



## The Bermuda Collection

Bermuda's subtropical environment and long history as an important place for Flowers make this collection exuberantly supportive of creativity, physical vitality, spiritual transformation, abundance, alternative healing based on long forgotten wisdom and a playful enjoyment of life.

### Abundance

Flowers and their Essences defy humanity's illusory view of the world in which scarcity is the order of the day. Flowers are found in abundance everywhere people live. Even the arctic has its spring deluge of generosity from the Flower kingdom. Even the desert has its flood of spring Flowers. Flower Essences embody generosity in their incredible ability to stay fully potent even when diluted. Flowers and abundance are practically synonymous ideas.

This truth is particularly evident on the island of Bermuda. The Flowers and Flower Essences made on this island have a strong predilection to do their work with total, abundant generosity. Long known as the Garden Island, Bermuda is a landscape of Flowers, some cultivated and many wild. The island was so covered in Flowers during the last two centuries that sailors knew they were nearing Bermuda, even before land was in sight, because of the fragrance of Orange blossoms on the wind. Bermuda's history as the site of the Atlantean Flower research station is one reason for this continuing abundant Flower population. Bermuda was long the garden where Angels, Elementals and people created new Flowers and new methods of healing with Flowers. Flower Essences were, of course, a vital product of the cooperative efforts.

As we explore the Flower Essences coming off Bermuda in the present day, we are called to remember what we once knew. Abundance is the offering of the Bermuda Flower Essences. We need only remember that we deserve this garden of abundance. Having long wandered in the wilderness, Bermuda's Flowers remind us it is time to go home.

## Trips to Bermuda

I first went to Bermuda because our Green Hope Farm Queen of Labels, Lynn Tidman, grew up on Bermuda and frequently visited her mother there. Twenty-five years ago, Lynn suggested I take a respite from the diaper pail and leave my children in the charge of my husband while I went with her to her island home.

I loved Bermuda immediately. For year afterwards, I went on trips with Lynn a couple times a year. We would wallow in aquamarine seas, sun on pink sand beaches and make fabulous Flower Essences in the beautiful gardens of Lynn's childhood friends. Such nutty and hilarious things happened to us when we made the Essences. Our adventures and misadventures in the hands of the Bermuda Elementals made for much silly fun.

When Lynn's mom died, there was no longer the need for Lynn to go to Bermuda as frequently. With more time between trips, we decided to grow many Bermuda Flowers in our greenhouse here at the farm. We purchased the plants from a grower who supplies Bermudians with many of their choice garden plants. We continue to do our best to give them a mini Bermuda environment in our greenhouse. It has been lovely to have these tropical Flower beauties here in our midst. They supply us at regular intervals with their blossoms and giving us great delight, no matter what the season.

Sometimes the vibrations of the Flowers are improved by life in the Green Hope Farm energy grid. Sometimes, this is not the case, and we seek to make the Essences of this collection in their tropical homes. We always check with the Angels and Elementals and follow their guidance about what to do. They know best how to make the highest vibration Flower Essence possible. That is our number one priority too!

### *Agrippina Rose Rosa Cramoisi Superieure*

We found this rose in one of the oldest gardens in Bermuda. It is a deep, deep double red Rose of quiet beauty, ancient strength and intensity. While its petals have an unbelievable soft hue, like well-worn velvet, this Essence is no worn out piece of cloth but a fresh, powerful, exuberant, healing ally.

Agrippina Rose is a peaceful warrior. Her vibration is a tool to help us with our healing tasks. If we are healers, she helps us to move energy without any inappropriate backwashing of energies and with the precision of a surgical strike. If we take Agrippina Rose for our own healing, it helps us get clear about what we need to do to take care of ourselves. When we consider different healing modalities, Agrippina helps us sort the wheat from the chaff. As we work with other healing modalities, it helps us receive exactly what we need from these modalities and leave the rest behind with calm and detachment.

*I AM the force of healing light, moving without impediment through my energy system.*

### *Allamanda Allamanda cathartica*

This Flower bears many gorgeous golden yellow trumpets. The color yellow is often associated with spiritual wisdom and trumpet shaped blossoms often help with issues of hearing. Not surprisingly, Allamanda helps us discern spiritual truth.

Within our energy system, each sense exists in its own vibrational energy band. Trauma associated with hearing leaves imprints within the hearing band. These imprints encourage us to screen our calls injudiciously. Usually, this means we screen out the high vibration messages we most need to hear and tune into the mixed bag of lower vibration airwaves instead. Allamanda helps cleanse the hearing band of scars, so we can clearly and completely hear our high vibration divine guidance.

*I AM attuned to the voice of the Creator.*

### *Aloe Ciliaris Aloe ciliaris*

Aloe Ciliaris is a powerful Flower Essence from the dynamic Aloe family. As with all the Aloes, this one is soothing in fiery, chaotic situations. Energetically it carries information about harmonious and positive growth, especially on the cellular level, reminding us how to shift directions when we have temporarily gone astray.

*I AM perfect health and divine order in every cell of my body.*

### *Aloe Vera Aloe vera*

Aloe Vera offers powerful information for soothing and calming both internal and external inflamed tissue. It is a vibrational physic offering great healing wisdom. We have found it to be tremendously versatile in its vibrational strengths. Its I AM affirmation says it best.

*I AM the energy of complete healing. I AM the full restoration of perfect health.*

### *Anthurium Anthurium andraeanum*

Anthurium promotes the creative use of male life force energy in balanced relationship with female life force energy. This plant is probably remembered most frequently for its phallic blossom, but this blossom is sheathed in a radiant shield, heart shaped and beautiful in its shiny red hues. The Flower unit speaks of love and the creative meeting of male and female energies, as does the Flower Essence.

*I AM the creative use of my male life force energy.*

### *Asclepias Asclepias tuberosa*

Asclepias is a dynamo of support for creativity, healing and second chakra issues of relationship. Its gifts help us disconnect ourselves from any limiting ideas so that we more completely understand our immense creative capacities, skills and powers.

Asclepias takes us across limiting thresholds to a new understanding of ourselves and our talents. In the realm of partnership, Asclepias helps us Flower with greater freedom and exuberance, supporting us to re-configuring dynamics in unexpectedly vibrant new ways.

*I AM unlimited creativity at one with my Creator. All my creative endeavors reflect this divine truth.*

### *Avocado Persea gratissima*

Challenges in the third chakra realm of personal power such as complicated interpersonal dynamics can lead us to feel very strong emotions including anger, envy, bitterness or hatred. Sometimes, instead of learning from these emotions then letting them go, we store these feelings in our physical body. Avocado Essence helps us to acknowledge and release these emotions instead of disregarding or stuffing them. This has a profound impact on our physical health, our digestive systems and our liver in particular as this is often where we stuff strong emotions that we view as negative.

Avocado's green Flowers indicate its particular connection to the Elementals. As you may recall from an earlier discussion in this Guide, Elementals are responsible for the manifestation of all form on the planet as well as the return of form into formlessness. This wisdom about returning form into formlessness is one of the reasons Avocado is such a good Essence for physical health. It offers the Elementals' blueprint for moving stuck energy and held emotions that may have manifested as ill health back out of manifestation into formlessness again.

*I AM the power of perfect health, returning my being to the divine blueprint awaiting me.*

### *Banana Musa paradisiaca var. "Cavendishii"*

When first confronted by a Banana plant, I was mystified. Here was what appeared to be the flowering part, a large maroon football hanging off the Banana plant with nary a blossom to be seen. An Angel said to me, "Get down on your knees." This sounded like a strangely religious suggestion, but I complied. Wonder of wonders, there on my knees, I was low enough to look up into the dangling football. From below, I could see Banana's amazing Flowers hidden inside this maroon orb.

And so I learned that Banana Flowers grow in a spiral of creamy yellow tubular blossoms encircling a large maroon football shaped Flowerhead. The line of Flowers is always tucked underneath maroon leaves almost like teeth tucked into a mouth. This signature

suggests Banana's very strong energetic link with the mouth, teeth and jaw region. Consider Banana for any health issues in this region of the body.

Banana is a powerful balancer, particularly helpful for overly yang personalities that need to find their inner yin. Flowers often grow where they are most needed energetically. Banana's link to issues of machismo is indicated by its prevalence in Latin America where Banana's balancing gifts are much needed. Besides its help with issues of machismo and support for issues of teeth, gums and the jaw, Banana offers other balancing information including information that helps with sugar cravings and other sugar related issues. If Banana calls to you, know that it has many incredible strengths to draw upon in offering its energetic wisdom to you.

*I AM a master of God's healing energy.*

### **Bignonia** *Tecomaria capensis*

Life Force! Enthusiasm! Fire energy! Joy! Vitality! Renewal! Bignonia is like stirring music that encourages us to get up and dance. It has a quality of joyous flamboyance. It heightens the senses and sets us free to be our most robust and exuberant selves. Bignonia, a brilliant orange Flower, is the Spanish Flamenco dancer of the Flower world.

*I AM the mighty electronic energy flowing through, filling and renewing every cell of my body to perfect health.*

### **Bird of Paradise** *Strelitzia reginae*

If a creative endeavor of any kind is not flowing well, Bird of Paradise is a remedy to consider. It helps get creative processes flowing. It supports synthesis, the combining of separate elements or substances to form a coherent whole. It particularly helps dissimilar even unlikely elements to pull together into a unified, cohesive whole. It also helps our creative efforts to be greater than the sum of their parts. The plant's signature reveals these strengths. The blossom is composed of striking orange and blue petals in a unique bird like profile, yet for all the blossom's distinctly different parts, it also is a very integrated Flower head, carrying a very strong energy of unity.

*I AM the flow of creativity moving in my life.*

### **Bottlebrush** *Callistemon lanceolatus*

Each brilliant red Bottlebrush blossom is composed of hundreds of slender red filaments. Not surprisingly, the Flower resembles a bottlebrush. This configuration suggests its wisdom about the cleansing and elimination of waste materials, detritus and blockages in all systems of the physical body and in our subtle bodies as well. Bottlebrush helps to align these subtle bodies with the physical body as well as clear and open the connectors

between the etheric and physical body so more life force energy can enter our electrical systems. If anything in your system feels stuck, misaligned or in need of a clear out or if you suffer from a lack of physical vitality, Bottlebrush is a good bet.

*I AM centered in the knowing that my energy system is a river of divine energy moving through my body in perfect divine order.*

### **Calliandra** *Calliandra haematocephala*

Calliandra's brings great wisdom to all concerns of the circulatory system. It honors and strengthens our life's blood and the river of life that is our circulatory system.

Calliandra helps bring a focused healing intention to specific blockages or other challenges in the circulatory system or to related emotional issues such as our responses to experiences of violation, betrayal and heartbreak. Calliandra is particularly helpful when our emotions feel blocked. It supports a break up of these emotional blockages including a release of difficult memories that inhibit a full connection to our hearts.

Each Calliandra blossom is a brilliant red Flower composed of a multitude of filaments all springing from the center of the Flower with exacting precision and harmony. Reflecting its appearance, Calliandra Essence brings a powerful healing focus to dissolve away emotional as well as physical issues of the blood. Disturbances that may feel like a bloodbath are helped towards a cohesive healing release.

*I AM centered in the knowing that my heart is the source and my arteries the river of God's unlimited love, wisdom, and power filling my body.*

### **Cedar** *Juniperus bermudiana*

The Angels call this Flower Essence the Gate of Remembrance. Cedar is a wise and powerful cleanser. It shows us the way to clear our energetic detritus so knowledge can flow into cleared spaces and we can know ourselves with greater clarity.

In our mental body, we store erroneous conclusions we have made based on incorrect assumptions. In our etheric body, we store traumatic past life memories that support these erroneous conclusions and keep us in fear. We need to clean our mental bodies of illusions and half-truths and our etheric body needs cleansing of these past life videotapes as well. While these videotapes would seem to serve as incontrovertible evidence of truths, the tapes are just like the mental body's ideas. They both were created in the illusion of Earth and support the illusions of Earth not any definitive divine truths.

The mental and etheric bodies can hold definitive divine truths and even information about the divine plan for us, but this information can only be accessed when our etheric and mental bodies have been scoured clean of the other detritus and have room to receive

new data. That is Cedar's area of service. Once the detritus is gone, the gate swings open and we can know who we are and why we are here.

People often comment about healthier hair when they use Cedar. Our hair is an energetic expression of our memories so that when we clear out the etheric detritus, naturally our hair holds less detritus as well and can therefore express more light and greater health. The cleansing of the subtle bodies that Cedar supports also has positive implications for the digestive system and issues of the root chakra.

*I AM free to know who I AM and why I AM here.*

### **Chinese Fan Palm** *Livingstonia chinensis*

Nerve ganglion is an aggregate of nerve cell bodies. The Flower of this palm looks like strands of healthy, vibrant nerve ganglion. As with all palm Flower Essences, Chinese Fan Palm offers our central nervous systems much helpful information with the focus of Chinese Fan Palm on this nerve ganglion.

*I AM perfect health in every cell of my nervous system.*

### **Chinese Hat Plant** *Holmskioldia sanguinea*

Chinese Hat Plant helps us feel centered and balanced during disorienting situations. Each Flower of this plant has a wide cone of soft orange resembling a Chinese hat. This open, symmetrical shape reflects the stabilizing and centering energy of the Flower's Essence.

We have seen it help with a variety of disorienting situations both literal and figurative. For example, we often suggest this one in combination with our Anxiety mix for animals or people suffering from motion sickness. In a more figurative application, this is a great one to take when new information or circumstances leave us feeling off balance and struggling to regain our equilibrium.

*I AM centered in God's perfect equilibrium.*

### **Clitoria** *Clitoria ternatea flora pleno*

When I first met Clitoria in an ancient Bermuda garden, a big wave of love filled my heart. Lynn was strolling along next to me when I was rendered speechless by this incredible ecstatic vibration. Needless to say, we stopped in our tracks to find which Flower was getting my attention in such a dramatic and delightful way. Later we had a funny moment when we asked the regal and ever so polite Bermudian whose garden we were in to identify the Flower. Without batting an eyelash, she looked at its rather suggestive anatomy and told us its rather fitting name.

Clitoria is a brilliant sapphire blue Flower bearing an unmistakable resemblance to the external female genitalia. My previous attempts to explain this fabulous Flower Essence failed to suggest its strengths in an accessible way so I asked Clitoria to write its own description, “My color and appearance seem to send mixed signals. The vitality of my blue petals speaks to the heart chakra while my appearance suggests a link to the second chakra. Actually, I work with all the chakras. I offer helpful information about the flow of light energy supporting, in particular, the movement of energies up from the root and second chakra to the heart. I know how to contain and appropriately handle great surges in spiritual light, which means I offer helpful information for managing kundalini awakenings and other dramatic spiritual events. I also help ignite spiritual energies that lie dormant within you. For example, when I first encountered Molly, I activated a spiritual energy in her but also offered her electrical system information about how to move the energy to her heart chakra where it would do the most good for her spiritual evolution.”

*I AM illuminated by the sacred fire.*

### **Clivia** *Clivia miniata*

Linked to the first and second chakra, Clivia helps us take our life force energy and utilize it in creative endeavors that bear concrete results. For example, Clivia could help an artist bring forth an idea into actual form, an inventor transform her vision into an actual prototype or a dreamer take his dreams forward into manifestation. Clivia’s brilliant orange blossoms look fragile, but are actually very sturdy. They rise above the foliage in generous bouquets, further reflecting Clivia’s enduring support for abundant creative manifestation.

*I AM the creative force of God in perfect manifestation.*

### **Coffee** *Coffea arabica*

We waited many years for our Coffee plant to bloom in the greenhouse. Its beautiful white Flowers and Flower Essence have an intense purity and power worth the wait. As a Flower Essence, Coffee helps us cut free from habits and unconstructive patterns of behavior and thought. It loosens the attachment and hold these have on our lives.

Here is an example of Coffee Flower Essence's strength. One day a Green Hope Farm friend called asking for support to move away from her habit of taking care of others as a programmed response. The Angels suggested Coffee Flower Essence. They explained that we often drink coffee so we can override our inner guidance and do too much. Coffee as a Flower Essence offers support for us to choose what we do in alignment with our inner guidance and life purpose. It supports us to act from our inner guidance

without conforming to external pressures or the pressures of old personality habits, including the habit of seeing ourselves as less than or not worthy unless we do too much.

*I AM the freedom of my divine purpose.*

### **Coral Aloe** *Aloe striata*

This variety of Aloe, while similar to Aloe Vera, is particularly helpful for fiery situations. For example, it is great for burnout on the job. It helps people who experience a lot of fire energy in their lives, be these folks who find themselves attracting a lot of high drama or those whose daily lives are an inferno of high octane stress. Coral Aloe helps us cool down any heated situation, giving everyone a respite when there has been a lot of drama, heated arguments or firestorms.

*I AM centered in the knowledge that healing can happen, and it can happen now.*

### **Cotton** *Gossypium*

Cotton is the single most important Flower Essence we know of for information about growing the healthiest hair possible.

*I AM the manifestor of abundant, luxurious and light filled hair.*

### **Date Palm** *Phoenix dactylifera*

Date Palm tells us, "I AM a fountain of wisdom, unsullied by time or untruths. I come bearing gifts with tenderness for each of you. My lineage is noble. I have served creation from the days of ancients. Sit with me. My gifts are gems unmatched by words. It would be better for you to simply be with me than to divide my strength and wisdom into small words. Yes, one particular piece of my wisdom concerns the vast reaches of your genetic coding. My territory takes you towards genetic freedom in alignment with divine purpose. I AM order and balance. Come be with me, and I will share my wisdom with your ready electrical system."

*I AM the freedom to fully use my complete genetic coding. I AM the wise liberation of my light body.*

### **Dombeya Wallichii** *Dombeya Wallachii*

Dombeya is a native of the island of Madagascar. Underneath the tree's enormous heart shaped leaves can be found its dramatic Flower heads. Each immense globe of Flowers is composed of many individual bell shaped blossoms arranged to form an orb of pink beauty. The Flower has an unusual and lovely smell like a baking cake. It is a very

comforting fragrance. As a Flower Essence, Dombeya offers a vibration of sheltering love. It is sustenance for those who shelter others both metaphorically as well as literally. Dombeya also comforts, sustains and consoles those seeking shelter. We have found this Essence a particular tonic for healers and tired mothers.

Our large Dombeya Tree spends its summers at the farm and its winters in my husband, Jim's sixth grade classroom. His students call it the "Cupcake Tree" and write stories about its magic. When it blossoms, everyone in the school comes through to see it and enjoy its fragrance. I can think of no better place for this tree than in this classroom offering sheltering love to so many students and teachers.

*I AM the beloved, embraced, and sheltered by all creation.*

### **Frangipani** *Plumeria rubra*

Frangipani is an Essence for men or women who have lived primarily in their feminine energy of intuitive knowing without using their masculine energy to transform this inner wisdom into action. This transformation of heart-centered wisdom into powerful action is what the Earth needs for her healing. It is a necessary balancing of male and female energies. Frangipani gives stability and encouragement to those of us who no longer feel content to know what we are called to do but now feel we must do it.

*I AM the balance of my male and female energy strengths. I AM the balance and the purity of thought, word and deed.*

### **Gardenia** *Gardenia jasminoides*

When we work with her Flower Essence, mysterious but infinitely loving Gardenia offers herself as an intimate friend and ally. She is the kind of friend anyone would want. The phrase loyal and true does not begin to suggest the commitment Gardenia makes to the souls she works with.

The relationship is a two way street. Souls working with Gardenia become her blessed light keepers while she, in turn, generously blesses them with her wisdom, illumination and tender friendship.

Gardenia's many strengths are cloaked, but one gift is her support to pierce the veil of illusion and offer herself as a gateway to an expanding reality.

*I AM the open door to the full unfolding of my essential nature.*

### **Ginger** *Zingiber alpinia zerumbet “varigata”*

The Ginger family is a wonderfully extensive one, but none is more precious than the Shell Ginger from which this Essence is made. Its tubular blossoms are arranged in a cornucopia shape. Each individual blossom has a fiery center of orange, red and gold with an outer color of pure white. This calm exterior and fiery interior indicates its purposes as a Flower Essence.

Ginger offers its support to those of us who tend to overextend ourselves and keep giving even when we are out of gas. Ginger helps us better assess our energy levels so we can avoid this kind of exhaustion. It also will help those of us who scatter our energies to the four winds to focus our energies more efficiently and effectively.

Ginger helps us to spiritualize the use of our life force energy and release our worldly concerns. Those of us who have used our life force in a pursuit of quickly fading pleasures, in emotional bouts of fear particularly about survival issues or in the accumulation of material goods might find these interests losing their allure. Ginger tends to spiritualize our emotions and thoughts so that no matter where we fall in the spectrum of how we use our energies, Ginger will support us to become more spiritual in our approach to life. This does not mean less joyful, just clearer in our priorities. With Ginger's help, we find ourselves unburdened and free to be our true self in action.

*I AM divine love, divine wisdom and divine power in balanced action.*

### **Grapefruit** *Citrus paradisi*

There is a century old grove of Grapefruit trees nestled in a dell at the bottom of a magnificent Bermuda garden. The architecture of the elegant branches, the airy coolness beneath the leaves and the muted light filtering through this orchard all create a palpable vibration of restorative stillness and calm. Grapefruit Essence echoes this vibration of calm, offering very specific information about releasing tensions in the mental and emotional bodies that can cause headaches. Grapefruit Essence not only relieves these tensions but also encourages a greater physical alignment of cranial plates, a fuller connection to life on Earth and a better flow of spiritual information into our conscious awareness.

*I AM clarity of thought, word and deed.*

### **Heavenly Bamboo** *Nandina domestica*

This exquisite Flower has a perfect name. Its Flower Essence is for opening and aligning the main chakras to receive light energy. It helps us be a heavenly bamboo, a wonderful, flexible pillar of light. Heavenly Bamboo also helps us stay grounded in our divine identity especially during spiritual growth spurts.

*I AM divine light moving through every chakra in my body.*

### **Ice Plant** *Lampranthus spectabilis*

Consider this one to lighten a mood, turn a heavy situation on its heels or help restore an infectious joy to daily living. Ice Plant also helps with circulatory issues, supporting those who have problems with icy extremities.

*I AM cosmic bliss.*

### **Ixora** *Ixora coccinea*

Ixora blossoms are configured in an orb of brilliant scarlet Flowers. Its Flower Essence is for boundaries on sexual issues. Ixora supports us in making wise and life affirming decisions about our sexual activities and our choices in our sexual relationships. It promotes straightforwardness in our understanding of what we truly want. It helps us clearly know and express our desires. While the Angels jokingly call it the “Just Say No Flower Essence”, it will not always lead us to say no but will support us towards a clearer sense of our right to say no and the appropriateness of saying no at times. Ixora helps us to feel complete and whole in our sexuality whether we choose to have a sexual relationship with someone or not. This sense of wholeness gives great freedom to fearlessly choose what we really want.

*I AM centered in the knowing that I have sovereignty over my body.*

### **Lemon** *Citrus limon*

Lemon is for mental clarity, focus and crisp thinking. It is excellent for demanding academic situations such as exams. Reach for it any time you feel mentally fuzzy. It brings decisiveness and clarity to any situation in which indecisiveness has ruled the day. It has strong gifts for the physical body as well as the mental body. It is excellent at breaking up scar tissue and is a general system cleanser.

*I AM God's Truth in action.*

### **Lime** *Citrus aurantifolia*

As with other citrus flowers, Lime Flower Essence has a strong cleansing effect. Lime also gets healing energy moving. It helps people to receive maximum healing from other Flower Essences and other healing modalities. Many healers find themselves drawn to this remedy. Lime often calls to them in dreams. It will support a healer to come into a clearer understanding of his or her own healing gifts. Lime also opens the floodgates for healing energies to be channeled and healing information to be received. All and all, it's an excellent tool for any healing dynamic for all participants.

*I AM the open door to perfect health in my energy system. I AM a channel of God's healing energies.*

### Locust & Wild Honey *Monstera deliciosa*

The enormous creamy white blossom of this Bermuda native forms a deep bowl of receptivity. This echoes its gifts as a Flower Essence. Locus and Wild Honey tells us, "I AM a vessel of truth, carrying wisdom across time and space. My truth fires the circuitry within each person's energy system, helping them to reconnect to their source, to their mission and to the fellow light workers with whom their work will unfold. Dipping into my vibration will be an experience of feeling replenished and full, more certain of one's essential place in the scheme of things. I AM a very full cup and those who drink of me will feel released from their spiritual thirst. I AM ready."

*I AM a vessel of truth carrying wisdom across time and space.*

### Loquat *Eriobotrya japonica*

Loquat cuts to the chase in describing its gifts, "I offer a wealth of wisdom about all issues of digestion, be it the digestion of food or the digestion of your life circumstances and life choices."

*I AM able to digest my life with clarity and ease.*

### Mutabilis Rose *Rosa chinensis mutabilis*

A hundred years ago, life challenged us to roll with the punches of growing older. Now, we are challenged to grow older, navigate high-speed technological and societal change and also evolve spiritually at an unprecedented rate. It can be a bit much.

This Rose offers its support for high-speed change. During its bloom time, each Mutabilis Rose mutates from white and yellow to orange, pink or red. Controlled mutation is its greatest talent. Consequently, Mutabilis Rose Flower Essence helps us to keep our molecular wisdom on track as we mutate.

Fear is a big monkey wrench in any mutation process. In part, this is because some symptoms of mutation can be disorienting and can easily be confused with a disease process. Not only does Mutabilis Rose suggest ways to mutate harmoniously, but it also offers a model of vibrational confidence. It helps us know that organized change is the nature of life, and that even though the human family is embarked on a particularly high-speed organized change, it is one that we can successfully handle. By encouraging us to be relaxed and fearless about energy system changes, confident we can mutate into energy systems carrying more light, Mutabilis Rose Essence helps the natural processes of harmonious mutation to occur unimpeded.

*I AM harmonious change. I process all changes in my energy system with calm, confidence and in good health.*

### **Old Blush China Rose** *Rosa chinensis*

Old Blush China Rose is an ancient Rose and the mother of a multitude of modern hybrids. As an Essence, this Rose helps us feel safe and secure, especially during times of tumultuous change.

When things fall apart in the external world, it helps us feel stable and strong. Like its name, Old Blush China Rose has a solid four square foundation kind of wisdom that helps us feel confident we can keep going when the things we define as constants drop away. Old Blush China Rose offers a grounding energy that encourages us not so much to dig our heels into the old but to embrace the new with faith in our ability to make the changes necessary to move forward and flourish in new circumstances.

When 9/11 happened, the Angels said this was the most helpful Flower Essence we could send people. This very old Rose is a vital source of helpful information for these times.

*I AM safe. I let go and let God, knowing all is well.*

### **Orange** *Citrus sinensis* “Valencia”

This is an excellent Flower Essence to work with if we find ourselves in the middle of explosive interpersonal dramas or full of volcanic emotions. Orange Essence is like oil on troubled waters. It offers vital information to the emotional body when we find ourselves agitated, frightened or unable to de-escalate our feelings about events. Orange helps us calm down when we are caught up in fiery emotional debates, especially polarized debates about issues of sexuality. This wonderful Essence helps release tensions and brings calm to any situation where there are intense emotional entanglements either between individuals or in regards to certain issues.

*I AM the light of God in this situation and therefore all is resolved peacefully and with love.*

### **Papaya** *Carica papaya*

Papaya has tremendous life force energy with vibrational gifts linked closely to the sense of touch and issues of sexuality. Male and female Papaya blossoms are very different. The female blossoms, reflecting their yin nature, grow close to the trunk of the tree and are large, waxy, pale yellow blossoms. The smaller male blossoms, reflecting their yang nature, grow in extensions several feet out from the trunk. The Papaya Essence we make is from a combination of male and female blossoms because one of the great strengths of such a combination Papaya Essence is that it helps to resolve crises around sexuality and sexual differentiation. Papaya supports a sense of connection to the gender and sexual identity each of us chose for this lifetime. It also helps couples resolve issues in their relationship about gender and sexuality as well as other issues. If a couple wants to work

with Papaya to improve their connection with each other, they should both take this Essence.

*I AM the divine strength and wisdom of my female physical body. OR I AM the divine strength and wisdom of my male physical body.*

### **Passion Flower** *Passiflora*

Passion Flower helps us feel the intangible God given framework that is with us on our journey to self-realization. When we know this safety net is ever present, we can better relax and surrender into the process of our journey home to God. This in turn helps us release any external framework of specific religion or cultural rules of engagement that hold us back from a full realization of our divine self as well as release actual muscle tension in our physical bodies.

*I AM one with my divine self.*

### **Pink Tecoma** *Podranea ricasoliana*

Pink Tecoma is our most beloved comfort Essence. Like a soft blanket, it swaddles us in a vibration of safety, serenity and love, cushioning us so that we feel able to face our life challenges with a sense of optimism and confidence. This is an excellent Essence for anyone who would like extra comfort and nurturing as they face the complexities of their life situation. One healer told me that she adds Pink Tecoma to a client's mix when the client's circumstances are challenging, and we find the Angels often nudge us to do likewise.

*I AM unconditionally loved by God. I AM God's beloved child. The divine mother holds me in her arms.*

### **Pomegranate** *Punica granatum*

Pomegranate is a powerhouse for women. On a profound level, it supports ovarian and reproductive health, a wisdom reflected in its fruits of radiant scarlet seeds. Furthermore, it supports physical vitality in women, a wisdom reflected in its gorgeous orange blossoms of a unique shade.

Pomegranate helps women recognize as well as chose between the infinite creative possibilities of each cycle and each phase of our lives. It helps us make self-affirming choices about our creative self-expression.

Pomegranate does not rubber stamp the proscribed agenda of any world culture or religion. Instead, Pomegranate helps us own both our immense creative power and our

freedom to express this however we wish. It helps women resolve how they want to use their creative life force energy free of cultural, tribal or religious bias.

Pomegranate empowers us to make our own decisions about the amazing directions our creativity calls us in without fear of censure and from a place of confidence, clarity and balance. Then its energies kick in further to help us manifest our creative choices with unparalleled health and vitality.

I cannot speak highly enough about the gifts of this Essence. Were all women to partake of Pomegranate Flower Essence, it would be a profound healing of global proportions.

*I AM the full expression of my female creativity in action. I AM co-creator of my world.*

### **Rain of Gold** *Thryallis glauca*

Rain of Gold is a veritable flood of wisdom about abundance. Abundance is a natural condition of being. Abundance is offered to us in an abundant number of ways in an abundant number of situations. Rain of Gold tunes us to this truth and helps us experience this abundance more, well, abundantly!

Rain of Gold is particularly good for those of us who wear a figurative hair shirt about what service to God is going to look like in terms of abundance. In other words, it helps to remove blockages from our energy system that might try and tell us it is not spiritual to have abundance flow into our lives. This plant is a perpetual mass of Flowers with each candelabra of blossoms shooting up like a golden wand. Let Rain of Gold joyfully dismantle your scarcity mindset and bring you into the abundant now!

*I AM a child of God therefore I AM worthy of God's total abundant love and generosity.*

### **Red Hibiscus** *Hibiscus rosa sinensis*

Red Hibiscus offers much healing support to those who have been through experiences of abuse, particularly sexual abuse. Wounds addressed are not just those experienced on the physical level. One specific healing property of Red Hibiscus is that it helps to cleanse the etheric body where we hold memories of abuse so that we release the trauma of these memories. Support for the release of emotional trauma is another gift of this profound Essence. Red Hibiscus is an Essence that people often get called to very strongly, sometimes in dreams. We encourage people to take the Essence for an extended period of time as over time the Essence constructively and gently releases more and more of the trauma on deeper and deeper levels.

*I AM the power releasing these memories forever.*

### Royal Ponciana *Delonix regia*

No matter the tensions of any conversation, Royal Ponciana helps us communicate with more politeness towards each other. It helps those of us who like to ignite fiery arguments to find, instead, the common spiritual thread that connects us to our debate opponents. The Essence encourages us to be more detached and objective in our conversations, holding the thread of our oneness even when hot under the collar. It formalizes discussions into more civilized and productive forms by returning us to a clear awareness of this underlying common ground.

*I AM the presence that sees only God.*

### Sago Palm *Cycas revoluta*

Sago Palm is a cycad, making it a member of one of the oldest families of plants on Earth. As an ancient tuning fork, Sago Palm helps us to tune ourselves, specifically our physical vehicles to the original divine plan for us. It has a deep drumbeat vibration that insistently calls us back to what we know, who we truly are, all that is vibrant within us waiting to be reborn. In practical terms, this is an excellent Essence to consider when you feel your health needs support for a course correction. We have seen it benefit people and animals in profound, mysterious and life altering ways.

*I AM attunement to enlightened embodiment.*

### Screw Pine *Pandanus utilis*

The first time I met this powerhouse up close and personal, I had to climb onto the roof of a building while seven months pregnant. What a meet cute! The long hairy fuzz ball Flowers of Screw Pine are unlike any other Flower I know. Its large seedpod is equally unique in its resemblance to a grenade. We have found this Essence echoes its visual cues by offering unique information about finding calm in explosive situations or situations of irritation, chronic irritation or distress. It brings unequalled support to situations of allergic outbursts and other disagreeably violent physical reactions.

*I AM the healing energy of God moving through my system and bringing immediate and total relief.*

### Shrimp Plant *Beloperone guttata*

Shrimp Plant Flower Essence is an Essence about integration and wholeness. Most of us live fragmented lives, moving rapidly from place to place and task to task. Experiences of wholeness, unity or relatedness may remain elusive.

Shrimp Plant explains how it helps us with these experiences of fragmentation, “I help you integrate systems of the body one to another and segments of your life into an

indivisible whole. I take things that might not naturally feel linked together and reveal their interconnectedness. I support you to experience your daily life as a seamless unity. I help you to feel connected to your life through all the daily transitions of sleep to work, work to home, home to sleep. I help you feel the bridge connecting the worlds you move through. Instead of experiencing your life as a series of disconnected events, I help you tangibly feel the unity of your life. If, at the core, your work persona is at odds with your home persona, I help you reconcile these differences until you find more integrity in your self and life. I help resolve the dilemma of feeling like two different people at home and at work.

My Flower head is a slightly curved series of overlapping petal units resembling the body of a shrimp in color and structure. This reflects my ability to link separate units into a single fully functioning system. Working with my unifying energies has many positive ramifications for your physical body as well as your life, so consider me when systems within your body do not seem to be working as an integrated unit, as well as when your life feels fragmented.”

*I AM centered in the knowing that all is God, therefore all systems in my life and body work in perfect harmony.*

### **Solandra** *Solandra hartwegii*

Solandra is a vine that can grow to enormous size, sometimes climbing a hundred feet. It bears enormous, soft yellow trumpet flowers whose insides are marked in striking maroon stripes.

This Essence is for overachievers, perfectionists, those of us who feel we must accomplish something every waking minute or who have a hard time relaxing. It is helpful for those of us who do not feel we are acceptable to God unless we prove ourselves through constant activity and effort. Solandra Essence helps us to find appropriate limits for what we can and should do. It reminds us that we are lovable, acceptable and worthy because we exist not because of what we do. Consequently, Solandra brings us the inner peace and tranquility that comes from understanding that growth also happens when we stop to smell the Flowers or sit in the sun. It knows that receiving is as important as giving. What would the out breath be like if there was never an in breath?

Many souls struggle with the difference between service and servitude. Solandra helps illuminate this difference, encouraging a more balanced attitude towards our responsibilities. Solandra is solace to souls who have been human doings, helping them to find the peace of life as human beings.

*I AM God's beloved child not because of what I do but because I AM.*

### **Spanish Bayonet** *Yucca aloifolia*

The Flower head has a very large and majestic Flower stalk that towers into the summer skies of Bermuda. Spanish Bayonet offers us wonderful information about cleansing on the cellular level. Consider this one for the deepest sort of cleansing.

*I AM God's Purity in every cell of my body.*

### **Spider Lily** *Hymenocallis caribaea*

This Essence helps us increase our telepathic skills, by which I mean our ability to communicate by some means other than normal sensory channels. This Essence also helps us be selective in our telepathic receiving. Resembling a cosmic satellite dish of white interceptors, the Flower reveals its essential task of teaching us how to tune into higher frequencies while also disregarding lower vibration information that is of no value.

*I AM a clear and open channel to receive divine wisdom.*

### **Star of Bethlehem** *Ornithogalum arabicum*

Star of Bethlehem Essence promotes an ability to embrace new beginnings and see their potential even when the new lacks definition in comparison to the existing, dying status quo. This makes it an excellent choice for right now!

New beginnings necessarily involve the death of the old. We tend to think that those ushering in exciting new times always see that this is what they are doing even while they are doing it. This is not always the case for those giving birth

The birth of the new brings a crumbling of all that went before, even times of alienation as the newly born way takes hold. Star of Bethlehem Essence helps us to usher in a new understanding of our identity, our world and our connection to our Creator. As the old unravels, the Essence helps us to feel connected to the birth and free to witness the passage of what must go with peace, detachment and confidence that what is being born is worthy of the death throes involved in its birth.

*I AM the light of a new beginning.*

### **Summer Snowflake** *Leucojum aestivum*

This Flower Essence promotes adaptability to strange, unexpected or unusual circumstances. It helps when our lives have changed directions suddenly or when we go through a change of seasons. Travelers suffering from jet lag or culture shock find it a boon. Anyone experiencing changes in daily life, be they fairly mundane or more traumatic, would find Summer Snowflake a gift.

This is Essence offers wonderful information about moderating our experience of the heat during extremely hot weather. I asked the Angels if Summer Snowflake would also help with too deep a psychological feeling of chill or managing the kind of cold weather we get around here and they said, "Of course, why do you think it's called Summer Snowflake. It moves in both directions in its balancing capacities."

*I AM serene and comfortable, centered in my divinity, no matter what the circumstances around me.*

### **Tuberose** *Polyanthes tuberosa*

Tuberose is a jewel of the crown chakra. Tuberose explains, "My point of focus is first and foremost your crown chakra. I help you keep your crown chakra open for God's light to descend into your form. I have a very strong opening energy, so I am an excellent remedy to kickstart your spiritual journey when it seems to have stalled. I also help you keep this chakra in superb health in a variety of situations. Equally importantly, I align all your chakras, subtle bodies and the nadis or energy distributors in your etheric body so that the distribution of divine light is coordinated and thorough. I AM the powerhouse you have been looking for."

*I AM the unimpeded journey of divine light through my energy system. I AM open to receive and fully synthesize this light.*

### **Turnera** *Turnera ulmifolia*

Native to Bermuda, Turnera is a small sturdy shrub covered in delicate yellow blossoms. Turnera describes its divine wisdom as helping others find the quiet bliss of knowing their purpose.

Turnera blossoms open in the morning and close by mid-afternoon. This rhythm reflects the energy of the plant moving from receiving wisdom to acting upon it. In this way, Turnera Essence reminds us of the essential daily rhythm of tuning into God's wisdom for direction and purpose then taking this forward in action. One thing we have discovered over the years is that this rhythmic wisdom makes Turnera a help for anyone who is finding it hard to find a regular rhythmic sleep pattern.

*I AM in total acknowledgement of my life purpose. I AM in alignment with the rhythm of creation.*

### **Vanda Orchid** *Vanda merrilli*

Vanda Orchid helps us understand the core issue at stake in any healing crisis and also helps us access the most enlightened blueprint to restore health and well-being.

*I AM one with the divine blueprint for my life. I AM one with the divine blueprint for my physical vehicle.*

### **Vitex** *Vitex agnuscastus*

Vitex offers information about assimilating the minerals in our food. It is a great Essence to work with when we feel run down or enervated in any way. Vitex will not remineralize our systems or alter our body chemistry, but it will offer our energy systems amazingly helpful information about doing this for ourselves. Vitex is a road map, but what a practical, revitalizing road map!

*I AM the perfect balance of minerals in my energy system.*

### **Water Hyacinth** *Eichhornia crassipes*

From a place of non-judgment and balance, emotions are experienced as energy, specifically waves of energy moving through our systems to help us learn. These waves of energy are intended to move us forward on our spiritual journeys not bog us down. Water Hyacinth knows this place of non-judgment and balance in regards to emotion and understands how the experience of all emotions serves us.

Most of us do not live in a place of balance and non-judgment in regards to emotions. In our confusion about emotion, we judge and react. We deny certain feelings, ashamed we have these feelings or we get caught up in runaway reactions to our emotions. It is these judgments and our reactions to emotions that cause most of the difficulties. Our judgments lead us to hold onto emotions long after we need to experience them and store them in our energy system where they wear down our physical body and negatively impact our energetic vitality.

These judgments and reactions about emotion spring from illusions we have that we are flawed for feeling what we feel. This is the very illusion we need to shed most, and Water Hyacinth can help. The appearance and habitat of this Flower speak volumes as to its divine wisdom. Water Hyacinth is a free floating, aquatic plant that rises up in stalks of sturdy, luminous lavender blue Flower heads. The plant moves freely with the current in a lake, pond or other body of water. It is not dependent on certain water for its health but thrives on whatever water is available. Water symbolically represents emotion. In its willingness to grow in any kind of water, Water Hyacinth reflects the truth that all emotions are for growth and learning, not just a few select emotions.

Water Hyacinth has no anchor for its roots except water and nothing to support it other than its own inner strength. This does not stop it from rising up in a strong wand of radiant blossoms. Water Hyacinth Essence encourages us to do likewise and be a pillar of strength, using all emotions as fodder for growth with our own inner divinity as all the

backbone we need to stand tall. This Flower Essence offers a model for using all emotion as a constructive and uplifting energy. It offers this wisdom to us so that we may be set free to use all emotion as a gift that empowers but does not define us.

*I AM able to easily detach and depersonalize from my emotions, actions and reactions. I AM able to identify and benefit from the gifts my emotions give me.*

### **White Hibiscus** *Hibiscus rosa sinensis*

If we have ever been abused, we may feel unloved, unwanted and abandoned. Wonderful present life circumstances and an intellectual understanding that our Creator loves us may not impact this sense of abandonment. This core loneliness can leave us pursuing all sorts of unsatisfying activities and personal relationships in an effort to feel connected, full and whole. White Hibiscus Essence helps us stop using external connections to fill ourselves up. White Hibiscus redirects us to go deeper into ourselves until we actually feel the nourishing, nurturing relationship available with our own divine inner mother. This helps us break free of behaviors that bring no relief from our pain but often increase the sorrows. This also helps us make life-affirming decisions to pursue that which will uplift and bring genuine comfort. Most importantly, this helps us know our wholeness.

*I AM the beloved of God. She comforts, guides, protects and sustains me at all times.*