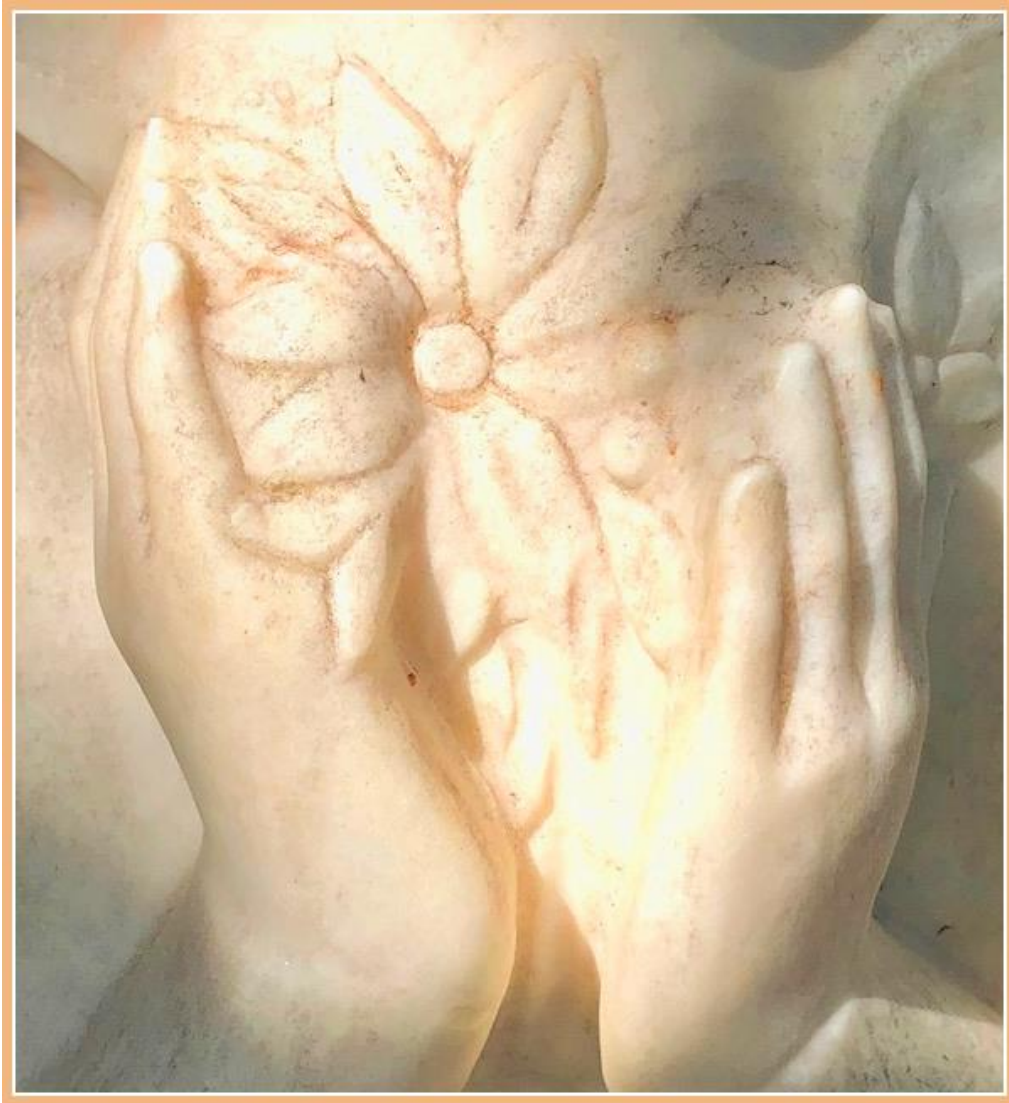


# Portugal

## Heart of the World Flower Essences



©Soul Support Systems

Web: [Soul Support Systems](http://SoulSupportSystems.org) Email: [SoulSupport@SoulSupportSystems.org](mailto:SoulSupport@SoulSupportSystems.org)

Address: 266 Blue Heron Way • Putney, VT 05346 Phone: (802) 722-9554

# *Heart of the World Flower Essences*



*"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 originally harvested from the life systems of plants and trees in the south of France. This year we have expanded the Essences to include 9 plants and trees from Portugal, which are described below.*

These Essences provide an essential connection with the subatomic level of our being. Because they 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.

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**

# Portugal

## Heart of the World Flower Essences

### Descriptions



There are 9 flower Essences listed below along with general dosage guidelines for each Essence. Before taking the essences, you will meet with a representative to determine the correct dosage and Essence/s for you. Appointments for those in the US are with Nancy Strachan or Flo Magdalena, the founders of Heart of the World Flower Essences, or with Denise Weinberger. If you reside in Canada, with Dominique Renaud or Helene Laurin. In Wales with Ruth Cooper, Portugal with Petra Tarnai, or in Israel with Lisa Tsuk.

Once the dosage and length of time to take the Essence has been determined, you will begin taking the drops the first day and continue for the time and at the dosage determined by your consultant. If at any time you feel that you would like to change the dosage or the amount of time that you take the Essence, you can be in touch with your consultant or dowse to determine how you and the Essence might proceed.

You can douse for the dosage at night to access how the Essence is affecting you and the best way to proceed. 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. Sometimes this is experienced as a validation of what you are taking and assists to support whatever your intention was in taking the Essence.

If there is to be a change in the amount or timing, dowsing can assist you to ascertain the exact times and dosage that will support you.



### **1. Water Lily from Sintra–**

The water lily is a vertical energy and it moves Heaven to Earth and establishes balance between the infinite and the finite. It is for aspiration, clarity, direction, and focus. It is bringing elements together of Heaven and Earth - in other words, air and water and land.

One would take this essence to feel that they are able to unify all of these elements within themselves as a part of nature. Because this is floating on the water it gives the sense to someone that they are able to bridge the gap between the above and the below. This offers a way to feel that process in the body, as if the fluids of the body are able to vertically align and bring the sense of resonance between the above and the below. This is so that there is a very dynamic experience of what it's like to incorporate all those elements of nature and to, in a sense, finalize that in the system so the system knows what that feels like and can offer that experience. This is particularly valuable when the individual wants to be able to organize that sense of Union or choose that experience in times when there is a resonance that's absent.

One might want to take this Essence when they are making transition, preparing to make transition, or when preparing to make a decision that has transition in it. This is a movement one that moves up and down. It's vertical, it's not horizontal. It means bringing in wisdom, bringing in clarity - all that kind of thing up and down the channel. It's also to feel what it's like to be free to move above and below so that there's not a constriction that normally is felt in the human body. This is an Essence that allows someone to recognize what it's like to be free, to be an element of nature, of creation, of pure being.

Use this when a transition was encouraged, if someone was going to go on a retreat or a time of solace or when they would like to have an opportunity to make a decision that's important or to function in a way that would have more expansiveness towards spirit or towards the core of the earth. It wouldn't be expansion horizontally. This is one to take internally to strengthen oneself or to bring in one's wisdom or clarity from above. This is not to make friends, not to go out and repair a relationship or anything. This is more personal and powerful and intentional.

#### **For individuals 16 or older**

**DOSAGE:** Three drops that reflect the above, the below and the person. Taking three drops per day, one drop would represent Heaven; one drop would represent Earth; and one drop would represent



the human dynamic (the middle/the one/the center). For the best results take three drops for a minimum of 10 days and a maximum of 30. Step down to two drops for three or four days and then to one drop for three or four days and then it would go on the shelf until when it was needed again.



## **2. Purple Nile Lily and Watercress from Sintra–**

The Nile Lily and the Watercress was found at the Regaleira initiation well area in Sintra and combined with Nile Lilies from the property where we stayed in Sintra.

Just as the initiates were taught to go inward and to provide for themselves a strengthening of their central core, this is a flower that is central to personal development and expansion of Truth within the cellular body and the integration of the consciousness that one has brought into this world.

We could think of it as an acceleration of individuation through a spiritual lens, so that as in an initiation, one must go to the territory that's unexplored and open to learn from the personal response. From that personal response there comes a timber, like a texture of what is real for the person, what is to be learned, what has been already conquered, and what is available for expansion. How much room is there for that individual to find the Truth within themselves that is expressed then by the journey they take from that point on?

All initiates understand that they're going to face their dragons and their demons. From that they are going to expose the gaps in their learning and understanding. From the wisdom that is gathered from this learning and experience, understanding unfolds from what's learned and taken from that. The result of that is to function at a higher level because there has been that scaffolding - a new layer of understanding gathered and brought forward.

This Nile lily and the watercress is an example of how the vertical and the horizontal connect. The watercress is basically a function of the Earth plane and the Nile Lily is a function of the Heaven plane. In this one, they come together to create initiation so that each person who takes this Essence is ready to dive deeply into whatever the moment of their challenge or inspiration is. One wants to see challenge and inspiration in the same way so that the challenge and the inspiration become the same. Instead of seeing challenge as something that is negative and inspiration as something that is positive, we see both of them in a way that offers a new level of resolution to that individual, which

we call initiation. It's going through a doorway, across a threshold, or into deeper understanding. The watercress assists in grounding it in and to make it more personal.

The opportunity here is for the individual to create a new pattern to balance the above and the below and the Earth plane itself. It is the core of the Earth and the Heavens and the way in which the life is lived, which in this instance is being called horizontal, that is balanced. This is so the individual understands that when they take this Essence, they are going to ground the essence of initiation into their bones, into their cellular matter. This will offer them an opportunity to take giant steps, quantum leaps and to be inspired to see challenge as initiation.

It is Heaven, Earth, individuation, and inspiration going out.

**DOSAGE:** Four drops daily for people over 18. This would be taken until the individual feels that they have gone through the eye of the needle, that initiation point, and can feel that they're ready to take whatever step they need to actualize the potential they carry.



### 3. Hibiscus from Sintra–

The Hibiscus brings Light into the stem, which gives one twenty-four hours of energy. It is an opportunity to use Light in the body to transform all functions into a flower. The flowering of the Hibiscus is a signal that there is a potential in each moment that one is Awake in the Light. This is so the Light can be used for the stem, the stamen or the core.

The Hibiscus is seen as the head or the top of the flower, each flower is seen as the top of the stem. When one is opening to the Light from this Essence, it allows further thinking, deeper focus, ways to understand one's experience in life more profoundly, and to deepen the reservoir of Light in the body. What we don't always understand is that Light is accumulated in the cells and tissues of the body, and that is why meditation on a daily basis is so profound. When Light is accumulated, it then stimulates function and the process of each of the systems of the body to responding as if they are Light and responding to Light. It is however important to bring the Light from the flower, which is the crown chakra, the third eye and the throat. This is to bring the upper chakra energy down into the lower body, as many people, if they're not sexually active, do not do that.

The Hibiscus would be a flower for individuals who are more elderly, more restricted in movement, sexually non-active, who are dwelling only in the upper chakras. They don't understand that their root chakra is also a creation chakra. It allows them to more fully develop their fullest core in Light - allowing for the transmission of that Light into their health, wellbeing, relationships, world positions or activations or with whatever they want to do in the world, regarding jobs or whatever they have.

The Hibiscus is a way for Light to be transmitted into deeper cellular matter to offer a resonance of Light, whenever that has been dimmed in some way or for some reason. It would also be very helpful for individuals recovering from some infirmity or having low energy for some reason and being very tired or stressed.

Hibiscus is similar to St. John's Wort, but it is basically a Light activator so it offers a more profound sense of recognition of what Light means. Taking hibiscus would be a decision one would make instead of taking a vitamin or taking some kind of an elixir for energy. This would be: "Oh, I take Hibiscus because I want to establish my Light in a more direct manner. I want to enlighten my cells. I want to activate my spiritual components of each cell. I want to resonate at a higher frequency. I want to vitalize my life force, and I want to do all of this with Light. It's the Light that I want to activate because I know how important Light is for me and in the world, and I want that to be my choice."

This is about establishing a relationship with Light as well, where the Light then fosters a stronger recognition of the Divinity and the clarity of one as being a soldier of the heart, an army of the heart. The feeling of "I'm bringing Light in. I want my Light to be at its highest level, at a premium level and because I do, then I also activate the Light around me. I call people into Light." This is about bearing Light, sharing Light, advancing the Light, and being an Emissary.

Hibiscus is one of the essences that is really primal to spiritual evolution in the sense that this will activate the Light body as well as exciting the cells and their Light basis so that Light is instructed in a more direct way than just thinking I am Light and Light I shall remain. This is a way to embody that, to bring the Light forth, and to activate it more fully, as well as to bring more health to the cells so that they understand the magnitude of the intention to BE Light.

This is an important Essence for people who are on a spiritual path and want to understand more about their spiritual Light, have more inclusiveness with their Light, and want to energize their body through Light.

**DOSAGES: This is a powerful one. No more than three drops a day.** It will be with the consistency of one drop three times a day; as in one drop in the morning, one in the afternoon and one in the



evening, because it's extremely powerful. Then step it down to two drops per day for three or four days and then one drop per day to wean off of it.

This Essence is taken until the individual feels the results of this. It might be prolonged; it might even be a month or two.

This would be for someone over 21, because up until that time, the life force energy is pretty good. After that age when the life force energy starts to dim, there might be a time when someone might want to take this. They don't need it when they're younger, because they have that life force. They might have another Essence to direct that life force, but they don't need it to cultivate that life force energy.

The affirmation to use might be: "I am Light and Light I shall remain." Also, another affirmation might be: "I remember the power of Light and I remember the power of my Light."



#### **4. Bougainvilleas from Sintra and Quintas Carvalhas–**

This is about glory. The bougainvillea is for when one is tired of life, doesn't quite understand what's happening, doesn't know what to do, or is faced with decisions that don't make sense. There is confusion and no room in the body or the mind to understand. So there needs to be a kind of implosion of energy to just open things up. This feels like a recognition that the life we have known is done, or there's an ending, or there is no understanding.

There's confusion about the pathway or the next steps or how it will work. This is about what it would be like if there was a little mini explosion in the system. It gives the idea of imploding to explode. This Essence goes into the system and brings the glory of knowing that we're not really in charge. We don't really have to have control. We're really free to allow the natural energy of Creation to establish itself, and no longer have to feel that we have to know the answers for there to be miracles of magical happening.

The bougainvillea offers us an explosion of beauty, an explosion of color and a sense of an implosion of all of the short circuits. Then it goes bang and opens to new direction, new energies, and new consciousness. The experience is the fabulous sense of newness, creation, awareness and functioning as a new charter. It's like coming out of the delusion of right/wrong; good/bad, and then finding a way within that feels like a clear path.

The bougainvillea restructures the mind/body connection so that this connection is made more from a spiritual input, less conscious control, and more variety and options. There's a way that the awareness will then take over more and lessen the mind's control. It will speed up what we could think of as a recovery from whatever hasn't worked and whatever is challenging. It will fortify through the restructuring a sense of commitment to Truth within the self, versus what we would think of as a literal life challenge or world view of what's happening/what's not happening. As in, "what should I be doing?" All the questions that arise when someone is really not sure of what's happening or what their direction is or whatever.

It feels like there's an opportunity to use the flower to glorify the energy, the consciousness, the awareness, the structure of life and to bring resolution, but not to bring it through normal channels, but to bring it through like an "Ah Ha!!" This lifts the energy and assists in the collaboration of all of the more spiritual levels of consciousness so that we can feel a release from the mundane, and are offered a sense of receiving the grace of the heavens, the grace of one's larger intention and larger consciousness. It is responding almost organically to the flower so one doesn't have to intend anything or try to figure anything out, or be better or any of that. It's much more of a gift to receive the awareness of that glory so we can be affected on levels that we cannot control ourselves.

This Essence is for mature people who've been through the mill, and we who are looking for a gift from above that we don't have to work for. This is a really important point - we don't have to work for this. We don't have to do all kinds of intentions. It is a gift, and it comes directly to us, and we are provided a lift. It is almost like a second chance. There is a lot of forgiveness and release in this one and a way to feel unburdened. It's as if the glory that is being given is offering an opportunity to be restored. It's very sweet.

**DOSAGE:** One might want to take this for a while, so that's okay. Dosage is three drops a day – one drop each in morning, afternoon, and night to begin. After using three drops per day, when it feels to complete this Essence, reduce to two drops - take only one drop morning and one drop at night for three or four days. Then just take one drop in the morning for three or four days. These are very powerful so a total of three drops a day is good.

Because it is so powerful, it is best to wean off this Essence and not to abruptly stop taking it, and to reduce the amount slowly. If one stops too abruptly, they will actually feel that they are missing something or something wasn't completed.

This is an adult Flower Essence. This is not for children or young people. It's for people 35 and over. One has to have some life experience to then have this be reflected in a way that makes sense to them.



## 5. White Rose from Quintas Carvalhas–

The White Rose. The energy of the White Rose is a gathering energy. It is there to mark the seasons, the movement of light and dark, the movements of the horses, the winds and change. This is one that is deeply balancing, in that it takes everything that is in the environment and brings a sense of structural integrity to it. By that is meant, whatever is happening, the White Rose is moving with the wind to create balance, resonance and acceptance in the fields that surround it. This Essence could be used to harmonize situations, to bring peace into places where there is discrepancy, incongruence or challenge. It is utilized as an environmental balancer more than a personal balancer.

White Rose is used for the sense of harmonizing different people or conditions. It could be used in Rwanda or in places where there is physical challenge, particularly with the elements or in war areas where there is challenge with human discrepancies or incongruence or injustice.

It can be used to carry messages, as there can be imprints of messages provided when one is using this Essence. It can be dropped in different places. It can be diluted by adding 10 drops of water to one drop of the Essence - a one to ten ratio. This solution can be used in the environment, in a plant in the house or in the plants in the garden around them. A drop can be placed anywhere, such as on a seat, or in an area such as on a bus or where there is some kind of challenge such as bombings taking place. It can be put anywhere as a peace-keeping Essence. This is the White Rose of Justice. It is to bring justice to areas where there is injustice, or bring congruence to areas where there is incongruence, or peace to areas where there is not peace.

This is not taken as a purely personal Essence, as one person taking this in for themselves. This is the White Rose of Justice, meaning that it brings Truth, balance, and equanimity wherever it goes. It is not about any personal challenge as much as it is the challenge someone would feel about what is happening in their environment. It can be used in larger world experiences, and yet it is harvested from a place where it is used to assist in balancing an environment within about five miles.

If someone wants to bring harmony to a family, a neighborhood or a community, this would be a really nice one. It could just be dropped inconspicuously into planters, even into soil around trees. It can be dropped any place where people gather, congregate, walk, communicate, have relationships, even outdoor entertainment places or where there are gatherings where people are eating. This is one to help establish a level of congruence so that whatever is in disharmony can find harmony more deeply. One does not have to have an intention when they use it other than the intention for justice. Justice doesn't mean 'I'm right and you're wrong and I want to do this so I can get you to change your mind.' Justice means in whatever way would bring in the best result or the highest degree of

harmony. That is what is being offered, chosen, experienced and balanced here. White Rose helps all of the elements around it to find their highest frequency so that all of it then is accepting the justice because everyone's voice has been heard. It encourages communication. This is all energetic to help people so they can accept each other more deeply and find a way to live more harmoniously within each other.

**This is not to be taken internally.** It is actually for use in resolution and to foundation new ways to think about how one might affect their environment. This is used through the choice to bring a different element that could then offer a solution or resolution.

**DOSAGE:** It can be diluted by adding 10 drops of water to one drop of the Essence - a one to ten ratio.



## 6. Jasmine from Quintas Carvalhas–

The Jasmine is what we consider an example of the nectar of the gods. When we offer someone a scent from nature, it goes into all of the faculties of the body and affects them by opening pathways. So anytime you smell something, it opens your pathways.

Jasmine is a pure white scented messenger that offers a resonance to the senses that provides an expansive, panoramic extension of normal human functioning. This Essence is one that might accelerate what you think of as telepathy, intuition, connection with the Divine, connection with people or whatever you've lost or memories you wish you had retained. Jasmine will help to remember dreams. It offers a level of expansiveness that vibrates with Truth, so an individual would respond to the Jasmine by opening the senses and developing more confidence; responding more openly from the heart; taking leaps in terms of forgiveness; developing more astute thinking; providing a way for the sensory apparatus to be more resilient. This is true particularly after something like Covid or when one's senses have been affected by any disease, virus or condition, or whatever it may be. Jasmine will help to foundation a new kind of basis. Another way of saying this would be that it takes away the challenges if there has been sensory deprivation. Jasmine assists in ameliorating the ability to smell. So over time it would help to make a repair of this sense.

Jasmine opens the corridors within the central nervous system that may have been clogged or otherwise compromised so there can be a return to resilience and receiving input from nature. This will assist in balancing those inner functions that have to do with the central nervous system, but also with the ways in which the mind and also some dis-ease processes can shut down the perception.

Jasmine is what you can think of as an arbitrator. For example, it comes in and says: “Okay, well this was happening then, but now let's challenge what's been happening and find a way out. Let's feel a new way forward. Let's use this beautiful lite scent.” (Lite here not meaning Light from above, but the lightness of the scent of Jasmine in the way it permeates an environment.) “Let's use that ability to spread the love, Light, essence and scent. Let's use that and offer the body a new repair function, a new way to view itself for the mind to relax and open.” This way the body can stimulate the nervous system to receive that beauty and scent from nature.

Jasmine transports people to a more open, beautiful, aligned, and graceful space so they can just feel whatever heaviness they have been carrying is offloaded and they don't have to carry it any longer. Jasmine reduces the burdens of one's life and offers them an opportunity to use this **E**ssence and scent as a re-booting or offering a different result.

This Essence has more to do with heaviness that's undefined. If someone has grief, they can take the original Mother Mary Essence from the grotto harvested in St. Baume (French HOTW Flower Essence #14 – Dark Pink Rose.) If they have X, Y, Z, then they can take other things. This is just about heaviness. The Jasmine scent lightens things. It brings in a sense of choice, but not mental choice. It gives the body a renewal. This is about finding one's own sense of stasis, but not looking for it but letting the Flower Essence deliver a sense of finding a point of reference that may actually never have been experienced before. So, it transports, uplifts and opens.

Jasmine is a very beautiful one because it is again another gift. Just take this and let it happen and let it work, and don't worry about it. Don't try hard. Just allow the scent to give you a renewal that puts a different perspective into everything so that life becomes easier and more graceful and more aligned with the Divine. Again, it's not trying, it's not trying to be divine. It's not trying to do better. It's just a gift that is given.

In a sense, this gives a different viewpoint without having to work for that viewpoint. So... this is really about really receiving grace.

**DOSAGE:** Maximum of five drops a day - morning, afternoon and evening for continuum, and then see how many drops are needed. Three might be needed, or five, but no more than five a day.





## 7. Lucia's Light Pink Rose from Fatima–

This is Lucia's Rose, the rose of the human soul. The human soul comes into the world to learn through suffering. This rose is an example of how one transforms suffering into Truth, love, and Union.

It takes a really long time for a soul to learn this and the function of this rose is to assist in that learning. It's fundamentally the transformation of suffering into peace, and yet, it's not a rose of peace - it's a rose of transformation. It's not about all the glory that some of the other flowers are. This is the rose of endurance. It's the rose of sticking to it, seeing what's happening and standing firm - bringing whatever one can to any situation because one must. It's an opportunity rose. It's: "What do you need? I will come and stand with you." It's: "Why is it so hard? Let me be part of it with you." It's: "What's the matter? Come and sit with me." It's friendship, mentorship and loving companionship.

This rose is a listener; you might confess to it. You might ask it to stand with you at a hard interview or a hard discussion or something that's hard to deal with. You might wish to ask its presence when something is transpiring like a death or a resurrection or a birth or a divorce or whatever might be hard. It will stand with you during the reception of a diagnosis or health challenge.

This Essence is one that wants to come with you wherever you go. In other words, not necessarily physically, but wherever you go in your journey. This is a rose that you will want to have with you. This is a rose that is a steadfast reminder that nature is there to bring Order to human existence, and it offers an unjudgmental, steadfast presence no matter what's happening in the world or in your relationships or in your life. This is the rose that stands for the triumph of the human spirit, for the permanence of love on our planet, and the commitment to bring Light to darkness. This is what we could think of as the counterpart to the great rose that was harvested in St. Baume (French HOTW Flower Essence #14 – Dark Pink Rose). It is the rose of faith that communicates to us the necessity to keep going, to keep believing, to keep trying, to keep asking, and to keep receiving.

It brings the Great Mother of Sophia energy, the Mother Mary energy and the energy of all of the sisters and all the saints who have lived to provide inspiration and stories of spiritual acumen and transcendence to the populace, to the people. It foundations a New World in every moment, offering that New World an opportunity to be restored through the human soul.

This Essence is for people that get frustrated and are trying their best. And it's just hard, you know? So this is our essence. This is the essence we've been waiting for, in a sense. And it's for people who are really your dyed in the wool, doing this hard, hard stuff and who need a kind of "pick me up." This is a

very beautiful, very beautiful Essence, and this is for old souls who are here on the planet to create the New World.

**DOSAGE:** Maximum of six drops a day. It could be two drops in the morning, two in the afternoon, and two in the evening. There needs to be a baseline of this so that people understand how to cultivate this. In other words, you take it to cultivate this understanding deeply inside yourself, and then you probably wouldn't need it again. It might take 30 to 60 to 90 days to cultivate that. This is something that people take until they really get the gist of this and they get the energy in their body and they can stand there fully present in the knowing that all is well.



### 8. Four Trees from Fatima–

(Fig, olive, and cork from Lucia's home/orchard and baby oak from nearby forest.)

The Four Fatima Trees are indicating that they want to join all of their elements and essences, their consciousness and purpose for humanity, because they hold the memories, and connect the Heavens to Earth. They use the Earth energy and the Heaven energy and create photosynthesis, which is designed to support the oxygenation of our planet. Because they are in jeopardy, they have joined forces to become more powerful so that we can all understand the necessity of joining in community to support a healthy climate. Their idea of coming together is inspiring us to come together or wanting to inspire us to come together so that we understand the necessity of joining forces with each other at this time to create a more balanced world.

The Trees' understanding of the Heart of the World Flower Essences is that we are taking a message to a percentage of the population that is growing and that responds to the voices of those in the Plant Kingdom. They are requesting that we use our voice to take this message out to the world.

The combination of these Tree Essences is designed to bring peace in the absence of suffering, clarity of vision, and the Truth of Being. This Essence merges these so that the result is clarity in decision making, in communal response or decisions - the decisions of community, decisions of life, and decisions of health. The Tree Essence takes the stories of humanity, which are held in the trees, and brings resolution to those stories. This is because in combining the essence of each of these four trees, there is now a way forward. If one is dedicated to assisting with bringing health and wellbeing to the world, these four trees have information and guidance for you. They understand what's at

stake, what has already happened, and what the avenues of intention might be to support the climate, the environment, the water, the air, and actually working with the poisons on the planet.

This is an Essence that is not taken internally and is not for anyone but the person choosing to receive it. One way to use Four Trees, is to place it in a structure in front of you... a tiny bowl or bottle or tiny container of some sort in your environment, or on your desk. For example, if working on some proposal or thinking of something one could offer to the Earth or a situation; looking for a result of some kind that one might want the trees to help with; or for inspiration. If there's a problem or a question about animals or pests or anything that a long understanding of human evolution would bring one, this Essence can be used to support finding an answer or resolution. It would be used if you live somewhere where there was drought or fires or pests - the grasshoppers or the locusts or something that is happening or there is an out-of-balance situation in your environment. This can be used in a plant with aphids or if things don't grow well, or there is something not working.

Four Trees can be put in a container like a little glass vial to wear around the neck, with the intention that you wear it on your body when you ask the questions or when you have a problem or when something isn't aligned or balanced and you want to put it in the Light.

For example, it can be placed or sprinkled in any sacred space when there is the intention to align the energies there. Use 10 drops of the Essence in your bowl or container and then put in some drops of water to dilute it a bit if you want it to last. It doesn't matter, as long as the Essence is in there, the 10:1 ratio is good, just to keep it consistent.

Four Trees wants to actually provide an indicator for you, like a directional to do this over here, or don't plant this there, or provide a way to speak to the animals. It can be used for stopping deer from eating gardens, for example. You can also sit at your desk, have a little vial of this or hold the bottle and then get answers to how to speak to the deer or how to bring balance to something. It's not so much that it is put in the garden, it is that the trees want to help you understand the problem. If you have something going on in your environment, like you could use it to know how to work with your dog, or to help with animal health issues, or for ticks in your yard.

We can use the tree's wisdom to assist us to answer questions or to balance problems so that we have a broader awareness of the issue and can receive telepathically, energetically from the trees what the answers might be. Their opinion of it or their advice or their guidance will help us to create more balance in the world around us because everything is so out of balance. This Essence provides the balance of above and below, light and dark and more Truth. When there's more Truth in the environment then everything will work better. They're very happy to do that. They have been wanting

to do that for a long time and they're very honored that we have done this because it will help many people to figure out how balance works.

It can be used in a personal environment but we can also use it in areas where for example, there are fires. The trees will help to bring forth information that we can then take action on that will provide more balance in the environment around us no matter where it is. It doesn't matter what the question is; they seem willing and ready to help because they've had the history. They understand how to work with nature and they can provide us with answers.

Hold the Essence bottle in your hand, or place a few drops in a bowl or wear it in a vial around your neck. Get quiet and ask the question. Stay quiet and then the answer will come in whatever way you usually receive your own guidance. Anybody can use this, from a teenager up - even Greta Thunberg could use this. It's for those who want to help to create peace in the environment around them so that everything works in harmony again. It's a harmonizer of nature. It also can be used to call the nature spirits to help. If one has this Essence, then relationship with the kingdoms would be enhanced and we could actually ask it to balance the kingdoms around where we live with whatever's happening.

Dilute 1 part to 10 parts in a vial to wear. To sprinkle on earth or have in a bowl or bottle make a bigger portion of 1 to 10.

**Not for internal use.**



### **9. Purple Morning Glory from Tomar-**

The Morning Glory is for those who are delicate, have a certain fragility, and want confirmation and affirmation of their beauty, their grace and their strength. Morning Glory is a tendril, an offshoot of the beauty and grace of the Great Mother. It is to bring inspiration and hope to those who have that delicate, fragile space, so they can feel like a new day gives them a new opportunity.

It is about providing a simple essence for those who are lost, uncomfortable, or who don't quite know where they fit, or if they belong or if they want to be here. The Morning Glory is like a reminder that even though Earth is dense, and there are things that don't make sense, and it's sometimes challenging to have hope, that the Morning Glory pops up to provide a steadfast opportunity to see a carpet of

blooms that continue regardless and have a shape that is like an opening from within. Their petals are wider than their base and they are like a little trumpet and they have a little opening to what is within. The Morning Glory reminds us that the heart always has hope. The heart never gives up. The heart is constant. It endures and keeps going. Hope never vanishes from the heart. It vanishes from the mind, but it doesn't vanish from the heart. So, it is a reminder that provides an opportunity to restore whatever has felt to have been lost, even though it's not lost.

It reminds the mind that it can trust in its own self or in its own heart. It delivers a large sensitivity to nature so that it can at times, if the situations are right, actually diminish the mind's hold on someone thinking about not having hope or faith. Morning Glory can replace that and open the individual to the hope and the faith when they see it. It's a vision that supplants the consciousness of an individual and returns them to the heartbeat itself. This is so that the person can be revived or restored in their sense of alignment with life and with the Earth, providing them with a larger sense of "encompassed beauty."

It could be for depression or not quite knowing what to do, feeling kind of apathetic or indecisive, or being unclear about life. Morning Glory gives a sense of presence and acceptance and: "let's, do this together." It's an invitation to life, to being connected and in a sense, starting again. Such as "let's do this differently and let's feel if we can make a different outcome together." It's friendship, but it's not the same kind. It's a different energy than we've worked with before. There's a sweetness to it. It's a very sweet energy of "Wow. We made it through another day. Let's see what happens."

The Morning Glory lifts people out of a sense that there isn't a way forward or that it is tedious. When taking this Essence, they can feel that their opportunity now is to restore themselves, open themselves, feel more comfortable with themselves and also bring a kind of restoration of the foundation that the heart has. We could think of it as innocence, purity and inspiration. When we have hope and faith, all things are possible or more things are possible. The Morning Glory supports an intention to return to the promise of the life of the person, of life itself, and provides more of a sense and feeling that they belong to Earth. Because the Morning Glory comes in the morning and says "Hello" - it greets the person. It says "Hi, how are you? Let's do this. Let's feel this together. Let's not worry so much. Let's put a lift in our step. Let's do something fun. Let's celebrate that we're alive." There is a richness of invitation with this one. It's very beautiful.

**DOSAGE:** A maximum of six drops would be used during a day.

**Note:** The Essences that are intended for ingestion can be taken orally or a drop can be placed on the inside of the elbow, on the antecubital space. They can also be held and not ingested, meaning they can be absorbed through holding the bottle.



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 given you in your consult should be followed to the letter. Please call or email with any 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 \$10.40**

# Templar Initiation Well at the Regaleria in Sintra



**Additional perspective from Magdalene regarding Flower Essences gathered from Templar related areas:**

A question from Nancy arose concerning the locations where we gathered plants. Portugal has strong Templar history and she felt it was important to know if what was gathered brought in some of their energy/strength.

The Templar energy is in the whole of Portugal, so it's not limited to the areas where we traveled. The thing about that area is that the Templars were protectors. They were protectors of the Holy Grail. They were protectors of the energy, of the alignment of the Holy Grail energies.

The Templars were chosen and they chose. Anywhere they had residence, what went into the Earth was the idea of protection. Growing the Morning Glories in that area, for example, is protecting people from too much dross and too much sadness. That's why the hope and the faith is so important here, because it says, "Let's do this differently. Let's have another go at this." It does protect people from the idea that the heaviness and the dross of the world is too much to overcome.

These Essences have a strength and clarity in them because there were footsteps that the Templars took in all corners of this land. They embedded in the land a message that the individual and the land and the heart and the spirit are all the same. They are all the same. There can be no movement forward on the planet without protection of the heart, and the land and the spirit and the nature.

So this message from them is really strong. The Essences now are designed to bring that sense of protection from the land back to the people again. The Essences offer them ways to use the flowers and the trees and the land that the Templars walked on to provide what is missing in the world now; because there are no more protectors. Because of that the world is not aligned with the heart of protection, the land is not protected, and the spirit has been decimated through different religious epistemologies and beliefs that don't honor the Truth of the heart and of the spirit and of Oneness. So the Oneness is gone.

The Templars really held onto that Oneness packed into their intention and because there has been so much moving away from the intention of the heart, there is now a void. So, the flowers and the trees and the water are lending themselves to provide these levels of protection, some of which are gifts, some of which are invitations, some of which are resolutions so that there is an opportunity to restore the balance that has been missing for so long.

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

Mary Magdalene

## Important Reminders about Heart of the World Essences

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 types 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.

***If you prefer to ingest the Essence through your skin,*** you can place a drop on the inside of your elbow, your antecubital space instead of placing it on your mouth.

## 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 the Essences are very strong, and disrupt the patterns that have been established. We need to do this gently and powerfully at the same time. If you would like to ask your consultant about a particular child and Essence, feel 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?”*

**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.

## **Clarifying Your Essences**

**Dowsing:** If you have experience dowsing and are comfortable with your results to this point, then you can dowse before your consult and feel into which of the plants or trees is calling to you.

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. Take your time, feel into the heart before you dowse and choose a space that is quiet and private.

If you are taking the Essences and feel to change dosage or are wondering if you should continue or stop an Essence, you can dowse to determine that on your own or contact your representative to share your sense of this.

### **Steps for Dowsing**

Address your relationship with the Essence after twilight by using the steps below:

**Step 1.** Get quiet and centered. Reread the description of your Essence and feel into why you initially took it.

**Step 2.** Note how the Essence has been working with you so far. Use the heart as the indicator, as the heart chose the Essence. What has been shifting/changing/growing/releasing?

**Step 3.** Ask your body for a sense of the progress toward the intention that you set when first taking the Essence. Ask whatever question you have for a clear indication as to decreasing or stopping or extending your relationship with that Essence.



**Step 4.** Now use the method of dowsing that you have learned, or use a pendulum to determine your 'yes' and your 'no.' Once you have created a relationship with your dowsing method in that quiet moment, ask the question that you have about the Essence.

**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.**