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# FLEURESSENCES

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MARCH/APRIL 2005 VOLUME THREE

## Co-Creation

### Combination Formula

*From Fleuressences*

The word co-creation means working with another to create something together. Co-creation, in the context of this flower essence combination formula presumes that a human being is willing to dissolve ego illusions and liberate one's self into the expansion of utilizing spiritual beings of the light of the highest in making joint decisions determined by the individual and the etheric beings.

Co-creation is like working with the traffic helicopter. If you are down on the road, in your car, and there is a traffic jam up ahead, but there is also an exit that you could take, but it will take you a lot longer to get where you need to go, then, a decision must be made. You have the choice of making the decision by yourself or by calling up the traffic helicopter to find out the best route to take. Co-creational efforts would call up to the "divine guidance" available to anyone at anytime with an information base that is infinite in its capacity for clarity in the decision making process.

**Co-creation Combination Formula** contains 25 flower essences that enhance our ability to let go of some of our mental illusions that no longer serve us and help us to hear and work with etheric beings. There are essences in this formula to ground us, to help us choose direction wisely and essences for sheltering and nurturing our insights and dreams until we are ready to bring them forward. There are essences that remind us that we are all ONE and help us to connect with the angelic realm. A special flower is for bringing our subconscious thought up to the conscious level, especially through dreams.

**Co-creation Combination Formula** is wonderful for anyone who is beginning to work co-creatively. Artists, writers, gardeners, healers and those that channel benefit by taking this flower essence combination. I think this formula excels in its ability

## Bloodroot

*Sanguinaria canadensis*

*Flower of the Month*

The flower of **Bloodroot** holds pure white petals and a yellow center. Its roots ooze a dark red liquid that looks and feels exactly like blood. A cross section of the flower's stem reveals two paths of orange liquid that move up and down from root to flower. There is a strong contrast between the bloody, oozing, earthy roots and the sparkling white petals of this flower.

**Bloodroot's** gift of service to each of us is to bring us clarity about our ancestral wisdom, family heritage and genetic expertise. In every family, in recent generations, there has been a tendency to repeat by imitation, the harmful patterns, negative affirmations, and mental illusions of the previous generation.

Because this kind of negative "layering" can over time, muddy our ancestral rivers, a powerful plant needs to be available to clear and purify our waters.



**Bloodroot** excels at purifying our ancestral roots. The white petals represent this purification ability, the yellow center symbolizes empowerment, the orange in the stem represents the healing energies and the blood-red

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## Co-creation Formula - continued from page 1

to rise above personality reactions, nurture and protect new ideas and ventures and improve our sensitivity to the etheric help available.

All of the flowers contained in this formula are described at: [www.fleuessences.com](http://www.fleuessences.com). §

## What are you? What am I?

"What are you? What am I? Intersecting cycles of water, earth, air and fire, that's what I am, that's what you are.

Water--blood, lymph, mucous, sweat, tears, inner oceans tugged by the moon, tides within and tides without. Streaming fluids floating our cells, washing and nourishing through endless riverways...Moisture pouring in and through and out of you, of me, in the vast poem of the hydrological cycle. You are that. I am that.

Earth--matter made from rock and soul. It too is pulled by the moon as the magma circulates through the planet heart and roots suck molecules into biology....Ashes to ashes, dust to dust, we ingest, incorporate and excrete the earth, are made from the earth. I am that. You are that.

Air--the gaseous realm, the atmosphere, the planet's membrane. The inhale and the exhale... Oxygen kissing each cell awake, atoms dancing in orderly metabolism... That dance of the air cycle, breathing the universe in and out again, is what you are, is what I am.

Fire--fire from our sun that fuels all life, drawing up plants and raising the waters to the sky to fall again--replenishing...And the same fire as the lightning that flashed into the primordial soup catalyzing the birth of organic life.

You were there, I was there, for each cell of our bodies is descended in an unbroken chain from that event."

*by John Seed and Joanna Macy*

## Bloodroot - continued from page 1

color corresponds to the root chakra and its grounding abilities.

But remember this plant offers more than just grounding, for these roots ooze red that loudly reminds us of our much more intimate connection to the earth.

I made an essence of **Bloodroot** on the evening of April 26th 2005 which was during a full moon. As I drank the delicious essence the next day, **Bloodroot** spoke to me – *"I am **Bloodroot**, keeper of the intelligence of the juices of our earth that stream through her waterways as magma, lava, saltwater, freshwater and rainwater. As they stream through yours, earths' waterways, so too do they stream through yours, carrying the history of eternity, not only for your species, but for all of the earth. Specifically I want to remind you of my ability to connect you with the wisdom of the minerals dissolved in the earths' waters. I bring opening, purification and clarification to your channels and fluids and add a more crystalline like structure to your blood and to the lymphatic matrix that greatly enhances your ability to hold and transmit light and raise your vibrations."*

The essence of the flower of **Bloodroot** is found in our **Healing Ways Combination Formula**. Divine guidance also often recommends it for those choosing a **Personal Formula**. **Bloodroot** is often used with **Black Currant** which purifies seven generations of inherited negatives energies hovering in our energy fields that keep us from healing and evolving.

If you are like me, after taking the essence of **Bloodroot**, I was able to go to family reunions and see all the gifts in my family heritage, rather than the ingrained old patterns and negative habits. I was also able to review some of my experiences as I was growing up in a new light. **Bloodroot** is full of revelations!!!! I highly recommend it. §

## Facial Rejuvenation *Spray from Fleuessences*

With assistance from divine guidance and enthusiastic devas, we have come up with a wonderful rejuvenation spray for the face. This combination formula contains 11 physical flower essences and many etheric essences. It is in a base of certified organic Bulgraian Rose Water and contains the essence of jade. It comes in a 2 oz. bottle and is \$30.00. §

# Yellow Bellwort

*Uvularia grandiflora*

**Bellwort** grows about 12 inches tall and typically has a wilted look when the leaves are expanding and when it is blooming. Once the bloom period is over, the leaves and stems take on a more erect appearance.

The essence of **Bellwort** is for humility. It is interesting to note that in the dictionary, humble means shame, demean, denote, lower, crush, submissive, degrade, embarrass, pull down etc. To have humility has none of these meanings for me. To be humble means that in the context of the metaverse (universes within universes), it is wise for the human being to have a consciousness about his or her significance.

It is important to realize our truly novel gifts and to be a complete expression of this uniqueness, but to also realize that our uniqueness is merged with Creator Consciousness. **Yellow Bellwort** signifies through its color, empowerment and forward momentum. It symbolizes through its plant body-language a profound communication of humility. This humble profile is most obvious when the flower is in full bloom, perhaps reminding us that as we come into our full bloom or soul purpose that we each remember to be in the vibration of humility.



If you are familiar with yoga or with the eastern Indian traditions, it is likely that you know of the hand position or mudra known as the Anjali Mudra. This mudra is assumed when the palms of the hands are brought together in front of the heart and the head is bowed slightly.

When the smaller chakras in the hands and palms (many located at the joints of the fingers) are put together, energy is activated that enlivens the heart

chakra and its three fold flame of divine love, divine will and divine wisdom. When we take the Anjali Mudra and bow our heads slightly, we can immediately tune to the frequency of humility and be led by our hearts to ways to serve our earth and humanity.

**Awakening Feet** is a combination formula created by **Fleuressences** that contains **Bellwort** and reminds us to walk with humility on our sweet and supportive earth. §

## “Namaste”

### Back to Basics

**Anjali Mudra** - the hand position taken when we put our palms together as if we are going to pray, bowing our heads slightly. This mudra is described in our column about **Yellow Bellwort**. The hand position is often used when the phrase namaste is used in yoga practice and in eastern Indian traditions. **Anjali Mudra** brings attunement to the condition of humility.

**Namaste** - the translation of **namaste** is as follows:  
*"I honor the place in you where the entire universe resides. I honor the place in you of love, of light, of truth, of peace. I honor the place within you where if you are in that place in you and I am in that place in me, there is only ONE of us."*

To help attune you to ONENESS, **Fleuressences** has made the **Combination Formula ONE** which contains 21 flowers that give us the ability to return and hold the full perfection of living our lives in full connection with each other, our God/Goddess selves, our earth and all of its inhabitants, etheric beings of the light of the highest and full connection with our Creator.

**Samskaras**- this is the Sanskrit word for deep-seated conditioning, negative patterns and imprints or negatively held emotions in our energy field. Flower essences are supremely suited for removing even the most deeply held old conditioning. Often negative imprints are inherited through our family line. The essence of **Black Currant** removes seven generations of inherited "detritus." See this newsletter's "**Flower of the Month**" column for more about removing **samskaras**. §

*A Complimentary Energetic Healing  
Modality for Flower Essences*

## **LaHoChi High Frequency Hands on Healing**

**LaHoChi High Frequency Hands-on-Healing** is a powerful healing modality that corresponds in frequencies to the high vibrations of the flower essences. **LaHoChi** features five simple hand positions to heal others and four easy self healing positions so that you can maintain balance in your own energy field. Its abilities are infinite and it excels in working on chakras outside the realm of the physical body that reach up into the cosmos like an antenna.

An important and unique feature of this healing method is that it includes an automatic "Seal of Protection" around both the healer and the recipient, guarding against "negative backwash energies" or accidental absorption of low frequency vibrations.

Elizabeth has published a manual devoted to the **LaHoChi** healing technique. There are no hierarchies, nor do you have to attend numerous workshops to learn this important energy technology. Your abilities to send a wider spectrum of healing frequencies through your hand chakras increase as you practice.

To learn more about this amazing energy healing system and how to order the handbook, you can go to [www.lahochoi.com](http://www.lahochoi.com) . §

### **To Access Previous Newsletters:**

Visit [www.fleuressences.com](http://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. §

## **Awakening I Formula** *From Galactic Grace Essences*

**Awakening I Formula**- opens varied memories and releases innermost passions, allowing a more natural flow of kundalini and life force. Dries our tears and supports our plans and dreams for creating who we are in the world.

Enhances grounding energy, therefore supporting a leaping forward. Opens the center of ones being to allow purity and contagious courage so that we can soar into the depth of the soul and the scoop up the nectar that we can then feed on, nourishing ourselves and then all others. Contains etheric flowers and one etheric gem.

(All Galactic Grace Essence formulas are available in ½ oz and 2 oz. blue cobalt bottles at \$18.00 and \$30.00.) §

For more information, visit our web sites:

[www.galacticgrace.com](http://www.galacticgrace.com)

Or

[www.fleuressences.com](http://www.fleuressences.com)

**LaHoChi** *“Is the only energy  
currently known to be more  
powerful than Reiki.”*

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