

# NATURE'S FLOWERS OF LIFE ®

“Essences for the Soul”

Flower Essence Remedies with Gem Elixirs



Newsletter - Issue 7 - February, 2008

I've chosen HONOURING THE SELF as the theme for this Newsletter.

How aware are you that in each and every moment you are being honoured, acknowledged and loved immensely by many Angels, Archangels, Guides and Spirit Beings? We are supported, guided and watched over as we create and experience within this Earthly realm. They cheer when we achieve our goals, or when we are brave, or lovingly being in Service to humanity and the Earth. I could almost imagine those loving Beings even giving great sighs of relief when we have one of those AHA moments of realisation – probably thinking “whooppee, at last!” Your Soul recognises all of your achievements and Service from your many lifetimes. We are honoured for the commitment with which we continue on our journey of experiencing learning, despite the difficulties that we create for ourselves in order for us to do so.

The **Zygocactus** is an essence for strengthening your resolve to continue on the journey you set out to do before you entered this incarnation. It is a Winter flower which is a time for reflection and integration, renewal of ideas, and for letting go of old ones – so that we can begin preparing for “re- birthing” and creating anew in the Spring (or in this 2008 year of New Beginnings, for creating new ideas & creations).

As mentioned in my previous Newsletter, 2008 is a year of new beginnings - for self-assertion & self-expression. It's a time where ...“the frailties of the past are being re-born and reinforced as strengths now, and in days to come. Human existence is our playground, and all of existence supports us in our quest to experience life – to grow and expand to our highest potential of who we are spiritually and as Human Beings. This year offers us opportunities for setting the groundwork for a grand and peaceful future.” (Author unknown)

How greatly we will benefit when we can equally honour and acknowledge ourselves for each of our achievements. We are constantly being prompted to remember our personal magnificence that expands well beyond this earthly experience.

**Cymbidium Orchid** is an essence for the awakening of memories of your Divinity – your true angelic self. It helps open and re-activate the upper chakras.

If you take the time to look back in your life occasionally you will no doubt see the growth and expansion that you have achieved through newfound understanding and knowledge. Sometimes it is difficult to acknowledge or see this growth with clarity in the present moment unless you look back. When you do, give yourself a huge “pat on the back” and create a gift to honour yourself. This could be in the form of a special pampering or anything else that would please you in acknowledgement of your personal magnificence.

**Onion Weed** is for the acknowledgement of your own inner beauty and has the ability to assist you in eliminating self-criticism and judgment in your life – to be more gentle with yourself.

Throughout the generations humanity has forgotten how to love and honour themselves, and were taught that to be selfish is wrong and that it is much better to give than to receive, or even to “turn the other cheek” in acceptance of abuse or put-downs just so as to appear strong. In being selfish I point out the importance of setting personal boundaries by saying “no” to situations that don't feel comfortable for us, or anything that puts a strain on our bodies or emotions. In the process of learning to love and nurture oneself we also learn to understand more of another's pain, suffering or challenging situations. To be selfless is a wonderful trait,

but not when it is detrimental to our own quality of life. What good are we to ourselves, our families, our Service to God or our fellow Earth inhabitants, if we are falling apart due to overtaxing of our strengths or emotions?

**Crested Iris** assists with trusting self and easing through life's challenges. It is also for accessing and creating from your inner wisdom. It assists with acceptance of what is presented in life for you to work with, to create, or to leave behind.

We need to love ourselves enough to get to the point of recognising the God spark within us, as well as within each of our fellow Earth inhabitants (and Gaia) no matter what life-style or path they may have chosen to live or walk. God's Love is within *all* of creation because *All That Is* was created that way. When we don't honour ourselves, we are not honouring our Creator GOD.

**Lotus Flower** is for honouring the inner beauty within all forms of life. It is for the alignment of all of your chakras as well as being for releasing toxicity and tissue regeneration.

Part of honouring the Self includes the care of the physical body. This includes not only what you put into your body nutritionally and exercising it, but also what thoughts and beliefs you hold within it. Your beautiful and amazing body has been created to house one aspect of your Soul to have this Earthly experience. In loving and respecting yourself and your body you can help keep all aspects of you in balance. When we aren't honouring, nurturing and loving ourselves, we may begin to create imbalances in the form of illness or dis-ease.

For assisting with the honouring of self, the **Blue Water Lily** is for honouring the sacredness of Water, the Earth and yourself - especially as our bodies are made up of 2/3 water. (I enjoyed reading Stuart Wilde's statement that "we are a mobile puddle").

Our Souls are divided into many multi-dimensional aspects – each aspect residing and creating in different dimensions, with different lifestyles and experiences – all for the expansion of our Soul. As a "team" these aspects contribute to oneanother. As we gain wisdom, knowledge and understanding along our life path, we also assist our "Soul Team", and therefore we support our Soul. So we need not feel that we are expected to achieve everything on our own, or all in one lifetime, as we are part of a team that is supporting oneanother.

Each cell of our bodies has its own individual consciousness and whether it exists in your toe or in your left ear, each has the ability to communicate with every other cell within the body. When a part of our body experiences pain it is telling us that there is an imbalance somewhere in your life, and it's putting out a warning signal to be taken notice of. It's then that we have the opportunity to tune into our inner Being and ask the body what it's trying to tell us – what is it that we are doing or not doing that is upsetting the balance. When we begin to take notice we can change a situation, a thought or a belief, so that the body can become balanced again, and thus prevent illness or dis-ease from taking hold.

There may be occasions where we feel the need to go for guidance or assistance from another person through say a reading, a massage or a healing therapy. But YOU alone have the power to change your situation or your way of thinking so as to bring balance into your life and your body. Those other helpers can assist you in triggering your awareness to change that which is not in balance or alignment of your Soul's journey. If you don't change the core of the imbalance, then it can arise again maybe in the same way or as a different symptom or situation.



Flower Essence Remedies and Vibrational Energy Healing are two modalities which work to support and assist in bringing balance, clarity and equilibrium into one's life.

I am regularly guided to create remedies from flowers and I'm constantly amazed at their wonderful messages and healing properties that they have to offer. There are essences that work on various levels of many different physical, emotional, spiritual and mental situations. I believe all plants have something to offer us vibrationally, however we use them. Just in their presence alone they provide pleasure in their beauty and aromas; calming in their energies; or food for ingesting, and air for our breathing.

Over the past few years the essences that I've been guided to create have provided healing properties that have been in perfect alignment with the incoming planetary energies and shifts that are to help us raise our awareness as the Earth raises her vibrations.

For example the **Christmas Bush** essence was made on Christmas Day of 2006 and helps activate the Christ Consciousness within us.

This also includes the Buddha, Krishna, Mohammed etc. consciousness energies – which I was reminded are all equally relevant and similar. The Christ Consciousness was being re-activated on the planet at this time - although it's always remained present. *Christmas Bush* assists in the evolution of the mind and the upliftment of energies to create peace and equilibrium.

I've found that all of the essences, regardless of when they were made, have been expanding their energies in alignment with the planetary shifts that have been occurring. These shifts have an impact on all plants and life forms as well as human life.

Movies such as "What the Bleep", "What the Bleep down the Rabbit Hole" and "The Secret" have become available to begin showing humanity that **we** are in control of our own creations and destiny, and no-body else can do it for us. We are personally responsible for everything within our own lives, regardless of what appears to be expected of us from within the energies of the consciousness of the masses.

The Abraham CD's and DVD's, channelled through Esther Hicks, have also been made available for us as another tool to teach us how we are the creators in our own lives, and ways to go about changing how we think and create. We must focus on what is right in our lives and in the world, and we must see ourselves as living how we desire to live - with intent. Our imagination is our personal tool for putting our intentions, needs and desires into place – and we used to think it was "just our imagination" which was mostly ignored! When we use our imaginations as a tool, in alignment with our gut or emotional feelings, we realise we have our own personal guidance system available throughout our daily lives. We create our lives through our imagination and our passion.

We have over eons of time also created beliefs which imprison and restrict us. Our physical body can be a vessel of delight, joy and freedom, or it can be a prison of pain and limitation. Our choice – we are the creators!

This also goes for relationships, jobs, family or even spiritual beliefs - all of which can be beautiful and rewarding, bringing self-worth, satisfaction and accomplishment. Or they can be a heavy burden and make you feel unappreciated, worthless and dis-empowered. Again, our choice!

We each have our personal challenges that we've chosen to overcome in this lifetime. Some of us have relationship issues, whether around intimate ones or in the workplace/social arenas. Others have issues regarding trust, or self worth, and many of us have issues surrounding financial abundance. As we experience life, learn and grow, we need to be patient and gentle with ourselves as we change some of our old beliefs and patterns in step by step processes.

The **Foxglove essence** is for embracing the wisdom of the inner self and defining the nature of your inner power. This flower expresses that it is in the taking back of our personal power that will enable us to create peace, joy and abundance in all areas of our lives.

The Australian native **Cooktown Orchid** eases planetary and personal transitions, softens brash attitudes and fixed ideas, as well as engendering gentle loving masculine energies within us. It is also for when one is feeling exhausted with the incoming energies. This would be a good one for tempering the so-called need for wars or the more aggressive masculine energies into softer, more understanding ways of changing the world. Maybe we could sneak a couple of gallons of this into the waterways to assist humanity with these changes!!!

Both the above essences were in alignment with planetary energies at the time they were made.

Flower Essences can gently, but powerfully assist in bringing transformation and balance so we can create new contracts of intent - so we can move forward with clarity and therefore change our perceptions and set new intentions to work towards a new reality and the New Earth energies.

### New Essences

#### *Bougainvillea and Cyclamen*

The combination of these two essences is targeted to clear symptoms of endometriosis and related infertility. It can also be taken to assist in allowing yourself to say "no" to childbirth in this lifetime without guilt.

Endometriosis is a condition in which the tissue or endometrium that normally lines the uterus, grows in other areas of the body, causing pain,

irregular bleeding, and possible infertility. The tissue growth mainly occurs in the pelvic area; outside of the uterus; on the ovaries, bowel, rectum, bladder, or the delicate lining of the pelvis. However, it can also occur in other areas of the body.

The *Bougainvillea* essence targets the mechanism that triggers the endometrium to grow and attach outside of the womb. Some women may feel their only choice regarding their role in life as a woman, is to have children. If, however this was not in their life plan for this lifetime, barriers to those experiences may have been triggered. For some women the choice to change what may be expected of them by others or by themselves, can be very deep-seated and may appear to them to be socially unacceptable. There may be unconscious fear-based issues present that have been carried through from a past life, such as death in childbirth or other related physical symptoms.

A combination of *Bougainvillea* and *Cyclamen* essences can also be taken to assist in allowing yourself to say "no" to childbirth in this lifetime. There may be either unconscious or conscious feelings of guilt around choosing whether or not to bear children - or in being unable to do so. These choices are often made before coming into incarnation. Acceptance of these choices allows the body to relax into letting go of all resistances that may be the underlying cause of endometriosis cells spreading out beyond their normal confines in the body. (May need to be taken over several months to achieve best results)

The *Cyclamen's* energies are for calming the mind and allowing this calmness to resonate throughout the body. The *Cyclamen* essence is excellent when used in combination with *Bougainvillea* essence for treating endometriosis. It is a vibrational tonic for upliftment, and acts on the ovaries to promote a healthy vibration inside the uterus.

*Bougainvillea* combined with *Cyclamen* and *Hibiscus* essences can be taken where there is a desire to fall pregnant and there has been a family history of miscarriage or infertility. (May need to be taken over several months to achieve best results).

A combination of *Bougainvillea*, *Cyclamen* and *Hibiscus* would also be suitable to take when a person is willing to surrender to their Divine design, embrace their inner urges and set them

free to follow them - but only when they are willing to accept that they are not their career!



### **An Inspirational Message ☺**

#### **My Declaration**

I AM powerful beyond measure  
I AM brilliant, gorgeous, talented  
And fabulous for I AM a Child of God

I AM playing big and owning  
my own power because  
I was born to make manifest  
the glory of God that is within me

As I let my own light shine  
I give other people permission  
to do the same and my presence  
automatically liberates others

*Adapted by Dr. Dariah Morgan  
from Marianne Williamson*



#### **Flower Essence Remedies**

Help you through your daily challenges  
And support your life's journey

#### **Individual mixes**

Personally selected for you with guidance  
through me - or your own choices

#### **Practitioner** essence selections

To support your own clinical practise

**Or** use in the home for family and friends

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

Email: [solara@FlowersForHealing.com](mailto:solara@FlowersForHealing.com)  
Web: [www.FlowersForHealing.com](http://www.FlowersForHealing.com)

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



*With Love and Blessings  
Solara*