



Here's what I mean when I use the following words in my descriptions of Green Hope Farm Flower Essences!

Energy

Einstein's theory of relativity demonstrates that the world is an energetic one as well as a physical one. This means that a model of healing based on the idea of different energies interacting with other energies is an equally valid model as our chemical model.

This energetic model is what the world of Flower Essences is all about.

I use the words energetic and electrical to reference this energetic model in which electrical energies from Flower Essences offer helpful electrical information to our electrical or energetic systems. This information from the Flower Essences shows our systems a way to improve our overall electrical health and well-being. Our use of this electrical data positively impacts our physical health because our electrical system drives our physical system.

Vibration

When I use the word vibration I am referencing the speed at which our electrical system is moving the particles that compose our physical body. I am also referencing the movement of electrical energy in what are known as our subtle bodies. Below you will find descriptions of the subtle bodies of our electrical or energetic systems.

Higher or faster vibrations are a key component to electrical or energetic good health. High vibrations translate into physical good health because the physical body is getting the electrical energy it needs to run well. There is a reason a healthy person is described as radiant. A healthy person is electrically vibrating at a faster rate of speed and moving more light than a person who is not feeling well.

Spiritual evolution is also a process of speeding up our electrical vibrations. A very wise spiritual teacher will have a very high vibration, and our electrical systems will learn from this teacher just by sitting next to her or him.

Some of the circumstances that slow down our vibration and tangle our electrical system include mental anguish and confusion, emotions such as anger or hate held onto after we have learned what we needed to learn from these feelings and negative judgments we hold onto about ourselves. If we hold onto these slow vibrations for long enough, they

will negatively impact our physical health because we need higher vibrations to run our physical system at optimum speed.

Our electrical systems are complex so we may be vibrating at a high rate of speed in some areas of our electrical system and in a tangle of slow moving energies in other places. In part this is because we tend to store certain kinds of negativity in certain places in our electrical system.

The places where we have these low vibration tangles are linked to specific places in the physical body so holding onto specific low vibration energies in our electrical system long term will eventually impact our physical bodies in specific places.

There are Flower Essences offering information that addresses specific tangles and specific areas of our electrical system that hold these specific tangles. This information impacts the situation in specific places in our physical system.

Please read our description of the Chakras for more about how specific places in our electrical system are linked to specific places in our physical body.

Every Flower Essence gives our electrical system a road map to speed up specific low vibrations in our electrical system so we can hold higher ones. For example, if our hearts are holding the slow vibrations of overwhelming grief, there are Flower Essences that will guide our hearts to release this sorrow and tune up to a higher vibrations of love, happiness and joy.

Love has a very high vibration. Many Flower Essences give us a model for how to hold and radiate the vibration of love in our electrical systems even in difficult and trying circumstances.

The Body Electric

Many of my descriptions of Flower Essences reference the etheric, emotional and mental bodies surrounding and interpenetrating our physical bodies.

These are energetic or electrical fields, also known as subtle bodies, which interpenetrate as well as extend out from our physical bodies.

If you see colored light around someone, you are seeing one of these subtle bodies. If you know someone is in a dark room without actually seeing or touching the person, you are feeling one of the person's subtle bodies as these bodies extend out from the physical body.

Each of these bodies has a particular function and needs particular support to do its job. The health of these bodies impact our overall health. Specifically, unaddressed issues in any of these bodies will eventually impact our physical health.

It is much easier to resolve an energetic disharmony in one of these bodies before it becomes an issue in the physical body as well. It is also true that attending to the physical body does not resolve issues in these other energetic bodies. This means when we cure something physically, we will not have a permanent cure unless we have also resolved the issue in the subtle body where the issue that led to the ill health originated.

This is one of the reasons why Flower Essences are such an important healing tool. They help us resolve issues at their energetic source in these subtle bodies, so the issues can be completely resolved.

The Etheric Body

In most instances, your etheric body contains the memories or records of all the experiences, good and bad, that you have had during all your incarnations. Because of all the discordant experiences stored in your etheric body, it has many scars and tears in it. This is why you can go through what seems like a relatively insignificant difficulty in your present life and yet experience major repercussions in your physical body.

What has occurred is probably the following: the present day experience was similar to other previous experiences stored as memories in your etheric body. These early life or past life experiences left a scar or area of weakness in the etheric body. When the present day situation reactivated these old etheric memories, the scar ripped open and a whole lot more energetic crap got released than seemed to be there in the first place, impacting on your physical health and well being.

The etheric body is meant to contain only memories of your divine reality. For complete healing, the discordant memories must be cleansed from this body. Flower Essences are one tool for this cleansing process.

The etheric body is also the vehicle through which life force energy or prana enters your physical body. This makes a clear and healthy etheric body important for the health of your physical body. If light and life force energy is not moving well through your etheric body, it is not getting to your physical body. This is another reason to clean your etheric body.

The Emotional Body

Your emotional body is the storehouse of emotions from all your incarnations. In most instances, this body also needs to be cleansed so that it can vibrate in the high end of the frequency bands, vibrating love in the love-sorrow band, hope in the hope-hopelessness band, generosity in the jealousy-generosity band etc. It is not that you are meant to deny the low frequency vibrations, but that you are meant to experience them and then let them go. What happens for most of us is that we feel badly that we feel these emotions so we repress them by storing them in our emotional body. Eventually our emotional body becomes so burdened with low vibration emotions, it is very hard for us to radiate the high vibration frequency of any emotion.

The cleansing of the emotional body can feel messy. Healing often looks like more of the same. In the case of the emotional body, it may look like releasing more of the same old emotional crud. Try not to stifle the cleaning with a lot of judgment. Let those emotions up and out of you. You do not have to vent the emotions on someone else in order to release them. God is always willing to handle the emotions you do not know what to do with, so give them to God.

The Mental Body

The mental body stores the divine plan for you. However we often cannot access this information for ourselves because we have crammed our mental bodies with illusions, ideas, concepts and opinions drawn from partial truths gained through the limited perspective of our five senses experiencing the illusion of stage set Earth. All these limiting, erroneous ideas cause so much static in the system that the truth is hard to hear. This body also needs significant cleaning and there are lots of Flower Essences to support this work. Again, you know who will orchestrate this cleansing. All you have to do is ask.

The Physical Body

The physical body's function is to be our divinity in the physical plane, but it is hampered in its efforts to do this by all the baggage of the other bodies. The imperfections, distortions and confusions of the mental, emotional and etheric bodies connect into and exert pressure on the physical body so that it eventually out-pictures these illusions, confusions and disharmony in ill health. This is why healing just the presenting symptoms of the physical body is not a complete cure. It is necessary to address the other three bodies.

Flower Essences work with all four bodies to address the imbalances and confusions within them. They expedite the cleansing process and help to rebalance, better align and strengthen these bodies so that our divinity can better illuminate them. As you will read

below, Flower Essences help to facilitate a full reunion between our daily down to earth self, operating within these four bodies, and our eternal God self.

The Importance of Aligning these Four Bodies

Life force energy enters our physical body by traveling through our other subtle bodies. In particular, life force energy or prana enters our system via the etheric body and the ethereal fluidium, the part of the etheric body connected to each cell in our physical body. Most degenerative situations in the physical body are a result of breakdowns, blockages and misalignments between the subtle bodies, especially the etheric body and the physical body. Among the Flower Essences that help with this process of vital alignment and connection are the Alignment Garden combination remedy and our Ethereal Fluidium Super Glue combination remedy.

Ascension aka God Realization or Self Realization

Green Hope Farm Flower Essences offer our energy systems a blueprint for spiritual growth in a balanced form. Each of us needs spiritual blueprints right now because humanity has begun an unprecedented evolutionary leap forward towards reunion with our eternal divine selves. Some call this process of becoming our eternal divine selves the Ascension process and some call it God realization or self-realization.

Looking at it one way, Ascension is a physical process in which we raise up our molecular vibrations to leave all dense illusions behind, until we know and are nothing but our divine self. Looking at it another way, the casting off of all illusion results in the physical process of Ascension. Whichever way we best grasp the concept, it is important for us to understand that our learning lessons on Earth are meant to culminate in our own personal Ascension.

Each of us gets help with our personal Ascension process from our brothers and sisters, the Ascended Masters, who have graduated from Earth school and ascended before us. There are many, many Ascended Masters here to help us Ascend. There is also the Avatar, the first soul who experienced God realization who comes again and again to show us the way home. The Avatar was Jesus, the Prophet Mohammed, Ram, Buddha, Krishna, Zoroaster, and most recently Meher Baba. Both the Avatar and other Ascended Masters bring us their expertise, their love and their radiation to guide us towards the blessed experience of our own Ascension.

Because most Ascended Masters are no longer in physical bodies, we do not have many physical role models for this Ascension process. Without an Ascended Master living in our neighborhood showing us how to physically ascend, what role models we do have?

Our role models are the Flowers. The Flowers know how to be their divinity in physical form. They know how to be one with God because they never forgot they were one with God as we did. While humans explored every conceivable illusion about separation from God, the Flowers continued to be God incarnate. Our Ascension is a process of remembering who we have always been and learning to be this truth in balanced physical form. The Flowers know exactly how to do this. When you take a Flower Essence you are given the divine wisdom of the Flower, a blueprint for how to manifest this wisdom in form and an actual example of this vibrational energy, which your system can then integrate and replicate. You literally give your system a molecular blueprint for being God incarnate.

Angels

I did not grow up in a family or culture that discussed Angels so my experience with Angels was born from my work with the Angels here at the farm more than from any group's ideas of Angels. I have been startled at how much fear surrounds people's relationships with Angels. This makes me sad as Angels are here only to serve our light.

When I use the word Angels I am referring to a group of sentient beings who help humanity. Angels have not experienced the illusion of separation from God that humans have experienced so they do not have to go on the same journey we are on to remember our oneness with God. They have worked to wake us up to the truth of our oneness for a very long time!

One way Angels support us is to hold the specific vibrations of many positive high vibration emotions like love, peace and mercy. Angels are always ready to pour down these higher vibrations into our electrical system in order to lift us up and keep us going on the arduous spiritual journey that is human life.

Angels also open spiritual doors for us so we do not lose faith in the deep goodness of life. They work through synchronicities as well as through the radiation of loving vibrations. They are limited in what they can do for us because they must respect our free will. They can only help us to the degree we ask for help, so it is important to ask for their help. It is not an imposition on them to ask for help as helping us is their service to divinity.

In addition to bringing us spiritual opportunities and radiating positive emotions, specific Angels are assigned to each of us as Guardian Angels. Our Guardian Angels knows the divine plan for our lives and how to support us be true to ourselves. They see our lives from a place of great clarity so their guidance is truly wise. Sometimes we have more than one Guardian Angel. For example, teenagers are often assigned many Angels to keep them safe through this tumultuous and often risky time in their lives.

Angels are also responsible for designing much of creation. For example there is an Angel that designed the sugar Maple tree. This Angel knows what this tree is meant to look like, how it functions, what its higher purpose is and how it is meant to evolve. Angels appreciate sharing these designs with us so we too can help them keep these creations aligned with the divine plan.

Angels also watch over places on Earth trying to help each piece of land follow its destiny. When we work with these overlighting Angels they will share with us the divine plans for where we live or work as well as help us implement the unfolding plans for these places.

Following the divine plan step by step is what we are trying to do at Green Hope Farm. It is an evolving plan that takes into consideration the input of the people here. This makes it a harmonious and flexible cooperative venture, a bit of an improvisation within certain parameters. The Angels stand ready to help all of us wherever we are in these divine improvisations.

Elementals

Elementals take the Angels' plans and hold a mental focus to transform these plans into physical reality. There is an Elemental manifesting and then holding in form everything in creation. This means there are wise and ancient Elementals using their mental focus to hold in manifestation the oldest trees on the planet, and there are Elementals new to this work given the job of holding in manifestation Dandelion blossoms in supermarket parking lots.

Elementals manifest and hold in form all things in the natural world as well as all man made creations no matter how ill-advised our creations are. They manifest negative inventions of mankind as a service to us so through our own experiences of our miscreations we can find our way back to alignment with the divine plan.

Elementals often appear to people as fairies, gnomes, elves and other fairy tale creatures. One of the women who worked here for many years saw a small fairy with each bottle of our Flower Essences. Sometimes they will appear to people as balls of light. This is how they have appeared on films of crop circles being created. Elementals are responsible for the creation of all crop circles.

Elementals are very misunderstood and little appreciated. They are often very reserved even cool in their dealings with people because of so many negative experiences with us. They must deal with all our mental, emotional and chemical pollution of their creations, and unless we ask them to clean our messes up benignly, they have no choice but to bring on extreme weather to clear up our garbage. The situation in which we ruin their

creations and do not acknowledge their tireless service to us is very unfortunate as we would literally have no planet to inhabit without Elementals!

Elementals are wonderful partners in any endeavor bringing much humor and problem solving skills to the table. They are the manifestors of all form so they can help you bring your dreams into reality!

Oneness

I talk a lot about oneness and the whole process of us “reuniting” with divinity. This reunion is more a matter of us understanding our situation more clearly than anything actually changing. We already are one with God. Nothing is divisible! We just experience separation as if it is real.

As the rising vibrational energies on the planet and tools like Flower Essences amp up our vibrations, we begin to experience ourselves as a unified energy field. As this happens, it is worth noting a few things about what conscious oneness is and is not.

Conscious oneness is not a group mindset in which everyone follows the lead of one person, one organization or any authority figure. Conscious oneness does not mean each of us becoming the same. Conscious oneness is a state in which we each take responsibility to seek our own inner guidance and live in authenticity from this inner guidance. Because of the divinity within us, this means that each of us will bring to the world gifts of self that neither diminish nor imperil others, but in fact, add to the light of collective humanity.

God

My work with Flower Essences is based on my heartfelt belief that we are evolving towards reunion with an awakened part of ourselves. I have found the word God works for me when I describe this overarching reality from which we came and to which we return.

During my journey through this life it has surprised and awed me how much this beloved part of ourselves loves us and how within us is a similar love for this overarching reality. Yikes! Even as I try to describe this tender loving relationship, my word choices sound so technical for a relationship that is so deeply personal and so unique for each of us.

PLEASE feel free to change or put aside my language choices on this and everything else. Flower Essences are extraordinary tools distinct from any one world view. Please don't throw the baby out with the bath water if my language choices don't fit with your

experience of reality. Flower Essences exist apart from my language choices! They are for everyone and want to work with everyone regardless of who we are and what we believe!