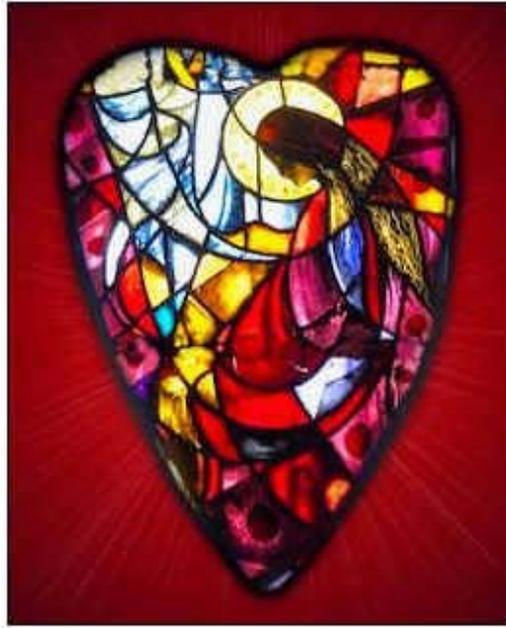


Heart of the World Flower Essences Brochure



“The feeling is that these represent the heart of the world,
even though they are from the country of my heart.”

Heart of the World Flower Essences are not just for human beings that live now, not just for the human beings that are being born, and not just for our ancestors that we can follow in our genealogy – this is for the human race.”

Mary Magdalene

About These Essences

Heart of the World Flower Essences were harvested from the life systems of plants and trees in the south of France. They provide an essential connection with the subatomic level of our being. Because these Essences are created through a spiritual magnification process, we must assess information about these from the heart—we must go into our heart to get to our subatomic level. Since atoms derive from one source, when we partake of these Essences, we are providing a different message at the atomic level. This offers the potential to affect the cellular level from the smallest increment that we can move into.

These Essences provide a message to the cells, systems, organs, and the organism, but also to the whole context of our environment. **These are subtle, yet extremely powerful Essences that remind us of the consciousness of TRUTH. They open doorways for each individual to provide them with sight, clarity, autonomy and interconnection, simultaneously.**

The questions to ask individually when taking these Essences are: What does my essence request to support the fullness of the integrity that comes through me in this lifetime? What is going to support that integrity in this lifetime? The flower Essences are offered to you so that you can have that integrity all the way down to the sub-atomic level and actually rebuild consciousness from the smallest particle.

When taken according to the essence of your body, the essence of the flower, **along with the** light or spirit that has entered into the Flower Essence, you are combining that consciousness together so that your essence and the essence of the flower join in a marriage that has Truth in it...

This is your opportunity to participate in receiving the blessing and the intention for wholeness that is established in certain life systems other than human life systems. These life systems are honoring and imparting to us, as human beings, the gifts of their heart. In taking them you are saying:

I am ready to receive the honor and the blessing from life systems that want to support the advancement of humanity and therefore, of course, the earth herself.

“These Essences are the connection between the natural kingdoms of the earth and humanity. That is the bridge. We are bridging that separation. The qualities that the flowers have and need to establish are the same qualities that human beings need to establish.

These Essences are based on the principles of Order, Light, Truth and Union, the 4 aspects of Creation, to provide the magnificent backdrop for Earths’ inhabitants.”

Mary Magdalene

Descriptions

Heart of the World Flower Essences



There are 16 flower Essences listed below along with general dosage guidelines for each essence. You will have an appointment with Nancy or Flo, the founders of Heart of the World Flower Essences, before taking the essences to determine the correct dosage of each Essence for you.

Once the dosage has been determined, you will begin taking the drops the first day and then dowse for your dosage at night to access how the Essence is affecting you and the best way to proceed with your next daily dose. Connecting with the Essence by just holding the bottle will help you answer this question. Because of the nature of these Essences, there is a connection formed with the cells of your body and the wisdom within those cells. In the communication that ensues you will receive a sense of how the Essences are affecting you and the best way to support their integration in your body. You can then dowse to ascertain the exact time and dosage.

Information regarding dowsing is included in the last part of this document.

****Note:** A few individuals who have taken one or more of these Essences have noticed an emotional or physical shift the first day. They found they needed to rest the first day upon taking a new Essence to allow their body to integrate and adjust to the changes. Not everyone feels this way. It is just something to know and consider if you have a busy day and are going to start a new Essence.





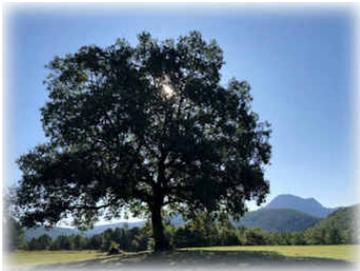
1. Rennes le Chateau Symphonic Oak Essence-

Oak tree leaves and acorns created this essence, which has absorbed and been nurtured by many healing frequencies present in the environment from different spheres. It has a radiating energy and is a major synthesizer for balancing, strengthening, and unifying of different elements. In the physical body it supports assimilation and digestion. In the emotional body it works with grief and things one must accept and allow in to create more balance. Use for contrary conditions (things hard to assimilate on any level, hard to understand or accept, etc.) This Essence is very beneficial because it creates strength as it balances more deeply and brings things together that

have a hard time being together: the life force, understandings, decisions, choices, or stabilization of body chemistry. This is ideal for any kind of a trauma, challenge, loss, or huge changes in life. (NOTE: #1 Symphonic Oak takes everything around you outside and brings it in, and changes what's inside, from what is outside and is used if you're having things coming from the outside in that you have to deal with.)

DOSAGE: 1 drop, 3x a day for 7 days and then to be re-evaluated to see if it is necessary to continue.

Child's Dosage: 1 drop per day, then re-evaluate after 7 days. **READ CHILDREN'S PROTOCOLS at the end of this brochure.**



2. La Valdieu Signal Oak Essence-

This Essence was created from the leaves and acorns of a solitary oak in the meadow of La Valdieu overlooking Mt. Bugarach. Sending out signals in every direction, this Essence fosters connection between the earth's core and her communities on the earth's surface by moving these signals through the roots, up into the air and out into the Universe. This unifies the earth, human and divine energies within. It signals to one's

body that they are ready (like the oak) to move through many, many layers or levels of reality to be in one strong fortified place where everything matches and feels good.

So the Signal Oak is a unifier of all levels where an individual can feel more connected to earth if they need that, and at the same time connect them to heaven. This provides an opportunity to restore vertical balance. This Essence is for when you have an imbalance inside - when you're not reaching high enough - or not going deep enough. Signal Oak increases spiritual acumen and connection with the earth, her core, and her messages, and insures that all four levels are in alignment inside you first. Once it unifies all of your different parts you radiate balance and can move forward with your life more easily.

DOSAGE: 2 drops, 3x a day for a limited time, such as 7 days and then re-evaluate to see if it is necessary to continue.

Child's Dosage: 1 drop a day – **READ CHILDREN'S PROTOCOLS at the end of this brochure.**



3. La Valdieu Hawthorne-

This Hawthorne Essence was prepared using the leaves and red berries from a Hawthorne bush in the La Valdieu meadow. The red Hawthorne berry is a representation of the blood, of the heart and makes things more fluid by supporting the opening and strengthening of the heart, helping it beat more strongly and connect more deeply with whatever is around it. Because it's of the earth, because it's red in color, this Essence has the capacity to speak to the blood cells, asking them to return to the original balance that the heart was intended to provide to the physical body such

as sustenance, oxygen, and nutrients. Hawthorne Essence is a literal stabilizer of the blood, assisting in the "coming together intention" for the heart's capacity to open.

DOSAGES: 1 drop per day. It is very strong, so it should be taken in minimal dosages. This comes from the Valley of the God, and is to be used with care, not overdosed. If one feels the need to increase the dosage, it would be one drop per day for 7 days, and then 2 drops a day for 7 days, and then 3 drops a day for 7 days... and then no more for at least 3 months.

DO NOT GIVE TO CHILDREN because it does adjust the heart. Individuals must be over 18 years of age.

4. La Valdieu White Rose-



A white rose from the garden at La Valdieu was used to create this Essence of expansion. This sings the song of the night and the day as it brings the moon and the sun, the heavens and the earth, the above and below together radiating a splendid, unified place. Use this essence when in a situation of negativity, abuse, trauma, or feeling lost in any way or not able to cope or work with anything. This pierces the darkness and expands our field so that the sun and the moon are both equally able to positively influence us. It opens the cradle of the consciousness to its antithesis. If the cradle of the consciousness is being held in darkness, it flips it into light, and if it is too bright it flips it into a place of balance. So it's the night (not the dark) that assists the cradle of

consciousness to find balance.

DOSAGES: Adults, 3 drops 4x a day for 3 days and then adjust to your particular situation. Please read all the details in this paragraph. First dosage is taken early in the morning. The second dosage is to be taken between breakfast and lunch (perhaps 2-3 hours after breakfast). The third dosage is taken between lunch and dinner (perhaps 2-3 hours after lunch), and the fourth dosage at bedtime (as long as you are not snacking). It is optimum that drops are taken by themselves on an empty stomach and in between meals. This means AWAY from food if possible, at least not with food. Since we feed the body different things, we don't want to add this Essence at the same time as the body is fed, because we are not feeding the digestive system, we are feeding our levels. Do the best you can!

Child's Dosage: This can be given very, very minimally to children. It is a very powerful one. 1 drop a day. **READ CHILDREN'S PROTOCOLS at the end of this brochure.**

ESSENCES HARVESTED FROM MT. BUGARACH

IMPORTANT NOTE: All three of the Mt. Bugarach Essences are very powerful and work on all cellular and subatomic levels. The flowers used to create Essences 5, 6, and 7 were gathered in a place of ascension energy. When applied to human beings and the frameworks of the subtle bodies of human beings they have multiple affects. **They are to be taken with consideration, attention, intention and connection to the earth to be most effective.**



5. Mt. Bugarach Heather-

This Essence was made from the flowers of heather that grew around Mt. Bugarach. This heather (not all heather) is the guardian of the mountain in that it protects sacredness. This Essence supports creating and maintaining a boundary between those who would in any way abuse or try to trespass against that boundary. It is also for protection, for stabilizing one's own sacredness, and to acknowledge and work with the Essence of one's self and the honoring of that. This is particularly helpful when in a situation where asking the earth elements for protection of the sacred core, the sacred potential, would assist in creating a good protective boundary if others are not honoring the core energy of a particular person or situation. Use to stabilize inner frequencies and to honor the sacredness of the human vessel.

Dosages: 2 drops 4x a day for 7 days and then re-evaluate.

NOT FOR CHILDREN: This is based upon the fact that children integrate differently than adults and we do not want to interfere with substances that in any way would confuse their system.



6. The Disciple of Light-

This very special Essence was made from lavender gathered in the Mt. Bugarach meadow. It is associated with the message brought by Judas Iscariot about human transgression, and the story of duality, which has been the main theme of human existence since the beginning. Its purpose is to right the wrongs of the story of humanity, so it is a deep and very strong Essence. There is a little warning on this one. You want to be sure before you take this Essence that you are ready to allow the rights and the wrongs of your life to be balanced in the truth of NO blame, NO transference, NO projection. It is forgiveness, but it is more than forgiveness as it is taking the whole story of humanity and slamming the door on the ideation of separation. The key element here is: I WILL NOT SEPARATE FROM ANOTHER BEING AGAIN. So this will help with that, but it will NOT help heal processes where there is still blame or projection, because it is a pure essence of the TRUTH of Oneness. It doesn't stand for Oneness, it stands for the capacity to forgo duality and transcend duality.

This is a very decisive Essence, a very special one. “I AM DECIDING THAT WITH THE STRENGTH OF THIS ESSENCE, I WILL ASSIST MYSELF TO FORGO ALL THE WAYS THAT I CASTIGATE OTHERS OR TURN AGAINST THEM OR SPEAK ABOUT THEM, OR CARRY THESE RESENTMENTS. I AM READY TO FORGO ALL OF THAT AND STAND IN THE PURE ESSENCE OF CREATION ITSELF as a blinding white light energy and be seen. This is an energy of I can’t turn back. “I have to go forward, and I have to do this, as a disciple of Light.”

Dosage: 3 drops per day - 1 drop in mid morning, one in mid afternoon and one in mid evening. You DO want something in your belly before you take this Essence. You do not want to take this on an empty stomach that hasn’t had food for some time. Eat breakfast and take the Essence in between breakfast and lunch. Then do the same in between lunch and dinner. Take it after breakfast – in the middle. Take it after lunch – in the middle and then after dinner. Average the times. If there are 3 hours between breakfast and lunch, then take it 1.5 hours after breakfast. If there is 6 hours until dinner then take it 3 hours after lunch. Then in the evening take it 2 hours after dinner.

NOT FOR CHILDREN



7. Mt. Bugarach Yellow Daisy-

The Yellow Daisy Flower was gathered from Mt. Bugarach. This flower Essence makes one more comfortable with the flowers, the plants, the dirt of the earth as well as having more comfort with the elements of the earth. It contains a natural feeling of advancing one’s comfort with being in the human body, with connecting and walking on the earth, and communicating or connecting to the Devic Realms. Yellow Daisy Essence is ideal for those who are either uncomfortable with the earth, or being human, or being fully in their body, connecting and walking on the earth, and/or they desire to connect with the Devic Realms. It will bring people

more into their physical body so they will feel more comfortable being human and connecting with nature. Coming from Mt Bugarach this Essence is very powerful and has multiple affects. **To be taken with attention, intention and connection to the earth, to be most effective.**

Dosage: 1 drop 3x a day early in the morning, afternoon and then right before bed, away from food. If possible, always take this Essence when looking out the window at nature, or standing outside with your feet on the earth. If the intention and the connection are made with the earth when this Essence is taken, it will work much better.

Child’s Dosage: 1 drop per day in the morning is enough, from ages 4 to 18. **READ CHILDREN’S PROTOCOLS at the end of this brochure.**



8. St. Baume Blue Chicory-

This chicory grows at the base of St. Baume, in the valley near the hostel meadow and is a navigator, connecting the consciousness of the flowers to the consciousness of the land, the earth, the Devas, and to the Great Mother. The chicory is a signal flower calling for cooperation & connection creating a web of interaction and connection between the forces of nature that are earth connected. This encourages taking action and working together, making things happen between people and between people and nature. This is a connector and a communicator

assisting in collaboration – teamwork - the energy of non-competitiveness so that everything thrives. It's a support flower of encouragement for someone who wants to create connection in their work or in their family, between nations, or any kind of collaborative energy where one wants to put together teams of people. This is the kind of energy it brings. It is also about connecting in a way that makes one feel less separate.

Chicory is NOT taken if you are going to be alone on a mountain and not be thinking about collaboration. It is to be taken as an active ingredient towards creating a completion or fulfillment of an intention or relationship, as it is relationship oriented. One would take this Essence when they are going to be in relationship with others. Keep it with you in anticipation of any kind of a communication or communion.

When taken, this Essence actually starts to aggregate people and ideas – brings external things together. If one wants to go create something this isn't the one necessarily. It's not about ideation and vision. It's about action, and about making things happen between people and nature. If one was going to take a nature walk and wanted to talk to the animals, or the elements or the plants, this would also be a nice one to take. It's about how does one connect in a way that makes one feel less separate.

Dosages: Can be taken 1 drop 4x a day whenever one remembers to take it, because it's associated with action, and with being connected to one's life. Take it with you for 7 days and when the impulse comes to take it, just take it then - because then it would be helpful to create collaboration within the next several hours. It works between 2 and 3 hours. If you take 4 drops throughout the day whenever you remember to do it, it will help with collaboration for the next bit of time.

NOT FOR CHILDREN because they already have this energy, and don't need this.



9. St. Baume White Daisy with yellow center

Created from a flower near the field at St. Baume this Essence is helpful for those starting out on the spiritual path who desire to connect with larger energies. It's a flower for growing and learning, and when one is beginning to take the grandness of one's space and integrate that grandness. This is about incrementally learning to find your place in the whole scheme of nature and wanting to grow in a harmonious way, and when one asks questions such as "Where do I belong?" and "Where do I fit in? I want to be seen and heard. How do I best serve?"

A simple flower having a young child or adolescent frequency which is not really strong, it tries to find its place among others because it's in a grand arena of a powerful valley doing its best to find its own essence and power. It supports spiritual advancement and is for one finding its place without ego. It's the simple one and so good for those striving too hard, for those who aren't sure where they fit or aren't sure how to be loved, those with insecurities, or with egos that want to have more power and be seen and heard but aren't sure how to accomplish this in the heart. White Daisy with Yellow Center Essence tempers one's overt actions and creates more balance between the desire and the fulfillment.

If you feel there is distance between what you want and where you are, this is the perfect remedy for that. This is also perfect for gathering energies to grow in a very harmonious way without creating discord. If you feel lost, or that you don't belong, or are not sure what to do, if there is insecurity, a sense of indecisiveness, or not necessarily knowing what your next step is, this is perfect.

This Essence helps you to realize your gift is as important as another's, while also acknowledging others' gifts, too. If you don't acknowledge theirs, you can't acknowledge your own.

Dosage: This Essence is taken in incremental drops to assist in building the sense of belonging and connection within that will assist in bringing your gifts forth in the world. When you begin taking the Essence, that night and each night thereafter, hold the bottle, connect with the Essence and your heart, then dowse for your dosage. Start with 1 drop. (Nine drops is the maximum anyone will take.) So you can increase incrementally adding 1 drop each day. Or you could take 2 drops in the morning and 2 drops at night, and work the dosage up incrementally that way, meaning going from 2 drops up to 4 drops.

If you feel after you have taken the 2 drops in the morning, that it was too strong, then you don't take anymore that day, even though you may have planned to take 2 more at night. Allow yourself the flexibility of listening to the results of the Essences as they affect your own body and system. Dowse again that night for the next day.

NOT FOR CHILDREN



10. St. Baume Blend- Purple Harmony and Destiny Field

Flowers - This Essence brings harmony and opens us to get along with our neighbors, to blend with others and feel the Oneness that is possible. It's a blending and unifying energy—unifying our purposes. Unifying who you stand for and what you stand for. It's a team building one for working in cooperation and collaboration ONLY on spiritual vision, ONLY on the highest principled intentions. For those who want to bring together individuals who blend so well that they are one mind, one heart, one consciousness, coming together from a non- competitive place.

It's "let's meet our minds, meet our hearts" using spiritual principles and create a contextual community of spirit so that we are of one fiber; we have the same dream, the same vision, the same understanding so that what we create in the world is of one breath, of one heart. This is very high intentioned, having very little to do with community living together. It's the focus of spiritual action as one voice, and only when you want to be with people who are doing that. You don't just take this Essence by yourself somewhere and hope it happens. Your intention is coming together with a purpose or destiny in mind.

Dosage: 3 drops, 3x a day – for three days only. The 3 drops are to be spaced between food and when you are focusing on a certain project. Best time to take is morning, afternoon and evening.

You can even just hold the Essence 3x a day, and it will be absorbed as well this way. This has the same impact because the consciousness of the bottle is not held only within the bottle. If you hold the bottle, you can take the same dosage by imagining you are taking 1 drop into your body. This Essence is very powerful, so it is going to bring in what is needed.

Not for Children to ingest. However, a few drops can be put into a little container for children to hold. You can even adapt this and put the drops in toys, whereby the child can hold the toy.

Note: ALL of these essences can be held and not ingested, meaning it can be absorbed through holding the bottle.



11. St. Baume St. John's Wort-

As a gathering plant, this Essence stabilizes and takes the energy from the environment, the mountain, the field, and receives from the positive energies of the sun, the wind, and the elements. These receptor energies are first absorbed by the body, and the body can then transfer those particular elements into a stabilizing force for the body. The petals absorb and then take what has been absorbed down into the earth through the energy of spirit that is manifest in that environment.

This Essence absorbs, grounds and substantiates, but also communicates from the above into the below. As a receptor plant, it receives and then transfers what it receives into its stalks and takes this down the stalk versus bringing it up. It is good for taking ONLY positive energies from the environment and bringing them in and transferring them into a level of communication that can assist to stabilize the body and stabilize the connection to earth.

This Essence is good for physical conditions of malabsorption, individuals who do not feel that their body is able to digest properly, and for individuals with temper challenges. Beneficial for those with increased Yang energy, as well as, those with too much masculine energy that is not tempered well, such as too angry or too impetuous, or too reactive. Bright yellow St. John's Wort is very good for stabilizing physical systems and assisting with making more peace in the body.

It helps to ground energy through the bottoms of the feet, and communicate with the earth telepathically or energetically. This Essence creates collaboration between the outer world and the inner world of the physical. It helps to stabilize emotions and bring peace to the physical and emotional bodies, helping them to work together. It is not for the mental and spiritual levels. It assists in creating more acceptance of conditions and situations around the body. Good for liver or digestive dysfunction, assimilation, lactose intolerance and celiac disease. It helps to create a major way for the body to begin to acclimate to the foods and the emotions that the world and the energies around you would produce, so you feel more stable. It adds to your generative energy, and the generative energy becomes more powerful which makes channels into the earth so that life force gets re-established. So it is to energize, to activate more power and energy in the body and to give more vitality.

Dosing: A range of drops between 6 and 9 are taken. At the end, on day 7 one will have taken 9 drops that day. Then stop for at least 30 days before continuing again. So it's a continuum.

You will dowse at night when it is dark.

DOSAGE: Drops are taken 3x a day. After day two, you might choose to adjust your drops slightly different than the suggestion below. So if you listen to your body and feel that taking less drops in the morning and more in the afternoon is more supportive for you, then consider taking 2, 2, 3.

- First two days take 2 drops 3x a day – morning, afternoon, evening.
- Third and fourth days take 3 drops in the morning, 2 drops afternoon and 2 drops evening.
- Then for days five and six, take 3 drops in the morning, 2 drops in the afternoon and 3 drops in the evening.
- Then on the seventh day, take a total of 9 drops split as 3, 3, 3.
- No more drops for 30 days. This is an important adjustment time, because it is going to stabilize the system. Time is needed for the system to integrate what has happened and to adjust to it.

If there is true malabsorption such as in celiac disease, in true gluten sensitivity and other digestive sensitivities, one will start with 6 drops a day.

If there are any issues that feel uncomfortable, you can simply hold the bottle instead of taking it, and feel the energy come in. This one is extremely powerful being held because of it's a gathering energy. So it's going to bring in what is needed as it is being held.

Not for children. Children should not hold it.



12. St. Baume Resplendence Scabiosa Flowers Blend-

This is up and out energy, and provides a way for the life force in the core of the earth to be expanded into physical environments. As you take this Essence, it connects you deep into the core of the earth and then brings Mother Earth energy up through the central channel of the body and out the top of the head as a bloom and a flower. It has the energy of a very big flower... such as a trumpet flower or like a big explosion of a big energy—an empowerment flower that uses your energy for right, for service, for expansion, and for growth, i.e. large contribution. This is the

coming up and collaborating, moving out, expanding and extending and being seen.

You would take this before doing a presentation, or offering an idea to someone who may or may not understand the idea, or where you want to be in your power and where you want to be “on.” Take The Resplendence blend when you want to be actively available, want the energy of your body to be congruent, and you want to show up in a very bright way with the capacity or your consciousness fully alive, available and present. It's a way to be present. If you are going into a situation that is compromised or disingenuous or lacking integrity, you walk in with this essence and you have resplendence.

This is about coming into the core energy of Truth, manifesting and sending that out, and having that be visible and audible to those around you.

Dosage: Take 4 drops right before an event or situation where you would like resplendence.
NOT FOR CHILDREN unless they are over 18 years of age.

This is a very powerful one.

The 4 drops is a good dose and helps to overcome insecurity in terms of presenting ideas, being in front of individuals who may scoff at you. It gives you courage, offering a “No nonsense... Here I am” vibration. It’s the **I AM Resplendent** one and is very beautiful.



13. Holly and Ivy from St. Baume mountain path

The holly and the ivy in union brings the qualities of the divine masculine and the divine feminine into resonance in the human body, fortifying each of the channels that has male and female components. The channel itself is masculine and the fluid that flows through it is feminine. This is the most direct way to heal the discrepancy between form, which is matter, and spirit, which is substance.

Recommended for those who have dominance in one side or the other - who are depleted in one or the other... in other words, have used so much of that energy that it is scarce, one side or the other. It is the ultimate balancer because when the divine masculine and the divine feminine are in balance, union, and respect each other fully, and honor the other, then one is in alliance with, in symmetry with, in responsiveness to the experience of Oneness on the planet Earth. This Essence is about union in the body on Earth in the midst of duality. The primary intention is to first have union in the circuits in one’s own body. The circuits are then in balance in the body so that one is in union with the masculine and feminine. This is not about union with others or with divine masculine/feminine in source; rather, it is focused on having alliance and symmetry through the masculine and the feminine balance in your body.

Dosage: One is to dowse daily for the dose which is between 1 and 10 drops. One can either start at 1 drop and move up or start at 10 and move down. It depends on your body and on your experience. This has a lot to do with the spiritual acumen of the individual, which will determine the drops. If you are connected between the two sides of the body, the feminine side on the left, the masculine side on the right and that connection is strong then this could be used as maintenance to assist in supporting that acumen. If that is to be attained, and the acumen is not yet “invested in you,” consider starting at 1 drop and work your way up. When the drops are taken, it’s important to pause between the imbibing of each drop to make sure that the body is fully accepting the drop before moving on to add another drop. Take 1 drop at a time with space in between to let the body absorb it.

Optimal integration of the divine masculine and feminine usually occurs after 1-1 ½ bottles. Work with the Essence to assure that you have received the maximum benefit by using the essence regularly until you feel union between both sides of your body. Thereafter, you can take this Essence to remind the body of that balance. It’s an Essence that could be used on an ongoing basis, but not at full strength. So once you feel the unified strength of the body, and that the balance has been sustained or created, it can be maintained through 1 drop a day. Holly and Ivy Blend can be held in your hands for maintenance or when you desire reassurance - in the morning or at night – or whenever, to assist in the sustaining of the balance

NOT FOR CHILDREN



14. St. Baume - The Divine Mother Dark Pink Rose –

This is the deepest heart rose when one wants to honor the feminine or chooses to share in the grief of the feminine. This Essence cracks one's heart open, and takes one to the Seed of the Divine Feminine. This is the rose of pathos, the rose of the suffering of humanity that one shares in, to develop compassion.

For males: It is the ultimate absolver of abuse. This allows the masculine to delve into the deepest heart of one's spouse - for a masculine energy who wants to truly understand the feminine deeply and relate with it. Opens recognition of what it is to be a container for, or to be a feminine vessel for the masculine impregnation... if a man would like to impregnate his wife for childbearing. This would also be one that he might take to align himself more with his Divine masculine so entering the Divine feminine would be more sacred. If a man would like to be in alignment with his wife and with the child, the seed of the sperm, entering the feminine in a non-invasive way, with more harmony, this might be one that he would take.

For women who want to understand their mother, or are deeply disturbed by the lack of the feminine truth of their mother, this would be the one to take, whether the mother is alive or not. It would be a healing between generations of women, as Dark Pink Rose reverses trauma.

This Essence is where one goes for forgiveness of the unspoken—the things that one might have done, where one has not made reparation for or expressed. It's the deepest heart of the feminine. So, compared to all others, it is the Heart of Sophia, and provides eternal Peace.

Dosage: 1 drop

One drop is taken when the yearning or the pain is so intense, that you feel you are gasping for breath or for air because of the excruciating separation from life.

Actually 1 bottle is all you will ever need because you are only taking it when the pain is ready to be released and balanced and 1 drop helps to do that. It is an Acute Crisis Essence to keep on the shelf. Dark Pink Rose is not taken on a regular basis. When you go into the deep, dark night of the soul, or when there is death, or hard challenges, or an intense feeling of aloneness, then this would be the Essence to take. If you feel that balance is being restored, then don't take it again and again, because it loses its effectiveness.

NOT FOR CHILDREN



15. St. Baume - The Pink Rose of Unconditional Love -

Pink Rose has the Oneness of the heart for individuals who would like to love without condition. This Essence offers the recognition of the importance of being in the environment of the heart all the time - wearing love on your sleeve. It is about softness - taking hard edges and making them soft. Also, this is for the annihilation of prejudice, judgment and conscious or unconscious separation experienced by the psyche. This Essence is about people, others and the world. Harmony in all kinds of ways is possible as it softens edges, in resplendent love, and colorful celebration of the heart.

It is about not having fear of being seen or loved – a feeling of not being ashamed or embarrassed about the heart. If one is ashamed or embarrassed, and wants very much to come out of oneself and be more heartfelt, this is the one. This opens all of the centers so one is not embarrassed to be seen or to be heard. It relieves introversion and shyness and helps people be more outgoing so that they are not hiding their heart. It opens the heart and makes it possible to come into that Oneness with others. It's all about how one perceives the world around one, and how Oneness and the heart become much more available so there isn't this separation inside one that prevents one from joining with others.

Dosage: 3 drops 3x a day.

FOR CHILDREN: It is appropriate for children 7 and over which would be 1 drop whenever you can catch them. Just putting in their water if they are shy, if they have some kind of situation they are dealing with or where they need to understand their own power of the heart. This is power of the heart to create Oneness through the intention to do so. **READ CHILDREN'S PROTOCOLS at the end of this brochure.**



16. Fun in Community - Living Truth as a Group: Frilly lavender flower-St. Baume Mountain

This Essence is about light hearted sharing, accepting and celebrating ourselves and others, and having fun in community by designing times to be in celebration and recognizing that we need each other. The more we come together, the more the Truth is able to be lived between us. This opens us to honoring the life that can be co-created while the individual design is lived in lightness and joy.

This is specially intended for assistance with social mores, social acceptance and ease with others, especially for children once they are in school. It supports children with socialization, social norms and social requirements, supports cooperation with others and teachers, making friends, or those with challenges such as bullying. This helps children to like other children, to feel that they can have many, many friends. It is helpful with adolescents if they are prone to drugs or suicide, or not feeling accepted or bullied by others – or if they are bullies. It would work either side of that coin. This is for a child with Asperger's or on the Autism spectrum, or Downs Syndrome – a lovely one that would help them to feel more normal and more able to relate to others.

DOSAGE Adults: 10 drops is a recommended dosage to begin with this Essence, however each person dowses for their own amount. Just as you could think about it as an abundant connection with others, this one has an abundant energy. There is a feeling of plenty and expansiveness. Feel into what you need of this and when you need it.

The message from the flower life system that provided this Essence is that Community is always in the numbers of 3. Any time there is an increase of exposure to other people, going to school, to a job, attending a potluck supper, you would add 3 drops to the 10, because the energy of 3 is what is needed. So 10 drops is a precursor. So the first day, take 10 drops all at one time in the morning, and just let it go. Then wait about three days, and then whenever you are going to be with people take 3 drops, if you're intended desire for being with them is to create community.

Children's Dosage: 1 drop. This is best for their psyche, because they are very strong. One has to understand that it is disrupting, in each case... not just with children, it's disrupting the patterns that have been established. We need to do this gently and powerfully at the same time. **Children's doses are always put in fluid. Please read the protocol for children at the end of this document.**

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Heart of the World Flower Essences are prepared with love and intention. Nancy and Flo have dedicated many hours to assure the quality and purity of these Essences. Because they are “one of a kind,” the recommended dosages and instructions should be followed to the letter. Please call or email with questions that arise, as you are among the first to be honored with these life altering and spiritually manifested Essences.

### Prices

\$30 per bottle + shipping

USA: Shipping one to five bottles is \$9.95

Shipping one to five bottles to UK or Continental Europe via Global Priority \$38

**THE POWER TO HEAL, COMES FROM THE CHALLENGE ITSELF.**

**Mary Magdalene**

### Choosing Your Essences

**Dowsing:** If you have experience dowsing and are comfortable with your results to this point, then you can read through each of the descriptions **without** making choices, and then dowse for each one. That is fine.

When you dowse, remember that this is a new kind of science because you are going down to that subatomic level, and whatever you usually use to make decisions isn't in force here. So take your time, feel into the heart before you dowse and choose a space that is quiet and private.

## **Learning to Dowse for your Essences**

The recommendation for those who are unsure how to dowse or unclear about how these might affect them, please use the steps below:

**Step 1.** Read the entire description of each Essence and write what you want first—your first impression, “Oh, I want that.”

**Step 2.** Sit and say the number that you put down, feel this in your body, and note if you can, where the desire is coming from. Only choose the remedies that come from your heart. Use the heart as the indicator, as the heart chooses the Essence.

**Step 3.** Feel from the heart which Essence to order/take first. Start with the simplest one, then choose two more. The first three Essences are always your foundation. Or you can choose 1 essence if that feels like the best way to start.

After choosing your Essences you will dowse for the appropriate dosage. Each Essence has a different protocol for when you take it, how much you take and how long you take it. IT IS IMPERATIVE THAT YOU CONNECT WITH THE ESSENCES FROM YOUR HEART BEFORE CHOOSING THEM. AFTER RECEIVING THEM AND BEFORE TAKING THEM, HOLD THE BOTTLE EACH TIME.

**Always dowse for the dosage of your Essences after the sun goes down. At nighttime hold the Essence to determine the dosage for the next day.**

The next day, when you are going to take the Essence, **hold and connect with it before you take it. It has to be connected with before you take it.**

Take the Essences away from everything else, separate from ordinary activity and the ingestion of beverages and food. The Essences need to be set apart from the normal process of life so that there is sanctity and a reverence.

Always relate with your Essence as part of a meditation, visualization or grounding experience, because it is important that your Essence not be completely mixed with everything else in the world. The Essences have a stand-alone energy, a stand-alone power, and your intention to support that will assist in deepening your experience and integration of the Essence.

Always do the best you can. Due to the fact that these type of Essences have not been taken in their present form before, they are restructuring not only each individual's body, they also represent a huge wave of connection with many diverse life systems.

**ALL of these Essences can be held and not ingested.** *If you hold the bottle, you can take the same dosage by imagining that you are taking 1 drop into your body. It doesn't have to be taken in. It can be absorbed through holding the bottle as well. It's the same impact, because the consciousness of the bottle is not held only within the bottle. This is true for all of them, meaning it can be absorbed through holding the bottle.*

### **Protocol for Children's Dosage**

Children under 18 years of age (and over 4 years) take just 1 drop when the instructions indicate that it is an Essence that is appropriate for children. This is best for their psyche, because they are very strong. These Essences disrupt the patterns that have been established, and we need to do this gently and powerfully at the same time. Dowse for them by feeling into them with your heart—always from your heart. **You use common sense.** *Ask: What is the impact I want this Essence to have on this child? What is the proper time to give it?"*

**Children's doses are always put in clear fluid such as water or juice, but not milk.** One drop is going to dispel itself, so you wait a little time for it to do so. Once you put the drop into the clear fluid, hold it and feel into whatever your feeling is to give it, in the first place. Something like: *"as my child, my grandchild, my niece, my nephew, or my son, my daughter ... as I hold this essence, may the benefits move through this liquid for your highest good."* And you impart the energy of the remedy itself. *"May this make you more social, may this make you more comfortable."*

Then give the Essence when the child is going to be sitting to drink it, or maybe when reading, writing, or drawing a picture.

When administering these Essences to children, do so when you can observe them after they take their dose to assure that they are integrating well, and to be available if they should have questions or concerns.

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These essences are not intended to cure or alleviate a medical diagnosis. They are to aide in the balancing, integration and assimilation of light and to assist the body to ground and connect with earth for a more increased sense of vitality and life force.

To order HOTW Essences, contact Nancy Strachan: **Email** (strachanl@aol.com), or phone: 540-314-2800;

or Flo Avevia: heartoftheworldfloweressences@gmail.com or phone 802-722-9554.