

NATURE'S FLOWERS OF LIFE®

“Essences for the Soul”

Flower Essence Remedies with Gem Elixirs

Newsletter - Issue 6 - November, 2007



Welcome to the November issue of the *Nature's Flowers of Life®* Newsletter.

So, here we are again approaching the end of yet another year. Christmas is just around the corner and I'm sure everyone's calendar is filling up fast in preparation for celebrations for the year's ending, and the approaching New Year.

What a full-on year it's been. Within this numerological year of completions, we can see that there has been much movement around the globe. On the surface we continue to see human created disasters, as well as major Earth upheavals in the form of extreme weather conditions, volcanoes, fires etc. But, beneath the surface of all that, we are constantly being bombarded with energies of love, expansion and movement from the Creator, to assist with some of the final stages of balancing and re-aligning the planet. These energies then create similar movements within each of us to assist with the release of yet more old patterns of thinking and being.

There are many people where major changes in their lives may have caused great inner upheaval, fear, lack of confidence or depression. I feel very blessed to have the gifts of *Nature's Flowers of Life®* Flower Essence Remedies on hand to help support, nurture and assist many people through their life journey. “Miracles in a bottle” is what one of my clients calls them, and indeed they are for many, including myself. You might find the **Nasturtium** essence useful to assist in bringing hope after experiences of major loss, upheaval or life changes. **Crested Iris** essence also assists with easing your way through life's challenges. It offers opportunities to “let go, let God” so as to forgive, forget, and then love with compassion and acceptance of self and others. We could do with buckets full of this throughout the planet! **Rainbow Hibiscus** essence is for engendering peace & harmony on

a cellular & Soul level as the “winds of change” move through the Earth and each individual.

If we look carefully beyond what we are being “fed” through the media we can see that positive changes in consciousness are occurring globally as well as within each individually. I remember when I first began on my journey of awakening that I was afraid to express openly of working with energy healing or of Spirit, angels or spiritual guidance etc. This was only about 17 years ago. Today these topics are much more openly accepted within societies around the globe. The word ‘energies’ is expressed in many different areas of life, as people become more aware of different energies around them – in their workplaces, their homes, around certain people or activities etc.

Do you get a sense of having set your life's path to face directions where new and exciting possibilities feel as if they are almost within reach? Within these past twelve months many of us have been making preparations for 2008 – numerologically a year of new beginnings. Even if you don't know what these possibilities may be, I urge you to take those feelings into your heart and allow yourself to be guided into the next phase of creating. You may find the **Paw Paw**(*) essence useful to activate more awareness of the Higher Self and strengthening intuition. It is also for resolving feelings of overwhelm and for integrating new information and ideas into consciousness. The **Jacaranda** essence(*) assists with providing focus, concentration and decisiveness to complete projects, especially where you may find yourself quickly losing interest or changing your mind regularly.

I feel there will be many wonderful possibilities for each of us who dare to take those leaps of faith into the new millenium progressions. We need not fear so long as we remain strong in trusting our guidance, and don't get bogged down with (old) fearful thoughts of past times. It is important to trust that this time round we WILL get there (and we WON'T be disappointed) by holding the vision and belief in ourselves. There are many who have already stepped forward and are walking their path in strength and clarity,

leading the way energetically. And many people stand ready and are waiting to take their next steps forward. The planet has reached critical mass in the numbers of those who walk in the positive consciousness of the Light, ready for the changes - and numbers are growing daily of those who are re-membering what their Divine purpose is. It's all very exciting, is it not? **Blue Water Lily** is an essence that offers the gift of awakening to the sacredness of self - of the body, mind, spirit and the Soul, as well as all aspects of life upon Earth. It calms the mind and the emotions, especially where there is turmoil or disruptive energies around.

With all that in mind, you could ask yourself how often do you find yourself saying "Am I enough"? It can sometimes be so easy to slip back into those old feelings of doubt, unworthiness and impatience. Our bodies never forget past events or traumas, even though our minds may choose to forget. And our cells carry memories from further back than this lifetime. If we listen, our bodies will direct us to what we need to do to release thoughts and limitations so we can get back on track. **Papaver** essence can assist in guiding you through a cleansing process, allowing the body to let go of past emotional burdens. It aids in shifting influences of past thoughts, words and actions recorded within the cellular structure. **Chilli** Essence can help with unlocking and releasing cellular memories that may have been buried deep within the psyche from lifetime to lifetime.

When you find yourself slipping back into old fears, remind yourself of how you have grown and what you have achieved over the days, weeks and years. It is important also to acknowledge all the things that are wonderful about yourself. And there is no doubt that there are many! **Onion Weed** essence has the ability to remind you of your inner beauty, acknowledging the beauty that lies within your heart and your Soul. It reminds you to nurture, love and forgive yourself for all past judgements, experiences and actions. **Lotus Flower** essence too assists with opening of the heart and honouring of the inner beauty within yourself as well as within others.

Look to see what has triggered the doubts. Is it just about being impatient with your progress, or a disappointment with a recent goal or achievement? Are you feeling guilty about an event or words spoken? **Crepe Myrtle** essence can assist in engendering self-trust and insight, encouraging you not to look back to past fears and doubts as you step forward in life. It encourages feelings of at-ONE-ness with self

and with the universal ONEness with God. It brings forth the energies of joy and exuberance. Re-member that life wasn't meant to be a struggle, but a gentle process of learning, releasing old ways of thinking and being, and then progressing.

Indian Coral Tree is the perfect essence to assist you with looking at difficult challenges in your life in a more positive light. It can also assist with healing of "bruised" relationships as well as with trusting your own personal judgement. Like a baby who falls regularly whilst learning to walk, pick yourself up and try again - or try a slightly different approach, trusting your inner guidance and ability to do so. **Frangipani** essence engenders confidence when you are choosing new goals and directions, with balanced head-heart decision making. The **Little Flannel Flower**(*) essence addresses the child within, and gives you permission to be carefree and playful.

New Products

Crystal Cleanser

The combination of this remedy mix was chosen by the crystal kingdoms themselves
To restore your crystals to their optimum vibrations – use as a bath or in a spray bottle.

Available at a **Special Discounted Price** until Xmas @ \$14 (plus p&h)

New Wooden Remedy Boxes

I'm really excited with these lovely new boxes. They are designed to take 36 remedies in each and are made of light-weight wood. They have a natural finish and look really good.

For a short time only these boxes are available for purchase separately @ \$40 each (plus p&h).



Another new remedy is in the process of being prepared for the condition of Endometriosis. This will be announced when it becomes available.





Presentations and 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 practise

Or use in the home for family and friends

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

Email: solara@FlowersForHealing.com

Web: www.FlowersForHealing.com



An Inspirational Message 😊

The following words made me stop and look with gratitude at what I have achieved and the gifts that I have to offer the world. Hopefully they'll do the same for you:

I wish you enough sun to keep your attitude bright no matter how grey the day may appear.

I wish you enough rain to appreciate the sun even more.

I wish you enough happiness to keep your spirit alive and everlasting.

I wish you enough pain so that even the smallest of joys in life may appear bigger.

I wish you enough gain to satisfy your wanting.

I wish you enough loss to appreciate all that you possess.

I wish you enough hellos to get you through the final good-bye.

(Author unknown)



I'd like to take this opportunity to wish you and your family a very **Merry Christmas** and best wishes for a fabulous New year filled with miracles, abundance, joy and contentment. May everything in your life flow with Grace and ease.

Don't forget the wonderful **Discounted Gift ideas** available.

To order : Visit the website

or contact me personally on: (02)4969 6793

For International: 61 2 4969 6793

(* *Australian Bush Flower Essences*)