

NATURE'S FLOWERS OF LIFE®

"Essences for the Soul"

Flower Essence Remedies with Gem Elixirs

Newsletter – Issue 10 – August, 2009



The Winds of Change

Welcome once again beloved friends and kindred spirits.

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It's been ten months since writing my last newsletter. This long absence has been due to my personal journey of soul searching, clearing and transformation. I'm pleased to say that I'm now back on track, although the searching and clearing continue. Ongoing planetary and personal clearing, recalibration, and upliftment will no doubt continue for some time yet for everyone. We and our fellow travellers are discarding many of our old and outdated energies so as to allow for new higher vibrating ones to replace them. It's time to let go of old concepts of being, thinking and how we live our lives. It is time for us to step into new roles in assisting our brothers, sisters to change our ways of thinking, especially with regard to greed and manipulation of the masses. We are aiming at living life with simplicity and a more gentle concept of loving, sharing and equality for all. **Darwinia** essence can assist with releasing pain and suffering at Soul level.

In the midst of a major personal physical cleansing was my daughter's wedding. I found I was unable to participate much in the way of preparations for the wedding. I sadly felt as if I was not fully present during the wedding itself – which was naturally a beautiful and moving event. She is the first of our 3 children to marry, as well as being the youngest - and the first within our extended family. I felt as if this cleansing was badly timed, although no doubt on a deeper level it was perfectly timed for whatever reason – “in God's timing” as the saying goes.

The Winds of Change

Many of the messages that are being received of late via channelled information resonate on many levels offering inter-connected similarities. During July much of the incoming energies related to amplifying aspects of the new Divine Masculine energies. The Divine Feminine has always been associated with Love and the Divine Masculine to Power. We should now begin to see these two aspects being integrated

and more balanced with each other. Masculine and Feminine aspects lie within each of us no matter which body form we have chosen this lifetime. These new energies will help balance and re-connect humanity with unconditional love, sharing and empowerment for all.

These abovementioned changes are presented within the **Cooktown Orchid** Flower Essence which was made 18 months ago in preparation for these changes. The information received from the orchid is as follows:

Cooktown Orchid - *The changing planetary energies are impacting on all human beings, animals and other life forms. Many people are finding that these energies are tiring them; sometimes to exhaustion as their bodies, energies and activities speed up.*

Cooktown Orchid softens brash attitudes and fixed ideas and is especially applicable for our inner male aspects which may find it difficult to connect with the softer side of our nature. This essence engenders a 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.

The true language of the heart is Unconditional Love, Compassion and Gratitude. It is possible to express anger with compassion and love, without the destructive force of unmediated emotion. Within the heart of a "crusty", protective shell can be found pure beauty, softness and peace within a person, and the Cooktown Orchid essence will assist in the transformation to a softer, new kind of masculinity.

The Cooktown Orchid offers its healing properties to assist those who are ready to step into their new roles either consciously or unconsciously. Flower essences are gifts that are available to assist in moving through your personal challenges. They help the body as well as the mind and emotions to re-align as you let go of much of what you've been carrying with you throughout many lifetimes, as well as this one.

Changing Existing Realities

We clear these energies not only for ourselves but also for our forefathers and future generations. Our true reality exists outside of the linear time-lines that exists here on Earth therefore past, present and future time-frames coincide. We are all as ONE with each other; with the Earth and all life forms - as well as with all universes, galaxies and star systems. We are being watched, held in love and guided through these processes of change (although it often feels like very bumpy rides indeed).

We are being told "that the new energies around money, sexuality and power will be replaced with the new higher energies of the collective.....introducing higher frequencies of abundance, sharing and enough for all" (Archangel Michael through Celia Fenn). Yay – doesn't that sound wonderful!!



BALANCE & EQUALIBRIUM

These planetary changes are shaking humanity to the core, thus the many upheavals to be seen around the planet. Our mental and emotional bodies may experience extreme emotional swings as the re-alignment and recalibration of our chakras occurs – and Gaia’s chakras also as can be seen with the many natural disasters and climatic “mood swings” occurring. These upheavals are creating huge amounts of fear and anxiety which rise to the surface as individuals, countries and societies have no option but let to go of what they have become so accustomed to, so that they can be replaced with new patterns of love and sharing. Many people, religions and countries are desperately trying to hold onto power through greed, wars and manipulation. All that is not of the energy of love or integrity is being brought out into the open in all areas of the world to be dealt with, removed and released. We have increasingly been shown the hidden agendas and corruption of many during the past decade - and even more so during the past 12-18 months.

An Inspirational Thought

Have you heard before that we are conscious creators of our experience?

Have you heard that it is you and I who are responsible for what is happening in our lives - That there are no victims and villains, just outcomes of our own thoughts?

Thoughts are like ripples on a pond, cascading out into the universe and dimensions, never ending waves affecting time and space for eternity

(Andrew Eric Parker)

Throughout all of these changes it is so important to remember that all is in Divine Order, no matter how the outer world may appear. We must TRUST that we are exactly where we need to be and if not, we will be guided to change (or pushed if we resist). **Indian Coral Tree** and **Crested Iris** are two essences that can assist with issues of self- trust.

It is important also to remember the power of forgiveness – particularly that of the self. “The purpose of life is to bring everything back to love moment by moment” (Dr. Ihaleakala Hew Len - *Zero Limits*). Whenever you come across a situation or person that you are having difficulty with you can express the words “I love you” or use the Hawaiian cleansing Ho’oponopono mantra (meaning to make it right). saying “I’m sorry; Please forgive me; Thank you; I love you” (in whatever order you like). In this way you can change the energy of a situation.

Dagger Hakea essence assists with forgiveness and letting go of anything that is not of the essence of love. It comes with a forgiveness process to assist you to work through forgiveness across the ages as well as within this lifetime.

The Physical Body

To heal the body you first must heal the deep-seated feelings that cause the disturbances. Your external pains and difficulties are always mirrors of inner pain and fears. Flower Essences assist with stimulating your body’s innate capacity to harmonise and align the emotional and mental bodies so as to allow the body to heal. Flower essences also offer opportunities to strengthen your personal empowerment.

Rock Lily Orchid assists with clearing, balancing and aligning the physical energy centres. **Zygocactus** assists with the birthing of new ideas whilst letting go of old ones.

The physical body is naturally greatly affected by all of these changes, some of us

experiencing them more dramatically than others. You may at times experience some inexplicable symptoms caused by incoming energies. Many people have areas of weakness within their body that may have a tendency to react more strongly with symptoms due to the releasing processes. It is important that you trust your inner process and give your body the support it needs during these times, in whatever way feels right or necessary. Regular nurturing via means such as massage, salt baths, connecting with nature, swimming and regular exercise can all be helpful. When symptoms appear to be of a more serious nature they should be checked out by your therapist or doctor to make sure there is nothing life-threatening.

There are many people also who are choosing to leave the planet who may have created illness or other means by which to leave incarnation. They may have agreed to pass over so as to assist with the Earth's ascension process from the other side, thus no longer wishing to remain within their physical body.

Transition Essence is for people who are going through major life transitions of all kinds. It assists in allowing clarity to prevail, and easing feelings of confusion or turmoil within. This essence assists with opening communication channels for inner attunement with your Divine inner self, Spirit guides and teachers, as well as discernment of truth, acceptance of circumstance and resolving past challenges. Transition Essence has been created to assist people (and animals) to embrace their inner decision-making, thus making the choosing an easier task.

Gloriosa Lily essence is for new beginnings – of emerging from grief through the loss of an aspect of self. **Nasturtium** is for giving hope after major loss or life changes.

Letting go affects every cell within your body, and is not confined just to your emotional, mental or spiritual bodies. These etheric bodies are usually able to move through change more easily than the denser energy of the physical body. When you remain openly aware of any nudges that are being given you can tune in to have dialogue with the cells of your body and thus allow the body to tell you what it needs. It can be also be beneficial to consciously direct love and gratitude into your body, especially at times when it is experiencing pain or a lack of life-force. For your body is a gift of life and it does you a great service in carrying you through your Earthly experiences.

Onion Weed is for acknowledgement of your own inner beauty and for forgiveness of self. **Ochna** essence is for acknowledging your inner courage and strength.

Gaining Mastery

This morning in meditation I was asked to make an effort to see everything about me through a vision of beauty and exquisiteness throughout my day. That is, to see the "Godness" in all that exists in my world. I was told that; "*For indeed your world and all that is in it is a Gift within God's creation. Every breath you breathe is God's breath. Every person and animal is of God's creation and therefore all that you create is also God's creation (through you).*" I was asked "to feel the heartbeat of God within all things and within all happenings, for all that exists is a miracle of life."

I can see how this is oh so true, but it is not an easy task to BE in this state of mind all of the time. This is a task set for me in preparation of being able to "see through the eyes of a master" and thus become a Master in my own right. For me gaining

Mastery is about becoming a master of my own consciousness and therefore of my life. To be able to speak, see, act and BE of the essence of love. For LOVE IS ALL THERE IS – a phrase that was given to me at the very beginning of my spiritual journey of awareness and that I am often reminded of. This surely can be difficult as a human being in this world of many challenges, but it's becoming easier as I let go of many old concepts and patterns and learn to embrace more of the essence of Love.

Blue Water Lily assists with recognition of the sacredness within the self and all aspects of life.

The following is an expression which I think explains why and what so many of us are attempting to achieve:

"....Inwardly there is a great compassion, there are the seeds of service that have been sown there by your own soul, by your spiritual guides and teachers. Each at a fundamental level that is beyond the human reckoning, desires to enhance their fellow being within the realm they occupy – to return from this place and to be an agent of positive change; to be an angel of radiance; to somehow enable others to come into their glory and in so doing acknowledge and perceive and experience the great glory of existence and of the supreme intelligence."

Also...."To cast a mirror before others requires that one can peer into it oneself and truly see the face of God before you". (Master Akhnaton, Channelled by Soltec - www.melchizedekuniversity.com – Feb.2008)

New Combination Essence

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

New Book

"Flower Essence Remedies for the Soul"

This book details all of the "Nature's Flowers of Life" essences, including photos of each. It contains lots of useful information about flower essences, including explanations of the relationship between flower essences and DNA.

This book is now out of print but is available as a PDF on this website

Flower Essence Remedies

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

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With Love and Blessings / from Solara