
FLEURESSENCES

SUMMER 2005

Preparing Flower Essences

Making flower essences starts easily, continues easily and is completed easily. As we continue to evolve and access very high frequencies of energy, obtaining what we need should be simple or may even only need to be an intention that then fully manifests our desired goal.

Spiritual Practice: Our state of consciousness while making a flower essence is the most important part of the process. An experienced Flower Essence Therapist knows the consciousness of the individual who made the essence, just by observing the preparation. A spiritual practice above all else supports and assists our efforts. If you do not have a spiritual practice, at least for now, call in a shaft of white light that you ask to pour into your crown chakra and visualize it moving down to each main chakra along your spinal column. Now imagine an etheric violet flame all around your auric field that “burns” away negative thought patterns and imbalances in your force field. This should be done on a daily basis.

Co-creative Endeavor: The process of making flower essences is a co-creative endeavor. Co-creation moves us from the place of individually, lower ego based determinations to a joint effort between ourselves and etheric beings. It means we can tap into information that is limitless in scope and potential. Any co-creative effort begins with an intention (by asking) to work with etheric beings. These beings can take the form of Ascended Masters, Angelic Realm Beings or Dieties. Take a little time before making your flower essence to connect with your divine guides, insisting that they be of Christ Frequency or Higher. You will then ask to connect with the natural kingdom beings and include Pan, the Overlighting Healing Devas, the Deva (s) of your practice and the Deva of the specific flower you are working with. You will not be successful making flower essences if you do not work with the natural kingdom beings.

What is Needed: If you happen to have other flower essences on hand, this would be a good time to test yourself to see if there are any that you need to maintain your sensitivities, balance and clarity.

Leap of Faith Combination Formula

From Fleurescences

I think that we will look back and see **Leap of Faith** as a key formula for our evolutionary growth in our transition from 3D human beings to 5D light beings. This essence combination represents the bridge formula between **Fleurescences** and **Galactic Grace Essences**. Without exception, all of the formulas in the **Fleurescences** line help us to clear health imbalances and energetic blocks in the physical, mental, emotional and spiritual aspects of our being. The **Galactic Grace** series of essences produces evolutionary changes that bring about transformation and transmutation of the 3D body into the 5D Lightbody.

Currently many individuals on the earth plane of existence are transforming on a molecular level and reconfiguring the 12 strand DNA structure. Our new physical and energetic systems are attuning to enlightened embodiment often through essences or images that help us to resonate with the divine original soul blueprint. According to Bryan de Flores this transformation will “result in a faster oscillation of the cells and energy field, allowing individuals to manifest magical skills and perform miracles in the new Golden Age.”



Bird-on-the-Wing *Polygala paucifolia* sp.

Preparing Flower Essences - continued from page 1

One fine and sunny morning you might wake up and “know” that this day is the day to make an essence from the exquisite apricot hollyhocks growing against the house in the back of the kitchen garden. Those apricot beauties have just emerged from folded buds that were still loosely gathered together just yesterday. In keeping with our simplicity theme then, a freshly blooming flower and a sunny day are the basic ingredients for making a flower essence! Remember grace and ease will keep the Devas joyous! You will also need a crystal or glass bowl and pure water. If you are planning to preserve the flower essence you will need a storage bottle (cobalt blue is best) and enough Red Schiso (devas exist in alcohol but they don’t dance in it; do find an alternative like Red Schiso that they love!!!) to half fill the bottle. To store for longer than a week, a copper pyramid or geocrystal is needed. (more on this in future newsletters).

Making the Essence: The vehicle that will hold the electromagnetic pattern of the hollyhock is water. Fill your crystal or glass bowl with pure water and set it out in a sunny location. Approach the hollyhock plant that you have been guided to use and being careful not to contaminate the flowers by brushing them with any part of you, gently pick off one of the hollyhock’s leaves. Pick it from the back so that you can use the front side of the leaf that has not been altered by your energy field as a “tool” or “glove” to gently encompass the flower. Now just gently squeeze the leaf front from the back around the stem of the bloom chosen without letting any part of your skin or any part of the back of the leaf touch the flower so that there is no shift in its frequency. Drop just the flower into the bowl of water. If you can “see,” you may be able to detect the flowers’ etheric trailings as it melds its electromagnetic pattern into the water.

Storing the Essence: Let the flower (s) float in the water for 3-4 hours. You can ask your etheric guides for information as to when the process is complete. Pour enough of the “charged” water into your storage bottle that has been already filled halfway with Red Schiso and put a cap on the bottle. Let the flowers continue to float in the water from the bowl as you pour, rather than trying to bring the water through a sieve. The sieve might alter the frequency. I love to drink some of the remaining water, or put it in the refrigerator to drink over the next few days. Once the water has been drained off, it is nice to have a small moment of gratitude for the flowers. I often will then take them out in the lake I live on and ceremoniously infuse my lake waters with the essence of flowers!! You will come up with your own rituals.

Raise the frequency of your essence so that it will store for up to a year’s time by putting it under a pyramid or

Leap of Faith - continued from page 1

Furthermore, Bryan asserts, we will “not be prone to disease or aging, but always maintain a youthful, ageless appearance.”

The **Leap of Faith** Flower Essence Combination began with the discovery of **Bird-on-the-Wing** (*Polygala paucifolia*). This exquisite orchid-like flower looks like an airplane with fringe on the end of what would be the airplane’s “nose.” It is interesting to look for clues as to the potential use of this flower by looking at its Plant Signatures (see November Newsletter). The flower is the shape of a small airplane. There is fringe on the “nose” of the plane. Its color is a rich pink-magenta. It loses its vibration easily and it is hard to find it holding its vibration fully.

This is not a commonly found flower, although it is not considered rare. We found this flower, filled with its vibrational integrity, below a stand of six virgin timber pines in an area called Cathedral Point on a secluded lake in Northern Wisconsin. It is so unusual to find this flower holding its complete integrity that I decided to come back the next day and make an essence of it, for if you pick it and try to store it to take home; **Bird-on-the-Wing** immediately loses its vibration.

Because of its extreme sensitivity, we made the essence “in the field.” (see this newsletter for directions for making a flower essence.) A few flowers were picked, without human contact and placed in a crystal bowl filled with purified water. They were placed in a sunny area, and we sat and meditated next to them. We noticed that a bald eagle had perched nearby and it stayed until we had completed the essence-making process, making a call we had never heard as it left.

Information began to come to us after we drank some of the essence water that we had not used for the “mother” bottle. The first image we saw was a series of concentric circles, each $\frac{1}{4}$ ” apart from the others. Then the image of a circle appeared about 1 and $\frac{1}{2}$ ” outside all the others. This outside circle represented a leap in consciousness. We began to see that the flower was holding attunement to a much more complete spectrum of consciousness. The flower’s “signature” was an airplane that flew out to the fringe. The frequency of magenta supported the intuitive flow of information that we were receiving.

We have learned quite a bit more about this flower. It brings greater clarity to our thought processes. It dislodges major blocks in our foundation and then builds in new alignment rods that appear titanium-like in structure. It is associated with the pillars of light that the Avatars travel in. hence possibly its “airplane”

Preparing Flower Essences - continued from page 2

geocrystal for 50 minutes. At Fleuressences, we sound a mantra that makes the Devas both comfortable and ecstatic. We like to treat the Devas as if they were at a spa!!!! Especially when you are drinking the beautiful leftover flower essence water, you may start to intuit information about the benefits and uses of the flower essence you have made. Over the few days that you drink the excess water, pay close attention, I promise you will learn a lot!!! §

Apricot Hollyhock

Syringa sp.

"I am apricot infused Hollyhock penetrating your light body with my heavenly vibrations. I move your awareness upward beyond cloud 9, teaching you to float amidst the guidance of realms of etheric beings who you have yet to meet. Just one taste of my essence brings greater light to your skull and permeates it with more crystalline-like qualities. My antenna inducing qualities for your crown chakra quickly shift you into an awareness of frequencies typically less easily accessible. You become more of a receiver. Your sense of touch in particular, and amplification of all of the senses, generally will be noted. My heavenly qualities move beyond your current awareness and will ultimately bring about refined and subtle attunements that will eventually be understood fully.



The apricot spectrum holds Kuan Yin vibrations especially helpful for artists and musicians seeking to instill a more heavenly vibration into their work. I am excellent also for those exploring higher realms in their meditations and healing. Imagine floating on a hammock of apricot colored clouds sprinkled with silver slivers of light and you imagine my true essence."

Leap of Faith - continued from page 2

Plant Signature. You might be aware of the vibrational color frequencies as you take this essence, I felt a flame, not hot, but pure and unchanging that was a combination of peach, blue, violet, magenta (Plant Signature) and lime green. This pure essence says that it "holds the spark of enlightenment itself." It is full of prana, light and sacred fire. It connects us with the monad – Christ, soul of souls but also grounds us in the monad of the earth. Hence our ability to stay grounded and also "take the leap." It holds keys to the priesthoods of the highest order. Its Christ energies are very concentrated. This flower "sustains continual movement, love of life, drips of dew pure essence, there is not anything on earth that is close to this."

Here is what the flower said to us during a second session - "I have the sincere hope that all those who partake of me will be able to breath deeply into the innermost places and acknowledge a true willingness to surrender to the state of being. I have wandered the world and galaxy long, to find my seated place to call home and I felt earth calling and directing me to her land and pastures. I have taught many to be an instrument of Grace and upliftment. I engage one in superhuman energies in order to foster life changing experiences as one moves into closer alignment with Creator/God, within and without. I continue to search for creative beings to support my continual efforts as a tool of enlightenment."

Leap of Faith Combination Essence Formula is good for those who are ready to move into higher stages of consciousness. It is also good for people that are feeling a great deal of fear or anxiety.

Leap of Faith also contains **Gardenia, Rose's Star Flower, Star Flower, Dragon's Mouth Orchid, Black Snake Root, Eagle Feather and Blue Quartz**. It is easy to notice how those who take **Leap of Faith** shift after about 3 weeks. For a complete list of the flowers included in **Leap of Faith**, visit

www.fleuressences.com or www.galacticgrace.com

FLEURESSENCES

7049 VIRGIN TIMBER DRIVE

RHINELANDER, WI 54501 1-800-850-6839

www.fleuressences.com or www.galacticgrace.com

Major Credit Cards Accepted

A complementary healing modality can be found at
www.lahochi.com

E-mail to: lizjchan@hotmail.com

Inner Calm Combination Formula

We are most grateful for this combination of flowers!
Inner Calm is good for individuals showing symptoms of anxiety and stress. Wonderful if you feel that there is chaos all around you and you want to stay calm and detached. Helps us to recognize run-away thoughts that lead to even more layers of tension. Helps Light Workers hold light amidst darkness.

Here are the 15 flowers combined to make Inner Calm:

True Wood Sorrel – remain calm and balanced no matter what is happening around us, hold the light within, holding our own, balanced calm and wisdom.

Chamomile – brings us back to center by reminding us that we are the breath of God, coming to a still point by becoming aware of our breath, slowing the breath down.

Indian Pipe – facilitates our ability to be inner peace and to project world peace desires.

Cucumber – improves our awareness of how to use our emotional energy wisely. **Arrowhead** – mastery of emotion, reflect purity of Creator, rather than ups and downs of typical human emotion. **Alex Mackenzie Rose** – for fortitude, faith and courage no matter what the difficulties.

Babies of Light – for Light Beings whose sensitivities are being challenged for those who feel their nervous systems are to refine for the chaotic energies around them, this essence combination originally comes from Green Hope Farm. **Coral Pink Rose** – good for those who tend to project negative outcomes to situations around them, helps us to see that all is unfolding divinely.

Red Clover – excellent essence for those whose “thought trains” get the best of them, for run-away thinking that results in great stress for the physical, mental and emotional body, often this essence helps us to see that the first thought was erroneous. **Mallow** – reminds us that we are ageless, that we will always have all the time we need.

Elderberry – a powerful essence for those holding light amidst darkness. **Sweet Pea** – for healthy sleep rhythms, rejuvenating and protected sleep. **Pink Tecoma** – probably the best essence for an overwhelming sense of security, calm and comfort, always letting us know that we are unconditionally loved by Creator.

Wood Betony – this beautiful blue flower is the best we know of for detachment. §

Faith....

"Those who have mastered faith place their thoughts on the goodness and all-sufficiency of the Divine. They keep their minds focused on truth. They intend and expect to experience the best of everything, all of the time. These people have no more information than you or I.

They do, however, understand that the power of their minds will attract the exact reflection of their most dominant thought. They have surrendered their human will to the will of the Holy Spirit because they realize good is the activity of the Holy Spirit. They understand that they cannot have a desire that will remain unfulfilled if that desire is part of the Divine's plan for their life. Those who have mastered the principle of faith further understand that they are creating their world with thought, word and deed. Consequently, they know that if they are working toward their greater good, if they are working up to their highest capability, if they are honoring themselves and those around them, the laws of the universe must work in the behalf. This knowing is called faith....

Your task is to return faith with faith. You must live with the knowledge that everything you need, at any time you need it, is being provided. Not will be provided. Is being provided! This is how we can each become an example of living faith: by knowing that your good is on the way. In every undertaking you must live with faith in the power of your thoughts, the efficacy of your words, and the purposefulness of your actions...When you set a goal, you must proceed with living faith that there is a divine plan unfolding in your life and as your life, and that if the plan is supported by knowledge of spiritual laws, the benefits will be divine. This is how we must direct our thoughts and actions in order to become living faith."

Iyanla Vanzant from her book
One Day My Soul Just Opened Up

To Access Previous Newsletters:

Visit www.fleuressences.com. On the home page, click on to "Newsletter." The archives of previous newsletters will come up. Click on to the month you would like to read. The newsletters are easy to download and print out beautifully if you would like to experience their healing vibrations and read them at your leisure. §