

Floral *Ascension*

Could vibrational essences be the key to unlocking higher dimensions?

Debbie Sellwood believes so and explains her reasoning here...

Undoubtedly, this is an exceptional time in which to live. Huge changes are in progress. Planets in our solar system are changing, our Earth is in transition and we too as human beings are transforming. Not only are we expanding our awareness, our physical anatomy is evolving too. Living in such unprecedented times can mean it is difficult to remain totally comfortable when things are shifting rapidly and no one is entirely sure of what to expect next.

It is essential that we learn how to assimilate transformational energies affecting our planet. We are being bombarded with light rays of a highly refined frequency which are driving evolutionary change. By raising our consciousness this helps us adjust to these intense energies and prepare us as we move into the fourth dimension (for some this will be the fifth). Ultimately, we will be carrying a higher electrical charge which will be required to support an emerging higher level of consciousness.

Vibrational Essences (commonly known as Flower Essences) can be of great support throughout this period. Essences are energy; they work on a vibratory level which is why they are so effective for energy beings such as us humans. They complement our own multi-dimensional energy systems. By resonating at deep levels of our psyches, they can, to name a few: help resolve issues, release limiting patterns and expand our thinking. Their therapeutic qualities enable not just healing on many levels, but they have the ability over a period of time to increase our awareness, not only mentally and emotionally but spiritually. A significant aid in one's self development tool box, they can be instrumental in progression on one's evolutionary path, in addition to sustaining one through this time of heightened energy activity. The more developed our consciousness becomes, this serves to raise our individual vibration to meet these higher energies.

The objective of this article is to highlight areas of our lives or feelings, thoughts or behaviours that may be affected or require

our attention at this time of change and to suggest appropriate Vibrational Essences that can provide assistance in moving through this adjustment.

Your personal vibration responsibility

Each of us has our own unique vibrational energy signature. Keeping our spirits high maintains this frequency at a high level. By 'high', I mean positive, compassionate, loving, ethical and aware. If we succumb to 'lows', this enables negativity to envelope us, which not only reduces our vibration making us more vulnerable to illness, but it can also disconnect us from our spiritual support system and disrupt our spiritual

progress. One of the most important things we can do for ourselves is to keep our mood and morale high, our thoughts optimistic, our emotions calm and impervious to fear. If as many people as possible keep their vibration high, creating an atmosphere in life where the positive outweighs the negative, this will assist everyone's passage during this transition. The more light you carry has a knock on effect on others. This concept is consistent with Rupert Sheldrake's 'Morphic Resonance' theory. When a certain number of us have attained enlightenment, it will instantaneously spread to others.

The following three Essences from Spirit in Nature uplift one's spirits. Upgrading your thoughts and elevating your opinions,



Blackberry essence lightens you up, leaving negativity and pessimism a past memory. Also helping to make light of things, **Cherry** essence helps one see the good in life and infuses one with optimism and hope. **Spinach** may not be everyone's favourite vegetable but as an essence it is invaluable if feeling stressed or overwhelmed. Encouraging one to see life simply, with appreciation and humour, this essence instills relaxation and a pleasing satisfaction with one's circumstances.

An energy download

Our bodies are being re-programmed to adapt to these new frequencies and a new phase in living. Additional chakras are coming 'on board', and we are also re-activating dormant strands of our DNA. Perhaps in the light of mankind's re-awakening, it is not surprising that it is now thought our DNA is tuned by our own consciousness and the environment (as posited in *Tuning the Diamonds* by Susan Joy Rennison). The human energy field is being updated to a crystalline diamond structure, which is important for holding the light and balance within the new frequencies (see www.diamondlightworld.com for more on this). It also enables us to recognize our unlimited potential by facilitating our connection to higher dimensions. This energy field also synchronizes and aligns us with the Earth's magnetic fields, which are also being re-worked. Changes to the Earth's grids are in order for it to cope with this surge of galactic cosmic energy and support a higher level of consciousness for mankind.

If these changes make you feel disconnected or disorientated then **West Australian Smokebush** (AL) essence can re-integrate the psychological and subtle levels of our being. This strengthens the mind/body connection, helping us to operate as an energetic functioning whole.

Appropriate to the swiftly changing currents of life right now, the environmental essence **Tidal Forces** helps one to accept and adapt to change. Producer of this Alaskan essence, Steve Johnson, in his book *The Essence of Healing*, writes wisely about this 'All loss is gain'.

With vast changes for us to assimilate at a physical level, while functioning fully on Earth, **Walking to Earth's Rhythm** (LT) seems appropriate now. By working on connecting one's original DNA blueprint, its soothing energy enables us to walk everyday in connection with the Earth. Also helping with all the changes, the orchid essence **Core of Being** (LT) helps to align our higher chakras and harmonise our subtle bodies

Be a clear channel

Where do you need to heal? The less encumbered of emotional debris, and the more peaceful and flexible of mind we are, helps ease this adjustment by enabling us to more easily accept an unimpeded flow of higher energies throughout our bodies. As these energies increase our vibration and expand our consciousness, eventually we will

become more aware of other dimensions. Over a period of time these other dimensions will eventually become our reality. As of now, we are being given many opportunities to rid ourselves of hurts, pains, anxieties or grudges. We cannot take this third dimensional baggage with us.

Many people have found the last few years challenging. When things are falling apart (in your inner or outer world) at an extraordinary rate, it is hard to feel secure. Get over those old fears and hurts that are re-surfacing for many of us, with **Illyarrie** (AL) essence. This essence will help you realize that you have the strength to face and deal with these issues. **Bleeding Heart** (AK) helps one to express feelings at times of emotional upheaval and loss. The heart-shaped flowers of this plant indicate its affinity with a broken heart, and the nature of its hanging pendants are suggestive of its ability to work on patterns of dependency.

Sturt Desert Pea (AB) disperses those emotional pains that we tend to hang on to. In addition to shifting sorrows, it motivates one to release the sadness by expressing our feelings. This serves to lighten not only our hearts but our bodies too. Sometimes past hurts and rejection can stop one from entering into new experiences or opportunities. **Menzies Banksia** (AL) fills you with the courage to move forward and release these fears without worry that they will repeat.

Grounded, safe and protected

Before you are able to assimilate these alterations, it is important that you are grounded in your body. As a practitioner of Flower Essences, I often treat clients who are profoundly sensitive and empathic (often therapists or carers of others), but who do not always function fully in the physical dimension, which can affect their well-being. Before we can lift our vibration and effectively integrate other energies and realities beyond our normal perception, we need to be focused on the earthly plane. Now is the time to also make sure your psychical body is in good condition.

If it is all too much and you feel detached, alone and not fitting in, **Tall Yellow Top** essence (AB) curbs resistance to being 'here', and instills a sense of belonging and a knowledge that 'you are home'. **Red-Purple Poppy** (ASK) essence also helps one focus on physical survival, yet in a spiritual way. This way we are balanced physically yet imbued with spirit. If overwhelmed or confused, **'Staghorn' Algae** (PAC) brings spiritual clarity and helps one to access higher consciousness, and yet at the same time it provides a sense of inner security and earthy rootedness.

Do you feel like other people drain and demand too much of you? Sensitive people can find it easy to soak up other people's problems and negativity, but then unable to deal with it, they can escape the real world.

Essence Abbreviations

B=Bach www.healing-herbs.co.uk
 AB=Australian Bush www.ausflowers.com.au
 AL=Australian Living www.livingessences.com.au
 AK= Andreas Korte www.kortephi.com
 DL= Dancing light www.orchidessences.com
 LT= Living Tree www.healingorchids.com
 ASK=Alaskan www.alaskanessences.com
 PAC=Pacific www.pacificessences.com
 SN= Spirit-in-Nature www.spirit-in-nature.com

Protect yourself from the discordant energies of others with a combination of Alaskan Essences. **Guardian** essence sets up an energetic shield preventing others from overwhelming you.

Polish your image

Living in a higher frequency means that if we do not feel good about ourselves, this will be evident to others and it will not be possible to hide or deny our self-destructive patterns.

If there are aspects of yourself that you do not like, then find a more comfortable 'you' with the essence **I like being me** (DL). It instills self-love and the self-acceptance that there is no other like you! Get a boost of self-esteem with **Yellow Cone Flower** (AL). If you feel undervalued or inferior, it helps you feel valued and good about yourself, rather than looking externally to others for recognition of your self-worth.

Fuchsia (PAC) essence helps you re-program dysfunctional behaviour patterns.



This essence encourages you to re-write your life script if you are stuck in out-dated perceptions of who you are and/or how your life should be. The essence **Tamarack** (ASK) not only helps us remember who we are but it reminds us that we have the innate abilities and skills to resolve all manner of problems and challenges. As we move into unknown areas, we may need to be adaptable and resourceful in various ways. This essence carries us through, instilling a sense of confidence and determination.

Watch and listen to your thoughts

With the awareness that our thoughts are energy and create our reality and therefore our future, comes the responsibility of controlling and directing the way we think with greater purpose and precision. We are also learning to refine our perceptions by trusting in our inner knowledge. Although we are usually unaware of it, we continually respond to stimuli which are beyond our normal perceptions. So it is a matter of paying attention and greater awareness to those things that are not visible. Watch out for the signals and signposts in everyday life.

After **Yellow Boronia** (AL) has calmed and centred your mind, you will then



be able to direct your thoughts to bring about satisfactory outcomes. If you have a chatterbox mind which never shuts up, then try **White Chestnut** (B). Get a break and quit the constant mind gymnastics with this essence. Helping to maintain one's sense of purpose, **Pink Trumpet Flower** (AL) brings clarity and focus to thought processes, while activating the inner strength to direct one towards one's goals.

Ideally we want to be open to inspiration, yet able to apply our ideas and intuitive information in a practical way. Fortunately these qualities are enhanced by the Australian Bush essence **Sundew**, which encourages one to balance the spiritual with the psychical planes yet live in the present in a grounded, focused manner. Assisting one to pay attention to that 'small inner voice', **Viburnum** (PAC) essence focuses our attention on our own inner guide.

One of the consequences of the changes taking place is that in higher dimensions we will be unable to hide our intentions and

thoughts – other people will be able to read us without knowing anything about us and we them. With your thoughts exposed to others, make sure yours are high frequency!

Strengthening who we are

The area of Space that we are moving into is driving evolutionary change in mankind. Bringing with it an accelerated pace of life, it is easy to become overwhelmed trying to keep up and fit everything in, without feeling completely frazzled. Anything that impedes this intense energy penetrating ourselves and our environment seems to quickly manifest as an obstacle and demand resolution. The trials we are enduring are testing our resolve, in addition to providing opportunities to transform our unhealthy patterns and transmute our deepest fears. We are in training for a new reality and life style. In many things we just have to go by trust. Whatever your situation, maintain your light and endeavour not to be sucked into panic or alarm. Minimizing your exposure to television may help with this. While we can send love and light to tragic situations, getting overly caught up in sadness or fear pulls us back to a third dimensional reality. Choose love not fear.

The orchid essence **Radiant Strength** (DL) reminds us that the stronger we radiate

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dimensional reality.*

our light, the more protected we become. For sensitive people, the orchid essence **Angel of Protection** (AK), shields and protects in addition to enhancing our links with our guardian angels.

Our ability to integrate the intensity of life experiences is aided with **Golden Corydalis** (ASK) essence. Establishing a spiritual point of reference with this essence, we then become more able to see how our experiences, talents and skills fit together. Working from a more unified creative position, we are then able to attract what it is that we need in life.

Don't know why you are here?

We all have a role to play, a mission to achieve or an objective to attend to. Do you know yours? It is time to explore this now. Perhaps you have difficulty in seeing how life's lessons relate to your life's purpose or maybe trauma, pain and illness have closed down your ability to understand and resonate with your spiritual goals this lifetime?

Ladies Tresses (ASK) essence (not just for women) aids one to understand and reconnect with one's soul purpose. It also helps to release traumas which can block and stand in the way of receiving this

information. Supporting us in who we really are, **Paper Birch** (ASK) essence clarifies any confusion and aligns us with the path that reflects our true self and our highest good. Aptly named, the orchid essence **Purpose Flows** (DL) instills our true intentional blueprint. With this essence, we find our life purpose activated in our heart, bubbling up, overflowing and ready to roll.

Nothing happens by chance, but even when events are repeated time and time again, we do not always get the message. Your soul purpose might be associated with a repeating lesson. Get the picture with **Isopogon** (AB). This essence helps one understand and learn from past experiences and mistakes. It could also remind you of some past life skills that could be of advantage on your path right now.

The mind in the heart

In higher dimensions the logical, rational mind is not so highly valued or used as much as it is now. In our world, the left side of the brain sorts things in separate logical patterns and only believes what is visible and tested and the right side of the brain thinks more in the terms of connectivity and sees holistically. Prepare for a brain that has a better balance between the hemispheres.

The way forward is through our feelings and intuition; we will be thinking from the heart. Perhaps this is not surprising as researchers tell us that the heart is more than just a pump. 'The heart is, in fact, a highly complex, self-organized information processing centre with its own functional "brain" that communicates with and influences the cranial brain via the nervous system, hormonal system and other pathways. These influences profoundly affect brain function and most of the body's major organs, and ultimately determine the quality of life' (<http://www.heartmath.org/research/science-of-the-heart/introduction.html>).

However, the human experience has left many with deep traumas lodged in minds and bodies, which together with conditioning has restricted their minds. No wonder it is hard to open our hearts.

The dolphin essence **Delph** (AK) opens our heart chakra and links us with the message of unconditional love. In addition to cleansing and energizing our subtle anatomy, it increases our appreciation of all living things. Remember in Spring the profusion of bluebells in the woods? Well, it is no surprise then that **Bluebell** (AB) essence instills our belief in abundance, together with promoting trust and joy. Appropriately named, the orchid essence **Horn of Plenty** (AK) also brings abundance into our lives by promoting unlimited giving and receiving of love.

Rather than be overly concerned about controlling events in life, we must now learn to listen to our own guiding inner voices. **Jacob's Ladder** (ASK) is an essence that helps one to be open to the whispers of one's soul. Obtaining clarity in life decisions will be made more possible with this essence, which instills trust in one's own wisdom and ability to get things resolved.

We are one

If we are focusing on ourselves or forgetting others, this may thwart our progress. If there are people in your life with whom you have unresolved issues, this could be holding you back. At this time we need to build bridges to those that we have hurt or those that have hurt us. Increasing our understanding and enabling us to release painful attachments, **Dagger Hakea** (AB) essence helps us to forgive. Absolving yourself or others is facilitated by the essence **Salal** (PAC), which brings the power to release grudges and resentment. Release the past and blocked heart energy with this essence.

In mastery of our emotions, we are learning to handle the ups and downs of life without falling apart and upsetting our equilibrium. No area is harder in this, than that of human relations. If you feel yourself closing down in order to cover your emotional wounds, then healing with **Orange Leschenaultia** (AL) rekindles gentleness and tenderness. It helps one to show compassion and loving encouragement for the suffering of others.

A new concept of cutting the energy ties between people recently presented itself to me. Dissolving ties using love and compassion involves a less traumatic way than the method that most of us are familiar with (chopping and hacking). This makes sense that with a growing awareness of ourselves as energy beings, we have much to learn in the etiquette of conscious energy management. The Bach essence **Walnut** is the flower essence for 'tie-cutting'. If you want to remove yourself from the influence of another, or break free from a situation that is not in your highest good, **Walnut** helps one cope with this state of affairs and other major changes in life.

Shine your light

Any transition involves an element of discomfort, especially one of this immense magnitude. We are pioneers of a new reality and our efforts not only have repercussions on a personal level but contribute to the welfare of humanity. As 'light workers' it is (and will continue to be) our responsibility to help those less prepared. The greater our wisdom, the more we will be able to

assist those who have yet to awaken and may wish for our assistance. Endeavour to bring those with a lower frequency up to your vibration rather than lowering yourself to theirs. Just as the internet is a global web of information, we are now working to create a focused web of high consciousness. By constantly affirming the reality of a new Earth you are visualizing a positive future and the best possible outcome for this time of evolutionary change.

Living in a state of appreciation and gratefulness for all we have and all that happens to us creates a high level of consciousness. **Pink Flannel Flower** (AB) encourages one to do just this. This essence inspires us to remain light and joyful and see challenges that arise from an angle of understanding and gratitude.

There is no stopping you when you increase your radiance with **Radiant Strength** (DL) essence. Glow with the knowledge that you are unique and powerful. If you have a high degree of spiritual awareness but are reluctant to be seen or heard, then your wait is over. **Icelandic Poppy** (ASK) reminds us that the best way to strengthen the spiritual energy into our bodies is to share our inner light

with others. This essence also aids our continued spiritual development by helping us to remain open to divine guidance and higher wisdom.

Go with the flow

Others have written in greater detail of the nature of the changes affecting us right now. In this article I have focused on some areas where Flower Essences can assist in developing and strengthening personal characteristics in order to cope during this significant period of change.

Wherever you are in your life, Vibrational Essences can support in various ways especially as we ride the waves of change. They are readily available (retail shops or online) and provide an excellent self-help therapy. Although some people can have rapid results, don't expect them to work instant magic. It is often a journey with Essences, a very individual one, dependant on where one is in life, what issues one has and how developed is one's awareness. Depending on the individual, more than one bottle may be required to release deep ingrained emotions, raise awareness, etc. So be patient! If you are attempting to address profound or complex issues with Essences, then it is advisable to book an appointment with a qualified practitioner (see The British Flower and Vibrational Essence Association's directory of qualified practitioners – www.bfvea.com). 

More information

UK flower essence retailers – www.flowersense.co.uk
www.healingorchids.com www.natureswisdom.co.uk
www.universalessences.com

Debbie is a producer of flower essences (www.purelyessences.com) and an advanced practitioner member with The British Flower and Vibrational Essences Association (www.bfvea.com). She is also a professional consulting astrologer, teacher of astrology and author of 'Centaury for Virgo, Rock Rose for Pisces' – a guide to selecting flower essences arranged by astrological Sun sign. info@debbiesellwood.com or debbie_sellwood@yahoo.co.uk 07940 821338. Available from www.amazon.co.uk/com or www.polairpublishing.co.uk

