

Aquarius Flower Remedies

Newsletter

August 2010

Simon Writes:

Weather wise, it's been a wonderful spring and first part of summer. I'm writing this in the middle of July, looking out over those gray skies we have come to know so well over the past few summers, wondering if this is the beginning of the monsoon season. Let's hope not.

The cloudless skies we have enjoyed for so long have been perfect for making essences; the putting out of a glass bowl filled with water and floating flowers on the surface. In fact this season I have made very few flower remedies, only replenishing stocks of those I'm getting low on. Instead, I have been floating seeds on the water to make seed essences. They are just the same as the flower essences but made from seeds instead.

I've put together a website www.seedessence.com where all the information can be found, their therapeutic uses, which seed essences I have made (continually being updated), how to choose the appropriate seed essence to use, dosage instructions, and how to make seed essences for yourself or if you wish to contribute them to our seed essence bank. So in this newsletter I want to write more about my inner processes that led me to this work and my impressions so far.

Many years ago one of my sons asked as we walked past a bush full of rosehips, if remedies could be made from the seeds as well as the flowers of plants. Back then the thought really was too big to contemplate – as many seed essences as flower remedies...! However, it was as if a seed had alighted and did not blow away for in the years that followed I reflected many times on what therapeutic uses seed essences could be put to. Now, nearly 20 years later, enough pieces in the jigsaw seem to have fallen into place to spur me into starting a collection of essences made from the seeds of plants. That seed has germinated.

This process of germination I can trace back to the earliest months of this year when I became aware that my son, the one who asked that question all those years ago, now 27, lacks direction in life. He floats and hasn't found the place he wishes to land. Seed essences, I feel, are for this type of condition, to help us reach a fuller or richer potential, point us in the right direction. We all contain a star seed, a divine aspect that has descended from the cosmos looking to anchor on the earth and grow into something productive, meaningful and useful. Charismatic and inspiring personalities have managed to plant, germinate, nurture and grow their seeds. We all have that potential within and seeds essences can, I'm sure, help us get in touch more with this aspect of our being. Our clarity, meaning and purpose to life, creativity as well as our self-confidence and self-belief are all touched by the germination and growth of this inner seed, this potential within us.

With this insight in mind I've had a wonderful time under these blue skies harvesting seeds from a whole range of plants to make into seed essences. It has made me look at plants from a different perspective. The flowers are so distinctive, showy and colourful. Yet the seeds can be difficult to find for in many cases they disappear into the foliage as the plant continues to grow and work themselves down to the soil, where they of course want to go. In many cases rather than picking from the top of the plant I am on my hands and knees rummaging around in the undergrowth.

At the beginning of this project there were a whole series of dreams, synchronistic events and astrological alignments that made it clear to me I was entering a magical, creative field. I think for many people they turn away when they reach this point, scared to advance into the unknown. Our own barriers block our forward movement and for me the biggest barrier preventing becoming involved with seeds was that unanswered question from my son all those years ago: what are they used for? Then on the morning of the 3rd June I awoke to an answer. As my mind slipped back into conscious mode this hurdle simply dissolved with the realisation that I did not need to concern myself with the individual qualities of each seed because all seed essences essentially connect us to our seed within and those qualities I've mentioned above. Therefore, all I needed to do was make a collection of seed essences, establish a seed essence bank, which others can then access. Through dowsing, intuition, synchronicity, personal preference or simple attraction, the appropriate seed essence(s) for each individual can be chosen. Certain seed essences will resonate strongly with certain

individuals. For this approach, the larger the seed essence bank the better because a greater refinement of choice is then afforded.

One of those lovely synchronistic processes I would like to share with you involves my partner, Heidi. She is currently a Fine Art student and her latest project involves the making of giant representations of seeds from various mediums such as clay, metal, paper and fabrics. Over recent months I have been surrounded, not only by her giant clover, honesty and dock seeds, and fantasy versions of seeds an imaginary ancestor collected on an unknown Pacific island, but all her research material, including seed catalogues and stunning images created by scanning electron micrographs. If our inner landscape is reflected in our outer world, surely this was a sign that the time was ripe to initiate this project.

Sometimes I think you have to be single-minded, others might say obsessive, so everything has become seed orientated, which is wonderful. During this good weather I've spent plenty of time in the hedgerows and fields searching for seeds. The seeds have to be gathered when ripe, ready to leave the plant. In many cases this has made collection tricky because as soon as the seeds are ripe they tend to disperse—I have to be in the right place at the right time. I've also seen plenty of seeds but had no idea what the plant was as there are no flowers for easy identification.

Back in late May/early June I was captivated by Mars' position in the night sky, something about its relationship to the fixed stars seemed to give that area of the heavens a very different feel. Mars, planet of initiation, was just about to move into the zodiacal sign of Virgo, the corn goddess. Virgo is associated with the ripening, harvesting and storage of the fruit and seed. There is more to this than just the auspicious nature of such an astrological alignment at that juncture, it points to another dimension to the uses that seed essences can be put to. Seeds store and encapsulate, they not only contain the potential of the future but also give protection to existing knowledge. The plant will die yet the seed will carry through time and space the knowledge that is needed to be reborn. Seed essences not only connect us to the future potential of our inner seed but the past inheritance stored in our inner seed. Seed essences can reconnect or strengthen the connection to our ancestral line, allowing our spiritual inheritance to flow more freely. Furthermore because seeds are buried in the ground before rebirth, these

essences can offer support when we draw closer to this transformational part of the cycle of life – death, burial and resurrection.

So please do have a look at www.seedessence.com and if you feel drawn to making some seed essences of your own and want to share them with others, then please do let me know and they can be included in our seed essence bank.

Autumn Weekend Workshops *with Simon France* *of Aquarius Flower Remedies*

Coping with Saturn

through astrology and flower remedies

2nd. and 3rd. October 10 am to 4 pm each day

The astrological influence of Saturn, Lord of Time, is profound, from the moment of our birth to the time of our death. Saturn is the planet of limitations and restrictions. It governs the winter months of cold and contraction. In our lives we so often experience Saturn as hardship and pain. Saturn exposes the harsh realities and limitations of our lives.

In small, intimate groups and with the aid of our own individual horoscopes, we will explore the impact of Saturn upon our past, present and future and look at ways of working constructively and positively with this astrological archetype. Along with applying the wisdom and insight astrology offers, we shall also connect with and use the flower remedies that resonate particularly strongly with the difficult issues Saturn brings into our lives.

This workshop is suitable for anyone who wishes to understand themselves better. The understanding gained from this workshop can also be used to assist others when they are going through Saturn sensitive times in their lives. No prior knowledge of astrology is required.

- This is an in depth workshop with a maximum of four participants.
- You will need a copy of your own horoscope (this can be supplied if needed).
- The venue is in Chudleigh, Devon.
- The cost of the weekend is £85, this includes vegetarian lunch both days.

Bookings and enquires to Simon France at Aquarius Flower Remedies.

A £20 deposit secures your place 01626 854289.

Place deposit online at www.aquariusflowerremedies.com/workshops

Quality B&B available here in Chudleigh.

Karmic Healing

Working with the Moon Flowers

9th. and 10th. October 10am - 4pm each day

We all possess deep wounds within our soul, carried across from previous lives.

These wounds help shape considerably our personality and fate.

However, the events of previous lives that created these dysfunctional patterns are not remembered on a conscious, or in many cases, subconscious level.

Could a recollection of past life actions, mistakes or trauma help us to understand better the foundations upon which our current life is formed?

This workshop combines teachings from the Ancient Wisdom, Astrology and the Moon Flowers to open your perception to your past lives and the karma that has been carried through to the present incarnation.

- During the weekend the following topics will be covered:
- Using the Moon Flowers as a door to access the past.
- An Astrological perspective on karma
- Shedding light on some of the karmic influences of your own horoscope.
- Exploring some of the repertory of the Moon Flowers
- Crystal meditations into the past
- Exploring our own karmic pain
- Philosophical chats about the soul, karma and reincarnation
- Connecting with nature

The Moon Flowers will be available to freely work with over the weekend and can be purchased at our discounted student rate.

The cost of the weekends is £85 (vegetarian lunches included).

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info@aquariusflowerremedies.com

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