



Calling in a Spiritual Support Team

A wonderful way to get support when you work with Flower Essences is to call in a spiritual support team. Since most of us aren't fully tapped into our divine wisdom, the perspective and knowledge that Angels and other spiritual helpers offer can be very supportive. They know the most pressing issues we need to work on right now, and they know which Flower Essences will address these concerns.

Since all spiritual helpers respect our free will, they can only give us a certain amount of support and input unless we ask for more help. I strongly encourage you to ask the Angels and other spiritual helpers for more support. There is nothing they would like better than to offer more help, but they do need each of us to ask for this help. This is a time of enormous change on our dear planet, and we need as much support as we can get from those that better understand how to navigate these changes.

It is no time to quibble about whether we deserve this help or not. Angels and other spiritual helpers are part of us. It is not an inconvenience to them to help us but more an experience of one part of ourselves supporting another. Would you feel badly about asking your left hand to help your right hand tie your shoe? Well, of course not! So get on with it and ask for help! We are all in this together!

The following is a description of some of the Angels and other helpers I work with, what I call my 'upstairs' support. If this list feels a bit obscure please know that simply asking for help from your Angels is enough and knowing more is not necessary to getting the support you deserve! And let's face it, this is such a tumultuous time that sometimes a "Help me Angels!" is the only cry we can reasonably muster!

***Your Guardian Angel(s)**

Each of us has at least one Angel, often more than one, there to help us. Our Guardian Angels knows the divine plan for our lives and all kinds of ways to support us to be our truest wisest healthiest selves. Our Guardian Angels have an overview of our life situations that it is difficult for us to have for ourselves. This means they can offer loving guidance and support from a place of great clarity.

***The Angel of Flower Essences**

The Angel of Flower Essences holds the divine plan for Flower Essences. This Angel is a wealth of information about Flower Essences and how they can serve each of us.

***The Deva of Healing**

The Deva of Healing holds the blueprint of healing. Some job assignment!

***Pan**

Pan, head of all the Elementals, helps transfer and ground the healing vibrations of the Essences into our Earth energy systems. If you would like to share a Flower Essence with a piece of land or a person that is not with you, Pan is the being to ask to help you transfer this vibrational information from the Flower Essence to the land or person.

***Your Body Elemental**

Your Body Elemental has a great deal of practical information about your body and as with Pan, helps ground the healing energy of the Flower Essences into your energy system. Your Body Elemental has been with you through all your incarnations. During each incarnation, its job is to bring into physical manifestation the body your awakened self designs for your Earth self. Each design serves your highest learning not your personality's desires. Your Body Elemental follows the directions in every detail, adding all the strengths and weaknesses your awakened self chose as means to get you interested in coming home into oneness.

Your Body Elemental then holds that blueprint in manifestation during your whole life. A more conscious partnership with your Body Elemental can help you a great deal because, over time, your Body Elemental will also out-picture your personality's remarks like, "I am so fat." "This ankle never works." or "I can't see a thing." This adds nothing to the divine plan for you. A good place to start building a conscious and constructive partnership with your Body Elemental would be a heartfelt thank you for all the tireless service it has done for you. Stopping the throw away lines would be a help too, since your Body Elemental picks them all up and does as it is asked.

***Your awakened God self**

Your awakened God self is the eternal, all loving, all-powerful, all wise part of yourself that you are here on Earth to reunite with. It is your true self. Eventually you will be conscious that you are one with this part of yourself and always have been. Right now the illusion of separation may make you feel that it is not possible to receive clear information from this part of yourself. Asking to be connected more consciously helps dismantle this illusion of separation.

***The Ascended Masters**

The Ascended Masters are those beings that have reunited fully with their God selves. They have cast aside the illusion of separation and know themselves to be one with God and all creation. While very few Ascended Masters are in physical bodies, many are available to help us from other realms with our own reunion

process. If you ask for an Ascended Master to help you, an appropriate one will be there.

This group or any variation of this group can offer useful spiritual information in a balanced and clear manner. They want to help your energy system be of the highest vibration and vitality possible and know exactly which Flower Essences will best address your energy blockages and facilitate you becoming the light being which is your true eternal identity. While it may sound like a large and unwieldy group, they exist as one. What you get is varied expertise in one voice.

"Thank you from deep within my heart for having reminded me about the process of connecting with the Ascended Master. . . team, the Deva of Healing, my body Elemental and Pan. The time I devote to this ceremony of calling them in and mindfully taking each of the Flower Essences you so kindly pulled together for me - is a time of serenity and deep healing. New energies are coming into my Body and I welcome them with open arms." J.H., Boston, MA

"(When) I started reading the materials, I was immediately captivated by the letter of "instructions." I felt I was being given a verbal roadmap of how to communicate with powerful Angels. Since non-visible dimensions are only just beginning to come into my awareness, I soaked up every word thirstily." S.Z., NY

"I am so delighted to have discovered your magnificent flower essences! Boy, choosing among them is like laying down the stepping-stones to spiritual growth! ("You mean I can have THAT?") The Angels' choices for me were of course, perfect. I chuckle to myself when I become aware of responding to a situation in a new way." J.B., Falls Church, VA

"Calm down and know you are Loved." My first greeting from the Essences (Smile) I love it!! P.H., SC

"I can't thank you enough for making these flower essences. I am totally in love with them. So much of my life has shifted and become better because of them that it would fill a book to describe it all but the most important thing I can say is that I have fallen in love again with myself. I can't tell you how wonderful this feeling is of being alive again whereas before I felt so dead. I am learning to be alive again and it's all because of the precious gifts from you and the angels." A.M., CA

Receiving Guidance

The truth is that you are NOT separate from the spiritual beings here to support you. This connection to all spiritual beings is your birthright. Communication is meant to be as natural as talking to another person or even talking to yourself! We really ARE all one!

Your heart is the best place to know the truth of this connection and also the best place to receive clear guidance from your spiritual support team. This is because your heart is the place in your physical body where your divine self is anchored. No matter how far any of us fall into illusions of separation, our hearts always remain one with divinity.

If you are willing to anchor your awareness in your heart, I believe you will begin to know this oneness for yourself. I also believe that by listening to your heart, all your concerns about how to work with Flower Essences will sort themselves out, and you will know which Essences to work with.

Sometimes organizations and social groups do not want us to be our own wisest friend or experience our own direct connection to divinity. Anchoring to your own heartfelt guidance is the kind of self-empowerment that undermines these institutions. Sadly, even some Flower Essence institutions try to scare us away from trusting ourselves.

Please remember Flower Essences are not dangerous. They are NOT chemical. They are INFORMATION. They have NO VOLITION beyond offering their wisdom. They can't DO anything to you. Working with Flower Essences is like visiting Flowers in a beautiful garden. You can't engage with them in a wrong way. You can't make mistakes. Flower Essences can only help you.

This means you can follow up on even the faintest whisper of a hint from the still small voice within you that this might be an Essence to try. TRUST YOURSELF and even the tiniest of nudges! My most heartfelt belief lived out in literally thousands of conversations with you all is that YOU CAN FIND THIS PLACE OF ONENESS AND KNOWING! Following through with your own heartfelt sense of how to proceed will increase your confidence in this truth as well as bring you all the gifts the Flowers want to offer you.

"I ordered without having read the description, which turns out of course to describe exactly what my guides have been telling me I need help with." C.C., Estes Park, CO

"Each time I test for what to order I am moved to tears. The Essences speak so clearly to this journey we are on! The birth of the new is surely upon us!" E.M., Annandale, NJ