

# PASCAS CARE Flower Essences



**Monga Waratah – *Telopea mongaensis***

**“Although they will always work to improve the quality of our lives,  
they have a much larger role to fill a human destiny.” Ian White**

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## PASCAS INTRODUCTION:

Documents assembled by Pascas are provided for your individual assessment and exploration. The contents are sourced from a variety of avenues and publications. Every endeavour is made to determine that the contents are of the highest level of truth and veracity. At all times we ask that you go within yourself, to ascertain for yourself, how the contents resonate with you.

Pascas provides these notes and observations to assist us all in the development and growth of our own pathways and consciousness. Pascas does not hold these contents as dogma. Pascas is about looking within oneself. Much of what we are observing is new to us readers and thus, we consider that you will take on board that which resonates with you, investigate further those items of interest, and discard that which does not feel appropriate to you.

Kinesiological muscle testing, as developed by Dr David R Hawkins and quantified by his Map of Consciousness (MOC) table, has been used to ascertain the possible level of truth of documents. Such tested calibration levels appear within the document. We ask that you consider testing same for yourself. The technique and process is outlined within Pascas documents, such as Pascas Care – Energy Level of Food. From each person’s perspective, results may vary somewhat. The calibration is offered as a guide only and just another tool to assist in considering the possibilities. As a contrast, consider using this technique to test the level of truth of your local daily newspaper.

Contents are not to be interpreted as an independent guide to self-healing. The information sourced herein is not from a doctor or doctors, and any information provided in this document should not be in lieu of consultation with your physician, doctor, or other health care professional. Pascas, nor anyone associated with this document, does not assume any responsibility whatsoever for the results of any application or use of any process, technique, compound or potion as described within this document.

The sources of contents are noted throughout the document. In doing so, we acknowledge the importance of these sources and encourage our readers to consider further these sources. Should we have infringed upon a copyright pertaining to content, graphics and or pictures, we apologise. In such cases, we will endeavour to make the appropriate notations within the documents that we have assembled as a service via our not for profit arm, to our interested community.

We offer all contents in love and with the fullness of grace, which is intended to flow to readers who join us upon this fascinating journey throughout this incredible changing era we are all experiencing.

Living Feelings First, *John.*



***“Never can one man do more for another man than by making it known of the availability of the Feeling Healing process and Divine Love.” JD***

## FLOWER HEALING ESSENCES:

with Christiana Rose

May 2008



We are here on this Earth with all the natural resources available to tend to our needs.

Many say that we are coming to a time of great change and upliftment of our consciousness, and for this, the flowers, via the use of the essences are offering us healing for every problem that we could encounter.

Recently I intuited to buy **Eckhart Tolle's** new book "**A New Earth – Awakening to Your Life's Purpose.**"

As I read the first pages, I was delighted to read a perfect explanation of the divine role flowers have in our lives.

Here is an excerpt:

"Earth, 114 million years ago, one morning just after sunrise: The first flower ever to appear on the planet opens up to receive the rays of the sun. Prior to this momentous event that heralds an evolutionary transformation in the life of plants, the planet had already been covered with vegetation for millions of years. The first flower probably did not survive for long, and the flowers must have remained rare and isolated phenomena, since conditions were most likely not yet favourable for a widespread flowering to occur. One day, however, a critical threshold was reached, and suddenly there would have been an explosion of colour and scent all over the planet – if a perceiving consciousness had been there to witness it. Much later, those delicate and fragrant beings we call flowers would come to play an essential part in the evolution of consciousness of another species. Humans would increasingly be drawn to and fascinated by them. As the consciousness of human beings developed, flowers were most likely the first thing they came to value that had no utilitarian purpose for them, that is to say, was not linked in some way to survival. They provided inspiration to countless artists, poets and mystics. Jesus tells us to contemplate the flowers and learn from them how to live. The Buddha is said to have given a "silent sermon" once during which he held up a flower and gazed at it. After a while, one of those present, a monk call Mahakasyapa, began to smile. He is said to have been the only one who had understood the sermon. According to legend, that smile (that is to say, realisation) was handed down by twenty-eight successive masters and much later became the origin of Zen.

Seeing beauty in a flower could awaken humans, however briefly, to the beauty that is an essential part of their own innermost being, their true nature. The first recognition of beauty was one of the most significant events of human consciousness. The feelings of joy and love are intrinsically connected to that recognition. Without our fully realising it, flowers would become for us an expression in form of



that which is most high, most sacred, and ultimately formless within ourselves. Flowers, more fleeting, more ethereal, and more delicate than the plants out of which they emerged, would become like messengers from another realm, like a bridge between the world of physical forms and the formless. They not only had a scent that was delicate and pleasing to humans, but also brought a fragrance from the realm of spirit. Using the word "enlightenment" in a wider sense than the conventionally accepted one, we could look upon flowers as the enlightenment of plants."

A *channelled message* from the Australian Bush Flower Essences book by Ian White

**“We wish you to think of us as a “body” so to speak. We have been brought forward and given to mankind through a messenger from our heavenly Father. We have come to unite heaven and Earth. For we are the fruits of the Earth and you dear people are the fruits of heaven. We are united in your hearts. We are grateful to be with you – to be able to work through you to help mankind.”**

**Wow!** Now I understand so much more about my relationship that I have had with flowers most of my life. As a child I spent hours in the bush being with buttercups, orchids and all things colourful and natural. They say the things one loves to do as a child is the very thing that will be their passion when they grow up. Ten years ago after a series of traumatic events, I was guided to flower essences by a Native American shaman. This was the start of a passionate spiritual affair with the world of flower healing. The flowers not only became highly effective healers for myself, my family, friends and animals but powerful spiritual teachers providing a treasure box of wisdom for my spiritual unfolding. I fully understand what Jesus when he was said “to contemplate the flowers and learn from them how to live”. I am the living example of this.

Since 2002, I have been an International Certified Teacher for the Australian Bush Flower Essences. I also work with Himalayan, Mount Gulaga, and Rose of Raphael Flower and Gem Essences. The DNA Repatterning, White Light, Antarctic, and Arctic are environmental essences give additional support to my work. I have made up my own essence for spiritual writing.

Flower essences are a highly sophisticated vibrational / energy medicine that are fast acting and effective in restoring harmony and wellness in our spiritual, emotional, mental, and physical wellbeing. Flower Essences draw on the spiritual body of the flower by imprinting the energy code / template into water through the “sunshine” method of collection. A technique developed by Dr Edwards Bach, a London based immunologist in the early 1900’s. Flower essences are different to aromatherapy and homeopathy. They are a higher and more refined form of vibrational medicine. They are self adjusting and more closely aligned to Reiki, Sekhem, Pranic and other related healing energies. Because of their divine spiritual nature, flower essences work in full co-operation with all other modalities, which include allopathic drugs – safely.

Every flower is unique in its beauty, wisdom and healing power that help to clear your pathways of your heritage and experiences giving you *freedom to heal* and grow, returning you to your wholeness in your original form.



Providing the correct flower has been chosen to treat the particular problem, the flower’s energy is spiritually guided by your higher self to the area of dysfunction within your complex energy field where the dysfunction patterning is recalibrated or tuned like a musical instrument to restore its original form. In other words, taking flower essences is like using a tuning fork. Once this dysfunction has been corrected, a notable and positive response will be experienced through feelings, emotions, thoughts, and physical presentation. Whilst taking flower essences, the deva / spirit of the flower stay with you. Commonly, the deva will remain with you, continuing the healing long after you stop taking the essence. Flower essences vibrationally *remind us of who we already are*.

When you look in the mirror, you most likely are seeing a limited expression of yourself. You are much more than muscles, bones and chemistry. If you could open your true eyes, you would see that

you are a vibrating, pulsating and colourful expression of complex energy dynamics connected to an eternal source of radiant light. Your image and colours would change with every thought, word and action. If you have a happy, loving thought, your energy field would grow so much that you may not fit into the room, but if you had a sad or negative thought about yourself or someone else, you would shrink and fade (shrinking violet). You could also see areas within your energetic body that are blocked or injured. This is where your pain mostly likely would reside. If you were to examine the blockage more closely you would hear a distorted sound or a story of guilt, anger, jealousy and other ranges of negative emotions. These are either the precursor or current source / cause of illness. Flower essences clean and balance your energetic and physical house. They assist with your spiritual journey of “emptying” the vessel of where Light resides and radiates.

The things that I love about working with flower essences are:

- ***Simple to use – under the tongue, on the skin, in the environment, in food, baths, etc.***
- ***Economical – the cheapest and most effective healing on the market***
- ***Fast acting and highly effective to bring about change with a person’s feelings and physical being. Takes 0.01 of a second to work.***
- ***Reveal the truth – treat the real problem or core issue, not what the intellect perceives.***
- ***Supports choice of the will – assists people to die gracefully or to choose to live.***
- ***Safe – no contra-indicators, no side effects, can be taken at the same time of allopathic drugs and other natural products – safe for everyone including foetus/babies animals....everyone.***
- ***Environmentally sound. No plant is destroyed in the making of an essence ☺***
- ***High vibrational – healing decisions are in co-operation with the higher conscious. Healing process is driven by the I Am and not by the physical. This means, you simply can start feeling better without the drama of healing crisis.***
- ***Works in full respect and co-operation with all things.***
- ***A flower for every problem – yes everything you can create.....***
- ***Uses the spiritual energy of the plant, encompassing the Human, Spiritual and Plant Kingdoms. When you use a flower for healing you are using the healing qualities of the whole plant.***

Some profound reasons to use the flowers and I am sure this list is incomplete by a long shot!

This is why flower essences are finding their way into western medicine practice. In South America, the essences are used by heart surgeons.



Waratah, in particular, is used for patients prior to heart surgery and then immediately after. Doctors report that the patient is calmer leading up to the surgery and then recovers quickly without heavy use of drugs and returns home within a few days of surgery, taking a huge burden off the health care system.

Also in South America, they use flower essences in orphanages and hospices as standard daily treatment. After they were introduced they noticed that their health care bill was reduced by 70% after only three months.

In Europe, psychiatrists have reported great success with their patients. Many clinics are using them as the number one treatment as a safe replacement for HRT and fertility issues. As the 7th shamanic principle states “***the measurement of truth is effectiveness***”. Flowers do show us time and time again how amazing and effective they are helping us.

As Eckhart Tolle reminds us, flowers have been a part of our history before the dawning of humanity. As the Earth and humanity have evolved, the flowers have evolved along with us. In order to survive and thrive through the changes, they had to have the qualities of strength, courage, adaptability, resilience, and willingness to change. It is those very qualities that we as humans are required to have right now. Each flower comes to heal us at the time that we need them most. Right now, across the Earth, flowers are making themselves known to people to offer their assistance to us.

In April 2007, I was meditating at a place in between Uluru and Kata Tjuta in Central Australia. I was sitting with flower essence producer, Kaliana Raphael Rose. The flowers came to me and requested that I gather a basket full of flowers from all over the world and be an advocate for flower healing from a global perspective. The flowers wish to remind people that, like us, they all come from the one source.

My vision for flower healing and PASCAS, is to offer education on the making of flower essences to all PASCAS communities so they will have available to them, potently profound, economical and ecologically sound natural medicine for their every need. Third world communities could indeed create an industry from this.

The following pages are gathering information from different resources with the intent to give you a greater perspective of working with flowers as a powerful healing modality

With an Open Loving Heart  
I offer Blessings of the Flowers to YOU  
Christiana for PASCAS

**Slender Rice Flower** – Humility, Group Harmony, Co-operation, Community, Unity and Oneness.

It allows for greater co-operation between people for the common good. This Essence has the ability to make an individual aware of the common divinity in all people.



## Christiana Rose

Christiana teaches the Australian Bush Flower Essences Level 1 two day workshop and is passionate in sharing her love, knowledge and extensive experience of the Bush Essences. Her teaching style draws on her many years of using Bush Flower Essences both as a practitioner and in her personal healing journey. She creates a warm, relaxing and inspiring environment for participants. Her approach is very inclusive ensuring that all participants can take the opportunity to integrate the use of the Bush Essences into their everyday lives.

Christiana won an innovation business award for her unique consultation process with the Bush Essences.

Christiana also teaches a number of other courses including Reiki and labyrinth walks.





*All bodies in nature or organized around the proportional harmonics of the rhythms of the Earth's breath.*

*All flowers are all available to help humanity glabally.*

**PASCAS  
HEALTH**



**Feeling  
Healing with  
Divine Love is  
the key!**



## DOCTRINE of SIGNATURES:

The "Doctrine of Signatures" has been an idea of herbalists for centuries, but it did not become part of the medical thinking until the middle of the seventeenth century. In simple terms, the "Doctrine of Signatures" is the idea that God has marked everything He created with a sign (signature). The sign was an indication of the purpose for the creation of the item. The "Doctrine of Signatures" was popularized in the early 1600s by the writings of Jakob Böhme (1575-1624), a master shoemaker in the small town of Görlitz, Germany. At the age of 25, Böhme had a profound mystical vision in which he saw the relationship between God and man. As a result of the vision, he wrote "Signatura Rerum; The Signature of all Things". His book espoused a spiritual philosophy; however it soon was adopted for its medical application. The Doctrine states that, by observation, one can determine from the colour of the flowers or roots, the shape of the leaves, the place of growing, or other signatures, what the plant's purpose was in God's plan. A good example would be [\*Hepatica acutiloba\*](#), (see below) a perennial wildflower that is common in the eastern U.S. Hepatica has a three-lobed leaf that supposedly bears a resemblance to the liver. Because of this, herbalist believed the plant to be effective in treating liver ailments. Even though the "Doctrine of Signatures" was a product of medieval alchemists and herbalists, a similar belief was held by Native Americans and Oriental cultures. Today you can still find a similar belief among old-timers in the Appalachian region.



While humans suffered in olden times from innumerable maladies and diseases, they experimented with plant cures. But how would they know what plant to use? Out of frustration probably developed the concept of the plant "signature." Religious people taught that God provided visual cues, because **plants were placed on Earth for the good of mankind.** The key to human use of plants was hidden in the form (signature) of the plant itself, so look closely for the label from God that permits us to recognize and utilize these plants for the benefit of life.

Signature plants were probably first recognized in ancient China, where there was a classification that correlated plant features to human organs.

- yellow and sweet = spleen
- red and bitter = heart
- green and sour = liver
- black and salty = lungs

Yang (primitive male) was associated with strongly acting plants; ailments of the upper half of the body were treated with upper parts of plants. Yin (primitive female) was associated with plants having moderate action and those with bitter, sour, salty, and sweet tastes; ailments of lower parts of the body were treated with below-ground plant parts.

In Western cultures signature plants emerged for medical uses during the Middle Ages, when people believed that human destiny was determined by the stars (astrology) and everything upon the Earth was erected for the sake of mankind. Each plant had magic (power) either to benefit (mainly) or to destroy us (rarely if ever).

The most famous advocate of signature plants was Philippus Aureolus Theophrastus Bombastus von Hohenheim. This Swiss citizen later adopted the Latin name **Paracelsus** and published the literary theory entitled Doctrine of Signatures. During the first half of the 16th century, Paracelsus travelled throughout Europe and to Asia and Egypt, curing people with his concoctions. He experimented with new plants in search of more treatment and solutions. As a professor of medicine at the University of Basel, in front of students he burned classical medical books by Theophrastus, Galen, Dioscorides, and Avicenna, but not Hippocrates.

The Doctrine of Signatures was highly developed during the European Renaissance. This interest paralleled the widespread belief in an overall unity of Nature.

Many vernacular names of temperate plants tell us how plants were once used to cure human ailments. Such uses were fueled by fertile imaginations. In general, long-lived plants were used to lengthen a person's life, and plants with rough stems and leaves were believed effective to heal diseases that destroy the smoothness of the skin. Plants with yellow sap were cures for jaundice, and roots with jointed appearance were the antidote for scorpion bites. Flowers shaped like a butterfly became cures for insect bites.

Examples:

- liverwort = relieve liver trouble
- snakeroot = antidote for snake venom
- adder's tongue = cure for wounds and inflammation from snakebite
- lungwort = cure pulmonary diseases
- bloodroot = cure blood disorders; induce vomiting; laxative
- toothwort = relieve toothache
- gravelwort = dissolve stones in the urinary tract
- wormwood = expel intestinal parasites
- pilewort = cure hemorrhoids
- ginseng = "man essence," used as a general human panacea
- mandrake = promote sexual passion in females
- black-eye root = remove bruise discoloration
- maidenhair fern = cure for baldness

## METHODS OF SELECTING ESSENCES:

There are many ways to select essences, some rational and some intuitive. Using a combination of methods gives the most beneficial and trustworthy results.



**By Definition:** Each essence producer markets his or her essences with a definition of what the essence is helpful for. Choosing flower essences by definition alone places implicit trust in what the producer has discovered about the essence. Some essence producers are stringent in conducting research through case studies in order to determine the healing qualities of their essences. FES, for example, may spend 10-15 years accumulating research on a specific essence before releasing a definition. Their shortest research accumulation period was 4 years, for the Mariposa Lily (case studies had been flowing in steadily). But even FES continues to research the healing qualities of essences which have been in existence for many years and continues to expand their definitions. Essences are relatively new, and having an in-depth understanding of what a particular essence may be capable of takes time. A particular flower or gem may have healing qualities which have not yet been discovered.

Some essence producers receive intuitive knowledge about an essence and immediately release it to the public without first validating it by clinical casework. Intuitive abilities vary from person to person, and Dr. Bach did indeed work in this way, experiencing states of suffering and intuiting the healing qualities of a particular flower by placing a petal on his tongue. However, not everyone is so gifted.



Selecting essences based solely on the definition given by the essence producer is as reliable as the methods used by and the level of intuitive giftedness of the essence producer. Essence definitions vary in reliability, and none are truly complete. There are probably aspects of the healing qualities of Dr. Bach's essences, the oldest set of essences in existence, which still will be revealed with time. If one is going to rely on essence definitions alone, it is extremely important, in my opinion, to use only the essences of companies which have been in existence for a long period of time. Use essence definitions in addition to intuitive methods which pick up on the energy of the client and the essence or rely on the symbolic resonance of the form and colour of a flower or gemstone.



**Muscle Testing or Kinesiology:** This involves testing the strength of a particular muscle (or muscles) to determine whether a thought or substance is strengthening or weakening to a person. Some people may be muscle-tested quickly, easily, and with amazingly accurate results. Some may almost determine when they pick up the bottle, even before testing, whether an essence is strengthening or weakening for them. And there are others who have to be tested several times because there is such a slight degree of change between strong and weak that great sensitivity is required to detect the difference. Some people have internal circuitry wiring problems on a given day, and several different techniques have to be used before an accurate reading can be achieved. And then there is the simple issue of getting dehydrated or tired, which may result in inaccurate testing toward the end of a series of tests. When muscle testing works, it is wonderful and may provide fantastic moments of insight. And when it is iffy, it is best to use it only as a carefully-monitored verification of other methods.

**Dowsing:** Many books exist on this topic. Dowsing involves prayer and the use of a pendulum to pick up the energy of the client and the essence. Although considered an esoteric practice by many, it is used with accuracy by the United States military. Some people take to dowsing quickly, while for others it can take some time to reach a point in dowsing where one trusts what one receives. Emotional states and desires may interfere with one's ability to receive truthful (non-influenced) answers. While in theory everyone should be capable of dowsing, the level of giftedness of each practitioner does seem to vary, even from day to day. It is impossible for any dowser to claim 100% accuracy.



**Using flower cards:** Often a client intuitively knows what flower he or she needs by visually responding to the colours and shapes of a flower through looking at flower cards or photos. Using flower photos can yield fascinating, insight-producing results. Consider using flower cards or photos in combination with other rational and intuitive methods of selection.

Based on Chakras, Meridians or Subtle Bodies; many essence producers correlate their essences with specific chakras, meridians, or subtle bodies. Sabina Pettitt of Pacific Essences teaches, that any essence may strengthen any chakra or meridian, and it ultimately depends on the individual. Therefore, using other selection methods in addition to chakra / meridian / subtle body correlations--especially intuitive verification such as muscle testing, dowsing, or flower cards--is the most accurate approach, in my opinion.

**Based on the Doctrine of Signatures:** This involves study of the characteristics or attributes of a particular plant (or gemstone, sea creature). Patricia Kaminski, of FES, describes the Doctrine of Signatures in her beautiful book **Flowers That Heal** (Newleaf Press, 1998; [available from FES](#)): "In alchemical wisdom, the plant is carefully considered for its 'Doctrine of Signature,' what it tells us through its form, gesture, colour, fragrance and habitat. These signatures then helped the practitioner to understand the resonant correlations between the plant and the human being. Originally, the doctrine of signatures was developed to help understand correspondences to physical organs, but in flower essence therapy these portraits of the plant have been extended further: numinous *qualities* within each plant form resonant chords that reverberate within the instrument of the human soul" (p. 44). Patricia, later in the book, gives a sensitive description of the healing qualities of the various colours of flowers, ". . . yellow flowers generally have an expanding and lightening quality. Their radiance dispels negative energy, breaks up congestion and addresses many depressive states. Pink flowers tend to have softening attributes or work with issues which affect sensitivity and other 'tender' spaces within the heart, such as broken heartedness. Like the sky, blue flowers are uplifting and spiritualizing, while at the same time providing an enfolding mantle of comfort for the soul. . ." (p. 81).

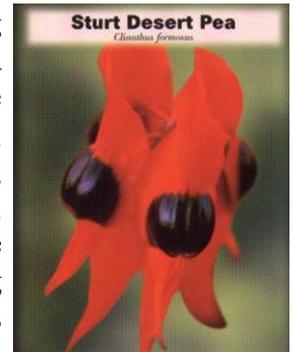


Rhonda Pallasdowney, a herbalist as well as a flower essence therapy practitioner, offers in **The Complete Book of Flower Essences** (New World Library, 2002) further detail on the Doctrine of Signatures. "The Doctrine of Signatures states that the personality and characteristics of a plant are a statement about its medicinal qualities and properties. . . The plant's 'signature' is an encompassing evaluation of the plant's parts--its leaves, root, stem, flowers, buds, seeds, pods, and fruits--as well as its constitution, shape, colour, texture, and appearance and the

environment in which it grows. . . The colour of a plant is another important signature. For example, red plants. . . are stimulating and warming, and they revitalize the blood" (p. 8). She then goes on to offer a system of flower colour therapy based on colours associated with the chakras.

Using the Doctrine of Signatures in selecting essences may involve some study, or it may be as simple as choosing flowers with strong and deep roots or flowers facing downward toward the Earth for a person lacking in groundedness, or creating a lovely pink bouquet for someone suffering from a broken heart. Considering all aspects of a plant offers added depth, richness, and appreciation during the process of selection.

Taking all of the above selection methods into consideration when choosing essences is the most thorough approach. Therefore, in selecting essences for a client, begin by conducting an in-depth consultation / evaluation and use the information gained in conjunction with reviewing essence descriptions, dowsing, considering the doctrine of signatures of the plant insofar as possible, and, if a client is physically present, muscle-testing chakras and/or meridians, and using flower cards or photos. The element of ritual, involving the repetitive taking of the essence blend with the use of a goal statement determined during the session, further strengthens the process and helps to inform the unconscious of one's rational, conscious choice.



**First flower:** Scarlet Fritillary benefits the blood and the female reproductive system with its fiery, vital, masculine energy (courtesy of FES).

**Second flower:** Polyanthus helps promote abundance consciousness and transforms low self-worth (© Pacific Essences®).

**Third flower:** Red Larkspur imparts vital, dynamic energy for leadership (courtesy of FES).

**Fourth flower:** Lady's Mantle helps align the human heart with the heart of the Earth (courtesy of FES).

**Fifth flower:** Yellow Pond Lily eases emotional attachments and promotes letting-go (© Pacific Essences®).

**Sixth flower:** Green Rose helps open one's heart to love of and connection with the Earth (courtesy of FES).

**Seventh flower:** Chaparral is a cleanser of psychic and physical toxicity (courtesy of FES).

**Eighth flower:** Sturt Desert Pea helps release deeply-held emotional pain (courtesy of Ian White, Australian Bush Flower Essences).

### **BUSH FLOWER ESSENCES TRAINING:**

Whilst Christiana was teaching, at the National Botanical Garden in Canberra during March 2007, these photos recorded the presence of devas within the bushes. Digital photography, with its wider light spectrum, is recording many such events:



**The PASCAS FLOWER:**

**Slender Rice Flower** – from Australian Bush Flower Essences.

Humility, Group Harmony, Co-operation, Community, Unity and Oneness.

It allows for greater co-operation between people for the common good. This Essence has the ability to make an individual aware of the common divinity in all people.





DANCE OF DELIGHT!

STRENGTH  
FORBEARANCE

TIBOCHINA  
WITH  
Elemental.

E. Clark  
2008.

## Australian Flower Essences

www.ausflowers.com.au

### What are Flower Essences?

Flower Essences are not therapeutic drugs – but work on the mind, body and spirit and are obtained by extracting the healing vibrational quality from the most evolved part of the plant – the flowers. They work on an emotional level, harmonising negative feelings and belief patterns, held in the subconscious mind.

### How are they prepared?

Flower Essences are prepared by imprinting a flower's unique vibrational healing signature onto a carrier solution of brandy and water. This is achieved by working with flowers, under ideal conditions, that are growing in the wild in an environment free from pollution, roads and power lines. These flowers are collected and without being touched directly by the individual, placed in a bowl of pure water and left in direct sun for several hours. The flowers are then removed from the bowl, using a twig or a leaf from the same plant. The remaining flower water is then added to an equal amount of Australian brandy and this mixture is referred to as the Mother tincture. The latter is further diluted to produce the stock concentration which in turn is also diluted in order to prepare the dosage strength.

### How do Flower Essences work?

The concept of healing that was shared from such great healers as Hippocrates, Paracelsus, Hahnemann, Bach and Steiner was a simple one. They all believed that good health was a result of emotional, spiritual and mental harmony and found that when they treated their patients' emotional imbalances, their diseases were cured.

Disease (dis-ease, that is not at ease with oneself) itself is a physical manifestation of emotional imbalances, put quite simply where the emotions go the mind and body follow. Yet disease is not something to be feared or overly worried about, rather, it can be seen as an indication that something in a person's life is out of balance. Consequently, a disease or illness can be seen in quite a positive light, for it can point the person back towards the right path. Each person has a specific life plan or purpose and, once in tune with this and following it, the person's life flows much more easily and successfully. It is our intuition or 'gut feeling' which helps to keep us aligned to our life purpose.

The Bush Essences give us the sensitivity, strength and courage to listen to and follow both our intuition as well as our goals and dreams.

The Australian Bush Flower Essences also bring forth the positive qualities that reside deep inside every one of us. Their activation allows us to replace fear with courage, hatred with love, insecurity with self confidence, etc.

Bach himself stated it quite wonderfully when he said that the function of Flower Essences are:

To raise our vibrations and to flood our natures with the particular virtues and to wash out from us the faults which were causing them. They are able like beautiful music or any gloriously uplifting thing which gives us inspiration, to raise our very natures and bring us nearer to ourselves and by that very act to bring us peace and relieve our suffering. They cure not by attacking disease but by flooding our bodies with beautiful vibrations of our higher nature in the presence of which disease melts as snow in the sunshine.

Richard Gerber MD, in his excellent book *Vibrational Medicine*, provides a more scientific and physiological description of how the Flower Essences work. When an Essence is ingested or absorbed through the skin, it is initially assimilated into the blood stream. Then it settles midway between the circulatory and nervous systems. There, an electromagnetic current is created by the polarity of the two systems. The Essence then moves directly to the meridians, which are vital mechanisms of interface between the subtle bodies and the physical body. From the meridians the Flower Essence is amplified out to the chakras and various subtle bodies and then back again to the physical body. The amplification also magnifies the life force potency of the Essence and aids in its assimilation. The Essence reaches the imbalanced parts of the body faster and in a more stable form. The quartz-like crystalline silica structures in the physical body, such as those in the blood stream, the hair and nails, amplify and transmit the healing energies of the Flower Essences to their appropriate sights of action, and at the correct frequencies. This whole process is similar to the way radio waves strike a crystal in a radio so that the crystal resonates with the higher frequencies, absorbing them and transforming them into audio frequencies which can be heard by the human ear.

### **How long have Flower Essences been used?**

For thousands of years Australian Aborigines have used flowers to heal emotional imbalances and physical injuries. Flower Essences were also used in Ancient Egypt, as well as India, Asia, Europe and South America. This system of healing was rediscovered and popularised seventy years ago by Dr. Edward Bach with his use of English flowering plants. Naturopath, Ian White, a 5th generation Australian herbalist, has further developed this method using plants from all over Australia. Ian grew up in the bush and was taught from an early age the healing power of Australian plants. He has spent many years travelling Australia researching and developing a range of 65 specific Bush Essences.

### **What makes Australian Bush Flower Essences unique?**

Australia, as well as being the first continent, has both the world's oldest and highest number of flowering plants, displaying striking colour, tremendous beauty and powerful ancient forms. It is one of the most unpolluted countries and metaphysically has a very wise, old energy. The Australian Bush Flower Essences tap into this power, strength and vitality and for this reason the remedies are unique, fast acting and are successfully used worldwide.

### **Are Australian Bush Flower Essences safe to take?**

Flower Essences are completely natural. They are perfectly safe, free from side effects and are self adjusting to the needs of the individual taking them. Occasionally the symptoms for which the person is taking the remedy can become more intense for a day or two. This is part of the healing process and in fact is called a 'healing crisis.' It is not a bad sign as it is indicative of the healing that will soon follow. In a 'healing crisis' we would recommend that an individual either stop the remedy for a day or two or alternatively take the remedy more frequently – four or five times a day. Brandy is added to the Bush Essences as a preservative agent although the alcohol content in a dose is almost infinitesimal.

### **Is there an alternative to brandy?**

If you would prefer to not have brandy in your essences, they can be made with just purified water. However, if you are using purified water, it would be best to keep the bottle in a cool place or in the

refrigerator and the shelf life would only be two weeks whereas with brandy the shelf life would be at least three years.

## **What's the difference between Flower Essences, Herbal Remedies, Homeopathy and Essential Oils?**

As explained above Flower Essences are produced by imprinting a flower's unique vibrational healing signature onto the carrier solution and are used to treat imbalances at a higher level, bringing about balance and well being in the whole person. Homeopathics are prepared in a somewhat similar way to Flower Essences using animal, mineral and herbal bases imprinted upon the solution at varied dilution ratios and are generally recommended for a specific ailment. Homeopathics are not self adjusting or without side effects and can result in severe aggravations. Also Homoeopathic remedies are easily antedoted by contact with aromatic substances such as perfume, strong mint flavoured toothpaste, garlic, coffee or Essential Oils. According to Gurudas, the author of the book Flower Essences, of the three major forms of vibrational remedies – Flower Essences, Homoeopathic remedies and Gem Elixers – Flower Essences are the best and most effective modality to reach and treat the subtle-energy bodies, along with the meridians and physical body. He states that Homoeopathic remedies generally operate on the biomagnetic fields of the body. Some of them can effect the chakras and subtle bodies, but not as effectively as Flower Essences. Gem elixirs act similarly to Flower Essences but not to the same degree, as they do not have the same potency of life force.

Herbal extracts and tinctures are derived after macerating parts of plants and trees i.e. root, bark, leaves in alcohol for a period of time before straining and bottling. Herbal remedies are once again generally recommended for a specific ailment and only work on the physical body, they are far cruder in nature and their chemical constituents can be analysed and measured.

Essential Oils are extracted from the flower, bark, sap and leaves of plants and are aromatic / scented residues that work via the olfactory sense. Flower Essences can be effectively used in conjunction with all of these other modalities.

## **How do Australian Bush Flower Essences compare in effectiveness with other Flower Essences?**

We have a high regard for all professionally prepared Flower Essences. Australian Bush Flower Essences started within a natural health clinic and became the choice of practitioners worldwide because of their diverse range and efficacious results within a clinical environment. There are a number of unique points associated with our essences, firstly, Australia being the first continent has some of the oldest species in the world and has the highest number of flowering species – a wonderfully rich biodiversity in natural healing qualities. Secondly, Australian Bush Flower Essences address many contemporary health issues such as communication, learning difficulties, spirituality, radiation, electromagnetic radiation, space clearing and sexuality not addressed by our peers. Also the Bush Essences have a reputation world wide for being incredibly quick acting and having a profound effect on the physical body. Australian Bush Flower Essences were the first to introduce combination essences, creams and mists with product names that clearly identify the health issue. This feature makes it easy for retailers to recommend and consumers to self select the right essence. This initiative has significantly increased consumer usage of Flower Essences and grown retail sales, making Flower Essences one of the highest growth retail categories in natural health retailing today.

## **What is the difference between stock and dose?**

"Stock" is the form generally purchased by practitioners. The stock (or concentrate) is then further diluted down to a dosage bottle, the form in which it is then taken under the tongue, morning and night by the individual.

### **How do you prepare a dose bottle?**

Seven drops of stock are added to a bottle up to 30 millilitres (or 1 ounce) in size, that is filled with a mixture of three quarters purified water and one quarter brandy. This is called a "dose" bottle and the recommended dose is seven drops under the tongue on rising and retiring for two to four weeks. Several essences can be combined in the one bottle but it is generally suggested that the number of Essences combined be limited to a maximum of four or five.

### **How do I choose an Essence?**

There are many ways in which you can choose an essence. You could simply read through the information on each of the individual essences and decide which ones are most appropriate. However, this can overwhelm some people and they could feel that they need them all! To drastically narrow down the number of essences that you are considering ask yourself the following questions – what do I most want in my life? or what is the major issue that I am working through at the moment? Then simply choose the appropriate Bush Essences. Alternatively you could look through the Flower Insight Cards and choose those which most appeal to you (limiting them to no more than 3) and also include any card that you have an aversion to. Invariably you will choose Essences that will address your most pertinent issues. These Essences can then be mixed together in a dosage bottle. Other less commonly used methods to determine the choice of a remedy include o Dowsing o Kinesiology o Numerology o Using your Intuition or Working with a Flower Essence practitioner.

### **Can I take Australian Bush Flower Essences when I am currently using other medication?**

Absolutely. The Australian Bush Flower Essences can be taken whilst under treatment with natural and/or pharmaceutical medications with no negative effects whatsoever. There is no healing modality that is compromised by combining it with the Australian Bush Flower Essences.

### **What if I selected and took the wrong Bush Flower Essence?**

The subtle energies of the essences will address current and presenting issues only so there is no danger of taking the wrong essence. The remedies are self adjusting and without side effects. If you did not need the benefit of the remedy then nothing would happen, it simply would not work.

### **Can I use Australian Bush Flower Essences with children?**

Australian Bush Flower Essences are an effective drug free solution for adults, children and even your pets. In fact they work extremely quickly on children and animals as they do not have as many emotional blocks as adults generally do. We recommend the same dose for children as adults and animals as well, i.e. 7 drops on rising and retiring.

### **When would I expect to notice results?**

As we are all unique individuals it is difficult to predict how long it will take before you notice results. Normally however, we would recommend taking a remedy for two weeks when addressing an emotional issue and four weeks when addressing physical imbalances. If at the end of this time the desired result has not been achieved then we would suggest that you repeat the remedy for a similar length of time. Flower Essences, can at times, be very subtle and gentle as they work towards creating emotional and spiritual harmony and the changes can occur so easily and effortlessly that we are not aware of the healing shifts until sometime later. Then at other times, the changes are profound and instantaneous.

### **Can I take more than one Essence at a time?**

It is far more effective to focus on just one issue and one dosage bottle, at a time, otherwise the results can be very scattered as they have no main focus to address. You can, however, use a remedy for example Emergency Essence in a one off acute situation whilst still taking another remedy over the standard two or four week period.

There is absolutely no detriment in using the mists and creams while also taking a Bush Essence dosage drops orally.

### **Will food, drink or toothpaste harm the Essences?**

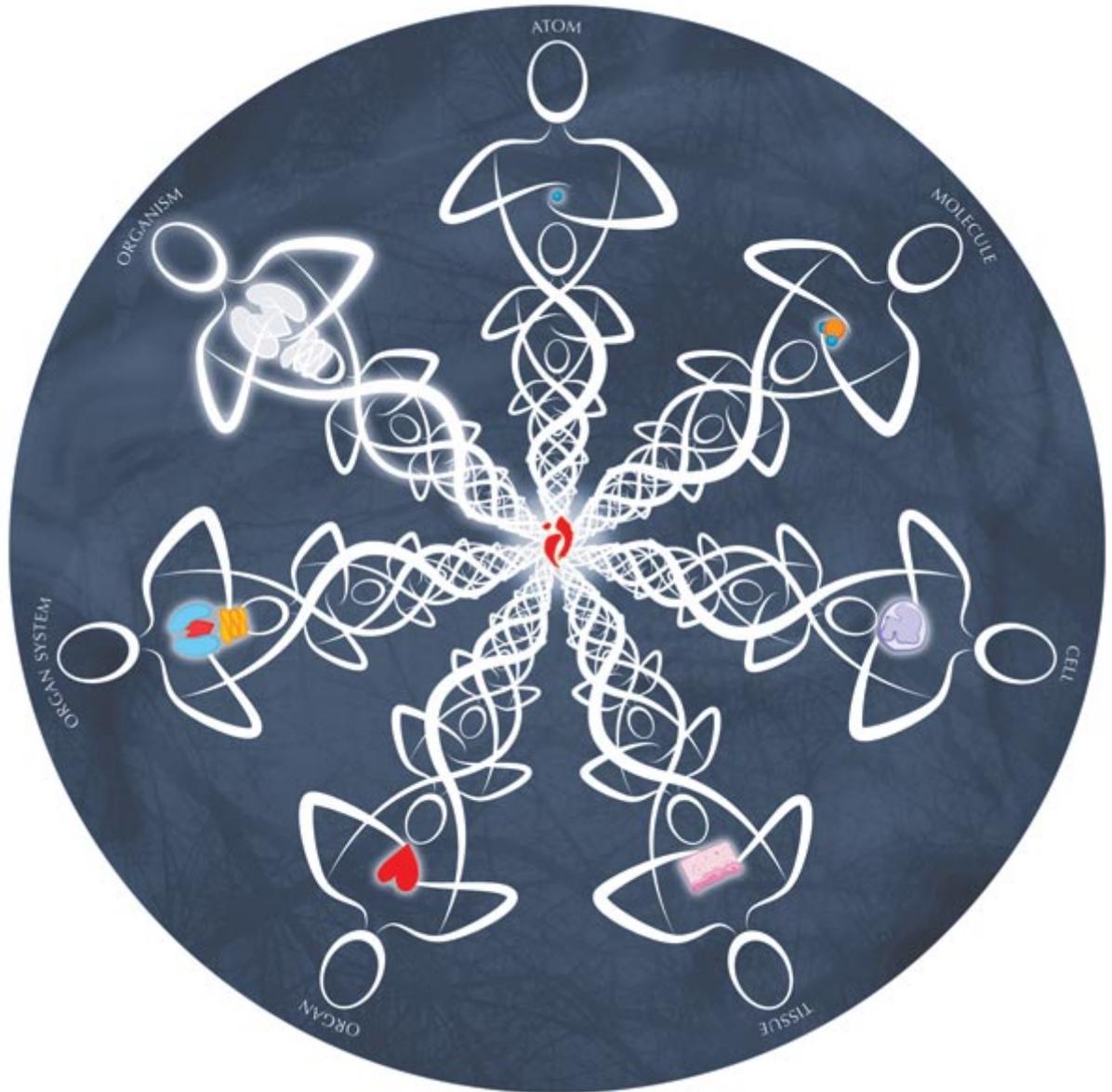
The Australian Bush Flower Essences are not antedoted by strong aromatic substances such as toothpaste, coffee, garlic or Essential Oils. However, it is best advised to wait a few minutes before or after taking the remedy before eating or drinking anything (except water) as well as cleaning your teeth.

### **I suffer from hayfever so could I possibly have an allergic reaction to the Bush Essences?**

When Ian makes the Bush Essences, he leaves the flowers in the water long enough for the life force energy of the flowers to combine with the water. He then removes the flowers from the bowl so that no physical properties of the flowers remain in the flower water. This flower water is then further diluted down several times until the dose essence is achieved. The dose bottles have been analysed by chemical laboratories to determine how much physical matter of the flower is present. The results show that there is only an infinitesimal amount of the flower remaining – one part in a hundred thousand, which is far too small to cause any physical reaction.

### **Are they organic, or certified pesticide free?**

All of the species used in the formulation of our essences are ecologically gathered in unpolluted and naturally occurring regions of the vast Australian landscape. The making of some of our mother stock literally requires travelling thousands of miles into some of the most inaccessible regions of the outback. All of the species grow uninterrupted in natural, unpolluted, pristine environments that are pesticide free.



**PASCA**  
**PERS**



## **AUSTRALIAN BUSH FLOWER ESSENCES and the CHILDREN of CHERNOBYL:**

It is over twenty odd years have passed since the nuclear power plant meltdown at Chernobyl. Still millions of people have ongoing adverse affects from this disaster. For a number of years the Australian Bush Flower Essences have been donating a special blend of Electro Essence to medical teams for their use in reducing levels of accumulated body radioactivity in children living in Belarus. These children are heavily contaminated as a direct result of the Chernobyl accident.

Ian White, the founder of the Australian Bush Flower Essences received a report from one medical team in Belarus that was administering and evaluating the Electro Essence (a combination of Essence) as part of their health rehabilitation program, the Radiation Rescue Program. This team is made up of medical specialists and other health professionals who care for the children on physical, psychological and emotional levels. This group uses many modalities for the rehabilitation of the children. The use of “alternative therapies” is very new, and is breaking ground for organisations which in the past have uses only conventional treatments. The results of using Electro Essence have been sensational. Electro Essence was shown to be twice as effective as Spirulina which previously was the best treatment. The children who were chosen to receive the Electro Essence had a high radiation levels and the Essence reduced the children’s radiation levels by 43% in comparison with a control group which had 3.5% reduction. These results were achieved using only four drops twice a day as opposed to using the standard seven drops. What is even more astonishing is that the Electro Essence was only administered for two weeks.

### **Extract from Belarus Medical Team Report 2003-2004**

#### **Contingent**

Electro Essence was recommended to children, whose level of incorporated radionuclide activity exceeded 20Bk.kg in the day of their arrival to the sanatorium. The children having come from the region’s most heavily affected by the accident at Chernobyl atomic power station, with highest levels accumulated body radiation.

#### **Groups**

61 children were enrolled in this program during the first shift and 21 children in the second shift.

#### **Method**

Undiluted solution of Electro essence was used in the dose of 4 drops sublingually 2 times a day. The course lasted 2 weeks. Electro Essence is considered to promote evacuation of accumulated body radiation.

#### **Results**

It has been found that in children with Spirulina the level of incorporated body radioactivity decreased in the average by 25.3% of the initial level, whereas in the children not treated with this preparation body radioactivity dropped by 3.5% ( $p < 0.001$ ).

The best results were obtained in children treated with Electro Essence (43.0% in comparison with the control group  $p < 0.0001$ ). It is worth mentioning that simultaneous administration of Spirulina and Electro Essence did not result in enhanced efficacy or radionuclide elimination.

## Conclusion

Spirulina reduced the level of accumulated body radiation by 25.3%, whereas Electro Essence reduced accumulated body radiation levels by 43%. Thus nutritional supplement Spirulina and Electro Essence are reliable and efficient anti-radiation preparations. Wider use of these preparations is expedient at the sanatorium phase of health improvement but these preparations should be prescribed separately.

It is interesting to note that the use of Electro Essence, prescribed to children for the purpose of speeding up radionuclide elimination from the body, also contributed to normalization of vegetative state.

Upon repeated psychological and psychometric examination, the children treated with Electro Essences showed a reliable decrease in the dose of accumulated body radioactivity in confrontation with the group of comparison. Clinical manifestation of this effect was reduced tendency to obsession.

Ian White, Founder of the Australian Bush Flower Essences from The Essence Newsletter September 04  
Referencing Extracts from Belarus Medical Team Report 2003-2004.

**Live true to your feelings, and you ARE living true, not only to your own soul, but also true to God's soul. So doing your Healing by honouring all your feelings, IS living the will of God. And being fully Healed, IS living even more truly the Will of your Mother and Father.**

**To liberate one's real self, one's will, being one's soul, is begun by embracing Feeling Healing, so as to clear emotional injuries and errors. With the Divine Love, then one is also Soul Healing. We are to feel our feelings, identify what they are, accept and fully acknowledge that we're feeling them, express them fully, all whilst longing for the truth they are to show us.**

**Release one's pain through expressing one's feelings.**



**Longing for the Truth when also longing for Divine Love.**

Flower Essences are a fascinating and powerful way to work with plants for healing. Working with herbs themselves, as extracts of various kinds or as food sources, uses the chemical components of the herbs as well as their vital energies. Aromatherapy uses a particular set of the chemicals present in plants and also engages their energies. Flower essences contain an absolute minimum of chemical and biological material, and offer wholly the energies of the plants.

### **How do flower essences work?**

To understand how flower essences work requires a recognition that the human being is more than a physical body, but also incorporates a "body" of life energy, a "body" of sensitivity and feelings, and a spiritual essence or Self. Flower essences are energetic imprints of the life force of plants which interact with these subtle bodies of the human being, and evoke specific qualities within us. We can say that they work in a similar way to inspirational music or art, which carry meaning through the vehicle of sound or light, while the flower essences work through the medium of water.

Modern physics has known for nearly a century that matter and consciousness are intertwined. However, medical science still generally works with a nineteenth century model of the human being as a mechanism in a world of machines. We expect that in the coming century medical science will develop ways of studying the impact of consciousness on health, and we will learn more about the ways in which flower essences work. However, empirical research, which consists of the collection of case studies and practitioner reports, will remain the primary source of knowledge about how flower essences work.

The essences contain the healing energies of the flowers from which they are made. In the words of Dr Bach, they "cure by flooding our bodies with beautiful vibrations of Higher Nature which melt disease like snow in the sunshine."

Bach's theory is that we are born perfect, but life stresses make us develop defences and ways of coping, and these pull us out of alignment with our spirit. Distress at the level of spirit is translated into physical dis-ease: Bach saw disease as a way that our spirit tells us how our behaviour or attitudes are getting in the way of our health. By healing our unhealthy patterns, we can relieve any physical dis-ease we have collected. Unhealthy emotional patterns can cause tightness or even scarring that blocks the natural flow of energies in our bodies, and so parts of us cease to vibrate in harmony with the whole.

The flower essences fill our auras with the vibration they contain, and help loosen any energy blockages that keep us from vibrating at our natural frequency. Once such blocks are removed, and our energy bodies are vibrating freely, the physical ailments caused by the energy blockages will resolve.

Bach taught that if we help people to emotional harmony, they will be healthy. The essences target emotional patterns that we pick up as defence mechanisms on our way through life. Bach demonstrated that two people who experience debilitating fear may have different physical ailments, but a remedy that helps this fear will heal the ailments of both. Similarly two people with (for example) similar cases of eczema but different emotions disturbing their peace can both have their

eczema healed by taking remedies appropriate to their emotional symptoms. Time and time again he demonstrated cures for those suffering serious physical diseases using his remedies in this way.

Flower essences do not work bio-chemically like aspirin does for a headache, but they can affect our experience of our bodies. For example, essences which help release emotional stress may result in less physical tension. Someone who overworks may discover just how tired he or she really is.

Flower essences can help people who suffer from physical illness by addressing the emotional responses to the illness, and by working with the underlying conflicts and tensions that may have contributed to the onset of the illness.

There is virtually no physical, chemical plant material in the essences, so there is almost no risk of allergies or adverse effects. Brandy is used in the essences as a preservative. These can be administered in warm water, the alcohol can be evaporated before the remedy is taken. For someone sensitive to brandy, the essences can be prepared in another preservative like glycerine or vinegar.

These remedies have the advantage of being completely safe. They contain little if any organic material to cause physical ill-effects. All of the energies involved are positive, therefore, self prescription can do no harm, as long as serious conditions that need medical attention are not ignored. One can learn about the effects of the essences by trying them out without taking any risk.

Unlike homeopathic remedies, flower essences are not effected by aromatics such as coffee or mint; they can be taken with food or any other substance and be effective. Their benefits for the emotions are not based on any sort of physical effect on the nervous system so they are non-addictive.

### **Environmentally and Economically Sound!**

Because of the dilution process outlined below, one bowl full of flowers can make enough flower essence for several million individual doses. It is an extremely efficient way to use biological material, and one way to avoid the danger of extinction that is threatening some popular herbs in the wild.



## HOW DO FLOWER ESSENCES WORK?

DR ANDREW

### **Flower essences are tools for transformation, catalysts for change.**

They work by enhancing the positive aspects of the qualities of mind, emotion and personality. By flooding a person with positive qualities the negative aspects or lack of positive are dissolved, and health is restored.

We all have many qualities of emotion and personality. Dr Bach described the main 38 first-level ones. These are qualities such as love, faith, optimism in adversity, tolerance, being gentle with yourself, decisiveness, and so on. Such qualities can be either fully present, totally lacking, or part present. When we are healthy and all is in balance, each quality is shining out to its full potential. Of course, we are all different and have differing measures of each quality to reflect our individual and unique make-up.

Sometimes the quality no longer shines out strongly, but goes negative. Each quality has its opposite, or the state which occurs when the quality is absent – for nature will always fill a vacuum.

The reverse of love is jealousy, envy, revenge, suspicion and greed, summed up in the word hatred. (*Holly*)

The opposite of faith is discouragement and despondency. (*Gentian*)

The counterpart of optimism in adversity is bitterness and resentment. (*Willow*)

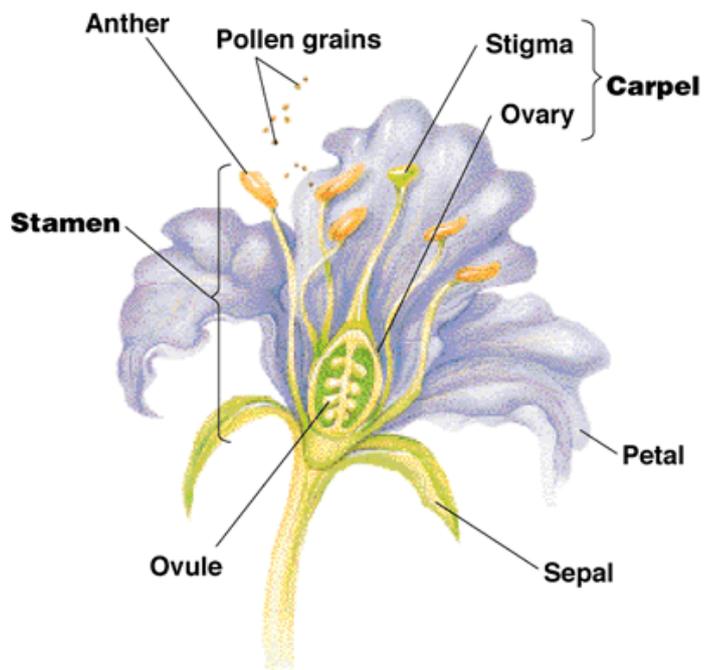
The opposite of tolerance is intolerance. (*Beech*)

The reverse of decisiveness is indecision. (*Scleranthus*)

Taking the flower essences puts back the positive aspects of a quality, shifting you from negative to positive or from left to right on a graph.

A useful analogy is that we all have a bright light shining from within us out onto the world. This light shines through different windows, each representing a particular quality. Sometimes the windows are misted up, covered with cobwebs, or the shutters are closed. Taking the appropriate remedy gradually opens the shutters, blows away the cobwebs and unmists the glass, allowing the light to shine out in full brightness again.

Sometimes the light shines out quickly again as a temporary blockage is dissolved. Sometimes it takes longer, as when the block is deeper and more long-standing. Other times, all appears well for the present, but the stain of a blockage originating five, ten, or twenty years ago needs wiping clean. The process is exactly the same in each case – the difference is in duration and frequency of treatment.



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## The Emotional Healing Process

The Emotional Healing Process, or Ladder of Emotional Healing, is well known. Simply, it is expressed as follows:

**Accept**

**Acknowledge**

**Forgive:**

**1. *The other person***

**2. *The event***

**3. *Yourself***

**Release**

**Move On**

The Ladder (or perhaps snake) of Emotional Healing applies to every single event you ever experience. Every event has a mental component, an emotional component and a physical component. Getting up in the morning, going to work / school / shopping, even going to the bathroom has an emotional component.

Fortunately the 'healing' of most events is automatic in minor cases. Imagine having to forgive yourself every time you went to the toilet! Work / school / shops could be more of an effort. If you have queued in a supermarket on a busy Saturday you'll know that you have at least to forgive the event and release the trauma from your mind!

When we come to the big challenges, the emotional healing is more difficult. Losing a loved one, divorce, moving house and changing jobs are all counted as major life events which cause stress and make serious illness more likely. Perhaps it is not so much the nature of the event but our ability to deal with its emotional component that makes major illness more likely at these times. Knowing the Ladder of Healing is a help in itself.

Flower essences accelerate and ease the journey through the process of healing the emotions, to the point where they could almost be called 'The Lazy Person's Tools for Healing'. Certainly many people have benefited from the help they give in these circumstances.

Flower essences, as catalysts for change, work with us to transform us. By treating the whole person rather than just individual symptoms an important overview appears. Flower remedies bring to our awareness aspects of disharmony within us. They support us energetically whilst we use the Ladder of Emotional Healing to process and gently release the imbalance. From this process we gain insight into our own natures. We use these insights to gain knowledge and experience on life's journey. These insights help us take responsibility for ourselves, our actions and our state of mind.

In the Bach system, Star of Bethlehem would help with the initial shock of acceptance. For the next stages you might use Walnut and Mustard, with perhaps Pine, Gentian or Gorse as well. Forgiveness is vital, for any resentment held within your body tends to weaken the immune system and the Inner Healer. Willow is an important remedy at this point. This list is not exhaustive of all the remedies from the Bach system for use in the Emotional Healing Process, nor does it do justice to the many essences from other systems, which are of equal value to help us through the trials of life.

So much for what flower essences can do. But how do they work scientifically?

## The Scientific Basis

The simple answer is 'harmonic resonance'. Flower essences act by dissolving negative thought patterns and allowing positive harmonious vibrations to replace disharmony.

**Perhaps you remember the physics experiment at school. A large bare room has two tables in it, one at each end. On each table sits a tuning fork, both tuned to the same frequency. Middle C perhaps? 256Hz. One tuning fork is struck and set humming. Almost immediately the other fork, at the far end of the room, picks up the vibration and resonates with an identical hum. That's how flower essences affect human beings and restore health!**

But to leave the question there would be to ignore the rich treasure of scientific research that explains the likely mechanisms by which such a simple concept comes about.

Dr Bach was formulating his revolutionary theories of health and illness in the 1920s. At the same time Einstein was rocking the world of Physics with his Theory of Relativity, which states that  $E = mc^2$ . In other words energy, matter and the speed of light are all related.

We tend to think that a table or a book is solid whilst a sound or a thought is not. Yet each is merely energy or a vibrating wave form. It is the rate or frequency of vibration that determines whether we perceive an object to be solid or not. In fact many different wave forms or frequencies can co-exist in the same space. For example, our houses and even our bodies are filled with radio and television waves at this very moment – we just can't perceive them unless we use the right instrument.

Our beliefs about 'reality' tend to be very much coloured by what we can touch, smell, see, hear or taste. Yet bats and dogs can hear sounds that we can't and some people are genetically unable to taste certain foods. If you're short-sighted and you lose your glasses, your perception of reality is limited even further. Just because we are unable to see the horizon doesn't mean that it stops existing!

As the limerick runs:

*There was once a man who said "God  
Must find it exceedingly odd  
If he finds that this tree  
Continues to be  
When there's no-one about in the Quad"*

and the reply:

*"Dear Sir, Your astonishment's odd:  
I am always about in the Quad.  
And that's why the tree  
Will continue to be,  
Since observed by Yours Faithfully, God"*

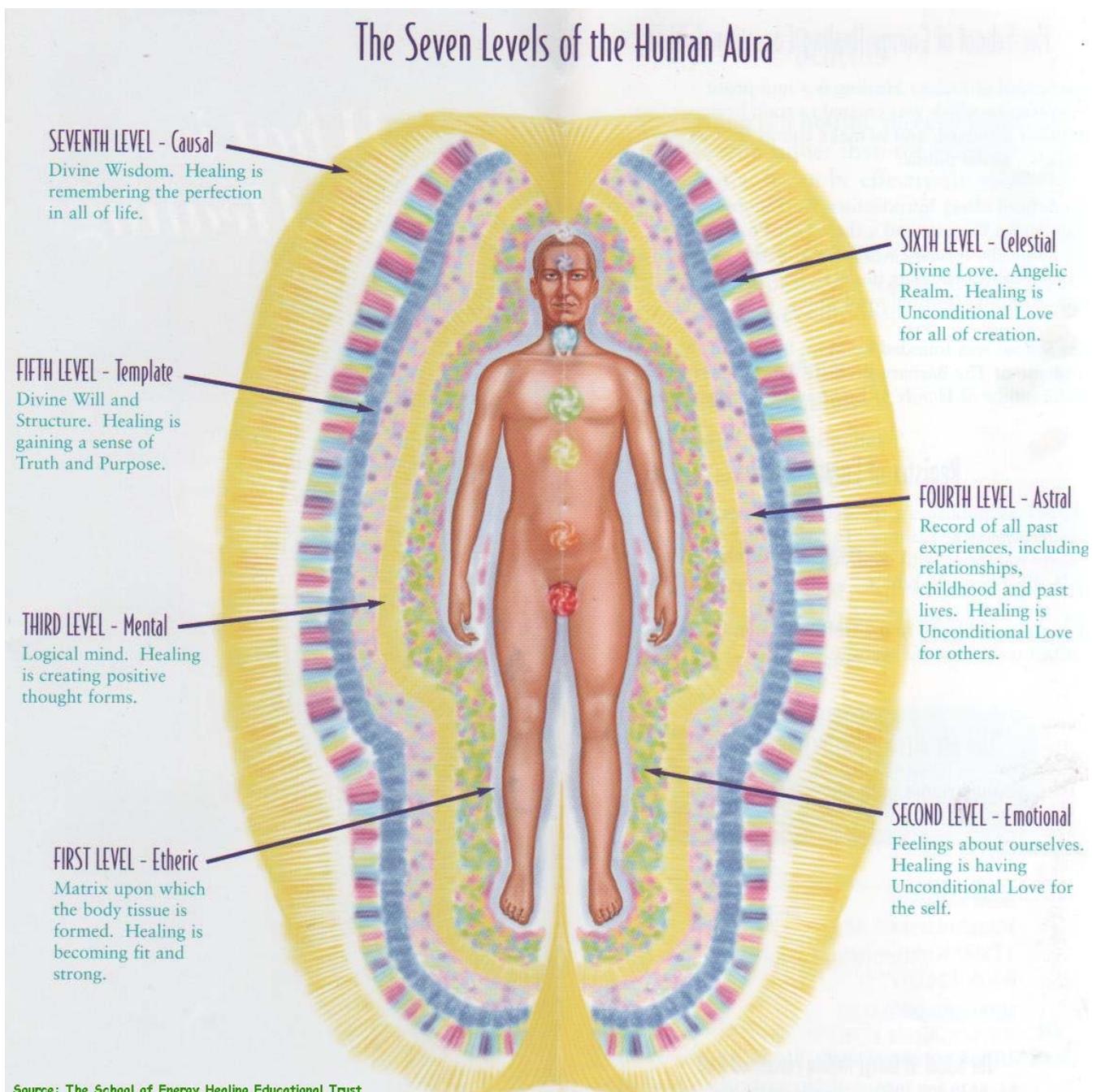
Until recently the biomedical view of the Universe and of man has been strongly influenced by Newton to the exclusion of Einstein's theories, let alone more recent thinking and discoveries in modern physics.

Orthodox approaches are based on the Newtonian precepts of cause and effect, viewing the body as a machine, albeit a complex one. This reflects the thinking of Newton's day, where scientists likened the working of both man and the universe to a sophisticated clockwork model.

## Vibrational Medicine

Dr Richard Gerber has coined the term 'Vibrational Medicine' to cover medical theory and practice based on Einstein's discoveries.

It has long been recognised that we are more than just flesh and bones, more than just a pump and vessels, more than just computer and connections. Einstein shows that in fact we are coherent fields of energy, vibrating in such a way that we can feel we are discrete individuals. Discrete individuals with physical bodies, senses and consciousness.



Furthermore we possess not just a physical body but an etheric (sort of electro-magnetic) body as well. We know that electric cables generate a magnetic field around them and that holding a fluorescent tube near a high tension electricity cable will cause it to glow. Physics tells us that we are composed of molecules, atoms, electrons and even smaller particles, each of which we know creates its own force field. So it is hardly surprising that the etheric field around us exists, just like a field around an electric cable.

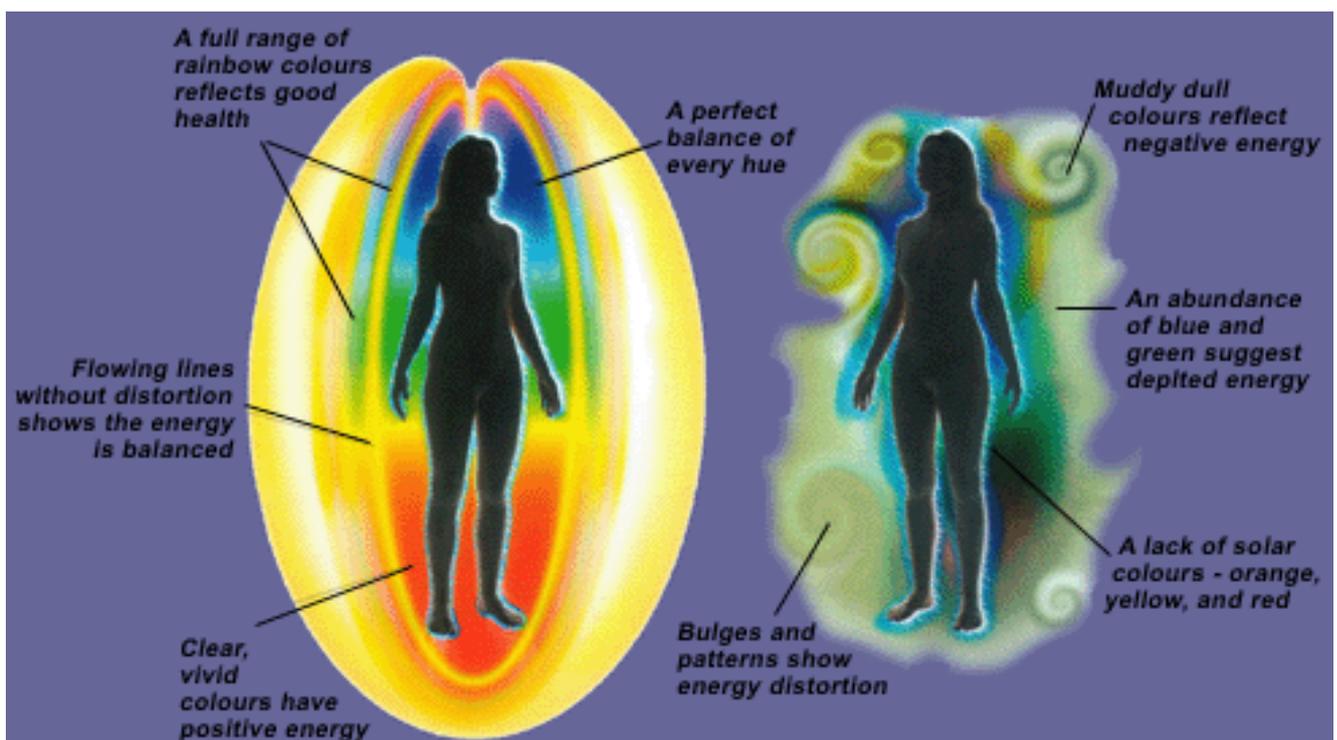
It's just that most of us can't see it! Actually more and more people are starting to see the etheric as a fuzzy white glow around people, trees or other living things. Some gifted people can see a coloured aura around others and can tell that different emotions show up as different colours – perhaps anger as a muddy red, love as a healing pink or green.

Back to the science! Dr Saxton Burr at Yale in 1940s detected the electrical field surrounding living things. Curiously, the field around a sprouting seed was not the shape of the seed but that of the adult plant.

Dr Nordenström, one-time head of radiology at the Karolinska Institute in Sweden, and former Nobel Prize Committee chairman, found and researched the biological electrical system in the human body. He found that the system is disordered in cancer. In a number of cases he obtained exciting results in helping people with cancer. His extensive research is only now being taken up by the mainstream research establishment.

The Russian Semyon Kirlian took photographs of living things in the presence of a low-current, high-frequency, high-voltage electrical field. Kirlian photographs of many living things show what appears to be an aura. Furthermore, flower essences have a definable Kirlian imprint. In some cases this imprint actually resembles the flower which made the essence.

It is known that a laser photograph of a banana can be captured on film as a hologram and, using a laser decoder the original image can be projected in 3D. The hologram is a record of energy patterns.



Applying Kirlian photography to part of a leaf actually produces an intact image of the whole leaf.

At quantum level, matter is literally frozen light – that is, energy fields. So matter itself is composed of energy fields, or rather is a specialised energy field.

Professor David Bohm proposed that the whole of the universe is an interconnected whole. It is only in our minds that we perceive that it is separated into lots of bits. This is purely an illusion, comparable to the concept of *maya*, or illusion, in Eastern philosophies. Tragically this illusion colours our view of everything, leading to confusion and conflict within ourselves. If we are confused deep within, no wonder society is full of conflict, fear and confusion!

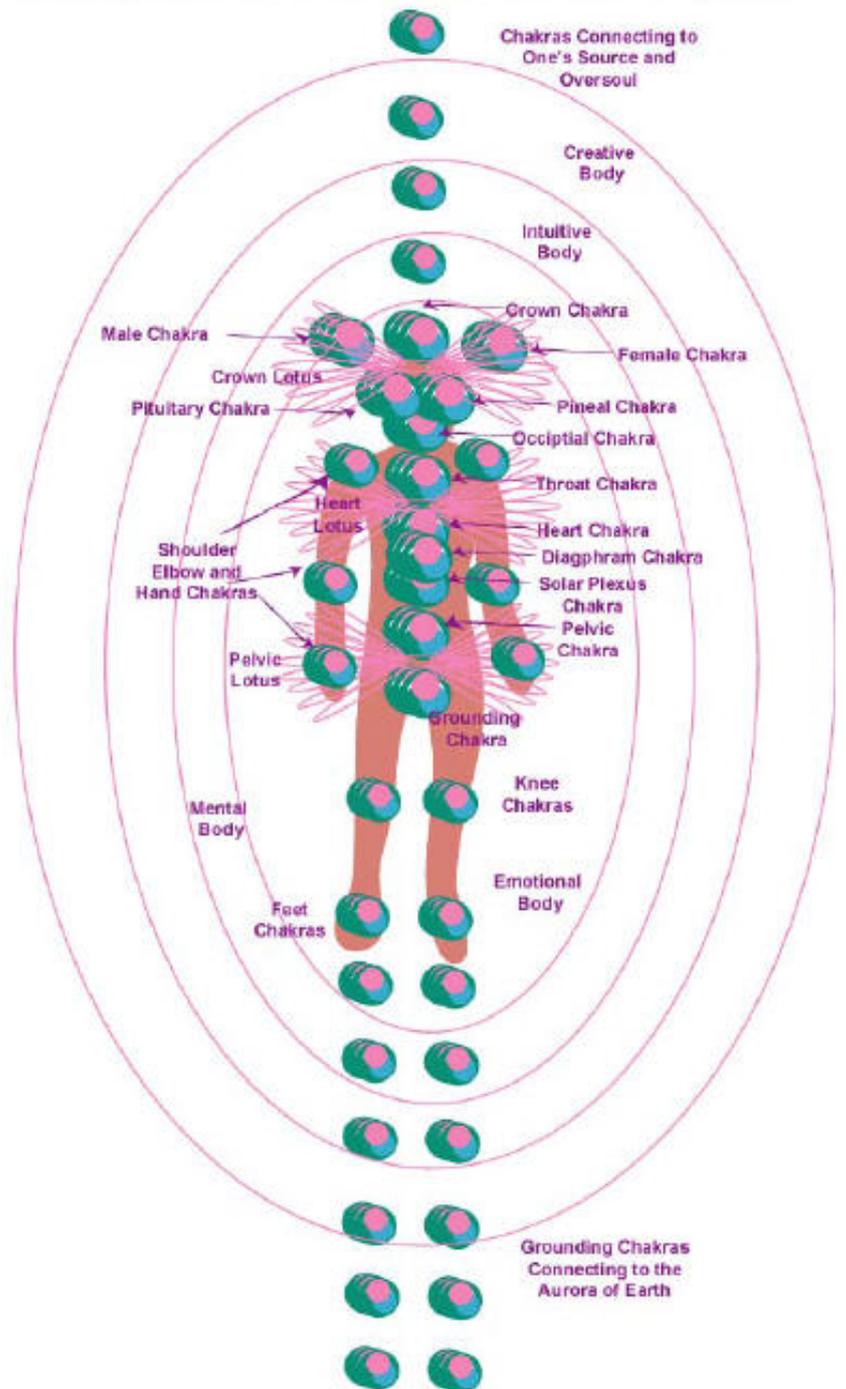
Vibrational medicine is a system in which one form of energy frequency is used to influence the underlying (or overlighting) energy structure of a body, to bring it back towards balance.

**Flower Essences and Vibrational Medicine**

Water is the universal carrier of vibrational imprints. The hydrogen-oxygen bonds in the H<sub>2</sub>O molecule have an infinite number of bond-angle permutations and electron orbit shifts, even without considering sub-atomic particles, and therefore they possess an infinite capacity for carrying different vibrations. It is likely that, during the process of potentiation of flower essences in sunlight that the water starts to resonate with the vibrational imprint of the flower. This resonance then remains in the water, and can be detected by Kirlian photography. The imprint can be deleted by boiling the water.

Applying the appropriate resonant frequency (the correct flower essence) to a complex discordant wave-form (a human out of balance, in a particular mental or emotional aspect) re-balances the energy system to return order to the former chaos.

Chakras and Subtle Bodies to Bodhisattva Level Evolution



The physics experiment of placing sand onto a drum, then applying a sound, illustrates this nicely. Depending on the sound the sand quickly falls into beautiful regular patterns on the drum's surface.

By analogy, this is how flower remedies fit in with the rest of medicine:

We all play a note or tune which is in harmony when we are well. Our tune is like the hum of a well-maintained sewing machine or a well-performed melody on the piano. When we go out of balance the note becomes jangling and discordant.

Sometimes the piano strings are broken. Surgery repairs them. Sometimes the notes stick. Orthodox medicine oils them and frees them up. The strings can be out of tune. Let homeopathy re-harmonise the physical piano. But let's say the pianist is hungry and tired – flower remedies act as a tonic to refresh and uplift him or her. The result – an inspired performance!

Imagine a symphony orchestra before a concert. The audience waits, hearing only a varying cacophony of many instruments playing their own discordant notes. At a given moment the lead violin starts to tune his open string to an A. Gradually at first, then more rapidly, the entire company of assembled musicians pick up the note till a single A is being played by the whole orchestra. All are now in a harmonic unison, started by a single player setting the note.

Essentially flower essences reintroduce a harmonising, healing note to the whole organism. They appear to work on the emotional/etheric level to gently bring the whole structure back into balance.

Flower essences appear to work on a subtle level, mediated through the electrical system of the body, possibly via the Chakras and the meridian system of Chinese acupuncture. Flower remedies are compatible with all orthodox medicine and other vibrational medicine. Though their action is gentle, their potential power should not be underestimated. They are truly tools of transformation.

**Feeling  
Healing with  
Divine Love is  
the key!**



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**NEW BACH FLOWER BODY MAPS:**

<http://www.sanfte-therapien.de/english/bodymap.htm>

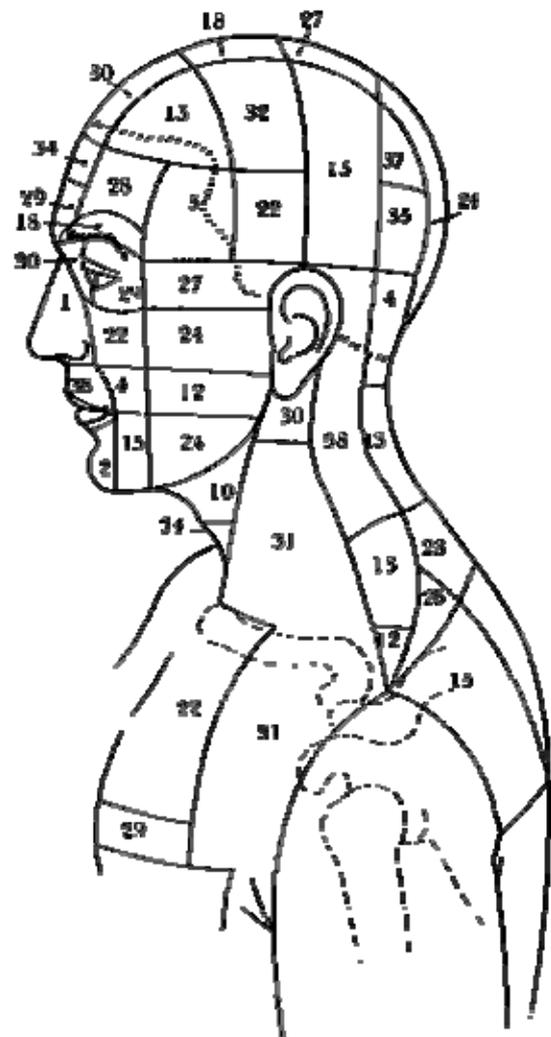
Bach Flower Skin Zones are a further refinement of Bach Flower Therapy, which have been developed after years of research. Diagnosis and treatment by means of these psychical reflex zones enable work with Bach flowers to be greatly simplified. In the case of physical problems, the relevant flower can be read directly from the body, due to the localization of the complaints. External applications at that place, in the form of compresses or embrocations almost always prove to be considerably more effective than if the respective flower is only taken internally. This usually allows recovery to be considerably more rapid. In many cases, only such local treatment of the affected zone results in improvement.

It has been observed quite a number of cases in which the flower suitable for the affected site was taken internally for a lengthy period (sometimes more than six months), without the slightest effect on the existing complaints being seen. After external application of the same flower, there was a prompt improvement. And on the other hand, purely emotional problems are usually resolved considerably faster if the skin zones associated with the most important flowers for these cases are treated, as well as taking them internally, even if there are no complaints in those zones. Usually, the zones on the torso are sufficient for this purpose.

The considerably greater effect of Bach Flowers when applied via the respective skin zones – especially for physical problems – is understandable if we remember that this involves treating emotional problems exactly where they manifest themselves physically. Only when the negative vibration pattern is cancelled at that area will the physical malfunction also disappear, unless damage that cannot be corrected has already been done.

In essence, the Bach Flower Skin Zones are archetypical skin zones. All non-material medicaments that act on the archetypical negative emotional concepts first classified exactly by Edward Bach have a healing effect when applied to these zones, regardless of the type and character of the complaints existing there. This includes certain aromatic oils and gemstones, which can be applied to these zones in a similar way to the Bach Flowers.

Here is an excerpt from the Bach Flower Body Maps. The numbers correspond to the customary numbering of Bach Flower Essences.



## HOW ESSENCES CAN HELP:

### PHYSICAL USES

Vibrational essences work with the energy system of the person or animal, and since the meridian and chakra systems are holistic in nature, it is only natural that healing at the physical level as well as at all other levels is possible using vibrational essences.

The recent research of molecular biologist Dr. Candace Pert, in the area of neuropeptides, further confirms the holistic nature of the human being (see her book, **Molecules of Emotion**, or her tapes, **Your Body Is Your Subconscious Mind**). Her work helps us to understand why the method of Dr. Bach, the originator of flower essences, has a scientific basis, and why it is impossible to separate the body from the emotions and the mind. In his early work, Dr. Bach prescribed flower essences based on physical symptoms (he had discovered physical correlations for some of his early essences). Over time, as he developed his ideas and remedies, he settled on prescribing based solely on mental and emotional states. This has become the "traditional" or "classic" approach to working with flower essences, and it is the deepest way of working with problems, whether they are physical or emotional.



Dr. Pert's research confirms Dr. Bach's system. She has found that, not only does the brain translate emotions into chemicals which impact the body, but *every cell in our body also has this* capacity and is continually translating our emotions into chemicals which affect every organ and the entire physical body, whether our emotions are conscious or unconscious. Emotions occur simultaneously in all parts of the body--they don't start in the brain. "The body is just a print-out of consciousness" says Dr. Deepak Chopra in commenting on Dr. Pert's findings (see his CD set, **Quantum Healing**).

Dr. Pert draws no dividing line between the mind and body, defining the mind as "some kind of enlivening energy in the information realm throughout the brain and body that enables the cells to talk to each other, and the outside to talk to the whole organism." She prefers the term "bodymind." Of particular interest in this regard is the experience of those suffering from multiple personality disorder. Those who are severely disturbed experience a disconnection from one personality to the next. Blood samples have been taken only five minutes apart from the same patient, one sample from one personality and the second from a different personality, and actual chemical changes can be identified in the blood. Severe allergies in one personality disappear in another personality, and the prescription for glasses changes. Clearly the state of mind and "being" of the personality are manifested in the body with measurable results.

Dr. Pert's findings confirm that healing of the emotions has a direct impact on the body (that the body and mind are in fact one), lending firm support to the traditional method of prescribing flower essences based on emotional and mental states. Some essences, however, seem in many individuals to elicit an obvious physical response, while the emotional response is less noticeable. It is quite plausible that many of these essences are working primarily with the etheric body, the energy field closest to the human body, and therefore people experience the immediate effect more at the physical level. This poses a problem



for some essence producers who would like to communicate their findings about the physical healing qualities of their essences to the public.

Today in the USA, vibrational essences are classified as supplements by the FDA. No medical claims may be made for them. Some producers of flower essences in this country who wrote about the ways in which their essences were helpful on a physical level were forced to rewrite their catalogues. How one words one's description of the purpose of the essence is crucial. It seems that some companies give physical indications for animals in describing their essences and then hope that readers will extrapolate the same benefit to humans. Eileen Hutcheson, M.Ed has two books in Spanish on the FES essences which were written in South America, and each one is literally filled with physical correlations for the essences (she hasn't tested their accuracy). But, in the FES literature here in the USA, there is very little mention of physical uses for the FES essences. This is partly due to the FDA prohibitions and partly due to the FES "soul approach," focused primarily on growth, development, and awareness. However, it is interesting that there is such an abundance of physical correlations in countries where this is not prohibited.



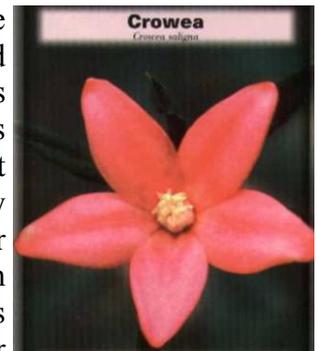
In many other countries, this kind of dilemma does not exist, and producers are free to share what they have come to learn about the physical benefits of their essences. Sabina Pettitt, an acupuncturist in Canada, has correlated all of her Pacific Essences with Chinese meridians, so there are very strong physical correlations. She also has a small repertory of physical indications. **Ian White, a naturopath and homeopath in Australia, has the most extensive physical repertory available in the essence world for his Australian Bush Flower Essences.** And, in India, two allopathic doctors have produced over 200 essences and essence blends correlated with specific organs and diseases as well as with mental, emotional and spiritual issues. Their approach is unique. Of course, common sense tells us that severe conditions, mental / emotional or physical, require additional forms of therapy and not solely energetic treatment with vibrational essences. And the best and most efficient approach to any problem is to enlist the aid of a variety of therapeutic measures which are helpful on various levels. Below is a very partial list of the Aum Himalaya essences which address physical issues by providing energetic support ([click here](#) to see the full list).

Acne  
Allergy  
Asthma  
Arthritis  
Backache  
Blood sugar balance  
Burns  
Bursitis  
Candidiasis  
Cholesterol balance  
Chronic fatigue syndrome  
Cleansing, Herbal  
Cleansing, Allopathic  
Cleansing, Homeopathic  
Colitis  
Cramps  
Eczema  
Eyesight, vision  
Flu



Fractures  
 Frozen Shoulder  
 Fungal Infections  
 Gastritis  
 Gastro-enteritis (diarrhea)  
 Hyperacidity  
 Hypothyroidism  
 Immunity Booster  
 Jet lag  
 Laryngitis  
 Psoriasis  
 Scars  
 Sinus/Colds/Sinusitis  
 Spinal Alignment  
 Sports performance  
 Tendonitis  
 Tonsillitis  
 Ulcers (non-healing)  
 Weakness and fatigue  
 Wound healing

It is true that the primary focus in flower essence therapy is awareness of the ways in which one is contributing to one's disease and listening to understand what the illness may be trying to communicate to the deeper personality (as per Dr. Bach's perception that disease is caused by anything which interferes with the harmony between the personality and the inner Divinity and is a gift to show how we are out of alignment with our original purpose). It is equally true that essences may have a noticeable physical effect. Some "pure" flower essence producers and practitioners are opposed to using flower essences with primarily a focus on the physical level, seeing this as "inferior" to or less effective than a deeper emotional and spiritual focus. Using essences for direct physical purposes *along with* seeking to understand what may be the deeper meaning in an illness are not incompatible. In addition, some adults are not capable, at least at the outset, of moving far beyond a focus on the physical level in terms of self-awareness and communicating this to a practitioner. It would be unfortunate for them to be deprived of the healing benefits of flower essences for these reasons. It is important to work with individuals where they are and that everyone can benefit from essences.

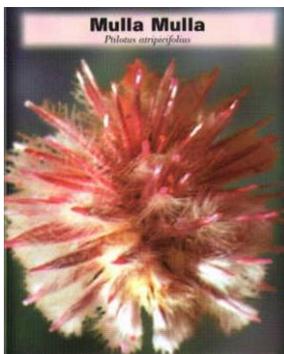


As you continue reading, keep in mind that any essence may have a direct physical impact, not just those listed on this page and not just those identified as such by producers. Although the majority of persons may respond to an essence in a similar way, individuals may also respond to the same essence differently.

### **ESSENCES USED REGULARLY FOR PHYSICAL ISSUES**

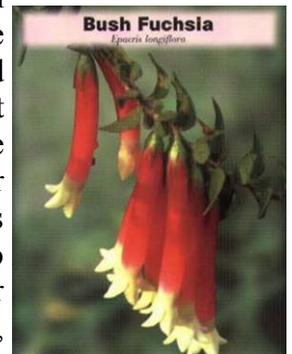
Pacific Essences Sea Anemone (fourth photo above, ©Pacific Essences®), a sea essence, is very helpful for pain. One can take it internally or apply it topically, mix it into creams, and take it as often as needed.

Australian Bush Crowea (sixth photo above, courtesy of Ian White, Australian Bush Flower Essences) is very helpful for tummy or digestive problems, and it also balances all meridians and all muscles (as well as being indicated for worry).

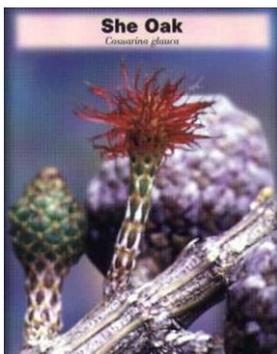


Mulla Mulla (courtesy of Ian White, Australian Bush Flower Essences) is helpful for all kinds of skin burns. It is also indicated as helpful for those undergoing radiation treatments, hot flashes, fevers--any kind of burning or heat in the body.

Use Bush Fuchsia (courtesy of Ian White, Australian Bush Flower Essences) for eye weakness and strain at the computer. It is also helpful for learning disabilities and autism because it helps integrate the left and right hemispheres of the brain and the front and back of the brain. Australian Bush has a very good formula for learning disabilities and Attention Deficit Disorder called Cognis. Blue Camas flower essence by Pacific Essences (photo shown on the previous page) is also helpful for learning difficulties. Bush Fuchsia is also listed as helpful for tinnitus, chronic middle ear infections, dizziness, motion sickness, stuttering, throat and ears, epilepsy, and recuperation from strokes.



Make a variety of blends using Five Flower Formula (the Healing Herbs brand of the Bach flower combination Rescue Remedy) and various combinations of essential oils and gemstone essences (gemstone essences will be discussed on the next page). These blends were remarkably helpful when experiencing long-term injuries from dance, etc., and have been helpful for osteoarthritis also. The reduction in pain is usually immediate. Rescue Remedy cream (sold by Nelson Bach) is very helpful for many kinds of injuries (broken skin or muscle pain), and Self-Heal Creme (made and sold by FES and also on this site: [click here](#) for info) is very healing for many skin problems, alone or with added essences and essential oils for special needs, and also for emotional issues (with added essences and essential oils).

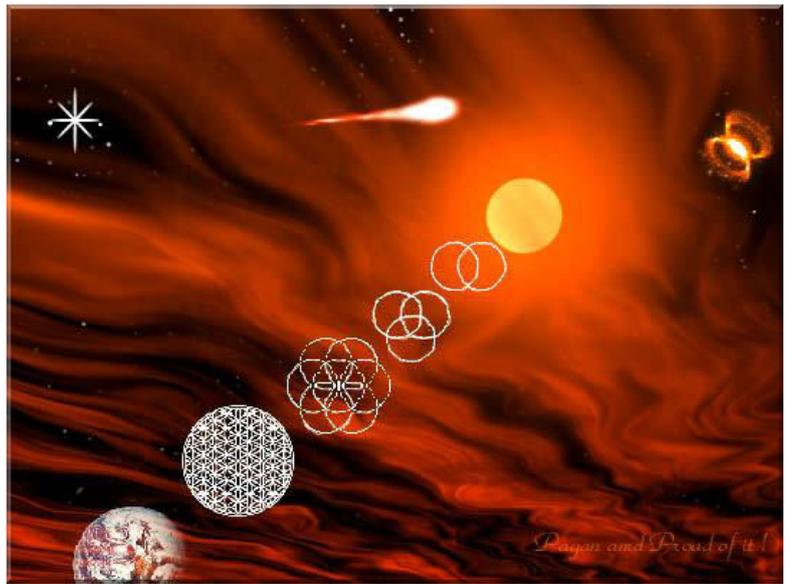


#### **OTHER ESSENCES OR SYSTEMS HELPFUL FOR PHYSICAL ISSUES**

She Oak (courtesy of Ian White, Australian Bush Flower Essences) is helpful for many reproductive and hormonal issues in women, including irregular periods, cramping, heavy bleeding, infertility (some doctors in Australia have a 90% success rate using She Oak for infertility), and dehydration in menopause.

**The New Bach Flower Body Maps** system (by Dietmar Krämer and Helmut Wild, Healing Arts Press, 1996, [available from FES](#)) in which every part of the body has been correlated with a different small section of the body, is a fascinating method to explore for selecting essences. Great insight may emerge from examining the essence indicated for a particular physical area of the body.

At the top of the page are the photos of two flowers which are related to Mulla Mulla in effect. The first is Fireweed, provided courtesy of Steve Johnson of the Alaskan Flower Essence Project. Fireweed is very regenerative to the spirit and to the cellular tissue of the body and is especially indicated when burns to the skin, radiation, chemical burns, sunstroke, or skin rashes have disrupted or damaged the body. The second, which is actually the third flower photo above, is the Sierra Primrose (courtesy of FES), which imparts revivifying life forces and is helpful for regeneration of the body in severe situations, such as for those undergoing chemotherapy.



## **HOW to MAKE FLOWER ESSENCES:**

The first written records of flowers being used to bring about emotional healing was found with the ancient Egyptians. Over the eons of time many cultures used them in different forms of collection and application. The technique we use today known as the “sunshine method” was developed by Edward Bach, a doctor of immunology who turned to nature seeking answers in medical research. He became interested in homeopathy (which also uses ideas from alchemy). This method for making essences describes using the Sun, but you can also use the full Moon depending on the nature and healing quality of the flower.

Making a flower essence is a sacred and spiritual process. It is an alchemical reaction between human, plant and spiritual kingdoms. Unless reverence is used, it is unlikely to succeed. It truly is a time of being totally present, connecting with the plant's spirit and healing energy. Be prepared to spend the whole day in a space of sacred union with the plant. Not only is it a sign of respect and gratitude, it is also amplifying the frequency at which the essence resonates.

As part of the ritual, it is important to:

- Acknowledging the Landscape Angle and nature spirits
- Meditate and tune into the plant
- Ground yourself
- Draw the plant to reveal deeper insights from the Doctrine of Signatures
- Ask for the healing quality of the flower
- Ask for permission of the plant prior to picking the flowers

Ensure the flower essence is made from plants growing in their natural habitat, away from pollutants and the discordant energies of power lines and other interferences.

It is the plant that chooses to offer its healing qualities to humanity at the time humanity needs it the most. Quite often the flowers will contact or “talk” to humans and request to be made. The plant is usually at the peak of its flowering season when it's time for the essence to be made. Spend time getting to know the plant, extend yourself beyond your own personal space and feel its energy. How do you feel in its presence? What do you notice about this plant that makes it unique? Take note of everything you sense. This will give you vital information about the qualities of the essence.

Equipment:

- a clean, clear glass bowl
- purified water
- amber glass bottle
- funnel
- brandy



Half fill the bowl with purified water into your glass bowl. This will depend on the size of the bowl, and the size of the flowers being used. You will be creating a Mother tincture which is further diluted to make a Stock bottle, and diluted yet again to make up a Dosage bottle.

Using a twig fashioned into tweezers-like instrument from a plant of the same species, carefully pick the most vibrant healthy and fully open blooms, placing them in the water until the surface area is covered with flowers. Choose one bud and one spent flower to include the full life cycle of the flower.

Once the flowers are in the bowl of water, it becomes known as “Flower water”. Place the bowl in the sun, on the Earth beside the plant, for 2 – 4 hours or until the flowers start to droop. The time will vary, depending on the amount of sunshine and the intensity of the sun. Once the bowl is filled with flowers, it is best to leave it to be; let the magic of nature through the alchemical process take its course. When the flowers droop it is an indication the spirit of the flower has transferred to the water completing this section of the process.

Gently flick the flowers out of the bowl with the leaf or twig, returning them to the Earth at the base of the plant. Give thanks to each flower for its contribution to your essence by placing a crystal or tobacco at the base of the plant as gift of gratitude. The water left in the bowl is then poured into the amber bottle, and an equal amount of brandy is added, as a preservative. This is your “Mother tincture”. Shake the bottle to activate and 'awaken' the essence. Clearly label the bottle with the name of the plant, the date and the time the essence was made. The moment the flower water and the brandy combine it is known as the “birth” When the flowers are placed in the water to begin with, it is the time of “conception”. An astrology chart can be created from this information.

Store the Mother tincture in a quiet place free from electromagnetic frequencies. This is a sacred solution of nature. It has a shelf life of eternity. To make a Stock bottle, fill a 25ml (1 oz) amber bottle with equal amounts of purified water and brandy. Add up to 7 drops of the Mother tincture to this base, and shake well again. To make a Dosage bottle, fill a 25ml amber bottle with 75% purified water and 25% brandy, and add up to 7 drops from your Stock bottle. Shake well. Do not dilute beyond this point.

It is important that you do not imprint your own energy into the essence during the creative process. It is best you keep the essence energetically pure as possible. That is why we use implements in picking and removing the flowers. Equally important is ensuring you do not cast a shadow onto the bowl at all during this process as this will also energetically imprint into the essence.

Making a flower essence is a truly magical moment in time. By being present you will be awed by the synchronicity and blessings witnessed during this sacred process.

Enjoy!

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## Making Flower Essences Ourselves

Increasing numbers of people are using flower essence remedies these days: especially the original remedies of [Dr Bach](#), but also perhaps the 'California Essences', those produced by Ellie Web of Harebell Remedies in Scotland, Dr Arthur Bailey's Yorkshire Dales essences – there are probably twenty or more different sets of flower remedies available now.

What we want to do here is to encourage those who use and/or prescribe flower remedies to consider the idea of making your own. The ability to make a remedy is not some special and mysterious gift! The qualities needed are probably no more than three: a sense of contact with the natural world; a willingness to 'follow one's hunches', to take intuition seriously; and, perhaps a certain sense of self-worth, of having the same right to engage with flower remedies as anyone else.

Why make more remedies when so many are already available? Well, a good place to start might be making remedies which have already been written up by someone else. There are great gifts to be had by doing it ourselves: instead of a commercial transaction of buying someone else's product, we are engaging directly and physically with the flower itself – forming our own relationship with it, a relationship of respect and intimacy. In making remedies, we've learnt so much about flowers and plants – how to recognise them, their habitat and habits, their seasons, their 'signatures' (more of this in a minute). It's been an intensely rewarding and nourishing process; and even if you're making a well-known remedy, it's bound to deepen your understanding of how that remedy functions and what effects it has.

As for making new remedies – well, there are so many flowers out there; and so many distinct human emotional states and positions to work with. One of the exciting things for us about flower remedies is that there is no objective criterion: no authority, no one who Knows the Right Answer. (Just because someone is a channelled discarnate spirit doesn't mean they Know.) All the information about a new remedy and its function is in the relationship that you manage to create between you and the plant. Making flower remedies and deciding how to use them is, for us, a very special place where the material and the spiritual come together in perfect balance.

### How To Make An Essence

(This is the way we might do it; it isn't the only way, or the best way – the best way is the way that you develop for yourself through experience and intuition. However, it might be worth trying this way a few times if you haven't made essences before.)

#### 1. Equipment

Very simple, really. You'll need a small, plain glass bowl or tumbler (if some other sort of bowl, like ceramic, feels better, by all means try it out, but most people use glass); some good water – clear, uncontaminated and alive: local or bottled spring water; a dropper bottle; some brandy (brandy preserves the essence, and also seems to have more subtle catalysing properties. Cider vinegar is a possible alternative if you dislike using alcohol); and some sticky labels that will fit on the bottle.

#### 2. The Flowers

You may already know what essence you want to make; or you may wander and let a plant speak to you. Either way, you certainly want a clump, so that you can take a few blossoms from each plant without stripping them.

### 3. The Spot

Ideally, a 'special' place, a beautiful and/or powerful spot where the view is magical or the Earth energy runs strong. A place you can remember when you are potentising or using the essence; a place you can return to for the same essence in later years, or to seek out other flowers in other seasons. More practically, you need a place where the sun will come for a few hours – not overhung by branches, or where the shade will soon move across. A spot where passers-by, human or animal, won't tread on the essence while it ripens! You also want to be able to find it again; and not to have to walk further than is comfortable.

### 4. Preparing

Ask the flowers. Are they willing to be picked? Are they interested in helping humans? Just how you ask them is up to you, but there seems little point – and some potential for harm – in proceeding before you have a 'Yes' answer. How you get this signal will be a personal thing; but the 'No' answer, in my experience, is clear and unmistakable. Centre yourself and sit with the flowers for a minute, gathering your energy and attention.

### 5. Starting

Put a little water in the bowl or tumbler (we mean a little – one dropper bottle will probably last you for years). Then pick the flowers: gently, respectfully and with awareness. How would you like to be picked? Choose the blossoms that offer themselves. The less violence, the less physical touch, the better. With large flower heads it's sometimes possible to bend them over so that they are in contact with the water, without having to pluck them. You want enough to cover the whole surface of the water, floating on it as they will naturally do.

It seems to me important to stay in the here and now while picking the flowers: if your attention wanders, bring it back, as in meditation. This is part of respecting the gift of the flowers. And it's also a time when the flowers may tell you a lot about how their essence can be used.

### 6. Ripening

Position the bowl of blossoms where the direct rays of the sun will reach them for at least a couple of hours. Sunshine is a well-known, obvious and powerful way of imbuing the water with the subtle essence of the flowers. But it's not the only way; we've made some very successful essences on overcast days, and some seem to suit moonlight (Honesty, Mullein). Obviously you can't answer for the weather, but you will have chosen a day that seems hopeful. The flowers should be near their plants: still in touch. Maybe sit with them for a minute or two while things settle down; then you can leave. If you decide to stay around, it seems best to leave the process alone, both physically and mentally; but either way, we try to hold the flowers in my mind while I get on with other things.

### 7. Bottling

After however long feels right – at least a couple of hours – come back and see if the essence is brewed. We find that we can tell by holding a hand over it: there's a lively tingle in the air, that unmistakable sense of subtle energy. The water in the bowl looks very clear and sparkly, often with a few bubbles. You will have brought a dropper bottle – 10 ml is quite sufficient – half full of brandy. Using the dropper, and again in a state of mindfulness, fill the bottle to near the top from the bowl. (Leave space for the dropper to go back in!) Having filled the bottle, screw the top back on and give it a really good shake! Then hold the bottle in both hands for a few moments and 'bless' it in whatever

way comes naturally to you, dedicating it for healing and growth, and asking the power of the plants and the place to reside in it. You now have your Mother Essence. Before you leave, label it! Also before you leave, thank the plants again, and return the blossoms and spare water to the Earth around the plants. While you are bottling is another time to gather information about the essence's function.

#### 8. Potentising

Keep the Mother Essence somewhere clean and clear for a few days while it gets used to itself – away from heat, cooking, accident, etc. Then you can make a Stock Bottle. Take another dropper bottle, fill it with about 1/3 brandy and 2/3 good water (leaving a bit of space). Hold and tune into the Mother Essence; give it another good shake; then put seven drops in the Stock Bottle, close it and shake well. Thank the Mother. Leave the two bottles together for a day or so. Don't forget to label the Stock Bottle.

#### 9. Remedy

When you want to use the remedy, take another dropper bottle full of water with a little brandy. Tune in, shake the Stock Bottle, and add seven drops from it to the Remedy Bottle. Thank the Stock, close the Remedy Bottle and shake it. Label the remedy Bottle; ideally but not necessarily, leave it with the Stock Bottle for a while. The Remedy Bottle should be used over the next few weeks.

#### 10. If Something 'Goes Wrong'

This process doesn't always go as smoothly as we have described it! If fate intervenes in some way, it may well be unimportant or even an improvement: one remedy we made while a snake sunned itself a few inches away from the bowl, and we still don't know if it's a flower essence or a 'flower-and-snake essence'.... It certainly doesn't worry us, for instance, if insects or raindrops end up in the bowl. But it would feel like a disturbance if some human innocently picked up the bowl and moved it. What to do? Usually we would re-centre ourselves and the situation, and start again from the point that had been reached. We would also certainly want to include the disturbing event – like any other synchronous happening – in our understanding of how the essence functions. (For example, perhaps this essence is to help one re-centre after disturbance...)

#### 11. Working Out What the Essence is For

This is the place where we could say lots and lots – and we're choosing not to say much. This is partly because of space, but much more because this is where you have to find out for yourself. There are two main aspects. One is gathering all the information you can about the plant: its appearance, habitat and seasons, and patterns of growth; its name and alternate names; any folklore, herbal and medical use, appearance in myth or fairytale...Digest all this material, let it sit inside you and see what it suggests.

The other aspect – which for us is more important – is what emerges directly from the relationship you have with the flower while making the essence. What thoughts and feelings pass through you while you're doing it? What state do you get into? What synchronous events occur? What, in other words, is the flower telling you?

Good luck.

## Single Essences

www.ausflowers.com.au

A range of 66 essences and 3 companion essences that can be used individually or combined to treat any specific application. These are available in stock concentrate or ready to use dose.

For companion essences, please scroll to bottom.

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 • [Macrocarpa](#) • [Mint Bush](#) • [Monga Waratah](#) • [Mountain Devil](#) • [Mulla Mulla](#) • [Old Man Banksia](#) • [Paw Paw](#)
- [Peach-flowered Tea-tree](#) • [Philothea](#) • [Pink Flannel Flower](#) • [Pink Mulla Mulla](#) • [Red Grevillea](#) • [Red Helmet Orchid](#) • [Red Lily](#) • [Red Suva Frangipani](#) • [Rough Bluebell](#) • [She Oak](#) • [Silver Princess](#) • [Slender Rice Flower](#)
- [Southern Cross](#) • [Spinifex](#) • [Sturt Desert Pea](#) • [Sturt Desert Rose](#) • [Sundew](#) • [Sunshine Wattle](#) • [Sydney Rose](#)  
 • [Tall Mulla Mulla](#) • [Tall Yellow Top](#) • [Turkey Bush](#) • [Waratah](#) • [Wedding Bush](#) • [Wild Potato Bush](#) • [Wisteria](#)  
 • [Yellow Cowslip Orchid](#) • [Blank Labels](#)

### Stock Kits



New Design!

The Stock Kit, intended for both practitioner and home use, has been redesigned to incorporate all 69 Essences. The Stock Kit, consisting of 2 boxes that has 72 allotted spaces which not only provides room for growth when new Essences are developed, but is also stronger and with a brand new look!

The Stock Kit will still include our reference book and in the empty spaces we will include 2 bonus dose bottles so that you have the opportunity to make up a remedy as soon as their Kit arrives! In the other space we have included a set of Practitioner labels.

### Emergency Stock



**Negative Condition:**

- Panic
- Distress
- Fear

**Positive Outcome:**

- Ability to cope

### Alpine Mint Bush



**Negative Condition:**

- mental & emotional exhaustion
- lack of joy and weight of responsibility of care givers

**Positive Outcome:**

- revitalisation
- joy
- renewal

---

### Angelsword

**Negative Condition:**

- interference with true spiritual connection to Higher Self
- spiritually possessed
- spiritual confusion

**Positive Outcome:**

- spiritual discernment
  - accessing gifts from past lifetimes
  - release of negatively held psychic energies
  - clear spiritual communication
- 

### Banksia Robur

**Negative Condition:**

- disheartened
- lathargic
- frustrated

**Positive Outcome:**

- enjoyment of life
  - enthusiasm
  - interest in life
- 

### Bauhina

**Negative Condition:**

- resistance to change
- rigidity
- reluctance

**Positive Outcome:**

- acceptance
  - open mindedness
- 

### Billy Goat Plum

**Negative Condition:**

- shame
- inability to accept the physical self
- physical loathing

**Positive Outcome:**

- sexual pleasure and enjoyment
  - acceptance of self and one's physical body
  - openmindedness.
- 

### Black-Eyed Susan

**Negative Condition:**

- impatience
- 'on the go'
- over committed
- constant striving

**Positive Outcome:**

- ability to turn inward and be still
  - slowing down
  - inner peace
- 

### Bluebell

**Negative Condition:**

- closed
- fear of lack
- greed
- rigidity

**Positive Outcome:**

- opens the heart
  - belief in abundance
  - universal trust
  - joyful sharing
  - unconditional love
- 

### Boab

**Negative Condition:**

- enmeshment in negative family patterns
- for recipients of abuse and prejudice

**Positive Outcome:**

- personal freedom by releasing family patterns • clearing of other, non family, negative Karmic connections
- 

### Boronia

---

**Negative Condition:**

- obsessive thoughts
- pining
- broken hearted

**Positive Outcome:**

- clarity
- serenity
- creative visualisation

**Bottlebrush****Negative Condition:**

- unresolved mother issues
- overwhelmed by major life changes – old age, adolescence, parenthood, pregnancy, approaching death

**Positive Outcome:**

- serenity and calm
- ability to cope and move on
- mother-child bonding

**Bush Fuchsia****Negative Condition:**

- switched off
- nervousness about public speaking
- ignoring 'gut' feelings
- clumsy

**Positive Outcome:**

- courage to speak out
- clarity
- in touch with intuition
- integration of information
- integration of male and female aspects

**Bush Gardenia****Negative Condition:**

- stale relationships
- self interest
- unaware

**Positive Outcome:**

- passion
- renews interest in partner
- improves communication

**Bush Iris****Negative Condition:**

- fear of death
- materialism
- atheism
- physical excess
- avarice

**Positive Outcome:**

- awakening of spirituality
- acceptance of death as a transition state
- clearing blocks in the base chakra and trust centre

**Christmas Bell****Negative Condition:**

- lack of abundance
- sense of lack
- poor stewardship of one's possessions

**Positive Outcome:**

- helps one to manifest their desired outcome
- assists one with mastery of the physical plane

**Crowea****Negative Condition:**

- continual worrying
- a sense of being "not quite right".

**Positive Outcome:**

- peace and calm
- balances and centres the individual
- clarity of one's feelings

**Dagger Hakea**

**Negative Condition:**

- resentment
- bitterness towards close family, friends, lovers

**Positive Outcome:**

- forgiveness
- open expression of feelings

**Dog Rose****Negative Condition:**

- fearful
- shy
- insecure
- apprehensive of others
- niggling fears

**Positive Outcome:**

- confidence
- belief in self
- courage
- ability to embrace life more fully

**Dog Rose of the Wild Forces****Negative Condition:**

- fear of losing control
- hysteria
- pain with no apparent cause

**Positive Outcome:**

- calm and centred in times of inner and outer turmoil
- emotional balance

**Five Corners****Negative Condition:**

- low self esteem
- dislike of self
- crushed, held-in personality
- clothing drab and colourless

**Positive Outcome:**

- love and acceptance of self
- celebration of own beauty
- joyousness

**Flannel Flower****Negative Condition:**

- dislike of being touched
- lack of sensitivity in males
- uncomfortable with intimacy

**Positive Outcome:**

- gentleness and sensitivity in touching
- trust
- openness
- expression of feelings
- joy in physical activity

**Freshwater Mangrove****Negative Condition:**

- heart closed due to expectations or prejudices which have been taught, not personally experienced

**Positive Outcome:**

- openness to new experiences, people and perceptual shifts
- healthy questioning of traditional standards and beliefs

**Fringed Violet****Negative Condition:**

- damage to aura
- distress
- lack of psychic protection

**Positive Outcome:**

- removal of effects of recent or old distressing events
- heals damage to aura
- psychic protection

**Green Spider Orchid**

**Negative Condition:**

- nightmares and phobias from past life experiences
- intense negative reactions to the sight of blood

**Positive Outcome:**

- telepathic communication
- ability to withhold information until timing is appropriate
- attunement

**Grey Spider Flower****Negative Condition:**

- terror
- fear of supernatural and psychic attack

**Positive Outcome:**

- faith
- calm
- courage

**Gynea Lily****Negative Condition:**

- arrogant
- attention seeking
- craving status and glamour
- dominating and over-riding personality

**Positive Outcome:**

- humility
- allowing others to express themselves and contribute
- awareness, appreciation and taking notice of others

**Hibbertia****Negative Condition:**

- fanatical about self improvement
- driven to acquire knowledge
- accessive self discipline
- superiority

**Positive Outcome:**

- content with own knowledge
- acceptance
- ownership and utilisation of own knowledge

**Illawarra Flame Tree****Negative Condition:**

- overwhelming sense of rejection
- fear of responsibility

**Positive Outcome:**

- confidence
- commitment
- self reliance
- self approval

**Isopogon****Negative Condition:**

- inability to learn from past experience
- stubborn
- controlling personality

**Positive Outcome:**

- ability to learn from past experience
- retrieval of forgotten skills
- relating without manipulating or controlling
- ability to remember the past

**Jacaranda****Negative Condition:**

- scattered
- changeable
- dithering
- rushing

**Positive Outcome:**

- decisiveness
- quick thinking
- centred

**Kangaroo Paw**

**Negative Condition:**

- gauche
- unaware
- insensitive
- inept
- clumsy

**Positive Outcome:**

- kindness
- sensitivity
- savoir faire
- enjoyment of people
- relaxed

**Kapok Bush****Negative Condition:**

- apathy
- resignation
- discouraged
- half hearted

**Positive Outcome:**

- willingness
- application
- 'give it a go'
- persistence
- perception

**Little Flannel Flower****Negative Condition:**

- denial of the 'child' within
- seriousness in children
- grimness in adults

**Positive Outcome:**

- care free
- playfulness
- joyful

**Macrocarpa****Negative Condition:**

- drained
- jaded
- worn out

**Positive Outcome:**

- enthusiasm
- inner strength
- endurance

**Mint Bush****Negative Condition:**

- perturbation
- confusion
- spiritual emergence
- initial turmoil and void of spiritual initiation

**Positive Outcome:**

- smooth spiritual initiation
- clarity
- calmness
- ability to cope

**Monga Waratah****Negative Condition:**

- neediness
- co-dependency
- inability to do things alone
- disempowerment
- addictive personality

**Positive Outcome:**

- strengthening of one's will
- reclaiming of one's spirit
- belief that one can break the dependency of any behaviour, substance or person
- self empowerment

**Mountain Devil****Negative Condition:**

- hatred
- anger,
- holding of grudges
- suspiciousness

**Positive Outcome:**

- unconditional love
- happiness
- healthy boundaries
- forgiveness

**Mulla Mulla**

**Negative Condition:**

- fear of flames and hot objects
- distress associated with exposure to heat and sun

**Positive Outcome:**

- reduces the effects of fire and the sun
- feeling comfortable with fire and heat

**Old Man Banksia****Negative Condition:**

- weary
- phlegmatic personalities
- disheartened
- frustrated

**Positive Outcome:**

- enjoyment of life
- renews enthusiasm
- interest in life

**Paw Paw****Negative Condition:**

- overwhelm
- unable to resolve problems
- burdened by decision

**Positive Outcome:**

- improved access to Higher Self for problem solving
- assimilation of new ideas
- calmness
- clarity

**Peach-flowered Tea-tree****Negative Condition:**

- mood swings
- lack of commitment to follow through projects
- easily bored
- hypochondriacs

**Positive Outcome:**

- ability to complete projects
- personal stability
- take responsibility for one's health

**Philothea****Negative Condition:**

- inability to accept acknowledgement
- excessive generosity

**Positive Outcome:**

- ability to receive love and acknowledgement
- ability to let in praise

**Pink Flannel Flower****Negative Condition:**

- Feeling and seeing life to be dull, flat and lack lustre
- Unappreciative
- Unhappy
- Taking for granted
- Unmindful

**Positive Outcome:**

- Gratitude
- Open hearted
- Joie de vivre
- Appreciative
- Lightness of being

**Pink Mulla Mulla****Negative Condition:**

- deep ancient wound on the psyche
- an outer guarded and prickly persona to prevent being hurt
- keeps people at a distance

**Positive Outcome:**

- deep spiritual healing
- trusting and opening up

**Red Grevillea**

**Negative Condition:**

- feeling stuck
- oversensitive
- affected by criticism and unpleasant people
- too reliant on others

**Positive Outcome:**

- boldness
- strength to leave unpleasant situations
- indifference to the judgement of others

**Red Helmet Orchid****Negative Condition:**

- rebelliousness
- hot-headed
- unresolved father issues
- selfishness

**Positive Outcome:**

- male bonding
- sensitivity
- respect
- consideration

**Red Lily****Negative Condition:**

- vague
- disconnected
- split
- lack of focus
- daydreaming

**Positive Outcome:**

- grounded
- focused
- living in the present
- connection with life and God

**Red Suva Frangipani****Negative Condition:**

- initial grief, sadness and upset of either a relationship at rock bottom or of the death of a loved one
- emotional upheaval, turmoil and rawness

**Positive Outcome:**

- feeling calm and nurtured
- inner peace and strength to cope

**Rough Bluebell****Negative Condition:**

- deliberately hurtful, manipulative, exploited or malicious

**Positive Outcome:**

- compassion
- release of one's inherent love vibration
- sensitivity

**She Oak****Negative Condition:**

- female imbalance
- inability to conceive for non-physical reasons

**Positive Outcome:**

- emotionally open to conceive
- female balance

**Silver Princess****Negative Condition:**

- aimless
- despondent
- feeling flat
- lack of direction

**Positive Outcome:**

- motivation
- direction
- life purpose

**Slender Rice Flower**

**Negative Condition:**

- prejudice
- racism
- narrow mindedness
- comparison with others

**Positive Outcome:**

- humility
- group harmony
- co-operation
- perception of beauty in others

**Southern Cross****Negative Condition:**

- victim mentality
- complaining
- bitter
- martyrs
- poverty consciousness

**Positive Outcome:**

- personal power
- taking responsibility
- positiveness

**Spinifex****Negative Condition:**

- sense of being a victim to illness

**Positive Outcome:**

- empowers one through emotional understanding of illness

**Sturt Desert Pea****Negative Condition:**

- emotional pain
- deep hurt
- sadness

**Positive Outcome:**

- letting go
- triggers healthy grieving
- releases deep held grief and sadness

**Sturt Desert Rose****Negative Condition:**

- guilt,
- regret and remorse
- low self-esteem
- easily led

**Positive Outcome:**

- courage
- conviction
- true to self
- integrity

**Sundew****Negative Condition:**

- vagueness
- disconnectedness
- split
- indecisive
- lack of focus
- daydreaming

**Positive Outcome:**

- attention to detail
- grounded
- focused
- living in the present

**Sunshine Wattle****Negative Condition:**

- stuck in the past
- expectation of a grim future
- struggle

**Positive Outcome:**

- optimism
- acceptance of the beauty and joy in the present
- open to a bright future

**Sydney Rose**

**Negative Condition:**

- feeling separated, deserted, unloved or morbid

**Positive Outcome:**

- realising we are all one
- feeling safe and at peace
- heartfelt compassion
- sense of unity

**Tall Mulla Mulla****Negative Condition:**

- ill at ease
- sometimes fearful of circulating and mixing with others
- loner
- distress by and avoids confrontation

**Positive Outcome:**

- feeling relaxed and secure with other people
- encourages social interaction

**Tall Yellow Top****Negative Condition:**

- alienation
- loneliness
- isolation

**Positive Outcome:**

- sense of belonging
- acceptance of self and others
- knowing that you are 'home'
- ability to reach out

**Turkey Bush****Negative Condition:**

- creative block
- disbelief in own creative ability

**Positive Outcome:**

- inspired creativity
- creative expression
- focus
- renews artistic confidence

**Waratah****Negative Condition:**

- despair
- hopelessness
- inability to respond to a crisis

**Positive Outcome:**

- courage
- tenacity
- adaptability
- strong faith
- enhancement of survival skills

**Wedding Bush****Negative Condition:**

- difficulty with commitment

**Positive Outcome:**

- commitment to relationships
- commitment to goals
- dedication to life purpose

**Wild Potato Bush****Negative Condition:**

- weighed down
- feeling encumbered

**Positive Outcome:**

- ability to move on in life
- freedom
- renews enthusiasm

**Wisteria**

**Negative Condition:**

- feeling uncomfortable with sex
- closed sexually
- macho male

**Positive Outcome:**

- sexual enjoyment
- enhanced sensuality
- sexual openness
- gentleness

**Yellow Cowslip Orchid****Negative Condition:**

- critical
- judgemental
- bureaucratic
- nit picking

**Positive Outcome:**

- humanitarian concern
- impartiality – stepping back from emotions
- constructive
- a keener sense of arbitration



For practitioners wishing to make dose essences requiring a professional label. Pack of 25 labels.

**Companion Essences****Autumn Leaves****Negative Condition:**

- difficulties in the transition of passing over from the physical plane to the spiritual world

**Positive Outcome:**

- letting go and moving on
- increase awareness and communication with loved ones in the spiritual world

**Green Essence****Negative Condition:**

- emotional distress associated with intestinal and skin disorders

**Positive Outcome:**

- harmonise the vibration of any yeast, mould or parasite to one's own vibration
- purifying.

**Lichen****Negative Condition:**

- not knowing to look for and move into the Light when passing over
- Earth bound in the astral plane

**Positive Outcome:**

- eases one's transition into the Light
- assists separation between the physical and etheric body
- releases Earth bound energies

**Combination Essences**

[www.ausflowers.com.au](http://www.ausflowers.com.au)

A range of 17 essences formulated for specific application to assist with the whole family's emotional care and wellbeing. The easy to use reference guide on the back page will help make the right choice for you and the unique dropper bottle makes application easy – simply take 7 drops under the tongue or in a glass of water morning and night.

- [Emergency Essence](#) • [Abund Essence](#) • [Adol Essence](#) • [Calm & Clear Essence](#) • [Cognis Essence](#) • [Confid Essence](#)
- [Creative Essence](#) • [Dynamis Essence](#) • [Electro Essence](#) • [Meditation Essence](#) • [Purifying Essence](#) • [Relationship](#)

[Essence](#) • [Sexuality Essence](#) • [Solaris Essence](#) • [Transition Essence](#) • [Travel Essence](#) • [Woman Essence](#)

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### [Emergency Essence](#)



**Negative Condition:**

- Panic
- Distress
- Fear

**Positive Outcome:**

- Ability to cope

---

### [Abund Essence](#)



**Negative Condition:**

- Pessimistic
- Closed to receiving
- Fear of lack
- Poverty consciousness

**Positive Outcome:**

- Joyful sharing
- Belief in abundance
- Clears financial sabotage patterns
- Universal trust

---

### [Adol Essence](#)



**Negative Condition:**

- Feeling of hopelessness
- Insensitive
- Sense of not belonging
- "It's not fair" attitude
- Rebellious
- Anger

**Positive Outcome:**

- Coping with change
- Consideration of others
- Enhances communication
- Self Esteem

---

### [Calm & Clear Essence](#)



**Negative Condition:**

- Always over committed
- No time for self
- Impatience
- Rushing
- Worry
- Mind chatter
- Can't sleep
- Irritability
- Impatience.

**Positive Outcome:**

- Encourages own time and space to wind down
- Relax and have fun
- Clarity, calmness and peace

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### [Cognis Essence](#)



**Negative Condition:**

- Daydreaming
- Confusion
- Overwhelm

**Positive Outcome:**

- Assimilates ideas
- Clarity and focus
- Enhances all learning abilities and skills

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### [Confid Essence](#)



**Negative Condition:**

- Low Self Esteem
- Guilt
- Shyness
- Lack of Conviction
- Victim Mentality

**Positive Outcome:**

- Taking responsibility for one's life
- Integrity
- Confidence
- Personal power
- True to one's self

---

### Creative Essence

**Negative Condition:**

- Creative blocks and inhibitions
- Difficulty expressing feelings

**Positive Outcome:**

- Enhances singing
  - Creative expression
  - Clarity of voice
  - Public speaking
- 

### Dynamis Essence

**Negative Condition:**

- Temporary loss of drive, enthusiasm and excitement

**Positive Outcome:**

- Renews passion and enthusiasm for life
  - Centres and harmonises one's vital forces
- 

### Electro Essence

**Negative Condition:**

- Feeling drained and flat
- Out of balance with Earth rhythms

**Positive Outcome:**

- Reduces emotional effects of radiation
- 

### Meditation Essence

**Negative Condition:**

- Poor quality meditation
- Psychic attack
- Damaged aura
- Psychically drained

**Positive Outcome:**

- Awaken spirituality
  - Enhanced intuition
  - Inner guidance
  - Access higher self
  - Deeper Meditation
  - Telepathy
- 

### Purifying Essence

**Negative Condition:**

- Emotional waste
- Feeling encumbered
- Emotional baggage

**Positive Outcome:**

- Sense of release and relief
  - Spring cleaned
- 

### Relationship Essence

**Negative Condition:**

- Emotion pain and turmoil
- Confusion
- Resentment
- Blocked, held in emotions
- Inability to relate

**Positive Outcome:**

- Expressing feelings
  - Enhanced communication
  - Forgiveness
  - Breaks negative family conditioning
  - Renews interest
  - Enhances parental-child bonding
- 

### Sexuality Essence

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**Negative Condition:**

- Effects of sexual abuse
- Shame
- Uptight about sexuality
- Fear of intimacy

**Positive Outcome:**

- Renews passion
- Sensuality
- Enjoy touch and intimacy
- Playfulness
- Fulfilment

**Solaris Essence****Negative Condition:**

- Fear and distress associated with fire

**Positive Outcome:**

- Reduces the negative effects of fire and the sun's rays

**Transition Essence****Negative Condition:**

- Feeling stuck
- Lack of direction
- Fear of death
- Fear of unknown
- Non acceptance

**Positive Outcome:**

- Acceptance of change
- Serenity
- Eases fear of death
- Passing over in peace

**Travel Essence****Negative Condition:**

- Disorientation
- Personally depleted and drained
- Emotional effects of travel

**Positive Outcome:**

- Refreshes
- Centres
- Maintains sense of personal space

**Woman Essence****Negative Condition:**

- Mood swings
- Weary
- Physical dislike

**Positive Outcome:**

- Female balance
- Calms & stabilises
- Coping with change

Australian Bush Flower Essences  
 Telephone: 02 9450 1388  
 Email: [orders@ausflowers.com.au](mailto:orders@ausflowers.com.au)  
 Web site: <http://ausflowers.com.au>

## Message from our Celestial Brothers and Sisters to Christiana Rose Bates

Early March 2011

*How do One Garden Flower Essences work with people?*

The flower essences are activating communication in certain areas of the body – both spiritual and physical body – which communicates to the Soul's desires and longings. It depends on the desire of the person.

There are many pathways throughout the physical and spiritual bodies, all having specific roles and responsibilities. Once the intention has been put forth by the recipient, it is organised along the pathways to activate switches within the nervous centre. This is an automatic process and only takes a few seconds to organise which pathways are activated that match each desire.

Stimulation of the centre can motivate the recipient to certain actions. This then interfaces with the emotion centres opening communication to memories. These memories contain associations to wounds held within the soul container. It is similar to a system of "dip" switches – only far more complex in nature.

We can explain it in greater detail however we sense your desire for simple concepts.

We suggest that you continue to use concepts of gardening. This will be more than adequate to explain the concept to an audience. Keep it simple is a far more preferable path.

Patterns without are matched with patterns within – not only the flower essences but also the water and the environment of the essence.

Mother Tinctures are continually being upgraded. As you process and improve your soul condition the essences of One Garden will improve beyond measure. On the scale of consciousness, simply to give this a measurement of relevance, you and Graeme have increased to xxx. This is a massive leap. Much has been achieved in the last few days. Many breakthroughs have occurred with your willingness to open your emotional flow.

As you can see we are not able to speak freely with you as before you were experiencing shut down by spirits. This however has changed simply because of your processing.

Flower Essences are designed to complement the desires being expressed by the soul. Each desire has an energy and a Law of Attraction. The more the desire is in harmony with God's plan, the more flow and achievement can be fulfilled. Flower Essences are of course to maintain the flow of the desire and dissolve if you like blocks that occur. They are like a sport buddy – they assist but never take over or abuse free will. Flower essences carry God's support for Her children to be the essence of intention that God placed within the desire for Her children.

Ultimately God planned for Her children to willingly return to Her, but realised there may be a requirement for support. God never demands Her children to do anything for Her that is not in harmony with their will and their desires. This is a drum beat of longing that beats softly and then at some point as the soul yearns for love and truth, the drum beat increases in volume. The sparkle in the eyes alights as their passion ignites; forming an action fuelled energy of earnestness and determination. *Flower Essences help ignite the desires that are dormant within the soul – to start the process.*

The patterns within flowers have a complementary force that activates certain desires. The desire to be truthful; the desire to be loving; the desire to be patient; the desire to return to God. All these desires can be activated or stimulated into movement – from dormancy to movement. The free will is always honoured as the desire must come directly from the soul.

The desire to heal; to open to love; to clear one's childhood emotions are the movement towards God. These are all desires of the soul. Flower Essences can awaken these desires into action. Patterns merging with patterns – like programs – to awaken. Of course the desire can awaken on its own, but flower essences enhance their awakening.

Healing mandalas have certain codes within them that are intricately designed to stimulate and carry the intention to heal.

*How else can Flower Essences be used? Is there another application we don't know about?*

Yes there are many ways one can use them to awaken sleeping desires.

Placing an essence in certain locations on the body treats the body like a piano. Each note is struck forming a pattern to stir memories within the body. Causal emotions are held within these memories. This is a way to access causal emotions more quickly. As you agree, releasing causal emotions will progress the soul quickly.

***First there must be an intention. For intention sets the path of action.***

Let's say you would like to access and release the causal emotion that drove your Law of Attraction to always be ignored or overlooked. There is a causal emotion behind this is you like formatting this pattern.

Place Golden Chalice on your solar plexus chakra followed by Royal Welcome on your third eye, then Reconciliation on your base chakra. This will set in motion the series of energetic combinations that will unlock these memories for you to feel and process. Then place Innocence on your heart area. This must be done in this sequence – like opening the combination on a vault door.

This of course can be done without flower essences but they speed the process up. Try this and you will see how this can unfold with ease and grace. Your willingness is an important ingredient.

## MAP of CONSCIOUSNESS

God-view	Life-view	Level	Log	Emotion	Process
Self	Is	<b>Enlightenment</b>	<b>700 – 1,000</b>	Ineffable	Pure Consciousness
		↑			
All-Being	Perfect	<b>Peace</b>	<b>600</b>	Bliss	Illumination
		↑			
One	Complete	<b>Joy</b>	<b>540</b>	Serenity	Transfiguration
		↑			
Loving	Benign	<b>Love</b>	<b>500</b>	Reverence	Revelation
		↑			
Wise	Meaningful	<b>Reason</b>	<b>400</b>	Understanding	Abstraction
		↑			
Merciful	Harmonious	<b>Acceptance</b>	<b>350</b>	Forgiveness	Transcendence
		↑			
Inspiring	Hopeful	<b>Willingness</b>	<b>310</b>	Optimism	Intention
		↑			
Enabling	Satisfactory	<b>Neutrality</b>	<b>250</b>	Trust	Release
		↑			
Permitting	Feasible	<b>Courage</b>	<b>200</b>	Affirmation	Empowerment
		↓			
Indifferent	Demanding	<b>Pride</b>	<b>175</b>	Scorn	Inflation
		↓			
Vengeful	Antagonistic	<b>Anger</b>	<b>150</b>	Hate	Aggression
		↓			
Denying	Disappointing	<b>Desire</b>	<b>125</b>	Craving	Enslavement
		↓			
Punitive	Frightening	<b>Fear</b>	<b>100</b>	Anxiety	Withdrawal
		↓			
Disdainful	Tragic	<b>Grief</b>	<b>75</b>	Regret	Despondency
		↓			
Condemning	Hopeless	<b>Apathy</b>	<b>50</b>	Despair	Abdication
		↓			
Vindictive	Evil	<b>Guilt</b>	<b>30</b>	Blame	Destruction
		↓			
Despising	Miserable	<b>Shame</b>	<b>20</b>	Humiliation	Elimination

**Power vs Force** by David R Hawkins, MD, PhD – the Hidden Determinants of Human Behaviour

ISBN: 1-56170-933-6 published Hay House Australia Pty Ltd [www.hayhouse.com.au](http://www.hayhouse.com.au)

Or [www.veritaspub.com](http://www.veritaspub.com) for the trilogy Power vs Force, The Eye of I, and I, Reality and Subjectivity.

**MAN is not to INTERFERE with the DRIVERS of PAIN:**

21 September 2011

Verna, a Nature Spirit: Mary spoke of the disease resistant microbes coming about because of all the antibiotic food animals are forced to eat in some of the developed countries, well that's our department, one of them anyway. We are the ones responsible for such disease resistant bacteria. You see bacteria are open to easy manipulation from us, and so we're slowly bringing about the disease resistant strains along with the viruses and funguses that will be required by humanity in the times to come.



Humanity is NOT meant to heal itself of all disease by killing off the microbe, by doing things to stop it harming you. Humanity is to grow in truth beyond the need to have such microbes affect it, thereby not having to do anything at all to 'protect' itself from the so-called 'bugs'. The common cold only causes you such bother because you're already causing yourselves so much bother by refusing to feel the bad feelings you're denying. The bother's are the same, the cold coming to you so you can feel how you're really feeling – bothered, that being how your parents made you feel.

Humanity is to see that it's futile to keep trying to solve the problem by killing it, that it won't go away that way. It might be able to delude itself that it's done the job, but it's only short term and the bug will return, even stronger than it was. Had you left it as it was, and concentrated on growing in truth through the doing of your feeling-healing, then you'd have nothing to worry about from the bug. The bugs only cause you the suffering you require because it's what you need to help you feel bad as you refuse to allow yourself to feel as you do – bad. But instead of allowing it to make you feel bad, all so you can express such bad feelings uncovering the truth of them, you try to kill it and make it go away only exacerbating your self- and feeling-denial, only making things even worse for you in the long run.

When you have a disease, all the pain you feel from it IS ALREADY pain that's already within you, it's nothing new. You're not suddenly being attacked by this thing that's causing you all this pain. You're being helped by this thing to become aware of the pain you're already feeling, but are refusing to accept and acknowledge. And because you are denying yourself this pain, it all being felt in your early life and being kept buried within you, so it seems like suddenly your full of pain all because of your disease. And it's true that on a physical level the disease is causing you pain, but on the emotional, mental, spiritual and psychological levels, it's only helping you become aware of what you're not allowing yourself to feel. So do you see, YOU ARE ALREADY THE PAIN, it's all already there in you, you're already feeling it, only you've told yourself you're not. So the bug comes along into your body, your soul allows it to 'infect' you instead of rejecting it, and it makes you feel bad, all the bad feelings that are lying dormant within you. Only they are not dormant, you've just blocked them out, that being how extraordinary the mind is.



Were humanity true to its feelings and not under the influence of the Rebellion, it would have evolved beyond the current diseases that afflict it. It would have encountered other higher diseases, but would be well on the way to not having to require their help either. There are higher diseases awaiting humanity in the future, as it moves beyond the current ones, but by then such disease will be known for what it is, to help stimulate certain feelings which when expressed and the truth found, bring about the healing of the illness. As for the current diseases, we'll keep making them resistant to your medicines forever, it's all very easy for us.

Extracts from: With Verna – the Nature Spirit by James Moncrief

## Our FEELINGS are our SUPREME GUIDES:

# Feelings!

**Feelings are what guide us through our ascension of truth. So they are really our Supreme Guides.** Many people look for a person, spirit, angel, even God, for supreme guidance, however it's all right there already built in – in our feelings. **We just have to submit to them, allowing them to take us where they will, expressing all the parts we want to express, letting the emotion drive that expression if it's there to be expressed, or just talking about all we feel and how feeling that feeling is making us feel – or, how we feel about having that feeling, all whilst longing for the truth of our feelings. Longing for the truth of our feelings is really: Longing for the truth of our self, because: we are our feelings. So life stirs up our feelings, we feel being alive; or, being alive means we are feeling, always feeling; and when we work out what and why we are feeling what we are, so then we know the truth of how we are. And over time the truth accumulates, and our mind expands our understanding of ourselves, all being driven from our feelings.**

Kevin 26 Sep 2017

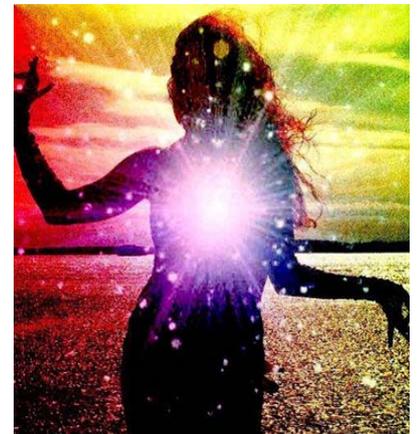
**Using our feelings to uncover the whole truth of our negative or anti truth and anti love state.**

Kevin: **So whilst we're of an untrue state, then all we have got to help us understand why we feel bad, why we are wrong, why we are negative and anti love and truth, is our feelings. So if we focus on our bad feelings, they will lead us to the truth of why we're feeling bad. Which will be the truth of what happened to us to make us be this wrong way, and how we took on the wrong way and keep it going making us feel bad.**

## FEELING HEALING

**Note:** The vital difference between emotion and feeling is that emotions have their roots in the past, and feelings relate to the present moment. Emotions represent our feelings which were not previously expressed, and these accumulate with time.

**Note:** **Our feelings are soul-based. Our soul is always in truth. It is our soul based feelings, that when allowed to be freely recognised, we will begin to express and be who we are. This takes time and perseverance as we have encrusted our souls with layers upon layers of errors and false beliefs, it is these layers that will confuse the truth that our soul is conveying to us. Only by our progression with our Feeling Healing will our soul's expression of truth become clear and free of all cloudiness and contamination.**



“What our soul needs in accordance with our own, individual, **Soul-Light-Plan-Of-Destiny** (your life's true destiny plan), They, being our Mother and Father, will give you as required. The only way we can know truly what we need is to honour and follow our true feelings. They, springing from our soul, literally telling us what we need, and so when we genuinely feel we need something, we apply our will to get it. The hard part is knowing if our feelings are true, and until we have done our whole soul-healing, they won't be clear and total true.” James – Introduction Course to Divine Love Spirituality

# FEELING HEALING + SOUL HEALING

To heal one's self is to simply look to see what feelings we are refusing to let ourself feel, and accept them instead of denying them. And to fully accept them, one needs to express them, speak about them, let them have their say, rather than pushing them aside, refusing to let them make you feel bad.

Doing this all with the intention of seeking the truth of why you are feeling them, of speaking about and expressing all such feelings; all feelings you have, but ALL WITH the INTENTION of UNCOVERING the TRUTH THEY WANT YOU TO SEE ABOUT YOURSELF. And it's the wanting to see the truth of them that is very important, because if you just look to accept them and speak and express them, but not seek their truth, then that's all you'll be doing, speaking and expressing them, but not healing their causes, so not fixing the things within you that are making you feel bad. And it's the truth part of it, seeking the truth of your feelings, and so, seeking the truth through your feelings, that's vitally important. It's the truth of yourself, life, nature and God, that is the spiritual aspect to it all.

You CAN'T find the truth of yourself, or anything else, through and with only your mind. You HAVE to engage and look to your feelings. And so if you choose to allow your feelings to 'Show You the Way', then the truth will come as you express them.

So to do our Soul-Healing consists of these steps, all of which are ongoing until it's done:

- **Admit you are feeling bad.**
- **Accept your bad feelings, identify what they are.**
- **Honour fully your bad feelings by expressing them, speaking about them to someone who is willing to hear you talk about them, or tell them out loud to our Heavenly Parents. Long for the truth of them. Long for the truth of why you feel bad – what deep within you is causing your bad feelings?**
- **And remember, bad feelings are Good! Not bad. They are not to be despised. And as hard as it is to accept them, they are still you, and a very real part of you. And if you persist in denying them and not allowing yourself to fully live them, then you are only going to keep yourself in your errors making things harder for yourself.**
- **All sickness and suffering, all bad things that happen to you, all your problems, all your addictions – your whole feeling-denying and untrue life, is all caused by your denial of bad feelings.**
- **Every problem in the world is brought about because everyone has been brought up to deny feelings, and in particular, most of their bad ones.**

If one is intent on spiritually evolving and growing in truth, then it's vital, and this is the key, that one looks to use one's feelings as the means to gain and have access to the truth of oneself. You CAN'T find the truth of yourself or anything else through and with only your mind. You HAVE to engage and look to your feelings. And so if you choose to allow your feelings to 'Show You the Way', then the truth will come as you express them.

Doing your Soul-Healing with the Divine Love, is really doing your 'Feeling-Healing'. We are designed — created — to be self-revealing of truth, and so we are all to uncover the truth within ourselves and for ourselves, and all being done by living true to our feelings. **If you accept, express and seek the truth of your feelings, then truth will come to you, and you'll grow spiritually. It's as easy as that. Also it is as easy as it is to long for, ask for and receive Divine Love.**

THE HEALING OF YOUR BAD FEELINGS THROUGH THEIR ACCEPTANCE  
AND FINDING THE TRUTH OF THEM, IS THE ACCEPTANCE OF YOUR  
NEGATIVE, REBELLIOUS, EVIL, IMPERFECT MIND AND WILL CONDITION.

To do our feeling-healing we need to become:

Aware of – Acknowledge – and Admit, our bad feelings.

So we can:

Accept – them and allow ourselves to Be them.

And then if we feel to, take:

Action – Express, speak and emote them.

Talk about them.

All being done whilst longing to, really wanting to, see the TRUTH of our feelings.

So it sounds simple.

So I repeat:

We accept our bad feelings by expressing – speaking about them to someone willing to listen to us and take us seriously. And as we speak we long for the truth of them – why we are feeling them – to be made known to us. And when we uncover and see the truth we are FREE! – healed of the causes that have made us feel bad.

Accept, Express – see the Truth, and you're Free!

ACCEPTANCE OF ALL YOU FEEL, THINK AND ARE, IS THE KEY TO DOING  
YOUR HEALING; THAT, AND WANTING TO SEE THE TRUTH OF ALL YOU  
FEEL, THINK AND ARE.

**Release one's pain through expressing one's feelings.**

**in conjunction with**

**Longing for the Truth when also longing for Divine Love.**

## **FEELING HEALING versus other EMOTIONAL PROCESSING METHODS:**

Thursday, 13 July 2017

Hi James and Nanna Beth (questions from John)

The question to address is:

What is different with the outlines of the Feeling Healing process as against the numerous other emotional processing methods?

Nanna Beth, 3<sup>rd</sup> Celestial Heaven: The difference is the focus on the truth: uncovering the truth of yourself through your feelings – uncovering the truth of your feelings. It's a rebellion against the Truth, so if one doesn't want the truth, nothing will happen, one will only move deeper into one's rebellion against it.

And because the focus is on the Truth, so one can use it all the way to uncover the Whole Truth of Oneself. And there is nothing else teaching that.

All the other systems that involve looking to feelings to some degree fail to understand the deeper significance of wanting the Truth. Many people uncover some truth of themselves through their feelings, but mostly they end the process because they don't want to follow it right the way through, which means they only want to heal some momentary pain, and once that is done, are usually happy to continue on in their untrue state.

And because one is wanting to uncover the whole truth of oneself, then it becomes a full spiritual experience, and one that can be done by oneself, so without needing help from another, although at times help is sought and used. So the Feeling Healing embraces Healing the whole seven Mansion Worlds worth of self- and feeling-denial, which is the complete Rebellion and Default. Other systems might only work at some aspect of it, limiting the ascent of truth through all the Mansion Worlds.

And basically no one understands the absolute depth of the problem within themselves, which is only borne out by people and spirits doing their whole Healing. Much of the current psychological understanding falls well short of understanding the depths that are involved because they don't include the overall problems brought about by the Rebellion and Default. You have to understand you are rebelling against yourself: the truth of yourself, and so against your own soul; which is then the truth of God, so the Mother and Father; and that also includes the truth of Mary and Jesus. So at some point you have to rectify all those relationships, which you can't do unless you understand the bigger spiritual picture. And so that's what James has revealed, taking all Marion has said, all the books offer, adding his own stuff, and putting it all together as a way of life, a spirituality that can be lived, and one that initially focuses on Healing oneself of all one's wrongness.

Why have all other methods of releasing and delving into emotions not been successful?

Nanna Beth: Because they don't understand the scope of the problem, as I said above. They are not approaching it from the point of view of understanding the nature of one's Repressed Childhood state, the extent of that; and then how one needs to allow oneself to feel all the bad feelings, not reject them; and then bring them out, which is the releasing of them; all whilst wanting to know the truth of them – the truth of what you are feeling. And that truth is what needs to come up within you so you can heal your will and become a truly functioning person, fully self-expressive, self-loving, and growing continually in truth.

All the other systems work within the control of the mind, so once the therapy ends, the mind regains control albeit in a different way. Only the Feeling Healing and Soul Healing with the Divine Love, seeks to entirely break the control of the mind over one's feelings.

### Why haven't other methods been going deep enough?

Because people are basically afraid to push into such early childhood trauma without understanding where they are going or what it's all about. The leap of faith is too great, as it would mean they would have to rise above and conquer the Rebellion and Default within themselves, and that's simply too much to ask. The negative truth-denying systems within everyone are too deeply entrenched.

However the spiritual structure outlined by James provides a structure that allows you to deal with the Rebellion and Default, allowing you to maintain your faith, and evolve it, as you progress in your growth of truth – it gives one a picture to work with. Very few people, and possibly only Marion in fact, are able to press on into such dark depths without any structure and with only a faith that it's what she and God want to do.

I (Beth) couldn't have done it Marion's way John, I wouldn't have allowed myself to feel such pain, I needed to understand the bigger-picture reasons as to why I was in such pain, and be given the understanding that if I kept at it, one day it would end. Marion doesn't know it will end, she just keeps going one bad feeling at a time, which requires a tremendous amount of faith and over so many years and through so many inner obstacles; and still she doesn't know if it will end, but as she says, there is nothing else she can do other than keep going because she tried everything else. And she doesn't want to let her mind come in, only wanting to stay true to her feelings, so she doesn't want to know about the bigger picture even though she has worked it out along the way for herself and for James to understand which he's worked into his books.

So the spiritual aspect or approach James has provided, even if it's not actually talked about; the simplicity of honouring your feelings, and in particular your bad ones, then by accepting them you allow them to have their say, so you express them, all whilst longing for the truth, includes all one needs to know. And so by doing that, one will be able to fully Heal themselves working it out along the way for themselves; and even if they don't understand it, will be living the highest truest spiritual life one can live in one's wrongness, which in time will lead to one's Healing of one's rebellion and default.

On the surface of it, what James has related seems overly simple, but doing it yourself, and see what happens and what results; and that will take one deep into oneself uncovering the whole truth of oneself.

### Many will consider that what they have been doing is adequate – why are they wrong in their understandings?

Nanna Beth: Because they don't understand what it's really all about. They don't understand the mind is in control of their true feelings, and that needs to be stopped. They don't understand the significance of their rebellion against the Truth, and how that happened by default. They don't understand that it's about uncovering the whole truth of yourself through your feelings, all your feelings, but focusing to begin with on your bad ones because they are what most people don't want to see. Everyone else sees it that they are doing this feeling type healing to make themselves better, to rid themselves of their pain and trauma, so instead of taking a pill to take the pain away, they are using some sort of emotional clearing system. But that is all still to take the pain away, to fix themselves, to heal themselves, to effectively take a pill so it all goes away, just like what the 'Divine Love people'

hope the Divine Love will do for them, but it's not to uncover the whole truth of themselves. We have to see the truth of our pain, why we're in it, how it all came about, so what really went on in all our early relationships. It's not about doing anything that just takes all our suffering away. We have suffered for valid reasons, which all have to come to light. And so only emotional and feeling accepting systems to help one see such truth of one's pain and suffering are of any worth. And unless you uncover the whole truth of yourself, you'll never set yourself free of your rebellion and default, of all your soul pain. And the truth means to see the whole truth of why you feel unloved, how unloving your early relationships were, why you don't love yourself, why you are unloving, why you are evil and wrong, which basically no one wants to face.

So to summarise: We all have to see the truth of our unlovingness. We can't avoid it – deny it. We have to face it and feel all it makes us feel. And all those bad feelings lead us into the truth of it. So we have to understand – bring to light through our feelings – all the truth of our unloved, negative, evil, wrong state. And then once we've done that, we can be free of it. So until you uncover and feel the whole truth of it, it will never leave you, you'll remain in rebellion against yourself, you'll continue to be unloving.

I have considered with James, that Marion and he actually represent the two extremes of what is involved in soul-healing. I have found one such writing by James, back in 2006, that points to this. My feeling is that their two extreme ends of the experience matrix makes them perfect for bringing together the understandings that will benefit all people, no matter what their circumstances maybe.

Nanna Beth: If we accept that Marion and James are the Avonal Pair here to reveal the essential truths to humanity about how people can Heal themselves of their rebellion against the truth of themselves, then what you deduce is correct, for they have between them had to take on every negative aspect of the Rebellion and Default and so Heal it, which is healing all the circuits on a technical level, thereby opening the way for humanity to follow.

So if you consider this John, it is pretty amazing that two people can take on all the denial humanity is in, approaching it from opposite ends, which equates to the effects of the Default of Eve and Adam (following on from the Rebellion), and that such wrongness can be concentrated into two family units, and mostly in two parent pairs (being Marion's parents and James' parents). And so what is the likelihood of that? And then for them to live in the same city being the first children of such 'bloodlines of denial', and meet each other, and at a time needed to give themselves all the time to systematically work their way laboriously up through all the negative mind and will circuits. So to be subjected to so much woe, and to be able to keep going with no help from anyone other than each other, and a little backup from the spirits and the Mother and Father on James' side, yet with that involvement opening up even more messed up and corrupted mind circuits he's had to work his way through.

So if it is true they are the Avonal Pair, it shows us all just how incredible the soul of the Avonals are, to be able to go into such corruption, taking it all on, and then working it all through and Healing themselves of it, all basically without any real help from anyone, so just on faith and pure longing for the truth.

And should they reach the end of their Healing before they die, and should the truth then be fully declared that they are the Avonal Pair, even going against all what The Urantia Book (TUB) says, they having to uncover the truth in all things whilst rejecting the untruth such as in TUB and Padgett Messages (PM), with nothing having been straightforward and of any real help, then it will be cause for major celebration.

And it's what we are preparing for, what you are too John, to see if Marion and James are indeed the Pair, and then to give them all the support they will need to do whatever it is they are to do in the public sense. This is all their private work so far, of which you and I have become substantial parts of, the doing of their Healing preparing themselves for when they are Healed.

And if it turns out they are not an Avonal Pair, they are only just a pair of ordinary mortals who've somehow managed to keep going, dealing with all their pain, longing for and bringing to light all the truth of it, then they will be the most extraordinary mortal pair because they will have been the one's who broke the back of the Rebellion and Default. So either way you look at it, it will be quite an achievement.

And so we are all waiting to see if the theory is realised by such Avonal-truth awakening in their soul at some point, for then we will all know it will be true, just as they too will know. For now Marion doesn't contend with any of it, and James only on a mental level because of what the Melchizedeks told him years ago, but it all has to come to them through their feelings like all truth, which will only happen once they've fully Healed themselves or toward the end of their Healing. Because in the meantime, whilst they are still in their wrongness and denial of truth, part of that denial is denying the truth that they are Avonals. And again the whole Avonal business has been yet more problems and negative circuits James has had to personally work through, whereas Marion has solely focused on only dealing with her feelings, not having to contend with all the other mind stuff.

James, when you feel up to it, may I have your observations please? And Nanna Beth, your angelic eye on this subject would be most helpful, if you please?

These two subjects are possibly leading to the crux of what we are sharing through the Pascas Papers. I now see that these 'colourful' handouts are essential in introducing and supporting the major publications of James Moncrief and James Padgett.

Nanna Beth: The handouts will help introduce people to such writings. But what I want you to understand John, is really it's James – because of his writings (and Marion, because she is leading them both in it all) that is what's most important. The Padgett Messages (PM) are really to be included in James' work, which he does, by taking the crucial parts and integrating them into his work – with the most important truth being that about longing for the Divine Love. So really the PM are secondary.

As you understand, the Padgett Messages can't heal you. The Divine Love is about immortality of the soul and becoming divine, it's not about ending your rebellion against the Truth. And ending the rebellion needs to come first: the Truth then the Love, then the Divine Love can be introduced, even though of course the Divine Love can be introduced at any time.

So really one need only work with James' (and Marion's) work, which includes longing for the Divine Love. People are to look to them first, and then later to Mary and Jesus. To put Mary and Jesus ahead of Marion and James can cause you problems because you will overlook what Marion and James are revealing. But as Mary and Jesus are known and with such importance placed on Jesus, and now with the PM and the Divine Love, so it's all the more confusing. Even added to by James having written focusing on and making Mary and Jesus more important than himself and Marion.

But as I said, it's Marion and James first, then Mary and Jesus and the Divine Love. And Marion and James are more than capable of also introducing the Divine Love and the truth of Mary and Jesus, which they would have done had Mary and Jesus not come to Earth. So really Mary and Jesus are not needed, and as I said, can get in the way, causing people to focus too heavily on them whilst missing

the more essential truths of having to do your Healing by looking for the truth of your feelings (the ‘Divine Love people’ being examples of this). However with Mary, and Jesus in the PM, being so dominant, it is all just more of the confusion and part of the rebellion. And at the same time I don’t want to downplay Mary and Jesus and lead people to believe they are not as important as Marion and James, for they are most important, and much more important being the Creator Pair of Nebadon, and Marion and James would rather not exist than have people think they were more important than Mary and Jesus; but as you understand, I’m just trying to put the revelation of truth into context, because it’s all being revealed round the wrong way.

People and spirits were given the opportunity to deny Mary and Jesus whilst they were on Earth, taking the Rebellion deeper; and then to further deny them right the way through their age; and now further still by including the PM. And now people will be given the added opportunity of denying Marion and James, which all ends up being one huge mess. And one in which only Marion and James can unravel. For I am only saying to you now what James has already written and what Marion and he have talked about. I wouldn’t dream of taking anything away from them, and it’s not my place to do so.

Firstly, consider discovering the truth of your emotional pain and injuries.

Secondly, consider longing for our Heavenly Parents’ Love as you progress with your healing.

Primary and most important readings are the writings of James Moncrief.

Then consider the Padgett Messages, and then The Urantia Book.

Love from us all over here – your Nanna Beth.

**Feelings first**

**LIVE FEELINGS FIRST**

**FEELINGS FIRST For Kids**

**FEELING HEALING with DIVINE LOVE is SOUL HEALING:**

**Firstly, consider discovering the truth of your emotional pain through Feeling Healing. Secondly, consider longing for our Heavenly Parents' Love as you progress with your healing. Primary and most important readings are the writings of James Moncrief. Then consider the Padgett Messages, and then The Urantia Book.**

Pascas Papers are located within the Library Downloads [www.pascashealth.com](http://www.pascashealth.com)  
<http://www.pascashealth.com/index.php/library.html>

**PASCAS – document schedule.pdf      downloadable index to all Pascas Papers.**  
**FH denotes Feeling Healing, DL denotes Divine Love – living with the Love.**

**PASCAS INTRODUCTION NOTES:**

Pascas Care Letters A Huge Upturn  
 Pascas Care Letters Big Revelation  
 Pascas Care Letters Feeling Healing Benefits Children  
 Pascas Care Letters Feeling Healing Way  
 Pascas Care Letters Little Children  
 Pascas Care Letters Women's Liberation and Mother

**MEDICAL – EMOTIONS:**

Pascas Care – Feeling Healing  
 Pascas Care – Feeling Healing All is Within  
 Pascas Care – Feeling Healing and Health  
 Pascas Care – Feeling Healing and History  
 Pascas Care – Feeling Healing and Parenting  
 Pascas Care – Feeling Healing and Rebellion  
 Pascas Care – Feeling Healing and Starting  
 Pascas Care – Feeling Healing and Will  
 Pascas Care – Feeling Healing Angel Assistance  
 Pascas Care – Feeling Healing Being Unloved  
 Pascas Care – Feeling Healing Child Control  
 Pascas Care – Feeling Healing Childhood Repression  
 Pascas Care – Feeling Healing End Times  
 Pascas Care – Feeling Healing is Rebelling  
 Pascas Care – Feeling Healing Live True  
 Pascas Care – Feeling Healing Mary Speaks  
 Pascas Care – Feeling Healing My Soul  
 Pascas Care – Feeling Healing Perfect State  
 Pascas Care – Feeling Healing Revelations X 2  
 Pascas Care – Feeling Healing the Future  
 Pascas Care – Feeling Healing Trust Yourself  
 Pascas Care – Feeling Healing Versus Cult

**PASCAS  
PAPERS**

**Cause No Harm** < to OTHERS  
 to MYSELF  
 Strive to love others as I am to love myself

To liberate one's real self, one's will, driven by one's soul, moves one to embrace Feeling Healing so as to clear emotional injuries and errors. With the Divine Love, then one is also Soul Healing. We are to feel our feelings, identify what they are, accept and fully acknowledge that we're feeling them, express them fully, all whilst longing for the truth they are to show us.

Divine Love  
 is the key!



**God's Divine Love:  
 Pray for it, ask for it, and receive it.**

Feeling Healing with  
 Divine Love is the key



to enter the  
 Celestial Heavens:

