

The  
**Bloom**  
**Book**

A FLOWER ESSENCE GUIDE  
TO COSMIC BALANCE

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 **sounds true**  
BOULDER, COLORADO

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CHAPTER ONE

# Introduction and My Journey

*If you have come here to  
help me, you are wasting  
your time. But if you have  
come because your liberation  
is bound up with mine,  
then let us work together.*

Lilla Watson

LIKE MANY SEEKERS, I was motivated by pain and existential confusion to find deeper answers for my suffering. When my younger brother committed suicide in 2007, David Groode, a trusted friend and intuitive, introduced me to mimulus, a Bach flower remedy that is meant to help alleviate fear. I didn't know what it was or how it worked, but once I started taking those drops three times per day, I knew they were helping me move forward despite my intensifying anxiety. Since then, I keep several flower remedies in my medicine kit. David also introduced me to Presence of Heart founder and spiritual teacher Jane Bell. Jane would become my mentor and guide for the next seven years.

When I met Jane in 2007, I felt I had found the candle that would illuminate my path forward. With her guidance, we traversed the terrain of my wounding and underlying belief systems. We plumbed the depths of my psyche and found the shadows of the universal consciousness—patterns and programs ingrained in all beings that could be healed and cleared with intention, commitment to the process, and love. My transformational growth was exponential when I traveled with Jane to Egypt—a pilgrimage to the ancient holy sites that still resonate with the divine wisdom frequency of the mystery schools. Those sacred temples and the people I met there changed my heart consciousness forever.

In graduate school, studying psychology in the Western mode, I struggled to resolve what I knew about the nature of reality from my mystical studies and what was presented by the medical/academic model. I felt there was so much more to life and

healing than merely talking about our physical issues. It also became evident early on that, while I was studying social justice and healing, a lot of the academic structures perpetuated—rather than challenged—gender and racial bias.

The bridge I had been waiting for—to connect what I knew on a soul level, and what I was called here to do, with academic theories I learned from Carl Jung to Carl Rogers—came in the form of a book given to me by my future husband. It was Gurudas's *Flower Essences and Vibrational Healing*. Gurudas authored several of the earliest books on vibrational medicine with the help of channeler Kevin Ryerson. For me, at that time in my life, the book, although extremely “out there,” spoke to the vibrational nature of all life.

Vibrational medicine uses specialized forms of energy to positively affect those energetic systems that may be out of balance due to disease states. Flower essences work with higher levels of consciousness, the subtle bodies, the chakras, as well as the physical and biomolecular form.<sup>1</sup> When I refer to flower essences as “subtle,” I mean that the way they work is energetic and may or may not produce physical effects. The process of working with flower essences can be as gentle as drinking chamomile tea or it can gong you as hard as a psychedelic experience. Flower essences connected me: with healing, with others, with the evolution of the planet, and what I now know as the collective consciousness. They also reinforced my vision of ascension—we come here to be in our hearts and evolve. Later, I realized that, while returning to school proved to be an enriching and invaluable experience, in truth I had gone there asking the patriarchy for permission that it would not and could not grant: to allow me to be an integrative therapist who uses flower essences. The answers weren't there, and the doors were closed. So I sat by myself and waited.

The next two years were the hardest of my life. (My astrology during this time was off-the-charts horrible!) On the surface I was functioning, but on the inside I was falling apart. Despite years of training and study, I had reached what I would later understand to be a dark night of the soul. I felt like the worst version of myself. As brutal as that time was, I now know I had signed up for that experience. I recognize that I was in a position of privilege to be having that experience and could rely on family, friends, and my partner to help me through that time.

Through all of this, with presence and acceptance, I continued to stare at the moon, wondering what she had in store for me next. And I carried my flower remedies with me in my medicine bag, trusting I wasn't going through it alone. And, sure enough, the tides began to shift and the planets changed course.



In 2014, I was fortunate enough to find another teacher, Claudia Keel, an herbalist and flower essence practitioner. My apprenticeship with Claudia accelerated my learning dramatically, bringing me out of a self-led, self-taught period of exploration and into a time of fellowship, mentorship, and application.

Suddenly my dream of working with the flowers was very real. So, on the new moon of July 2014, with the support of my teachers on Earth, Jane and Claudia, and my guides, I launched my private practice, which I named Moon & Bloom. Within months, I had a roster of beautiful, brave, and highly conscious clients who humbled me with their teachings even as they learned from me—and I finally felt at one with my dharma.

So here we are.

This book is the realization of the assignment I was given by the Universe: to bring people to the flowers and to serve as a guide for greater alignment and heart consciousness. The purpose of this book is to bridge cosmic insights from the divine feminine\* and the flowers in an accessible language for people who are not afraid to excavate in order to heal deep below the surface. It is for those of us who are committed to creating positive shifts within the problematic status quo, and who understand that change begins with challenging our own inherent duality. It is not a book on this-for-that flower remedies to merely suppress uncomfortable symptoms. With this book, you can access insight from other realms in a grounded way to navigate within the physical world.

It is likely our Earth will continue to become a more challenging place to exist, so we will all have to be increasingly better-resourced to survive and thrive, and to teach our children to do the same. Every lifetime affords us the opportunity to gain new experiences and polish a facet of our multidimensional beings. Everyone gets a piece of a puzzle, and it is our contribution to evolutionary transformation. This book is my piece of that puzzle I offer to you.

In choosing to incarnate as humans right here, right now, we agreed to participate in the split between masculine and feminine consciousness: the separation,

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\* Language note: This text centers on all women and divine feminine energy. I use masculine and feminine to denote energetic characteristics, not to reinforce the gender binary or heteronormativity. I do discuss the feminine/masculine binary throughout this book as this dynamic is part of creation and nature; nature is differentiated, it only becomes negative when it's within an oppressive system. Energy may be masculine, feminine, both, or neither. I do discuss the moon as being a symbol of the sacred feminine, as that is my experience of it. That said, the moon has no gender, and everyone's experience of it is subjective.

black and white, right and wrong, human and divine, mind and body. This duality underscores much of the conflict within ourselves as well as the chaos and corruption in our world today. It's a crazy time to be on the planet! It comes with great responsibility and great opportunity. Now, perhaps more than ever, we have the ability to create our reality on a grand scale. We all have a role to play in the cosmic unfolding. We are all called to reconnect with our divine natures. This is the way forward—we must learn to exist in our hearts, connect to our inner light, and heal our relationships to ourselves and the Earth. Flower essences can help.

While many ancient cultures exhibited greater harmony with nature, our modern civilization has overvalued masculine qualities (achievement, aggression, competition, objectivity, and so on), creating a toxic, fear-based society. To develop integrated consciousness is to progress from separated, physical, egoic masculine consciousness into more balanced, integrated, heart-and-soul awareness—all qualities typically associated with the divine feminine.

As I will explain, we come from divine consciousness, but have been in the Dark Ages, so to speak, and are transitioning back into a lighter time—a time of heart-and-soul consciousness.\* Finding a balance between the divine feminine and the divine masculine energies and achieving equilibrium between these two paradigms is essential for our individual and collective evolution as well as for the health of our planet. Taking it a step further, we must open our minds to thinking beyond this construct, beyond the level of masculine and feminine altogether. By making space for all parts of ourselves and the human experience—the seen as well as the invisible realms (of which flower essences are a part)—we gain access to the infinite, and all the possibilities therein.

Much of what I offer in this text is nothing new. It is information that has been protected and transmitted through various lineages of the divine feminine throughout history. The divine feminine invites us to remember the language passed down by the goddesses, priestesses, deities, *neteru*, *devas*, *bodhisattvas*, *curanderas*, witches, and wise-women healers. These transmissions communicate with us via a vocabulary many already use, including alternative health practitioners, doulas, massage therapists,

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\* Some esoterics and traditions believe the Earth goes through 12,000-year cycles, called *yugas*, oscillating between masculine and feminine energy. Some individuals and groups who subscribe to the belief of the 24,000-/12,000-year Earth cycle are: Yogananda Paramahansa, Rudolf Steiner, Edgar Cayce, ancient Egyptians, several ancient branches of Hinduism and Tibetan Buddhism, Maya, Inca, and Hopi.

teachers, activists, and healers of all kinds—people with a commitment to justice and higher consciousness in environmental, economic, political, and social realms.

All forms of alternative medicine are becoming increasingly popular, and flower essence therapy contains special gifts to share with us around how consciousness heals. More and more people are beginning to question the Western/allopathic medical model in favor of more integrative and natural approaches. Science continues to “prove” axioms that ancient systems have long held about healing, such as how being in right relationship with the natural world improves our health.<sup>2</sup>

Flowers represent a branch of plant medicine that is specifically concerned with our consciousness and evolution. Chronologically, flowers developed after the mineral kingdom and came into form later on in the plant kingdom—as such, their energetic signature, or healing ability, is finer. Flowers hold a special affinity for the finer subtle physiology of the self: the subtle bodies, chakras, and our conscious development. Flower essences, or remedies, offer a vastly different healing experience than taking a pill to alleviate a physical symptom. Since I conceptualize all life vibrationally, I write from this level, which I hope will resonate with many psychically and emotionally sensitive beings.

Flowers exist within a multidimensional rainbow, as do humans. Every flower holds a unique consciousness, and to connect with it is to connect with the unique healing available within that frequency. Flower essences deal with our attachments to certain disease states and life situations, allowing us to gain awareness about how and why certain things occur within and around us. They offer a different perspective on our healing journeys so that we can step back and make healthier, more integrated decisions. Since they are actually more of a process than a medicine, flower essences pair well with any complementary, mindful, or spiritual practice you may have, and are best understood through your subjective experience.

All plant medicine links us with the natural world. This happens in a dramatic way via the heart, which connects directly with nature and the cosmos. Flower essences play a special role in expanding heart consciousness: with their help, we can more powerfully give and receive love, exist in a state of unconditional love and forgiveness, and work in the flow of co-creation with all life. When we work with flower essences, we engage a process of self-discovery, of validating ourselves and our experiences. We link very powerful nonphysical considerations to our physical health, such as our ancestral history, our dreams, supernatural phenomena, and intuitions—things that are generally not part of a standard medical intake, but nevertheless offer highly valuable insight into who we are and how we experience the world.



I spend a good amount of time in this book offering background information on vibrational medicine and the belief systems we've been indoctrinated with concerning healing, because what we believe has a huge impact on our health and well-being. We have to revise our understanding of healing and wellness. Our attachment to duality plays a big role in this. The tension between masculine and feminine consciousness extends into the Western medical model. In Western medicine, mechanical (masculine) and holistic (feminine) philosophies are presented in opposition. The truth, however, is that there is a place for empiricism as well as qualitative and phenomenological analysis in all medicine, including flower essence therapy. Both are valid; both sides are necessary for seeing flowers' potential.

Plant medicine has always been the people's medicine, and flower essences create unique opportunities for issues surrounding accessibility, as essences are extremely safe and can be made rather inexpensively. The shift toward holism—complementary and alternative medicine (CAM) and integrative medicine—and the proliferation of herbal interventions within our health-care system are proof that we are making progress. In light of this, there are a number of dynamic ways we can promote flower essences to be even more accessible and inclusive for people. Even flower essence therapy itself is a modality historically dominated by white men, but increasingly it is being pushed forward by women-identified, LGBTQ, and POC healers.

The injury Western medicine forces upon marginalized groups spills into alternative medicine as well. Herbalism and flower essence therapy are included in this reckoning. Increasingly, the alternative healing community is processing its own biases. Much of alternative medicine was developed in the service of the dominant culture, or the patriarchy. Therefore, it hasn't been a healing space for many groups, including but not limited to women, people of color, LGBTQ, people with disabilities, economically oppressed people, neurodiverse people, and (in the United States) non-native English speakers. In the words of Cara Page, a founding member of Kindred Southern Healing Justice Collective, healing justice "identifies how we can holistically respond to and intervene on generational trauma and violence, and to bring collective practices that can impact and transform the consequences of oppression on our bodies, hearts, and minds."<sup>3</sup>

One of the main themes of this book involves balancing duality, which means challenging the perpetuation of oppressive systems. Unless we are actively engaged in dismantling racism, sexism, homophobia, transphobia, xenophobia, and ableism, we are merely reinforcing the power structures we are claiming to challenge. As models of

healing justice are emerging, many organizations and community collectives are generating their own missions and value statements from which to work. Meanwhile, practitioners like me have to ask themselves, “How is my work a function of my privilege? Where are my blind spots? Does my practice truly support inclusivity, diversity, and accessibility?”

The working definitions of healing and trauma are also evolving. Within a healing justice framework, one can see how, by understanding trauma merely as “an emotional response to a terrible event,” we are ignoring a more inclusive interpretation that includes the cumulative and historical trauma of colonization. In the last decade, science has “validated” that trauma is intergenerational and historical. Likewise, many traditions include community in what constitutes emotional and spiritual healing, whereas Western models of mental health are focused exclusively on the individual self.

In this way, it is an exciting time for the community of herbalists and flower essence practitioners. Modalities that are so helpful in bringing people into balance are themselves coming into greater balance. A sign of hope within an era of great hope. Even if the clinical data for flower essences and other CAM cannot compete with the pharmaceutical industry that dominates the clinical trials and studies, the ancient wisdom explored in this book supports that the power of the plants is coming through in dynamic new ways. This text exists, in part, to provide more context around the validity and potency of the flowers. The spectrum of human emotional experience is here for our development and delight. The flowers are here to support all the colors of the collective rainbow!

## How to Use This Book

I created this book to be a source of information and light. The flowers exist, in part, to assist us in evolving—both individually and collectively. This text contains aspects of healing that I explore in both my personal and clinical practice; I believe the flowers to be powerful helpers for rebalancing the collective. Much of what I present here is highly subjective, and it’s up to you, the reader, to find the truths that align with you. While I offer possible interpretations and solutions, you get to decide what information, ideas, and practices are for your highest good.

I will also offer flower essence recommendations, which are completely optional, but you are certainly invited to follow along experientially. You don’t need to go out

and purchase all the flower essences I suggest to benefit from the text. You may choose to use the suggestions for reference, or for deeper study, and come back to them later.

## An Intentional Invitation

Working intentionally is a theme that will come up throughout this book. Energy follows intention, and working with intention is no small thing. Naming the state you want to bring about in your life is a first step toward real change. Intentionality has become one of the most powerful pieces of my transformation and is essential to all parts of my spiritual practice. When you begin working with intention, you will see the energetic seeds you sow mature into very real plants.

As you begin using this book, I invite you to take some time to set a few intentions of your own. In my experience, working intentionally with reading materials ripens the possible fruit they can bear. What would you like to get out of your time with this book? Perhaps you would like more practical information about flower essences, or maybe you have a particular issue you're struggling with and would like to use this book as a way to address it. It's possible you're not sure why you picked up this book, and maybe your intention is to allow your curiosity to guide you into greater consciousness.

If you feel called, you could say a prayer, affirmation, or mantra, such as, "I will use this book for raising consciousness to honor my soul's highest good." Any and all intentions are welcome!

Every chapter contains several creative exercises to engage your right brain (feminine, intuitive, subconscious hemisphere), inspire, and encourage deeper study.

The artwork was created collaboratively with artist Chelsea Granger. This book contains contributions by several other healers who work with flower essences in their practices. It is with great joy that this text includes the wisdom of my fellow light workers!



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## EXERCISE | Setting Intention

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*What would you like to get out of the time you spend with this book? What are you curious about? What do you hope to learn, to feel, to understand? How does that look? How does that feel in your body and in the field around you?*

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