



## How do Essences know where to go in my system?

The deepest sorrow and the greatest joy exist in the same electrical frequency band with joy at one end of the spectrum and sorrow at the other. All vibration is organized in this way. Flower Essences vibrate rapidly at the very highest end of the vibrational band and our illusions vibrate more slowly at the low end of the band. Recognizing its own band of frequency, a Flower Essence introduced into our electrical system, goes to where we are holding that specific frequency. A Flower Essence holding joy goes to the same band of frequency in our energy system even if we are vibrating at the sorrow end of the spectrum.

Once at the place in our electrical system of shared resonance, a Flower Essence offers its vibration as an alternative electrical model. It is a tuning fork, calling us back to the high vibration that it holds. Because this high vibration is the deepest truth about any situation and was part of us before our experience in the illusion of separation, our electrical system wants to return to vibrating at this frequency. Given sufficient exposure to this vibrational tuning fork, our electrical system will choose the higher frequency of the electrical band and will begin to hold on its own the same beautiful high vibration offered by the Flower Essence.