

# NATURE'S FLOWERS OF LIFE ®

“Essences for the Soul”

Flower Essence Remedies with Gem Elixirs

Newsletter – Issue 8 – May, 2008



## JOY, GRATITUDE and PLAYFULNESS

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Welcome to my May newsletter.

This month's theme is **JOY, GRATITUDE** and **PLAYFULNESS**. I seem to constantly be seeing these words lately, as I am reminded to enjoy life and its journey. I am aware also that at present the incoming energies of joy are being amplified and directed to humanity from the Angelic realms.

As I was walking one early morning recently, a most beautiful and complete rainbow and its reflection, was in front of me. Its energy created within me feelings of upliftment, joy and gratitude for being on this beautiful planet and for the blessings of experiencing this journey of life. Rainbows often appear “for me” and they always create within me feelings of joy and upliftment. They are reminders that I’m “on track” and also that my beloved guides and angels are with me. Last year when I was in Queensland I was guided by a rainbow in finding the house that I was looking for within a totally unfamiliar city. It stayed in front of me the whole way, guiding me as to where to turn and where not to turn. That was an amazing and blessed experience – especially as my sense of direction is often off course, even when following a map!

The age old saying that we need to “stop to smell the roses” is indeed very relevant - especially so in these times of fast movement and busyness. In allowing yourself the time to

be in the present moment with gratitude, you automatically create joy, and through that arises an inner playfulness. It is important for us to allow the inner child to play. I often find myself making little jokes and giggling within myself, which is so uplifting and joyful (I’m a silent self-indulging comedian). In being grateful for all aspects of your life you open your heart enough to bring in joy and peace.

*Little Flannel flower(\*) is for addressing the child within, helping to engender carefree and spontaneous joy and playfulness. It assists adults in losing some of their inhibitions allowing them to play, enjoy themselves and have fun.*

It would benefit everyone if they take the time as often, as possible to walk – not just for exercise, but so as to be able to feel, hear and see things like the sound of the breeze rustling through the grasses or to feel it brushing through your hair. To hear the birds singing - especially early in the morning, and at evening “chatter” time. To see the sun rising, or setting; to watch the changing shapes of clouds - which can be so amazing, often resembling things like animals, birds or ships. To watch and listen to the sound of the ocean waves breaking onto the beach, and the smell of the salt air – or to feel the serenity that still waters have to offer. To see the beauty in the trees and flowers, and feel their energies. These things and many, many more we can offer gratitude to (for their contribution), and be grateful for the experience of them. These things can bring effervescent bubbles of joy, and peace into our lives.

**Black-Eyed Susan**(\*) helps people to slow down, turn inwards and find the still centre within themselves, where they will find calmness and inner guidance.

**Blue Water Lily** will assist you in awakening to the sacredness within self, as well as with the sacredness of all aspects of life, and the gifts it has to offer. It engenders gratitude as these gifts become more apparent.

**Our Souls** guide us to experiences that they would like us to learn from, so by keeping this in mind we are able to experience with gratitude rather than from a victim “why me” attitude, thus allowing life to flow more easily and smoothly through difficult situations. Within every situation there can be something to be learned, so by changing our perception, and allowing ourselves to look for the opportunity of seeing if there is something to learn and be grateful for, situations appear to be much simpler and lighter. It is then that the challenging aspects begin to dissolve. It is our reactions to challenges rather than the challenges themselves that create additional complications. By taking the time to “step back” a little from a challenge you allow your energy to detach enough for the lessons to be seen with more clarity, and you are then able to move on - with gratitude!

**Indian Coral Tree** allows you to gently step aside from turmoil or difficult challenges. It helps provide clarity to see situations from a different point of view.

**Apricot** essence also assists in the process of stepping back when in a state of turmoil, so as to observe a situation as if separate from it.

**Being in Gratitude** allows ‘doors’ to your heart to open to the Universal energies - which in turn provides you with energy. What you give out you get back! Being in gratitude places you in an energy space of Light, and your inner Light shines out to all those around you, and is visibly seen by the Angelic realms. We touch many people during our daily activities, whether we are walking the streets, shopping, working or playing. We cannot know - nor is there need to know - how much we touch those around us with our Light. Some people’s lives can be



transformed through being within, or brushing through, our auric Light even for just a moment. So when we are in energies of gratitude and joy others will benefit from this as much as we do ourselves. Isn't that exciting?

### New Essence

#### PROTEACEA Grevillea

The Grevillea flower is sunny, joyful and playful. For honouring others for their choices in life without judgement. For patience and inner peace in times of imminent changes.

Recently I presented a workshop on essence making to five beautiful souls, on a property in Paterson, N.S.W. Australia. There was a lot of fun and laughter amongst us, as well as learning from one another. So, it was a delight - and not too surprising - to find that the essence made that day, is for helping us create joy and playfulness in our lives.



#### Grevillea

(made with a Rose Quartz crystal)

The nature of the Grevillea flower is sunny, joyful and playful. As an essence it is for bringing joy and play into one’s life where these have been hidden due to the seriousness of life.

It helps one remember that life is a journey of experiences to be enjoyed, not laboured. It lifts one’s spirits, allowing the inner child to play once more.

Its energies are gracious and feminine in nature and just by being in its presence one can feel tranquil, peaceful and balanced. As an essence it offers these attributes at an even deeper level, also offering patience in times of imminent changes, allowing one to slow down, observe and re-assess what they may be wanting to change in their life.

The Grevillea essence helps to trust your inner knowing that you are in control of your life and that you are protected at all times. It amplifies inner strength and perseverance that you already possess.

You cannot easily see what's beneath the outer abundant growth of leaves and flowers and this reminds us that we cannot know what lies within another person - beneath the surface of how they present themselves to the outer world. We cannot know the history of life experiences that have shaped a person's character, and therefore we do not have the right to judge their life choices, for we cannot know their innermost traits.

The process of our life's journeys and experiences is reflected in the way each separate flower petal begins its existence as being tightly curled inwards, and then slowly unfurling - as do we at different stages of our lives. This essence will assist you in finding the courage to show the world more fully your soft inner beauty and magnificence, and to become more aligned with the oneness of creation.

Each of us has our own unique flaws. We're all cracked pots. But it's the cracks and flaws we each have that make our lives together so very interesting and rewarding. You've just got to take each person for what they are, and look for the good in them.. (Author unknown)



## New ways of Creating and of Being

What exciting times we are living in. We are being challenged to raise our consciousness and leave all old, outdated "stuff" behind – this includes many of our old belief systems, old patterns and ways of thinking. We are being encouraged to create, create, create – **WHATEVER WE WANT IN OUR LIVES AND FOR OUR EARTH** - and however we'd like humanity's consciousness to look like for the future.

Our minds may not choose to remember past events and traumas, but our bodies never forget – and our bodies do not lie. (Author unknown)

Energies for manifesting abundance are being amplified onto the planet to assist us. With renewed passion and assistance from on High

we can begin to change our lives. It is important that we clear out old stagnant energies of past events and traumas from our bodies, so that we can build anew on uncontaminated foundations. If we listen to our bodies we will be directed to follow its instructions in order to release outdated thoughts and limitations. Our conscious minds may not choose to remember past events, but our bodies never forget – and our bodies do not lie. We may experience pain and discomfort, or even illness through the holding on of energies from past events.

**Aloe Vera** has the ability to heal on both the etheric and physical levels. It can heal imbalances from the past which are stored in the auric fields, as well as working on a deep cellular level to balance the cells within the physical body.

Feelings of doubt, impatience and unworthiness often hinder our ability to receive guidance, as well as of receiving blessings that others offer to us in their capacity as teachers. Everyone is a teacher in one form or other, whether they are aware of it or not. People around us often act as mirrors for us, reflecting our own inner emotions and beliefs. So in this way they offer lessons for us - especially in situations where irritations arise.

**Foxglove** is an essence to help bring hope and courage to humanity for taking their personal power back from those who lead and manipulate the masses. Taking back your personal power helps bring joy, peace and abundance within ones' life.

We are about to step into new ways of being with a renewed consciousness of love. We are human angels designed to live in joy, peace and perfect health. The awakened ones are the peacemakers and will lead the way for others to follow to create just that. We will weave joy in place of pain and suffering, and we'll be able to find joy at the wonder of God, and of God in all people and all things. Have you noticed how many more people are now beginning to be open to these concepts? How exciting is that!

**Darwinia** assists with the soothing and easing pain suffered during many lifetimes, much of which may still be held within the aura

**Hibiscus** helps one move beyond the pain and suffering of physicality, leaving behind layers of vulnerability and fragility from past experiences, so as to feel joy and inner peace.



## An Inspirational Message

Hi there Nice Person

Do you realise just how special you are?  
The Light that you emit might even light a star.

Do you realise how important and loved you make others feel?

Your Light and Love touches many I know,  
I now send you Blessings and Love in return, with effervescent bubbles of joy.

**(from Solara to YOU)**



### Specials for May and June

@ **10% discount** -

Grevillea Stock	\$13.50
Little Flannel Flower Stock	\$13.50
Indian Coral Tree Stock	\$13.50
Devic Essence	\$14.40
Equanimity (50ml) - Energy clearing spray	\$ 9.00

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**Receive an essence of your choice FREE when you order 3 products**

- **Please add** - Postage & Handling:  
\$6 in Australia
- Aus \$12 Overseas

**Payment via Pay Pal to:**  
**[solara@FlowersForHealing.com](mailto:solara@FlowersForHealing.com)**

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

*These Specials are not available on the Website*

[solara@FlowersForHealing.com](mailto:solara@FlowersForHealing.com)  
Phone: 61 2 4969 6793



### **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 Australia for small groups. Why not gather together a few people and I will come to you!



*With Love and Blessings*  
*Solara*

(\*) Aust. Bush Flower Essences