essence multiple times, you don’t need to re-write its name in the index. Just add the additional page numbers where it appears.

Here’s a glimpse of an example index entry:

A	PAGES
Agrimony	22
Aspen	42, 56

CREATING YOUR INDEX OF KEYWORDS

Create your Index of Keywords in a similar fashion to your Index of Essences. Once you have written keywords in the final section of your Essence Selection Record, copy them over into your Index of Keywords, beginning on page 149. If you use a given keyword for multiple essences, you don’t need to re-write the keyword in your index. Just add the additional pages where it appears, for example:

G	PAGES
Grounding	26, 78
Gratitude	36

Through your Index of Keywords, you will gain a fascinating overview of the themes at work in your life. You will also create a profoundly useful reference guide of indications that can help guide future essence selection for yourself and for others.

Being a Priestess of Flowers

What does it mean to be a Priestess of Flowers? I included the phrase in the title of this *Flower Essence Journal* to indicate the *Journal's* place in a larger body of work by the same name. (See page 164 for a glimpse.) I venture that part of why this book is in your hands right now is that you were drawn to the idea or at least intrigued by it. There is a sense of magic in it.

A priestess is someone who honors the unseen world of spirit. I use the pronoun she to describe her, but a priestess is not defined by gender. A priestess is not a feminine version of a priest; she offers wisdom and possibilities that are entirely her own.

As a word and as a world-changing role, “priestess” welcomes you – your authentic self and the pronouns that honor your experience – inviting you to step into your power as someone who holds space, shapes energy, listens deeply, loves wholly, lives wisely.

A Priestess of Flowers activates all of these capacities in relationship with the natural world. She listens to the blossoms and the roots. She opens her heart to the wisdom of flowers and their transformative power. She lives in alignment with the seasons. She collaborates with the Elements of nature. She has chosen a deliberate partnership with Mother Earth.

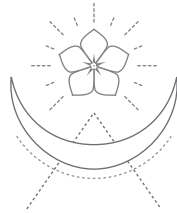
The world needs priestesses. Mother Earth needs you, Priestess of Flowers. Mother Earth welcomes your listening, your love, your wisdom, your energy, and the space you hold for all of Her creations. As you deepen in your intimacy with flower essences as nature’s allies and teachers, you naturally develop your presence as a Priestess of Flowers.

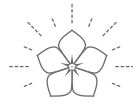
My desire is that this journal helps you grow in your magic, your power, your wholeness, and your service to the wellbeing of our planet.

WHAT DOES BEING A PRIESTESS OF FLOWERS MEAN TO YOU?
Why do you work with essences? Why are you choosing to work with this journal?



A PRIESTESS
holds space
shapes energy
listens fully
loves wholly
lives wisely





JOURNAL PAGES

SELECTION RECORDS & NOTES

sacred space to honor your encounters with the essences

Whenever you select an essence, honor your encounter by taking the time to write about it. These journal pages offer sacred space to record details in a clear, concise framework and to explore your process in a freeform journaling style.



SELECTION DATE

ESSENCE

BRAND

LATIN

TYPE *What kind of essence is it?* FLOWER OTHER BOTANICAL MINERAL ENVIRONMENTAL COMBINATION FORMULA

MODE *How will you take the essence?* ORALLY TOPICALLY BATH SPRITZ DIFFUSER OTHER:

INTENTION *Why did you reach for an essence today?*

CONTEXT *Is there anything noteworthy about today?*

PROCESS *How did you make your essence selection?*

THERAPEUTICS *What are some of this essence's supportive qualities?*

SIGNATURES *What do you notice about the essence constituent(s) in nature?*

DOSE + DURATION *How much, how often, and for how long did you take the essences?*

FOLLOW UP *What did you notice or learn while using this essence?*

SUMMARY *In your own words, what would you say this essence is helpful for?*

KEYWORDS *What three keywords would you use to reference this essence?*
1: 2: 3:



ESSENCES ARE
teachers & allies
AS MUCH AS
THEY ARE
healing catalysts

