



## Wake Up Time!

Before you start beating yourself up about having collected all these illusions, it is important to understand that Earth school is a classroom that begins for all of us with a total submersion into illusion. When we first attend Earth school, the conscious part of ourselves is submerged in illusion until we are completely asleep to the truth that Earth and everything on Earth is a stage set. We exist in a dream of separation in which we believe everything is distinct and unconnected. We completely forget that we are one with God. In this dream, we experience every illusion of separation possible, plunging through the full range of light and dark, sorrow and bliss that the Earth offers.

At a certain point in our time at Earth school, there comes a moment when it is time to wake up, when it is time to reunite with the part of ourselves that did not experience the illusion of separation. The part of us that remained awake comes to awaken us. This awakened part comes in many guises: as Angels, Elementals, spiritual teachers even coincidences within the stage set. Each is a face of God coming to take us home to the realization that “God and I are not we but one.”

An awakened God comes out to meet us, but we, too, must make a persistent and conscious effort to wake up from the illusion of what seems to be all around us: a diverse complexity of different forms. We have to realize that nothing is divisible or separate in its reality. We must come to understand that only God is real.

Angels and Elementals serve to awaken, but they also serve to create and sustain the necessary illusion of individuated Earth reality. The Angels are the architects of all form on Earth and the Elementals or Nature Spirits manifest this form. As set designers and builders for the Earth stage where we perform our dramas, the Angels and Elementals do their best to serve our light. They know the set is just an illusion, but none-the-less they make it magnificent. They know that we must truly believe the illusion of form to actually live out the necessary dramas before turning home towards graduation and conscious oneness.

It is necessary for us to strut our stuff upon the stage until we grow weary of its limitations and look for more. At that point in our journey, when we get restless with the stage set and tired of this drama of separation, our focus shifts. After looking to play many different parts on the stage, we now are more interested in the common ground that connects us than in the differences that seem to divide us. We grow more interested in backstage than on-stage reality. Even this gem of a stage set no longer holds our interest or hides our indivisibility. But how to get free of the stage set and completely pierce the veil of illusion? How to wake up from this tired dream?

We begin to search for a way out.

Not only does our awakened God-self come out to greet us at this point, but we also learn that the stage set is filled with illusion busting equipment. These tools have been waiting for us to be ready for them, right in plain view. Flowers and their Flower Essences are incredible tools for illusion busting. Each Essence offers an alternative to a specific illusion of separation. Our awakened self can guide us to use the very Essences that will dismantle, one by one, the illusions that have tied us in a Gordian knot. Essences take us very close to the end of illusion. It requires a God realized being incarnate to actually take us to God realization and an eternal experience of ourselves as God beyond the illusion of Earth. Flower Essences can usher us to this moment.

## A Twenty First Century Wake Up Call

It is not a time on Earth when just a few are ready to wake up. It is a time when many are ready to wake up. As a consequence, the stage set is being changed to hold fewer illusions. Each of us individually gets to benefit from this shift. Illusions are being lifted from the Earth without our having to do any work to get rid of the illusions. This is a rare and precious opportunity, one that makes our collective and individual experiences of waking up much easier.

We may not have to work to have the illusions of the stage set removed, but we do have to work to accommodate these changes as they affect our energy systems. In other times, we could decide to wake up or decide to stay asleep. This time we have no choice but to wake up. The reduction in illusions on the set requires us to adjust to a different view of reality, one closer to a complete acknowledgment of our oneness. To stay on the planet, we have to accommodate this new worldview whether we want to or not. The planet will no longer sustain us if we maintain our old view with its denser illusions. Many tools and teachers are here to give the help necessary for our adjustment to this more light filled reality.

Waking up is an electrical process as much as a spiritual one. As the planet releases the dense slow vibrations of illusions, our electrical systems have to rise to keep pace with this release. Flower Essences are a tool that helps us make the necessary electrical changes.

More specifically, there are places in our energy systems that can easily adapt to the rapidly increasing vibrational rate of the planet. However, there are places in our energy systems that may need help to make the transition. These places, situated in our physical, mental, emotional and etheric or memory energy bodies are the places where we store our habitual illusions and erroneous self-judgments. Here is an example of how this works.

Let us say, during your childhood, adults frequently told you that you were clumsy and stupid. Each time you heard this, you stored the memory of this experience somewhere

in your energy system. As with a file cabinet, you stored similar memories in the same file, so variations of this experience always got stored in the same place. Your filing system is unique to you and makes complete sense to you.

If your father said you were clumsy and stupid when you bumped your right knee on a coffee table when you were five, you might link the mental idea of your clumsiness and stupidity to your right knee. From then on, you might store all references to your alleged clumsiness and stupidity in your right knee and you would probably also keep a file in your memory body linking your knee to the issues of clumsiness and stupidity. After storing many similar events like this in these places, you might not just have an energetic heaviness encircling your knee; you might begin to experience physical problems with your knee also. This energetic heaviness might leave your knee more susceptible to injury and accidents, literally attracting more heavy energies to the joint. Even if you didn't experience further injuries, the energy in and around your knee would be so tied up in holding all these negative thoughts that your knee would vibrate at a lower, healthier rate of speed than other places in your body.

It is not always easy to remove all these lower vibration files from our energy systems. Often we have completely bought into the illusions represented by these files and feel comfortable with them, saying things to yourself like, "Oh, I have weak knees."

Thank goodness for Flower Essences and our own innate desire to heal and be whole. When exposed to a Flower Essence that has solved a similar difficulty, our energy systems know how to deliver the healing data of the Flower Essence right to the place where the illusions are stored. The Flower's vibrational energy feels deeply healing, familiar and true to us. It reminds us of how it felt before we acquired the illusions and calls us to let go of the illusions and remember what we already know.

*You might say that Flower Essences are vibrational mirrors, reminding us of what we have long forgotten about ourselves: our divinity in a cosmos of divinity.*

In the instance of the knee, the vibrational truth is that you are neither stupid nor clumsy, no matter what anyone ever said and no matter what happened on the stage set to make you leap to this conclusion. You may have an experience of tripping over things, but that is not part of your eternal identity or anything you need to identify with!

There is a Flower Essence to help us return to the reality beyond every specific illusion that may have ensnared us. Every Flower Essence embodies the central truth that we are God, but each Essence comes to that truth from a different direction. This means that no matter where or how we are tangled in illusion, there is a Flower Essence to help us break free of that illusion and head home to conscious oneness.

*"All these years of peeling away the outer covers are beginning to reveal some pretty interesting stuff. I'm highly entertained by it all. Life is really one big movie. Sometimes it's a drama. Sometimes a comedy, occasionally a horror story. Sometimes I'm caught up in the story, sometimes I'm in the seat with a bucket of popcorn and detached. The trick is being the actress and knowing who I really am regardless of the costume or personality needed to make the story interesting." D.S., Silver Spring, MD*