



Nature's Flowers of Life™

Flower Essence Remedies for Mind, Body and Soul

*A Guide to using Flower Essence Remedies
to improve the quality of your life*

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Smashwords Edition

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About Solara Zwaneveld



Solara is a spiritual healer who works intuitively with vibrational healing energies including flower essence remedies. She began creating flower essences in 1994 whilst living in the Blue Mountains National Park in NSW Australia.

Solara prepares her own essences, including within them the energies of gemstones to enhance their healing properties. Many of the essences were made in the City of the Blue Mountains in N.S.W. Australia where she lived for many years - some of them on Aboriginal Sacred Sites. Solara also has 2 Orchid essences made in Chang Mai, Northern Thailand within her selection.

The name for these essences *Nature's Flowers of Life™* was chosen to be in partnership with the "Flower of Life" sacred geometry which appears as a series of circles overlapping one another to create flower-like petals. These geometric forms are to be found within all life forms, particles and molecules. The Flower of Life sacred geometry shows us how the whole universe is interconnected and that we are all part of the universal spirit and life-force, not separate from it.

Solara has her clinical practice in Newcastle NSW Australia where she works as a Flower Essence therapist; Vibrational Energy and Sound Therapy healing.

Introduction

Flowers are the life-force of a plant providing not only visual beauty and colour to our world but they also provide nectar, pollens and seeds to create new plants. Nectar provides food for birds and insects and is collected by the bees which provide us with honey. It is amazing to think that the small seed that originates from a flower, for example an Oak tree, contains the energy, DNA and design needed to eventually grow into an enormous hard-wood tree.

The varieties available within the plant kingdoms appear to be limitless, providing all of life with food and oxygen, natural beauty, fragrances, and colours on our planet. There is also another area in which the plant kingdom is of great benefit and importance for life upon our Earth/Gaia. Plants emit vibrations into the atmosphere to which our bodies respond. These

vibrations are, for the most part, undetected by people as they go about their busy lives. But they are actively present nevertheless.

All members of the plant kingdom have the ability to provide energies that may assist us in some way, such as in providing food or shelter. Some plants can offer balance, harmony and well-being just by their energetic presence alone. It is possible to capture these vibrations in the form of essences to provide a more direct and powerful method to use as a healing modality for humans, animals and even for the plants themselves. These essences have the ability to assist in balancing mental and emotional states, so that imbalances within the physical body can begin to align and heal.

Flower essences could be thought of as being Tinctures of Liquid Consciousness due to the fact that they store within them particular patterns of energy. These patterns differ within the different forms and structures of each plant and/or flower type and the energies stimulate eventual change to particular underlying fears and self-limiting patterns held within the body cells relating to a person's life experiences.

Health Benefits

What can Flower Essence Remedies do for you? They can assist you to:

- Cope with every-day life challenges calmly and with clarity
- Empower who you are in the world
- Heal past hurts and hidden emotional patterns that limit your personal growth, health and vitality
- Ease dealing with day-to-day challenges such as stress, grief, anger, self-worth, relationships and abundance
- Address unconscious & conscious emotions and fears
- Release memory vibrations held at cellular level
- Become balanced in your heart centre offering improved expression of feelings
- Flower Essences are self-adjusting to a person's needs

Historical Roles of Flowers

Flowers have been found to positively affect immediate and long-term emotions, moods, social behaviour and memory enhancement for both male and females.

Flowers have been used across the ages for all kinds of occasions such as celebrations, thanks, and peace offerings. By tracing back across ancient times we can look at the way many flowers, wreaths and garlands were used for different occasions.

The *Lotus Flower* has been considered to be a sacred flower in Egypt, India, China and Japan and within the Buddhist religions.

Within Christianity the *Rose* has been considered as sacred. Garlands of roses were worn in ancient Greece depicted with the Virgin Mary and has also been used as a symbol of the Christ. The *rose* is a symbol of a "receiving cup" or the Holy Grail and the Rosary prayer beads are also connected with the Virgin Mary. A *white rose* symbolises purity, and virginal innocence; and the red rose as the passion of Christ and the blood of Jesus in Christianity. The *red rose* also represents love, desire and the totality of the wheel of passing time.

The *rose* is of course also known for its wonderful perfume which, as well as being exquisite in its own right, is often captured in essential oils, aromatherapy and perfume making.

.....and more

Flower Essence History

The essence of flowers and plants are known to have been used in Ancient Egypt as well as in Asia, Europe and South America. This is where the basic principles of vibrational healing with the flower essences began as we know it today. It has been recorded that the use of vibrational essences began as medicine to cure dis-ease in the days of Atlantis approx. 150,000 years ago.

A shared concept of good health was held by such great healers as Hippocrates, Paracelsus, Hahnemann, Bach and Steiner and it was a simple one. They all believed that good health was the result of emotional, spiritual and mental harmony, and they found that when they treated a patient's psychological imbalances, their dis-eases were often cured.

Disease is usually a physical manifestation of an emotional imbalance and can be seen as an indication of something in a person's life being out of balance. Dis-ease can therefore be looked at in a positive light as it can point a person towards being more in touch with their Higher Self and their specific life plan and purpose. A person's life flows more easily and successfully once this is achieved.