

Recommendations for Heart of the World Flower Essences February 12th, 2020

Magdalene Infused

Since these Essences are new to the planet, we want to encourage your participation in evaluating their effectiveness, detailing any suggestions you have about them, or sharing your triumphs! You can do so on the private page of descriptions and information in the comment section offered on the Heart of the World Flower Essences page. Here is the link to the page:

<http://soulsupportsystems.org/3rd-wave-heart-of-the-world-essences-portal/>

MAGDALENE IS REQUESTING (STRONGLY) THAT WE DO NOT SHARE THESE ESSENCES WITH OTHERS OUTSIDE OF THE GROUP WHO ATTENDED THE TWO CALLS **ON February 12th**, FOR 30 DAYS, WITH THE EXCEPTION OF THOSE WHO ARE IN OUR FAMILIES WHO LIVE WITH US AND THEREFORE IN OUR FIELD. This is to hold steady and strong the field that we created. She refers to the field as a container that is woven tightly to hold us all within it. If we open it to someone outside of this frequency it creates a crack in the container and there is then a leak(s) in the sides. After 30 days we will again invite others to join us, which will create a wave that will then open the field of the subatomic to the world.

You are being asked to create with Mary a ritual of personal response that endeavors to hold your sacred vessel as an intricate part of creation. You are therefore blessed and honored. (So says Mary)

Recommendations:

* Please stay in touch with Nancy or Flo if you have questions, concerns or need more information or guidance. Keep track of your experience and bring it to the group of 50 who are now taking these offerings from the life systems of plants. This will help to inform how we offer these Essences to others in the future.

- 21 days after receiving a flu vaccine is the earliest one could start the HOTW Flower Essences.
- In terms of antibiotics, it is asking the body to do a lot of different things to have the flower Essences at the same time as the antibiotics. It would be best to not do them both at the same time but wait until the antibiotic course is finished before taking the HOTW Flower Essence.
- Since these Essences integrate and restructure you, please take ONLY ONE at a time to allow for maximum benefits and integration.
- For the dosage to be most effective, after taking an Essence wait 3-7 days before taking your next Essence unless otherwise instructed or your dosing indicates to wait more or less time.
- Since each of your bottles has a subatomic characteristic that is aligned with you, (we speak with you about it, put your name on the bottle, and you anticipate its

arrival and result) we instruct you not to share your Essence with anyone else. The exception to this is Essence #14, St. Baume The Divine Mother Dark Pink Rose. It is the ONLY Essence where you can share your bottle with others. It is an Acute Crises Essence and can be taken when there is a death, serious injury or accident, dark night of the soul, deep challenge, etc. ONLY one drop is taken at that time. This would be appropriate to keep in your cupboard for these situations. Magdalene also reveals that this Essence can be put in the mouth of someone who has just made transition to assist them to find balance and peace on their pathway.

- For #12, St. Baume Resplendence Scabiosa Flower Blend, the instructions indicate that this Essence is to be taken before an event in which your resplendence is intended. Another way to use the Essence is to set the energetic space for this response within you before taking it and before using it to anticipate your response of resplendence in an outer situation. You can take the Essence before being with others but not necessarily only then. You can use this Essence also as a way to plan your life with resplendence, particularly when you are feeling limitation, doubt about yourself, or hesitancy in the face of how you would rather be, act or relate. Holding the Essence or taking 2-4 drops to build your resplendence in a concerted manner on a continued basis before bringing your resplendence to the world can be very helpful.
- * Intending the results you endeavor to create while taking the Essence will assist in the subatomic identification that occurs between you and the Essence. Focus on the purpose of your Essence while holding the bottle, dowsing, or taking the Essence, and at all times when you think about the Essence.
- * If you are nearing the end of your dosage time, and the instructions indicate that you are to evaluate when to complete this Essence, begin to feel into whether or not you will be extending your dosage, decreasing it, or stopping it. For example, you can take less drops on the last day or the following day(s) before stopping the Essence.
- * You can use any of the Essences by holding them alone, putting a drop in your antecubital space, or diluting in water. ALL CHILDRENS DOSAGES ARE GIVEN IN WATER.

Love of the Only Kind,

Mary Magdalene/Messaged from Flo Aeveia Magdalena