

SOLARA'S AUTUMN NEWSLETTER

Issue 4 March, 2007



Nature's Flowers of Life ®

Flower Essence Remedies with Gem Elixirs

Here we are again as yet another season ends its cycle and Autumn begins to bring in its energies. I love Autumn – it's my favourite season. I find the energies of Autumn to be gentle and settling after the buzz of Summer. I seem to feel more connected with the Earth and nature during this season. I also enjoy being able to sleep better on the cooler nights whilst still enjoying the warmth – and sometimes heat – of the days until Winter arrives. For those of you who have difficulty coping with seasonal changes, **Apricot** can offer relief.

This year has begun for me with a surge of energies, pushing me along at a faster rate than I've experienced in a long time. I've found myself having to stop to regain my composure on occasions just to catch my breath - and I can't see an end to this in sight just yet. It is my understanding that this fast pace will be the case for many people, as 2007 is a '9' year. A 9 in numerology represents completion, so many people will be experiencing all kinds of upheavals this year as they are urged to complete projects, relationships and situations in their lives. This is in preparation for new beginnings in 2008, which will be a '1' year ($2 + 8 = 10 = 1$). Hopefully it will also be a year of productive, yet calmer energies as we begin to settle into our new projects and life situations.

Transition Essence would be very useful during these times of major life transitions, helping to ease your way through feelings of confusion or inner turmoil. **Black-eyed Susan**(*) helps you to slow down and turn inwards to find calmness and inner guidance when you may be feeling rather overwhelmed by many activities or pressures.

Blue Water Lily is another one that could be useful in these days of fast movement. It helps to calm the mind and emotions when there are disruptive energies around. It helps you to stand strong and tall, whilst remaining tranquil as well as acknowledging the sacredness of who you are.

Garlic is for easing fear, anger & paranoia when going through difficult situations. **Frangipani** helps boost your confidence when choosing new goals and directions. It offers clarity through balanced head and heart decision-making.

A personal situation of "letting go" has arisen for me with my oldest son about to travel off to France to work for a year. Happy and proud of him I am, but underneath the surface of my emotions there is the thought of a possibility that maybe he may not come back to live in Australia. But, just like I did so many years ago when I travelled around Europe and Asia, I'm extremely happy for him and his upcoming experiences. He's an adventurous one and will make the best of wherever he is - probably rock climbing and abseiling every mountain in France when he can find the time to do so. Of course, this also gives me the excuse to take the opportunity to go over there myself to visit him!

Grief Relief is a combination of essences to take when you are grieving, whether it be for a loved one who has passed over, or for someone may have moved out of your life. **Gloriosa Lily** is helpful for easing your way through loss of a loved one, or of a part of the inner self. It is for New Beginnings. **Gloriosa Lily** is very relevant for today's changing tides.



Another New Essence:

At the end of last year, I was asked to make a remedy from the **Christmas Bush** on Christmas Day. I managed to find the appropriate tree in the yard of an elderly gentleman not far from my home. It was suggested that I pick the flowers the day before and store them in the refrigerator. This is extremely unusual as the flowers are generally plucked straight from the plant into the bowl of water that is to become the essence. There could normally have been concern that energies would be lost during the storage time, but I went in trust and did as was suggested. This storage was not such an easy feat with a refrigerator full of Christmas food for a family of 12 people who were celebrating with us for 4

days! Energies were not lost however, and the essence was a great success.

Christmas Bush is indeed an appropriate essence for these times of major changes across our planet. More people are beginning to connect with their inner spirits and with the realisation of the ONENESS of all peoples, the earth & other life forms. We don't generally read or hear of these things in our news reports, but when we allow ourselves to open our senses, it is possible to see and hear of positive experiences and kindness everywhere.

Once when I was feeling rather despondent about the state of consciousness on our planet, I was shown a visualisation of how the "festering" is only happening on the "surface layer" of humanity, and that underneath this we can find huge amounts of love, caring and respect for our fellow beings and the environment, that is constantly growing across our planet.

Unfortunately our "news" finds it more important to report on negativity, disasters and fear related happenings. Fear creates more fear, thus more negativity. Positivity creates hope, engendering more personal strength & creativity.

The **Foxglove** essence is for bringing hope and courage to humanity to take their personal power back from those who lead and manipulate the masses. This allows one to love and embrace the wisdom of the inner self and to thereby find peace and calm within.

The **Christmas Bush** has an aura of peace and tranquility. The first words I was given on meditating with this beautiful tree were - *I am the energy of ever-changing planetary visions. I have the power to assist in the evolution of the mind and the upliftment of energies to create peace and equilibrium – and for the creation of a new consciousness towards these ends.*

Like an open hand the 5 sepals of the flowers appear to hold within it the energy of the Christ Consciousness, which is within each and every person – but which needs to be awakened in many. This awakening of the Christ energy within, resembles the awakening of our inner gifts, those which we brought with us into this life to share with the world. We could liken our opening of gifts at Christmas as being an outer expression of opening our inner gifts of love and creativity. We all have gifts within us.

Christmas Bush essence will assist in creating a more balanced mind, body and soul consciousness, allowing one to by-pass the activities of the mind in a more expansive and

creative capacity, so as to be more in alignment with the Soul. It will assist with the unlocking and release of generations of old mind-sets and beliefs that have filtered down through rulers and religions of the past. This marks the beginning of a new, expansive and more flexible way of being, thinking and doing – and of the honouring of self and of taking personal responsibility within one's life.

Nature's Flowers of Life ® in keeping with the movement on the planet, is also in the process of renewal. You may have noticed from the title that its name now has a registered trade mark in Australia. This is exciting for me and feels very positive. I was being urged to do this for some time, but kept putting it off. For me it heralds that now really is the time for me to start promoting these wonderful essences.

New boxes are being designed and manufactured, and new labels already appear on the *stock* bottles. Up until now I have been making the boxes myself and doing all my own printing. We are now becoming more professional and I have the intention of sharing these wonderful essences (now 59 all-told) with the rest of Australia, and then later to expand beyond our shores to other countries in a more pronounced manner. I have my first presentation booked already on the Sunshine Coast in Qld in May, and I plan to go to W.A. sometime this year too.

All these movements are great strides for me. In the past I thought I'd just continue do my work quietly in the background, not really wanting to put myself too much in the public eye. When I look back I can see that already I have made huge strides within my inner progress, and they of course reflect my outer progress. I have grown from a very shy young lady to someone who dares step out and share her knowledge.

I'm sure most of you reading this can relate to this in some way or other. Not that I don't step back into that shy person every now and again! I do.

Gynea Lily allows a person to draw from its powerful energy and attain the strength to be who they are, and do what they have to do. It enables them to achieve and fulfil their highest destiny, to find what gives them passion and follow it.

Crepe Myrtle gave me the words: *I move forward, clearing a path before me wherever I go. I gather strength and courage as I go. As a rolling snowball gathers snow, I gather what I need. I now trust that knowledge and insight are*

available to me, and I no longer look back to allow my fears and doubts to get in my way."

What powerful words these are. This must surely relate to so many of us who walk on our journeys with an openness and willingness to become the successful, abundant, loving people that we have always dreamed of being. We all have the knowledge within us – we just need to remember how to tap into it, and to connect with our inner courage to go forwards step by step - or in leaps and bounds, depending on our own capabilities & willingness. **Fennel** assists in seeing with clarity that which no longer serves your highest good, so as to let go and move forwards. It assists also in being able to acknowledge yourself & others for each person's learning process in each given moment.



Ochna essence supports you in giving courage & strength to remind you of your True Self during challenging times. It helps in keeping connected to your inner spirit even though you might be feeling quite worn, hardened or damaged by life's journey. It helps focus positively on the strength, courage & wisdom that you've gained in your life's experiences, rather than on the losses or damages you may have suffered.

A Blessing For You my friend

Dear beloved bright shining Star !
How is your day today ?
I thought I send a blessing your way .
May your day be filled with the
infinite mystery of Life,
The joy's delight of a child's laugh,
A deep insight into some divine concept,
And a warm content feeling in the belly,
Also a sense of knowing: All is well in this world,
and at a heartfelt thought;
That You Are Loved & Supported Beyond All
Measures.
May this blessing follow you around all Year &
forever, now.
May Love, Light & the Luminous
Essence of Liberation come your way
(Author unknown)



I wish you all a wonderful Autumn season, and may it be a gentle time for you whilst continuing on your journey of creating and allowing new ways of perceiving, being and doing to enter into your life. Don't forget to allow yourself time for

just BEing, so as to connect with your inner self for guidance and inner peace.

Flower Remedy Making Workshops available in your area with your friends or acquaintances.

Next Workshop: 14th April, 2007

Book now to secure your place.

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(* *Aust. Bush Flower Essences*)