

NATURE'S FLOWERS OF LIFE®

"Essences for the Soul"

Flower Essence Remedies with Gem Elixirs

Newsletter – Issue 11



CONTENTS:

- * The Essences
- * Essences for Transformation
- * **NEW** Combination Essences & Products
- * Upcoming **Workshop**
- * Physical symptoms
- * **Discounts**



The Nature of Flowers

(by Solara)

*The Nature of flowers is more
than just beauty*

*Visually calming and filling the air
With aromatic flavours of perfume
and beauty*

*Wonderful flowers are everywhere
Flowers for love, Flowers for beauty
Flowers at funerals for loved ones lost
Flowers for gifts and for all occasions
Vibrations of love, of colour and of healing
All in the blossoms of Natures sweet gifts*

It's been a long time between writings as my personal inner journey has taken me to new energetic levels. I am still finding my way, at times seemingly blindly, as new avenues begin to unfold before me. I have an awareness, as many people have, of going through the process of discarding much dross from the past, often going back many lifetimes. You may even relate this to feelings of experiencing an inner death as old unconscious beliefs and patterns that were held within your DNA are being released. These no longer serve where you're at and where you're going to on your journey.

As the years unfolded my main focus has been working with this beautiful range of flower essences and I am ever grateful for their blessings and the honour of being allowed to be of service with them by providing an avenue for

assisting many others as well as myself. My work with the essences has not ceased, nor has their significance lessened, but rather my way of working with them is changing and evolving. I've not yet reached the full potential of how I'm to work with them in the future, but one thing is apparent and that is that I am to work more with the harmonics of sound in the form of toning and singing the healing energies.

I have been using voice toning for many years and now, with the increasing level of vibrations that are arriving on the planet the vibrations of the sounds I sing have also exponentially increased. In the past as each of the essences were made, I toned during the preparation process, and I now sing to assist those existing essences in raising their vibrations to be in alignment with the evolving planetary energies. We humans are not the only ones being affected by the great changes that are occurring on the planet. These energies impact on every single thing on this planet whether animate and inanimate.

The harmonics of sound frequencies are exceptionally important for our planet at present as the Earth's energies are being raised from 3rd to 5th dimensional vibrational frequencies. Many people around the planet are being urged to use sound to transform and align energies within and on the planet.

The Essences

Childbearing Mix and **She Oak** continue to be two of our most popular essences as women and their partners wish to bring "new age" children into incarnation. Sometimes a person's emotional baggage gets in the way of the procreation process or there may have been a family history of miscarriage or infertility that needs to be cleared. *Childbearing Mix* is especially designed to assist with these issues,

helping to reset the body's default settings, as well as assisting in the healthy creation of reproductive hormones.

Another aspect regarding a woman's fertility issues where this essence is helpful is where 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 and there may be pressures or expectations from others around the choosing. Acceptance and final decision-making towards these choices allows the body to relax into letting go all resistances. Those underlying resistances may at times cause endometriosis cells to spread out beyond their normal confines within the body. *Bougainvillea* is one of the essences within the *Childbearing Mix* that targets the clearing of endometriosis.

Essences for Transformation

There are of course many essences that are suitable for each individual and their daily challenges. I include here a brief outline of just a few of the essences that are particularly timely in these times of great transformation and processing of past experiences and memories. Each of the essences can be either combined with others or taken separately, depending on what your guidance may select for you personally. I can choose a selection for you by connecting with your guidance or you can select them for yourself. Whatever is happening in your life can be eased, as well as providing you with more clarity and gentleness whilst healing emotionally, mentally and spiritually through the use of flower essences.

Transition Essence is of great assistance in these times of change, being for people who are going through major life transitions of all kinds. It brings clarity and eases feelings of confusion or turmoil. It assists with opening communication channels for inner attunement and helps resolve past challenges as they re-surface for transmutation. *Transition Essence* is for sorting through family ties, patterns and perceptions so as to clarify painful or irritating situations and release them with love and forgiveness.

The **Chilli Essence** helps release memories of past experiences, carried down through the generations that remain locked within an ecosystem of protective layers within the cells and tissues and within the psyche. If these energies are not unlocked depletion of the body's energy field may occur and alter its chemistry thus creating imbalances.

I am reminded of the importance of water on this planet. It carries cosmic energy of love which flows over the Earth and also links our planet to the stars & planets of our universe. Dr. Masaru Emoto's research into the living waters of our planet has shown how we can transmute or change the energies by offering our projections of love, gratitude and blessings into the waters. Doing this on a regular basis would be a wonderful way to assist in the cleansing of the planet through this most precious commodity, as well as being a way of spreading love and blessings.

The **Blue Water Lily** essence offers the gift of awakening to the sacredness of water and all aspects of life upon Earth including the sacredness within the self - that of the body, mind, the spirit and the soul. The gift of life within you and the gifts of life all around you that form this wondrous planet, are brought to Light by ingesting the *Blue Water Lily* essence. This essence calms the mind and the emotions especially where there is turmoil or disruptive energy around.

The **Lotus Flower** essence is another invaluable essence for these times of vibrational activations. It is useful to take when doing release work as it awakens the cells within the body tissues, aiding in the release of stored past life experiences. It helps eliminate toxins from the body by bringing them to the surface to be expelled from the system and it aids in tissue regeneration. The *Lotus Flower* essence has a soft, gentle energy that allows you to see the beauty and softness within yourself, as well as in others. It creates a sense of ONEness with all.

Another invaluable essence for these times where there is a becoming of more balance between the masculine and feminine energies is the **Cooktown Orchid**. This essence softens brash attitudes and fixed ideas helping to connect with the softer side of our nature, regardless of our chosen gender for this lifetime. This essence engenders a more 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.



So many changes are happening around us and within us as we begin to emerge as a new species expressing ourselves differently through our connections with one another. These new connections will be about how each person

balances with the “Us” rather than just being about “I” in relationship to all walks of life. Our physical bodies are being re-calibrated and our 12th strand of DNA is in the process of being re-connected. We are experiencing body, mind and spirit purifications which will eventually lead to more balance, stability and wellness.

We are being told that many more people are choosing to leave incarnation, some of them in rather unexpected ways. I have recently been notified that a well-known spirit worker from the Central Coast (near Sydney) was in the U.S. running workshops and was struck and killed by a falling tree in a freak accident. Two other friends of mine have also left incarnation in the past few weeks. I am grateful that I have understanding and insight regarding those who choose to leave as they move on to other roles in service without their physical bodies. Some of those passing over have suffered with illness for lengthy periods of time and should now be at peace. I offer peace and acceptance to those loved ones left behind in the hope that they may quickly find strength and courage in their new life directions.

Embrace your humanness and who you are in the world. Trust that you are exactly where you need to be. Be aware that you spread your Light and impart your loving energies to others wherever you are just by being you. TRUST

Upcoming Workshop

Presenting: *A Journey with Flower Essences and Sound* on Saturday **28th August**. This workshop will include the following:

- Understanding the supportive and transformational qualities of Flower Essences
- Relationship between the vibrational qualities of Essences, DNA, colour and sound
- Experience connecting with flowers and their healing properties
- Clearing your “baggage” and that of your ancestors and family lineage
- Meditations and processing relating to relationships and resistances within your life
- Toning the sounds of the Earth and connecting with Gaia.
- Healing sounds with musical instruments, voice toning and song

This workshop will be held at the Newcastle Spiritualist Church, 3 Swan Street, Newcastle from 10-4 p.m.

Bookings: Please book a.s.a.p. to ensure a place. Email or phone (02) 4969 6793

New Products

Essential Oil Perfumes

- A Natural blend of 100% pure essential oils and Flower Essence Remedies
- A delightful blend of fragrances and vibrations to keep your day flowing with grace and ease
- Ideal for people who are sensitive to more conventional perfumes
- Available in a pocket sized 15ml roll-on bottle with a gold cap



Colon Cleanse is a new combination essence mix that I was guided to create with respect to several clients and pets who were having intestinal problems. It has proven to be extremely effective.

Colon Cleanse

This combination essence is for the whole family including your pets. It acts as a cleansing tonic and is balancing for the organs of the lower body. As it detoxifies it rids the system of any invasive worms and parasites that may be present in the intestines, pancreas or duodenum. It assists in improving digestion and reducing acidity in the stomach and urine.

For Pets: Just add 3 drops of Colon Cleanse daily to your dog or cat's meat or dry food to keep them clear of parasites, worms, fleas and ticks.

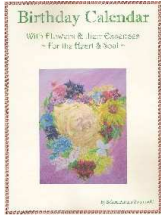
For testimonials and more detailed information on the Colon Cleanse see my website www.FlowersForHealing.com

Season Transitions is another new Combination Essence mix created to offer easing of emotional discomforts during certain times of the year.

Season Transitions

This combination essence assists those who experience Seasonal Affective Disorder (S.A.D.) These people may have symptoms such as depression; feeling withdrawn; problems sleeping; loss of energy, or having difficulty concentrating during the transition of seasons. The most difficult months are often the Autumn and Winter months when there may be less sunshine and limited freedom to be outdoors.

Other Products



If you'd like a great way to remind yourself of the birthdays of family and friends or are looking for a gift for a friend, we have a lovely A4 **birthday calendar** which you can hang in a prominent place in your home. It contains photos from a selection of flowers in the *Nature's Flowers of Life*® range along with their healing properties. This type of calendar is a typical Dutch tradition which I've always found invaluable.



Book - "*Flower Essence Remedies for the Soul*" - A guide to using Flower Essence Remedies to bring balance into Your Life & Health



Our Earth & Energy Changes

There is much to observe that is happening around the planet as Gaia herself is releasing the dross of old energies from times past. She has been doing this in forms such as earthquakes, storms, drought and flooding. The ash from the volcano in Iceland was an interesting occurrence, stopping many peoples and businesses around the world in their tracks from air travel. I'm sure there would be found many interesting stories about how people assisted one another during those frustrating times, sometimes connecting heartstrings between people whom they would otherwise never have met. Possibly there would have been many karmic encounters between people of either love and compassion or of frustration and anger, each offering opportunities to clear their past through forgiveness.

As there is a Higher purpose to most of the major occurrences around the planet, so too with the Gulf of Mexico oil spill, with the purpose of exposing the greed and lack of responsibility in relation to this and other large corporate activities around the planet. The production and use of oil has impacted on the planet herself greatly, as well as incorporating much greed and manipulation amongst governments, corporations and oil companies. This is one area that cannot continue to operate as it has done for so long.

I have been practising the Ho'oponopono Hawaiian Cleansing Mantra asking for

forgiveness to Gaia, the waters, and all life forms and peoples affected by the oil spillage, as suggested by Dr. Masaru Emoto. We have no doubt all contributed in one way or another in our past lives and experiences to create how our lives are lived today.

Have you noticed how many international sports are being played around the world lately? At the time of writing this there was Wimbledon tennis; the famous Tour de France; cricket; rugby football; and motor bike races. Then there was of course the World Cup soccer. These sports are great ways of bringing the world together physically, as well as energetically through our modern technology providing the ability to view them internationally on our TV's and computers.

I'm not a great sport lover myself but my husband has been watching most of the World Cup soccer matches over the past couple of weeks, along with many thousands of others. I treasure my sleep and warm bed on these cold Wintery nights in Australia! Information coming through from various Spiritual Masters has reported on how significant it is for South Africa on a Spiritual level to have the World Cup playing there. There are outpourings of joy and love occurring amongst those who attend the games and those who watch, as well as much music and dancing in celebration. We are being told that the sound of the Vuvuzela trumpets are related to the sound frequency of the Earth and the trumpets are resonating their sounds through the Earth and into Beings around the world through our mass media, touching people's hearts. This is especially relevant during the powerful energies of the planetary Grand Cross alignments as well as the lunar and solar eclipses that are occurring around the time of writing this.

Confirmation of the importance of the sound of the Vuvuzela trumpets was given by David J. Adams (www.phonicelevation.com) who explains that the sound of the Vuvuzela trumpets are very much like sounds in space of the interaction between electromagnetic vibrations, as well as the interactions between solar wind and the magnetosphere of planets, moons and rings of planets in our solar system. These were apparently recorded by him some time ago. As I was writing this I was listening to music and chanting by the Gyuto Monks and noted that the trumpets they use also have a similar sound.

I'm sure many of you have heard of experiments showing how music and singing benefit the growth of happy, healthy plants. Every person also has their own personal sound vibration that

resonates with their Soul's energies, as well as within our body cells. Voice toning, singing and musical instruments can play an important part in healing the planet, her people and animals.

As well as being uplifting mediums in our lives, music and sound are known to have therapeutic benefits in many fields of life. According to a study conducted by researchers from a Harvard Medical School Association for the Advancement of Science in San Diego, damaged brains of stroke patients can be "rewired", allowing patients who have lost their ability to speak to re-learn speaking through singing. Other studies show that the use of music may also assist people suffering from dementia and Alzheimer's to improve memory by just listening to their favourite songs. There have also been successful musical experiences improving self-esteem and promoting feelings of health and well-being for mental and psychotic patients.

Physical Symptoms

Lauren Corgo (www.thinkwithyourheart.com) says we could be experiencing a great variety of physical symptoms, many occurring around the lower body and chakra areas including bloating; frequent urination & elimination; intestinal distress and cramping; indigestion & nausea; ravenous hunger bouts; then indifference to food, lower back pain, soreness & vulnerability; sore legs and feet. There is presently also a lot of energy running down our spine causing anxiety; restlessness; disconnection; back pain; spine soreness from neck & shoulders to tailbone; flue-like aches; profuse sweating & chills; heart palpitations; crown buzzing; headaches & migraines; burning/ itchy/ watery eyes; deep unreasonable fatigue; insomnia etc. Hmm, that is a big list of possibilities. It's good to be informed so long as we don't ignore symptoms that may need to be attended to.



Discounts

Available until 30th September, 2010

Transition Essence (normally \$16) \$14.50

Cooktown Orchid (normally \$15) \$13.50

Blue Water Lily (normally \$15) \$13.50

Book: "Flower Essence Remedies for the Soul" By Solara Antara
(normally \$35) \$30.00

Plus Postage

~~~~~

### To Order:

[www.FlowersForHealing.com/discounts/html](http://www.FlowersForHealing.com/discounts/html)

OR

contact Solara Zwaneveld  
for **direct debit** or **cheque** payment details

**Phone: 61 2 4969 6793**

**Email: [solara@FlowersForHealing.com](mailto:solara@FlowersForHealing.com)**



### 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 select your own

**Practitioner** essence kits or selections  
To support your clinical practice

Or

Use in the home for family and friends

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

[www.FlowersForHealing.com](http://www.FlowersForHealing.com)

Email: [solara@FlowersForHealing.com](mailto:solara@FlowersForHealing.com)



**Namaste ♥ from Solara**