



Why does some Flower Essence literature insist I should restrict the number of Flower Essences I work with?

We receive many questions about the safe number of Flower Essences to take at one time. Some of the most widely read information on Flower Essences is very firm about not taking more than a few Flower Essences at a time. Many of these books were written over eighty years ago or are based on principles set forth over eighty years ago. I suggest you read this literature with a big grain of salt. Just as a driver's manual for a 1930's Model T Ford would not answer questions about your new Lexus, this information is inspiring, but it cannot be the final word on Flower Essences or your energy system. As with the evolution of the motorcar, your electrical system is not what it would have been in the 1930's, nor is it the same as it was in the 1980's or even the 1990's. You and your electrical system are in the process of rapid vibratory change. Dogma only inhibits your ability to support yourself, in these changing times as efficiently and completely as possible. Toss out the Model T literature and follow the manual for your present electrical system; YOUR guidance from YOUR heart in this NOW.

To continue on my soap box, the still prevalent Flower Essence dogma from the 1930's suggests we cannot and should not make use of more than a couple of Flower Essences at a time. I strongly disagree.

Our electrical systems are very adept at reading a lot of information at once. We do this all day long, energetically reading everyone and everything we come in contact with. Getting information from a number of Flower Essences that offer helpful problem solving information is not going to be a burden. It is our days reading too much electrical data of a more dissonant vibration that is actually the stressful thing!

I think it is silly not to avail ourselves to whatever positive electrical support we can get for navigating these times. If it means working with a lovely big group of Flower Essences, so be it!