

THE ESSENCE OF ANGELS

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On my farm in New Hampshire I garden with Angels and Elementals. This partnership has opened the door to happiness, beauty and spiritual growth beyond my wildest dreams. Consequently, I was delighted when the Angels and Elementals suggested I practice medicine as well as garden under their tutelage. "Flower Essences," they whispered to me, "make Flower Essences."

I did not have a clue what Flower Essences were, but I was ready to learn. I started filling glass bowls with flower petals and water as instructed, and another cosmic adventure was launched.

Out in the gardens of my farm the Angels and Elementals chose the flowers from which I was to make Essences. They selected the individual blossoms, and the timing, and were responsible for the transfer of healing energy from the blossoms into the water. They taught me how to preserve the Essences and the healing, balancing and strengthening vibrational pattern of each Flower Essence. Eventually they helped me build a copper pyramid to amplify the positive energies of the Essences. Always they were a source of encouragement, expertise and humor.

The first summer I made Essences, I amassed a stockpile that could have healed the entire U.S. population. Still unsure what I was dealing with, I decided to spend a year practicing on myself and my family before I went out into the world to share what I had learned.

Almost immediately I knew I was onto something extraordinary. When I began to use Essences, chronic lifelong problems in my lungs eased dramatically. When someone in my family got sick, Essences helped them get better much faster than before. Eventually, using Essences meant we rarely got sick at all. When I dislocated my knee hauling water to my chicken coop, the excruciating pain was gone the moment I took Essences. Despite the ominous crunching noise when my knee turned, complete recovery came in a few short days of intensive Flower Essence use. Friends were still advocating x-rays long after I was hauling water again.

There were less tangible yet equally profound gifts from taking Essences. They helped me stay emotionally and mentally balanced in stressful situations; old wounds from my dysfunctional childhood healed more easily. Perhaps the most eloquent testimonial for Essences came from my youngest child, who was a baby during that first year. Like a small bird, she would tilt back her mouth and chirp, "flower, flower," whenever she wanted me to give her Essences. She had no such delight in conventional medicines, and the Flower Essences certainly did not have a particularly appealing taste, yet her God-self knew they worked.

Fully convinced of the transformative powers of the Essences, I began to share them with others and ask spirit for more information. I learned that Flower Essences were one of the oldest spiritual and medicinal tools on the

planet. First introduced and extensively used in ancient Lemuria, Flower Essences are a gift to humankind from the Nature Kingdom. Initially offered as a way to help us raise our vibration to become more evolved God-beings, Flower Essences were adapted to help when we forgot our God-identity sufficiently to manifest disease. The Nature Spirits responsible for Flower Essences continue to create flowers for Essences to address every spiritual need and disease we develop.

Flower Essences, a vibrational medicine, work very differently than homeopathic remedies or the allopathic medicine we depend upon today. We store mental distress, emotional pain and ego illusions in our physical body or in our subtle bodies. The site where we store these imbalances vibrates slowly in an unhealthy, weakened state. As long as we cling to the same viewpoint on these emotional, mental or spiritual issues, the vibration remains slowed, promoting disease and further imbalance.

If we decide we want to let go of our disease and allow healing to happen, Flower Essences efficiently do the task. Using our electrical circuitry and central nervous system, Flower Essences travel instantaneously to the places in our physical or subtle bodies where the illness or imbalance is seated. Flower Essences open up the pathways for healing energy from God to enter. They offer their own healing energy and high vibrational model of radiant good health and God-centered wisdom and truth.

Different Flower Essences resonate to different frequency hands. Specific individual essences will be used in specific situations. For example, Hyssop Essence is good for easing guilt. Based on erroneous ego illusions, guilt is a low-vibration energy. It promotes endless self-punishment and remorse about what we've done in the past, long after the karma of the situation



Photo: Molly Sheehan

From the bounty of Molly Sheehan's garden in New Hampshire.

has been balanced. Hyssop offers us the chance to replace guilt with its more evolved, nonjudgmental, high vibrational pattern. It holds the truth that we are always God-beings going through human "learning lessons," not flawed beings unworthy of anything but further self-abuse.

Some Flower Essences resonate to particular parts or systems of the physical body. Blackberry strengthens the rhythmic processes of the body, such as those of the heart and lungs. Lilac Essence helps with spinal problems. Snapdragon aligns cranial plates and addresses difficulties in the mouth, throat and jaw. Yet most Essences, including the three mentioned here, are concerned with our spiritual evolution and support us in understanding our birthright as God-beings.

Many Essences help remove emotional, mental or past-life blockages that prevent us from viewing ourselves as Divine beings. Comfrey Essence, for example, helps us heal and release past-life memories which our ego clings to as proof that there is something wrong with us. California Poppy helps us anchor ourselves in our heart, the seat of our God-self, and the place from which we can recognize the truth that we are God-beings.

And what about mundane aches and pains, or a more serious illness? Essences bring in the high vibrational energy that can heal these situations swiftly, but they also address the reasons we attracted the illness or injury in the first place. If a person develops a cold because she is depressed and feels the world is passing her by, Goldenrod Essence clears the nasal cavities. In addition, Cucumber Essence eases the depression by helping her feel connected to her life again.

If someone has a backache because he feels everyone dumps on him, Dill Essence helps him understand he is not a victim of the situation but the director of his own life, the writer of his own script. The backache goes and so does the feeling of victimization.

My middle child is working on self-worth issues right now. Sometimes she gets a stomachache before going to school — one place she gets a big dose of her chosen "learning lessons." In this situation she test for Cosmos, Summer Squash and Black-eyed Susan Essences. The Cosmos helps her feel it is safe to speak from her heart and be her true self. The Summer Squash gives her the courage to face the daily routines that are so difficult for her right now. The Black-eyed Susan, with its healing pattern of unconditional love, helps her recognize her own value. My 11-year-old son, who spends a vast amount of time buried in his Gameboy computer game, takes Nasturtium Essence, which helps him restore physical vitality when he spends too much time in his head.

You do not have to understand the underlying causes of your physical distress, or even the nature of the physical distress, in order to take the right Essences. Dowsing, muscle-testing or following heartfelt intuition can diagnose which Essences to take, how much, and how often. A German doctor who uses Flower Essences extensively in her conventional medical practice showed me that pulse rates change when our hand is over the bottle of Essences we need. There are probably as many ways to self-diagnose as there are people. When diagnosing for myself or a client, I ask for input

from the Deva of Flower Essences, the Angels of Healing, my God-self and the client's God-self. This spiritual help is available to all who ask for it. Just remember to thank whomever you are working with for their assistance, and tell them when the conversation is over so they can go on about their business.

Learning to use vibrational medicines is not dangerous in the way experimentation with conventional medicines would be. If you take an Essence you do not need, it travels through your system unused. While very thorough, Essences are gentle and non-toxic. There is great latitude for practicing with Essences to receive maximum positive results with no negative side-effects.

Flower Essences have always offered great healing gifts to humankind, but because they work to raise our vibrations they have never been more needed. We are in the throes of an enormous spiritual change. This spiritual evolution, affecting Earth and everyone on it, is a physical change grounded in scientific, physical laws. High vibrational energy from other realms is being sent to Earth to help us grow spiritually. To ground this energy, we must literally vibrate our molecular structures faster. The image of an ice cube increasing its vibration until it is steam illustrates the vibratory changes Earth and everything on it must undergo during this spiritual transformation.

For us humans, the rising vibrations mean we must return from our travels in the ego world to life lived from our God-self. This is our true self; at one with the creator, secure in the knowledge that God loves us unconditionally, and able to be God's love, wisdom and power on Earth. It is the part of us which naturally vibrates at a very fast speed.

Our ego is like the ice cube, a mass of dense vibrational patterns based on the erroneous assumptions that we are unlovable, unworthy or unacceptable to God. Flower Essences are tailor-made for the task of releasing these dense ego vibrations and helping the high vibrations of our God-self to reassert themselves. Flower Essences open the passages for our God-self to illuminate the places in us dominated by the ego. Flower Essences increase our life-force so we can keep on releasing these dense ego vibrations. Finally, because flowers have never swerved from the Divine plan or from being their Divine selves on Earth, Flower Essences remind us of what we have too long forgotten, how to be our God-selves on Earth.

I hope that, like a whisper in a summer garden, this information will encourage you to accept the Nature Kingdom's gift of Flower Essences. May they help you on your journey home to God and to a rediscovery of your true eternal self.

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