

SUMMER FLOWERS INDEX

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SU2	Bleeding Heart	Emotional non—attachment
SU3	Busy Lizzie	Move forward easily and effortlessly
SU4	Buttercup	Living in higher flow
SU5	Canterbury Bells	Becoming a clear channel
SU6	Christmas Lily	Peace, joy and goodwill
SU7	Chrysanthemum	Live with sense of purpose and direction
SU8	Columbine	Approach change with adventure and challenge
SU9	Dogwood	Opening the heart centre
SU10	Evening Primrose	Fineness of awareness
SU11	Forget-Me-Not	Evolve sub-personalities
SU12	Fuchsia	Flowing emotional body
SU13	Hollyhock	Centre consciousness in higher dimensions
SU14	Honesty	Acting with integrity
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SU16	Jasmine	Using higher mind in ordinary reality
SU17	Larkspur	Accept role as teacher, healer, leader
SU18	Lavender	Harmonised energy around body
SU19	Lilac	Raise sexual expression
SU20	Lily of the Valley Bush	Connection to gridwork of light
SU21	Lobelia	Centred and in control of emotions
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SU24	Paeony Rose	Know reality and let go of the ego
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SU26	Poppy	Receiving and transmitting light
SU27	Ranunculus	Unfolding energy into infinity
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SU29	Rose — Blue Moon	Miracles occur naturally as expressions of love
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SU31	Rose — Pristine	Forgiveness recognises there was no sin
SU32	Rose — Superstar	Appearances deceive, reality is changeless
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SU34	Shasta Daisy	Expressing radiance in every area of life
SU35	Spiraea	Abundance, growth and aliveness
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SU37	Sunflower	Open and radiating source of light
SU38	Trillium	Following the path of joy and knowingness
SU39	Wallflower	Discovering life purpose
SU40	Windflower	Recharging at core
SU41	Wisteria	Separation vanishes as holiness is shared

RELIEF ESSENCE

RE1	Dog-Toothed Violet	Injury — energy to heal
RE2	Foxglove	Illness — regulate and strengthen
RE3	Pig Squeak	Betrayal — trust own experience
RE4	Pussy Willow	Grief — comforting and nurturing
RE5	Tiger Lily	Stress — soothe and calm