

NATURE'S FLOWERS OF LIFE ®

“Essences for the Soul”

Flower Essence Remedies with Gem Elixirs

Newsletter – Issue 9 – October, 2008



Forgiveness & Gratitude

Welcome once again beloved friends and kindred spirits.

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I began writing this newsletter on several occasions, but the timing was definitely not right for me. During the past few months I found myself in a space that felt like a void – of not being able to move forward, of feeling stuck yet knowing that underneath it all things were moving. This time period included some deep soul searching and a needing to just BE. Life of course continued its course during the run of the days and weeks but it was almost like I was split in two – my physical self was attending to normal life's activities whilst my Spiritual self was in close relationship with my Divine I Am presence on a deeper level.

Spring has raised her head several times during the past couple of months, only to step aside again to allow in a little of Summer, and then back to Winter, to-ing and fro-ing several times. Once again these weather patterns are a reflection of what is happening around the globe with things like the economic downturn. All of these happenings are part of the huge changes that humanity and the Earth are presently going through so as to create more balance and equilibrium in the world. It is time to de-clutter our lives and prepare for simpler, more loving ways of living that will embrace all peoples and beings on this planet.

I am often reminded of the blessing to be living in these wondrous times on this beautiful Earth of perfection – and to be part of the planetary changes as we continue to close the gap of deep separation that has been created between us and our Source/Creator over the millennia. At times we take what appear to be baby steps, and at other times huge giant strides, towards merging with our Soul-Self and Divinity.

On my computer I have taped a phrase that I read somewhere. This reminds me to *“Consciously focus on the perfection of Heaven on Earth so as to tangibly experience it in my daily life”*. The more you focus on the beauty and positive aspects of life the more you assist yourself, as well as the rest of humanity (like a domino effect).

Your heart is the true gateway for your continued evolutionary process and it is paramount in these times to remember the importance of love and acceptance of yourself first. This will allow you to understand the true nature of unconditional love - for all peoples, beings, and the planet,

remembering too that everything is in perfect and Divine order no matter what others are choosing in the world.

***Albertine Rose** is an essence for opening the heart to understanding and acceptance of unconditional love for humanity and for all life forms. The essence of Mother Mary is imbued within this essence to help you love yourself which is the first step towards understanding Unconditional love.*

Forgiveness

Forgiveness plays a major part in your healing process, alongside gratitude and love. This can involve going far deeper than you can ever imagine from your conscious perspective. It goes way back to the beginning of time, through all of our life experiences throughout the millennia. When you remember that we are all ONE with our Creator and with all that exists, you should also realise that you are responsible for everything that occurs on this planet. This can be a difficult concept to grasp, particularly in these times when there is so much happening around us, and is being presented through the media that is not of your apparent doing or liking. But, in past lives we each played our parts in creating what is now present and playing out today.

From the beginning of my journey of awakening in this lifetime I was urged to work with forgiveness. This process includes asking for forgiveness from others; my forgiving them; and then forgiving myself for my part in all experiences. Also included is asking forgiveness from God for any blame that I may have laid on him/her for my own experiences. It is mostly not needed to know the 'who' or the 'what' of these processes from way back. Now I am working more consciously with experiences in the present NOW time.

This original Forgiveness process can be found in my book "*Flower Essence Remedies for the Soul*" which can be purchased through my website www.FlowersForHealing.com

***Dagger Hakea** is an essence that brings about the open expression of feelings and forgiveness. It helps people work through and resolve intense feelings of resentment and bitterness that can be either bottled up or directed at those closest to them. Includes the **Forgiveness Process** across the ages*

Recently I was introduced to another process for forgiveness within each now moment. This process was introduced by a Dr. Ihaleakala Hew Len and is a process based on a Hawaiian cleansing mantra called Ho'oponopono, meaning "to make it right. "

Throughout our lives we both knowingly and unconsciously impact all around us through our thoughts, words, deeds and actions. The Ho'oponopono process is about identifying with the self in all situations in life which you don't like or where you may feel uncomfortable. It is a very simple yet powerful tool and easy to remember, using just 4 simple phrases. These phrases are:

- 1) I love you
- 2) I'm sorry
- 3) Please forgive me
- 4) Thank you

In his book "Zero Limits" Dr. Ihaleakala Hew Len writes - *"The purpose of life is to bring everything back to love, moment by moment. To fulfill this purpose the individual must acknowledge that he is 100% responsible for creating his life the way it is. He must come to see that it is his thoughts that create his life the way it is, moment by moment. The problems are not people, places and situations, but rather the thoughts of them. He must come to appreciate that there is no such thing as 'out there'."*

You can find more about this process by visiting several websites. Dr. Jos Vitale has written a book called *"Zero Limits"* which includes Dr. Ihaleakala Hew Len's amazing experiences of fully healing several dangerous psychiatric patients by using this method - without even meeting them.

Gratitude also plays an important role within your life. Remembering that you chose to come into this life of experience, it serves you to be grateful for the gift and miracle of life that you are. You will see that your life is filled with richness when you take the time to stop and look. Your life is filled with wondrous possibilities and opportunities to choose from. You can be grateful for the wonderment and the beauty that surrounds you, and for laughter and peace - and for the privilege of serving and sharing the gift that you are.

Divinity responds to you when you are acknowledging seeing everything in your life with love and grace, by pouring more of the same back to you. Being in gratitude helps attract a flow of abundance - even the smallest of situations will attract returns. When you give thanks for perfect health and well-being, your body will respond positively. By tuning into the essence of your body whilst taking personal responsibility for it, you can improve your health.

Being grateful and expressing gratitude for each of our experiences is a major asset whether it be a positive or challenging experience. It doesn't serve anyone to remain in victim consciousness when facing a challenging experience. When you look at each of your experiences with the awareness that your Soul-Self has brought them to you to be learned from, this will change the energy of these experiences. You can then perceive how these opportunities can serve you in a more positive way and thus avoid the need to go into panic or depression.



New Essence

As has been the case with all the essences that I have been guided to make in recent years, this one is again very timely in being in alignment with our planetary changes. I was told about this one about 8 months ago and was delighted to find it in my own garden.

New Essence
Rock Lily Orchid
(Dendrobium Speciosum)

This essence is for assisting with the assimilation of the new incoming energies. It is for raising the vibrations of the chakras within the body, as well as those above the body – those connected more closely with Divinity.

The *Rock Lily Orchid* is for assisting you as you experience major physiological changes so as to enable you to receive and integrate the faster, higher vibrating energies that are being projected to us.

The *Rock Lily Orchid* essence has an Angelic vibration. It is powerful in its properties, yet it is assured that the changes will be self-adjusting according to your personal resonance and needs (as are all of the Flower Essences). You are supported and held by Angels through these changes as you become more attuned with your own Divinity.

As you set your intent on your personal clearing and balancing, aligning and integrating, you will also be assisting Gaia and others around you. Your energies will touch many so that they too may begin choosing to open their inner awareness to the incoming energies, and their willingness to change.

The Body & its Symptoms

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 stimulate 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.

***Gardenia essence** is for sorting through the webs of relationship ties and patterns, especially with those people closest to you. It assists with completing "unfinished business" brought into your life from the past. It helps with sorting through perceptions, views or patterns that no longer serve you.*

As the incoming energies are becoming more intense your emotional bodies are riding the waves of energies on a much deeper level than just the physical body. Whilst receiving and transposing these incoming faster and higher vibrating energies, you may be experiencing a variety of different body symptoms, as part of the adjustment process. Your auric and physical bodies hold dense energies filled with fears, old beliefs, memories, stories, etc. You may become anxious or overwhelmed, or have symptoms of stiffness or back and neck pains, leg pains, earaches, cramps or other symptoms that may appear - often for no apparent reason. It may take the body longer to adjust than it does the mind and emotions, because it has a heavier density.

It is important that you remember to be patient with yourself and to treat your body with the love and respect it deserves. You need to nurture it with gentleness and ensure that you get plenty of rest - and PLAY.



***Grevillea** essence is for bringing joy and play into your life where these have been hidden due to the seriousness of life. It helps you remember that life is a journey of experiences to be enjoyed, not laboured. It lifts your spirits, allowing your inner child to play once more.*



WORLD PEACE Prayer 2008

~~ on behalf of humanity ~~

By Heather Mills and Christine Bannigan

May peace be with us, and may all human beings live in harmony, transcending all differences among us.

May there be understanding between nations, religions and cultures - all people respecting the rights of others.

May we show gratitude and respect for the earth and all living things and may we live in harmony with nature, honouring the existence of all life on our beautiful Planet of Mother Earth.

May we uplift our consciousness, recall the truth of our existence, and deepen our sense of Oneness with Others, so that lasting Peace manifests on the Earth.

We Pray with United Hearts that people around the World will awaken to their true nature and create a World filled with LOVE and UNDERSTANDING.

*** MAY PEACE PREVAIL UPON THIS EARTH* and SO BE IT!**

I AM THAT, I AM

With Love and Blessings / from Solara