

NATURE'S FLOWERS OF LIFE®

Flower Essence Remedies with Gem Elixirs

Newsletter - Issue 5 - August, 2007



Wow, what a lot of weather upheavals around the world, as well as on our own doorstep over these Winter months! You can feel the changes in the air, as well as experiencing them. The strong winds and rains have been very cleansing, and I've a sense of Gaia shaking her whole body in an effort to release much of the energies of the past. We in Newcastle and the Central Coast experienced mini cyclones and flooding in June, and it appears that the whole of the East Coast of Australia has experienced some climatic turmoil at some time or other. Some of the rains have been welcomed with open arms in areas that have seen little rain for many years now. Although appearing to be devastating to many, these tempestuous occurrences are cleansing and assist with the forthcoming changes. I am aware that minimal lives appear to have been lost compared to the man-created wars. These wars take many more lives than these Earth shakings do.

If you are one of those people who have experienced loss then the **Waratah*** essence could be for you as it assists in finding your inner courage and strength in times of turmoil. It helps lift you out of deep fear in times of crises.

Weeping Bottlebrush can help bring about a calmness and assist with the letting go of fear and struggle associated with being within this human body. Hopefully those of you who experienced loss will gain much more than those material items lost could have given you and as you let go the sadness for the losses, may you find many wonderful new opportunities crossing your path.

The **Transition Essence** will help ease your way to move through major life changes, as you come to terms with losses, not only of material things, but also of parts of the inner self.

During the months of May and June I myself opened a few new doors of opportunity. I ventured on my first journey to present the

Nature's Flowers of Life® Flower Essence

Remedies to a group in Buderim, Queensland. I was honoured in having a blessed ex-Newcastle friend organise a group of people for my presentation. This turned out to be a very successful and joyful venture, as well as meeting some lovely people. Whilst in Queensland I also had the opportunity to meet up with 2 other very special friends, one being a girlfriend from High School whom I hadn't seen for about 12 years. She is going through the process of healing breast cancer. So my visit was timely as I felt my energies were needed even though I didn't physically work with her. We have a special friendship bond that goes back a long way.

I perceive some cancers as having been triggered by some major set-back in life, which could have been some 8-10 years before the cancer showed itself. In such cases **Garlic** can ease any fear, anger or paranoia that may be lurking in the background of consciousness. **Mountain Devil** also works with cleansing unconscious guilt, anger, hatred or resentments, and then helps with engendering unconditional love – for self as well as others. These fear-based emotions can be the basis of many imbalances within the body. **Detox Essence** is effective in assisting with detoxifying the body when taken before and after x-rays, chemotherapy and radiotherapy treatments. It assists particularly in purifying the liver of toxins.

After returning to Newcastle we had the storms and floods of the June long weekend, in the middle of which we celebrated my husband's 60th birthday - with no electricity for 16 hrs, and on our own as family couldn't attend mainly due to the weather. We did manage to go out for dinner to celebrate in a restaurant that was upstairs away from flooding - and who had power to cook with!

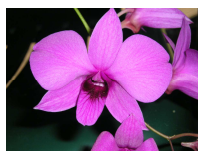
July and August have been months of introspection for me, as Winter often is. I was kept busy on the surface with "life", whilst underneath I was aware of surges of movement. I don't know what they were, nor do I need to know. I am aware however, that I have been shaking off dregs from the past, from way back. At times my body has experienced pain as it adjusted to letting go (often with resistance) of

old beliefs, patterns and energies, allowing space for the new energies to come in.

Our bodies are usually slower in catching up to our forward surges of inner knowing, and as old energies are being released, there are faster, higher vibrating ones coming in to replace them. Our bodies carry cellular memories from way back through time. Many of these have become such a familiar part of us that it can be a difficult task to feel safe enough to let those go. **Chilli** is a great one to help kick start us into unlocking and releasing cellular memories to make way for new energies of this millenium. **Lotus Flower** will help release past emotions on a cellular level, as well as releasing toxicity that may have been created from those emotions. It assists also in tissue regeneration and re-alignment of the chakras. A combination of these two essences would greatly enhance release of old cellular memories & energies.

New Essence

Cooktown Orchid



This latest essence is an Australian native and was prepared in March. It needed to go out into the August full moon before it was ready to go out to humanity. The full moon activated a balance of the Divine Feminine energies of Isis and the Divine Masculine energies of Osiris, representing a perfect balance of passion and creativity. The remedy was out under the Blood-moon Lunar Eclipse, which provided aspects of these very special energies.

Cooktown Orchid softens brash attitudes and fixed ideas, and is especially applicable for our inner male aspects which may find it difficult to connect with the softer side of our natures. This essence engenders a gentle masculine energy that is clear, supportive, loving, strong and responsible. It works with the heart energies, allowing feelings of calm serenity to overstep the need for remaining emotionally courageous or protective.

The **Cooktown Orchid** is for calming and assisting in the renewal process. As the cellular structure of the body is changing to become more crystalline in nature, these energy changeovers are often exhausting. At such times it would be advisable to rest the body and take time out occasionally to regain composure, so as to ease the transformations taking place.



My next planned journey is to Western Australia in October where I'm looking forward to connecting with the many wild flowers that grow there, as well as doing a presentation of the essences.



Flower Remedy Making Workshops are available in your area for small groups with your friends or acquaintances. Why not gather together a few people and I will come to you!



Flower Essence Remedies

help you through your daily challenges and support your life's journey

Individual mixes

personally selected for you with guidance by me - or yourself

Practitioner essence selections to support your own clinical practice

or use in the home for family and friends

Visit my website and see for yourself what's available.

Email: solara@FlowersForHealing.com
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An Inspirational Message 😊

*Begin difficult things while they are easy
Do great things when they are small
The difficult things of the work
must once have been EASY;
The great things
must once have been SMALL...
A thousand mile journey begins
with one step.....by Lao Tse*

With Love and Blessings
Solara