

Flower Essences

A Gift For All Seasons

Winter is a soulful time of tradition and celebration of the light. The contrast of the dark velvety blanket of winter sky, brightly accented by the glowing stars. At the solstice, this midway point between the darkness and the light, various traditions of winter's holiday symbols represent welcoming back the light to the planet and to our lives in the midst of the darkness.

We welcome nature and its elements into our cozy homes. Celebrating with candles and trees and evergreen wreaths, the bright red of cheery poinsettia plants. These symbols are deep reflections of bringing joy and vitality to our homes, our lives, and our spirits in the time of deep darkness.

These are elements of our human experience that are soul soothing. Focusing inward on the gifts we have all around us with nourishing nature at this time of rest, reflection and clearing that the crispness of the cold season bring.

What is your unique balancing point of darkness and light within?

How do you hold to this balance for yourself through each day and season? The winter solstice reflects the fulcrum or midway point of equal balance. We naturally bring in more warmth and light to manage the cold and darkness. We have the power to bring in these supports of comfort.

Flowers are a powerful ambassador of light! Specifically Flower Essences are a soul soothing support as we become present with ourselves and the gifts we want to access within. If you are wanting to reset and restore balance between your own inner darkness and light, Flower Essences may be what you are looking for. These are gentle no harm helpers that embody the wisdom of the living messages flowers bring to us in our lives.

Flower Essences are a truly magnificent, completely safe, low impact, powerful and cost effective form of plant medicine. They can create comfort and bring the gift of soul soothing each and every day by treating the emotional states of a person or animal. These remedies help us to rebalance our emotional body and return us to a positive state of mind.

All of nature contains blueprints of perfect design, including humans as we are a living aspect of the natural world. We are in dynamic relationship with nature. With an extraordinary evolutionary leap 130 million years ago, flowers and nectar appeared on planet earth giving rise to an abundant variety of biological diversity including pollinators, the birds and the bees to spread their seeds. The food we eat comes from flowering plants. Flowering plants nourish us in a great many ways. Our reciprocal relationship with the exchange of oxygen and carbon dioxide with trees gives us the air we breathe in addition to food and shelter...and there is even more!

Flower Essences are made from sunlight and water and then mixed with a carrier of alcohol or glycerine and can be used internally or externally. Blossoms are picked at the peak time of their blooming, their full expression of growth. These blossoms are placed in a clear bowl of spring water and set in full sunlight to impart the water with the imprint of the energy and information each unique flower holds at its peak expression of flowering.

This simple and beautiful process captures the imprint of the life force and wisdom contained in each and every individual flower type. The energy and information contained in the light of the sun meeting the water and blossoms infuse the water with information of each flower's unique healing gifts for our emotions and soul.

Plants and flowers are our allies on the journey through the seasons of life. These cycles of growth begin over and over again through renewal, growth, and decay. Flowers contain the whole journey of life within. Flower Essences are energetic medicine that contain patterns of alignment and soul connection.

We owe our deepest gratitude for access to this beautiful, potent and highly accessible medicine to Dr. Edward Bach (9/24/1886 to 11/27/1936). He was a medical doctor, a bacteriologist, immunologist and surgeon who practiced medicine between WWI and WWII at the time of "The Great Depression". He was a spiritual man who listened and documented the messages of the flowers and created a system of their use.

We are also thankful to the pioneers of this method that came after him in the 1970's and 1980's and up until today, such as The Flower Essence Society (FES). These later creators and practitioners used Dr. Bach's methods and philosophy as a starting point and have greatly expanded the variety of essences and the knowledge and wisdom about their use. This is truly a living field of energy medicine. You too can bloom like a flower! Flower Essences are available at natural health stores and online the world over!

Claire Miriam Ostrovsky is offering Flower Essence consultations on-line and in person. If you would like assistance using this beautiful and accessible form of self healing. As a healing Arts practitioner since 2003 I love sharing no harm helpers of the deepest and lightest vibration. It is truly an honor assisting you on your healing Journey!

www.ClaireifiedHealingArts.com

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Claire Miriam Ostrovsky is a Healing Arts Practitioner, Clinical Hypnotherapist, Reconnective Healing Practitioner and a student of Flower Essences located in beautiful Tucson, Arizona. I absolutely love supporting others in creating and setting in the most supportive mindset for you and your daily life and living. Please reach out if you feel I can help support you in living your best life happily ever after.

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