

## FAQ -GREEN HOPE FARM FLOWER ESSENCES

All Blessings and Thank you for your order! Here are some answers to frequently asked questions!

**WHO CAN USE FLOWER ESSENCES?** Flower Essences are for everyone including people and animals. Our Animal Wellness Collection is used by as many people as animals, AND animals use all the Flower Essences in our many different people oriented collections!

**WHAT ARE FLOWER ESSENCES?** Green Hope Farm Flower Essences are not chemical remedies. They are electrical information from Flowers. This electrical information is like a tuning fork that helps you tune your electrical system to a higher and healthier vibration.

Each Flower Essence offers the wisdom of what the Flower has learned in its evolutionary journey. There is a Flower that has successfully tackled just about every problem humans and animals confront. Here at Green Hope Farm we have worked hard to make Flower Essences from many Flowers in many places on Earth. We have done this so that a very wide range of problem solving information is ready and waiting for you!

**ARE FLOWER ESSENCES SAFE?** Flower Essences are an extremely safe and gentle way to give your electrical system helpful information so you can course correct on emotional, mental, physical and spiritual issues in your life. Because Flower Essences are not chemical, *you cannot take too much*. Flower Essences are information. They can do no harm.

**HOW DO FLOWER ESSENCES WORK?** Our electrical systems read and learn from electrical data all day. Most of us seek high vibration people, places and things because these vibrations help us evolve as well as feel happy and healthy. Flower Essences, like the Flowers they are made from, offer us very high electrical vibrations. These vibrations are exactly the kind of information your electrical system has been looking for to solve its own problems and experience a greater sense of well-being.

**HOW MANY FLOWER ESSENCES CAN I WORK WITH?** Feel free to work with as many Flower Essences as you feel called to work with. Your electrical system can easily read and learn from many Flower Essences at the same time. *You cannot take too many Flower Essences.*

In the natural world you might like to spend time in one spot with one Flower, but you might also like to soak up the vibrations in a garden or meadow of many Flowers. This is also true with Flower Essences. Sometimes you may want to work with one Flower Essence. At other times, you may want to learn from the vibration of many Flower Essences. Just as a garden full of many different Flowers can lift you up, any group of Flower Essences works in harmony to support you to feel your best.

**HOW MUCH SHOULD I TAKE?** Flower Essences are information not chemical so a little bit of a Flower Essence holds the same information as a lot. *A couple of drops of a Flower Essences several times a day is usually ample.* If you take more drops than you need or work with a Flower Essence that is not relevant to your situation, it will do no harm. Your electrical system will just ignore the information.

**HOW SHOULD I TAKE MY FLOWER ESSENCES?** There are many ways to work with Flower Essences. You can put Flower Essences in a glass of water to sip. With each sip, your electrical system gets a reminder of the healing electrical information of the Flower Essences. These frequent reminders of the wisdom of the Flower Essences help your electrical system find a higher and healthier vibration. You can also put them in the bath or take them directly in your mouth. Your electrical system extends out from your body. This means there is no need to take a Flower Essence internally. You can rub Flower Essences on your skin or your animals' paw pads or ear tips. You can also mix them with water and use in a spritzer bottle to spritz over yourself and other members of your household. We are all part of one electrical system, so it is very helpful for everyone in a household when you all work with Flower Essences at the same time.

Try not to touch the dropper to anything like your hand, mouth or your animal's fur. If you do touch the dropper to something, rinse it off for ten seconds or so in cold water.

**HOW SHOULD I STORE MY FLOWER ESSENCES?** Without your care and attention, our Flower Essences will stay at their peak vibration for about a year. If you care for them, they can last much longer. . To help them last longer, store your Flower Essences upright in a high vibration spot in your home, some place that feels harmonious and serene. In addition, it is helpful to keep your Flower Essences out of high traffic area where people and animals will unconsciously pull on their energies. It is also very helpful to routinely ask the Angels and Elementals to clear and protect your Essences so they stay high in vibration for as long as possible. These actions on your part will make an enormous difference in the potency and longevity of your Flower Essences.

**DOSAGE OR STOCK?** Our Flower Essences are stock concentrates. This means you can make dosage bottles from the Essences or you can use them directly from your bottle.

**WHY DO ANIMALS LIKE FLOWER ESSENCES SO MUCH?** Many times people arrive home to find their animals sitting on the newly arrived box of Green Hope Farm Flower Essences. Even before you open the box, your animals know something special has arrived in the mail for them. Animals recognize Flower Essences as incredibly helpful tools, because Flower Essences speak the language of animals. In the wild, animals naturally gravitate to high vibrations plants and places. When you give the animals in your life Flower Essences you are bringing these high vibrations to them. Your animals recognize and appreciate this!

**WHEN WILL I SEE RESULTS?** You may see an immediate difference in your animals. It may also take time, especially if your animal is a rescue animal who has a confused electrical system because of the challenging circumstances of his or her early life. With rescue animals there is much electrical wiring to be untangled, and this can take time. If you do not see results in a few weeks, consider giving the Flower Essences to all the humans in the household as well as the animals. This makes it easier for the animals to energetically shift to a higher, calmer vibration. With people it helps to cultivate the open minded, relaxed and joyful attitude a child or animal holds about Flower Essences. This makes it easier for the Essences to support us.

**WHY DO CHILDREN GET SO MUCH FROM FLOWER ESSENCES?** Children and the young at heart are particularly responsive to Flower Essences. Children recognize the gifts of Flower Essences and use them with a great sense of joy. They know they deserve something that makes them feel happy and well. They do not believe the road to good health must be arduous and lengthy. They know that feeling better can be simple and straightforward. They recognize Flower Essences as helpful friends.

**HOW DO YOU MAKE GREEN HOPE FARM FLOWER ESSENCES?** When we make Flower Essences we work with the Angels and Elementals to transfer the electrical healing pattern of the Flower into the Flower Essence. There is no actual Flower material in the Flower Essence.

**WHAT IS RED SHISO?** Flower Essences have a very high life force energy, so they need a preservative to keep them clear and vibrant. We organically grow a plant called Red Shiso (*Perilla frutescens*) to preserve and stabilize our Flower Essences. Red Shiso is a Japanese herb in the mint family. It contains a natural preservative, perilla aldehyde, that makes Red Shiso an excellent preservative. First we make a tea with dried Red Shiso then we add a small amount of white vinegar to the tea to make our preservative a little more sturdy. The result is high vibration Flower Essences with a lovely pink color.

**GREEN HOPE FARM-** For almost thirty years we have shared Flower Essences with people and animals all over the world. From the beginning we have worked with Angels and Elementals to create Flower Essences of the highest vibration possible. We are immensely grateful for our partners at Green Hope Farm.

**WHAT IF I HAVE MORE QUESTIONS?** We have been learning and writing about Flower Essences from day one! We share much of what we have learned on our website [www.greenhopeessences.com](http://www.greenhopeessences.com) On the resources page there are many helpful documents including a comprehensive list of Flower Essence suggestions for different concerns. If you don't find the answer to a question you have, don't hesitate to email us at [alofus@vgreenhopeessences.com](mailto:alofus@vgreenhopeessences.com) We love getting to know you and your beloveds this way!