

# Seeing Unity All Around Us With

Flower essences are keys that can unlock the deepest treasures of consciousness for

AS ONE MAY TEND to introspect from year to year, I was struck by the changes in the world with the passing of all four seasons. We are perhaps more vulnerable than ever to the atrocities of terrorists planting seeds of fear and unrest in the minds of innocent people. Natural disasters in the form of earthquakes, tsunamis, and global warming have struck without warning. Hurricanes are devastating Southeast Texas even as I write these words, leveling homes and threatening the lives of their occupants. Tensions are brewing like a cauldron about to bubble over, filled with stress, oppression, and greed. Indeed our role as “harbingers of the flowers” is growing more vital as the world’s suffering increases.

“God smiles at us through the flowers,” said the sage, Paramhansa Yogananda. His insights into the psycho-spiritual qualities of the various fruit/vegetable plants and trees that produce the blossoms for flower essences have formed the basis of my life’s work. One unique feature of the flower essences I work with, confirmed through extensive research, is that they are most effective when used singly and serially rather than in combination formulas. Hence we can see dramatic results more quickly, and we can know which essence is working for us at any given time.

## Unlocking Consciousness

FLOWER ESSENCES are keys that can unlock the deepest treasures of consciousness for those seeking richer lives—lives that embrace perfect well-being. They can help us to reach our goals more completely than through the pace of natural evolution alone. Two practitioners recently commented about their own experiences with flower essences: “I’m absolutely thrilled with the results,” and, “How did you get such magic into these bottles?”

How can we understand flower essences more deeply? By understanding that they do not “fix” us; they help create an internal environment that allows us to fix ourselves. Our life force knows no limits. There is the true story, for example, of the mother who exerted superhuman strength to single-handedly lift an automobile off her trapped child. We hear about

Olympic competitors who raise the bar on finesse in sports, breaking world records by overcoming impossible obstacles.

Within each of us, there exists a seed of perfection. Yet we somehow remain disconnected from this truth—often throughout our entire lives! Jill Bolte Taylor, Ph.D., a brain scientist in her mid-thirties,

gave a physiological and scientific confirmation of this state. One day without any warning symptoms, a blood vessel exploded in her brain, triggering a stroke that rendered her completely unable to function.

She observed within the next several hours a complete deterioration of her mental faculties. After witnessing the rational left side of her brain coming to a halt, she wrote: “I realized that the blessing I had received from this experience was the knowledge that deep internal peace is accessible to anyone at any time. I believe the experience of Nirvana exists in the consciousness of our right hemisphere, and that at any moment, we can choose to hook into that part of our brain.”<sup>1</sup>

The operative word in her testimony is “choose,” meaning that we have choices—not in what happens to us but in how we decide to react to events. Happiness is a choice. Peace is a choice. Likewise, sorrow and inner chaos are choices as well.

How do these concepts apply to our more difficult challenges, and to flower essences? One example is my own experience nine years ago of caring for my father before his passing from pancreatic cancer. That time in my life, and his, was both brutal and blessed. My newest book, *From Bagels to Curry: A Jewish Yogi’s Account of the Passing of a Parent*,<sup>2</sup> addresses this subject, interwoven with my less-than-perfect upbringing and dealing with the unpleasant repercussions of leaving the religion into which I was born, Judaism—to become a yogi. At one point, my father gave me his first, last, and only testimony, to **Pear Essence** for peacefulness and emergency support. This flower essence



# Flower Essences

those seeking richer lives—lives that embrace perfect well-being. BY LILA DEVI

helped him deal with the blistering pain symptoms of a chemotherapy medication.

“To see a world in a grain of sand,” wrote William Blake,<sup>3</sup> “and a heaven in a wild flower” is to see the mystery of life held in a universal seed. Thus within the harsh test of watching my parent prepare to leave this world—with a fierce happiness that he refused to surrender to the cancer or the chemo—the grace I experienced was potent indeed.

## Wearing our Flower Essence Glasses

OFTEN IN MY SEMINARS, we (somewhat playfully!) put on our “flower essence glasses” in order to metaphorically see the world through the presence of the flower essence qualities. The three essences exemplified in *From Bagels to Curry* include: **Pear Essence** for peace, as above, and its opposite: resistance, conflict, and thus internal war, as I witnessed my father struggle to remain in a body from which he was being evicted; **Tomato Essence** for mental strength, courage, and perseverance, that helped me to find the fortitude to remain in the role of his caretaker until his last days; and finally, **Grape Essence** for the love he lavished on his family, and also for my need to cope with its seeming absence in losing him.

The underlying message of this spiritual memoir is that love runs deeper than any dysfunction. As my father’s illness progressed, I wrote: “The exhalations are getting longer now, as if by breathing in this manner he might rally the strength to force the cancer from his body cells. How many more breaths remain in his life? ‘Life is short,’ Dad always says, over and over. Inhale, exhale. When I was younger his words meant so little. Now they mean so much.”<sup>4</sup>

When we wear our flower essences glasses to see the best in others, we find unity everywhere around us. To quote Jill Bolte Taylor: “Your body is the life force power of some fifty trillion molecular geniuses. You and you alone choose moment by moment who and how you want to be in the world. Own your power and show up for your life.” Is there any better way to explain the magic of flower essences? They give us a vibrational nudge, so to speak, to reinforce our innate understanding of the

power within us at our disposal—if we choose to access it, live it, and beam it out to all the world.

## Considering Other Flower Essences<sup>5</sup>

BELOW IS A BRIEF summary of several other flower essences that are especially useful in times of intense challenges.

**Coconut Essence:** for uplifted spiritual awareness. This essence can help you develop a clearer, more spiritual focus in your life, and the energy to endure, or to rise above, every test. When you use this essence, concentrate on the coconut’s effect on raising your consciousness.

**Orange Essence:** for enthusiasm and hope. **Orange Essence** contains a greater mental energy to penetrate through the fogs of difficulties. It can assist us to find solutions, rather than being too conscious of problems. If feelings of helplessness sometimes create a temptation to feel morose—in all such cases, **Orange** specializes in building the strength to blast through every obstacle!

**Lettuce Essence:** for calmness. This flower essence offers inner fortitude when confronting difficulties in your life. It helps with creative expression, speaking one’s truth, expansion with reserves of energy, success in undertakings, and decisiveness. This flower essence embodies the calm before, during, and after life’s storms.

The best way to see unity in a world that perhaps has never been so in need of uplifting influences—is, first, to find it within. 🌸

## Notes

- 1 Bolte Taylor, J. (2009) *My Stroke of Insight*, New York: Penguin Group
- 2 Devi, L. (2016) *From Bagels to Curry: A Jewish Yogi’s Account of the Passing of a Parent* California: Crystal Clarity Publishers
- 3 Blake, W. (19th century poem) *Auguries of Innocence*
- 4 p 229
- 5 Devi, L. (1996) *The Essential Flower Essence Handbook*, California: Crystal Clarity Publishers

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