

# The Outer World is the Mirror Image of our Inner World

by Bram Zaalberg



*Bram Zaalberg, the creator of the **Bloesem Remedies Nederland**, is a very intuitive and sensitive flower essence practitioner, teacher, producer and distributor who has been making wildcrafted and organic essences of the highest quality since 1986. These powerful and dynamic essences are prepared live using vibrant organic flowers and plants, certified-organic brandy and pure spring water.*

Healing from within is the way to change our children, our relationships, our boss, our government, our world and nature.

Flower essences are an important help for our consciousness, not only for balancing the negative, but also to help us in becoming aware of what our problems are and how we did create these problems. If you consider the unity you see that the unity is not only consisting out of two polarities, but the unity is as well the negative as the positive, and these two together makes the third. Without the light there is no darkness and without darkness there is no light. Together they create a universal energy. When you look at a paper you will see that there does not exist a paper without a backside or without a front side. The paper exists out of a front and backside and the two together makes the paper, the third.

The universal energy does not exist out of one part, but is the completion of the two together. So, there is no fear without courage, there is no impatience without patience, for every problem, which we see, and what we meet there is a solution, but we don't know where we can find this solution.

Using Flower essences is like turning the paper, on the moment when you look at the front side, you don't see the back and the other way around. When you start with taking flower essences, the essences will help you through the connection of your higher self to find the other side of the paper. Every flower essence is a universal law or energy, a blue print of these energies that are captured in water. They have the completion of the universe connected. The mirror gives an insight were to start when you want to use flower essences on a deep level.

In a mirror we see our mirror-image. This mirror-image is a reflection. The mirror-image reflects what we do. The mirror image does not have a worth of its own, it does not perform an action independently. When we wave, the mirror-image will reflect this, the mirror-image will not for example comb its hair when we wave. The reflection of the image therefore depends on the

move we make. When we stand close to the mirror we see ourselves the clearest, when we move some steps backwards, the reflection (mirror-image) moves back as well. The further we retreat, the further the reflection retreats.

What works in the matter, works in the same way for the spirit. Our environment reflects our inner self. We think the other is independent; however, the other is in a reflection of our inner self. Our ordinary daily outer relationships are reflections (mirror-images) of our inner relationships in ourselves. However, we do not see these as reflections, but we see everything that comes at us still too much with an identity of its own. As a mirror-example, we can compare this when we see a pimple in the mirror and we put the cream on the mirror. We wish to change the other. The other however, is merely a reflection that we cannot change. To be sure, we can change ourselves, but we do not know where and how. We can see three different kinds of images: a positive (our support), the negative (our lessons) and a neutral image (nothing to work on for this time).



Now to obtain some clarity about how the mirrors work, we can best begin with a visualisation (an image in the mind). We can for instance imagine a tree, without that this tree needs to be there. We will now imagine our feminine energy as if it is a woman. Try to see what she looks like, is she cheerful or glum, happy or sad, is she looking in front of her, behind her or sideways, is she standing firmly on the ground, can you see her feet and legs, can you see her hands and arms, is she tall or small, busy or quiet? More women can be visible. Now make of this image the most beautiful or ideal person you can imagine. While doing this it is important that the woman looks straight ahead and is standing on your left side. When she is standing at your right side, other person will easily hurt you.

Now do the same with the inner male energy and imagine your inner man, see what he looks like, is he happy or sad, is he lazy or active, can you see his feet and legs, his hands and arms, make him smaller when he is very tall and empty his head when this is looking like a balloon. What direction is he looking at? Make it the most beautiful person you have ever seen and put him at your right side looking straight ahead. Compare the man and the woman, see who is the tallest one. The tallest one will be the leader and the smallest one has to listen to this part of your consciousness.

When your woman is the tallest, she will be in charge and your man has to listen to you. Your feelings are the most important part of your being and the thinking part has to listen to them. Create a woman and a man who have the same height, by or lowering down the tallest or by making the smaller one taller, feel what you like the most. Be aware of the fact that we have to do this on a regular base. When we use specific essences for the female and male this will help the process. In the beginning a lot of emotions can come to the surface. Sometimes problems or emotions we thought we had already solved for a longer time. Accept them, but don't go in the depth of it, just look at it and let it pass by. You can write it down as part of getting rid of

it. The next step of the exercise is that when we have corrected the images, we bring the inner man and inner woman together, let them embrace and hug each other. Put a circle of light around them and let them blend over in each other. Send this energy away and don't think about it anymore.

When the inner man and woman are doing well and you cannot find any problems, you can split the images. Split the woman in woman and man again and split the man in man and woman again. Here we will find the deeper part of our being and emotions like sexuality are grounded in this area. You can work with these four persons the same as with the image of the inner male and female.

As soon as we start on working with flower essences, we are starting to change ourselves; this results in a change of the outer world. Changing yourself is changing the world, is changing our children, is changing our relationships, is changing our government, is changing nature.

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We first met Bram and Miep at Findhorn in Scotland when we were attending an International Flower Essence Conference there in 1997. We exchanged essences at that time and have been distributing each other's essences ever since.

We have all of the individual [Bloesem flower essences](#) and [Combination Essences](#) available on our site, including the new '[Essences for New Times](#)' and their new '[Soul Essences](#)'.