

The Healing Power of Spring Flowers

With hints of warmer days coming, Spring flowers are beginning to bloom and raise our spirits after this long, cold Winter. Nature's inherent wisdom brings forward flowers which help us let go of our own darkness which may be lingering after the Winter season. Last time I talked about essences to detox – or Spring clean - the mind/body. The energy of Spring flowers follows on from this, to maintain change and enhance a sense of feeling - and being - light.

Did you know Easter Sunday is an old pagan festival, set by the stars and relating to Oestre, the goddess of fertility? Each year Easter Sunday is the first Sunday after the first full Moon following the Spring Equinox, and is represented by the giving of eggs – symbolising new life, new birth, new potential.

So as well as letting go of our darkness, Spring flowers present us with the opportunity of re-birthing ourselves without the programming of the past which plays in our mind and body like a stuck record, creating stagnant spaces within where life cannot breathe or flow. As we let go, we can be ready to come into the fullness of ourselves, expressed by the fire energy of Summer.

The Essences

Daffodil *an essence by Denice Cartwright of Energy Essences* For hope. For freedom. For a sense of lightness. For renewed joy and enthusiasm after long periods of feeling low, heavy or after experiencing ill-health.

Dandelion www.flower-essences.net *Indications:* Tension held in the body/mind; holding on; sense of stuckness; victim mentality; resistance to change. *Healing Qualities:* Allowing energy to flow freely in our body and mind; helps us to connect to a sense of who we really are; helps us express any anger or resentment held inside; for self-expression and a sense of empowerment. Helps us to move through transition periods smoothly.

Daisy www.essences.com *"He/she loves, me, he/she loves me not..."* Daisy is the sweet, simple flower traditionally asked to divine the answer to this age-old question. Daisy essence understands the sweet, simple feelings of uncomplicated, tender love. But get tossed around by life's tempests for a few years, and who can say they believe in simple, uncomplicated, tender love anymore? Not at least without a grimace or two at the memory of having been hurt or disappointed in love. Complicated, conditional, hesitant, holding-back love is the type we learn from those kinds of bumps and bruises. Daisy teaches us how to melt the scars formed from broken-heartedness, healing our wounds and finding a way to trust our hearts again. And because healing and love are so intertwined, this essence helps focus our healing energies no matter what the origin of the wound might have been.

Bluebell www.pacificessences.com For clear self expression. For opening the channels of communication. Fear prevents us from expressing ourselves – fear of being noticed, fear of being ridiculed, fear of being punished. Very early in life we learn to behave in ways for which we are rewarded, and we carry the memory patterns of these ways forward into adult life where they can stifle our ability to align with and express our inner being. Bluebell helps us release old programmes to engage in what really fulfills us. It allows us to step out from the imagined comfort of being in the crowd and to express our uniqueness. It fortifies our courage to follow our bliss. The violet blue colour of Bluebell resonates with the throat chakra, the centre of self expression. It is effective for emotionally caused speech disorders and autistic behavior patterns. It combats shyness and that feeling of discomfort that arises when we feel unable to make ourselves understood or when we are afraid of

being judged. It boosts low energy and combats fatigue. It promotes the ability to breathe during panic or anxiety attacks. Bluebell essence strengthens the will and alleviates fear, especially fear of being seen and self expression.

Polyanthus www.pacificessences.com For abundance. Self-worth. Dissolves blocks to abundance consciousness. Transforms attitudes of scarcity into ones of worthiness. Good for the respiratory and elimination systems.

Yellow Primula (*an essence from Shelley Sishton*) An essence to clear stagnant energy in the head and throat. Bringing in the cleansing brilliant yellow colour of this flower, this essence draws you up and out of depression – when mental energy has been weighing you down alongside a sense of overwhelm, resulting in not knowing which way to turn – to be able to express (the opposite of ‘depress’) yourself with confidence and a sense of lightness. Brings the feeling of Spring with all of its inherent potential for newness, lightness and warmth, into your mind and body for you to feel a greater sense of joy with each passing day. To give you a ‘spring’ (Spring) in your step.

Tulip www.flowersociety.org *Positive qualities:* Sensitive and receptive attunement; feeling serene, intuitive listening to others and to higher worlds, especially in dreams and meditation. *Patterns of imbalance:* Feelings of being hardened or cut-off, inability to feel quiet inner presence, unable to meditate or be still. Tulip flower essence can be characterized as a “listening” remedy, helping the soul to become more aware of subtle influences, or of guidance from higher realms.

Dose bottles of the above essences are available from Shelley Sishton at The Energy Centre. **Shelley can also create you a personalised essence blend.** Contact her on +44 (0)1892 722191 or e:hello@shelleysishton.com.

About these emails I am passionate about vibrational essences as simple yet profound natural medicines, and about helping people to understand more about them. My inspiration is to highlight a few essences from the many thousands available on a regular basis – ones which link to the season, world events, or simply those which feel appropriate at the time. My intention is to share the amazing potential essences hold for you to feel total peace of mind, experience balance in your body, happiness in your emotional life and have full zest for life and the confidence to express your spirit. To quote an international essence producer: “*Vibrational essences are not alternative medicines, they are future medicines.*” I believe essences are at the leading edge of mind/body science and present a new model for total well-being, for yourself, your family and our world.

About these newsletters: I am passionate about vibrational essences as simple yet profound natural medicines, and about helping people to understand more about them. My inspiration is to highlight a few essences from the many thousands available on a regular basis – ones which link to the season, world events, or simply those which feel appropriate at the time. My intention is to share the amazing potential essences hold for you to feel total peace of mind, experience balance in your body, happiness in your emotional life and have full zest for life and the confidence to express your spirit. To quote an international essence producer: “*Vibrational essences are not alternative medicines, they are future medicines.*” I believe essences are at the cutting edge of mind/body science and present a new model for total well-being, for yourself, your family and our world.

www.shelleysishton.com BSc Hons, Dip Vibrational Medicine, ITEC, Member British Association of Flower Essence Producers. Co-founder The Energy Centre and The Essence of Life Foundation.

Please forward to anyone you feel may be interested in this newsletter.