

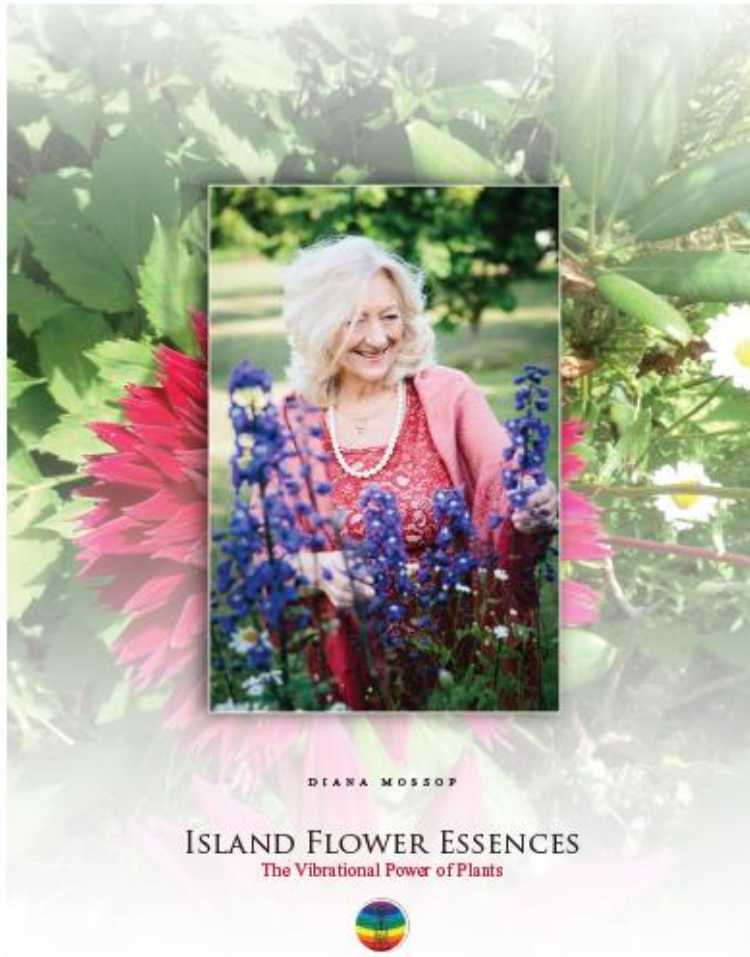
# NATURE HAS ALL THE ANSWERS

## *Plant Collecting and Tropical Travels* *by Diana Mossop*



“ Although I travel all over the world to search for rare and beautiful plants that have the power to heal specific health complications, I always come home to Jersey.”

# Diana Mossop is the author of Island Flower Essences. The Vibrational Power of Plants



A beautiful and in-depth study of the healing power of the wild flowers of Jersey in the Channel Islands.

*Flower Essences are made from light energy of the plant captured in pure water. They are vibrational and contain no toxic substance. They never do harm and they support us on the highest spiritual level, enlightening our hearts and souls. It is therefore no wonder that they offer such spectacular healing.*

“ The gift of a useful plant is more precious than the discovery of a gold mine and a monument more lasting than the pyramids”



The Pamplermousses Botanical Garden Mauritius

## **The Lungs**

*The world is in crisis. The jungles are burning, Australia is on fire. Cities are polluted and the lungs of the planet are being destroyed and converted into horrific mono - culture oil palm plantations.*

*No wonder we cannot breathe.*

*Complications with breathing, polluted cities, LER, burning jungles and airborne viruses all conspire to cause serious breathing disorders.*

*So what better place to go in search of healing plants for the lungs than the tropical rain forests of Borneo?*

*Gunong Mulu in Sarawak is a National heritage site of extraordinary beauty preserving the primary jungles and traditions of the tribespeople.*

*In my search for healing plants I set off for*

The Gunong Mulu Phytobiophyscs Research Expedition

November 2019.

It is the most incredible privilege to visit the Gunong Mulu National Heritage Site in Sarawak Borneo. One of the most remote and untouched regions of tropical rain forest left in the world and still only accessible by river craft or small aeroplane.



# We arrived by small plane

Mulu airport a small strip in the middle of the jungle



5 star limousine



*A fascinating story of a 3 month expedition to bring the truck to the centre on a river barge. Sometimes the water so low that the barge got stuck in the mud and sometimes so high that the truck could not pass under the bridges.*

*What to do?*

*Sit on the bank and wait!*

**River craft carved from the buttresses of the most beautiful jungle trees. This skill has not changed for hundreds of years**



# The beginning of our Expedition- going to the Mulu National Park







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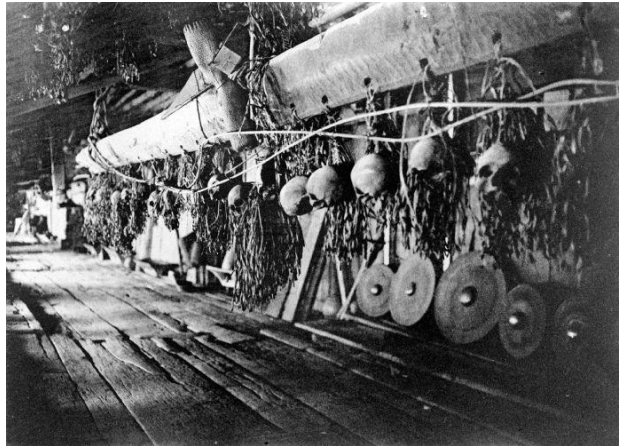
# I have been here before!



*In 1977 when my husband was serving with 7GR we were stationed in Brunei in Seria on the border of Sarawak, Mulu. My very dear friends - Robin Hanbury-Tenison OBE FRGS and Nigel and Shane Winser- leading scientists of the Royal Geographical Society were studying this beautiful yet hazardous and unknown territory of virgin jungle.*

Gunong Mulu is a breath-taking mountain range and network of vast caves of extraordinary beauty. In 1977 Robin was invited to lead an expedition to investigate the heart land of Northern Borneo and the tribespeople called the Penen Tribe. The only access to this uncharted territory was through Brunei so they used us as a halfway house. They would arrive after hacking their way through the jungle to have baths and showers and a little bit of comfort and fun after returning back for further exploration. I baked them huge fruit cakes to take, as a treat, into the jungle to augment their diet.

In 1977, as a thank you, I was honoured to be invited to join them on a river trip. It was a trip of a lifetime! We travelled by boat up the Tinjar river. I will never forget the experience of clambering up logs on the banks to visit the tribespeople in their amazing longhouses. Above every door there were sacks of skulls as the trophies of their head hunting days! They hung their little pigs in baskets underneath the longhouses to be fattened and it was such a funny sight to see their trotters sticking out through the basket strings. We watched the old ladies spitting into gourds to make some form of alcoholic brew, and very potent it was indeed! We, as very honoured guests, were expected to join them in their festivities which included drinking this concoction. I remember being a little perturbed! and we all got very drunk! We sang and danced and it was an exquisite memory. They had a wonderful sense of humour and cackled with gleeful laughter, no doubt at our expense !! The beautiful young girls danced in their tribal costumes with head dresses made from hornbill feathers. The children were utterly beautiful as well, diving and swimming like little otters in the river. So glossy, happy and laughing with wide smiles and straight white teeth. Untouched by modern civilization and stunning.



# The Settlement of Batu Bungun

## Arts and crafts

Batu Bungun is a Penan Village located on the banks of the Melinau River.

It is about a half hour boat trip from Gunong Mulu Heritage site.

The residents were once nomadic hunter gatherer tribespeople roaming along the banks of the Melinau river. Before the process of resettlement the tribespeople subsisted on a diet of Sago and game.

They are very skilled at making beautiful baskets and they traded their crafts along the river. Now that they have been resettled one of their main occupations is making beautiful crafts for sale to the tourist market.



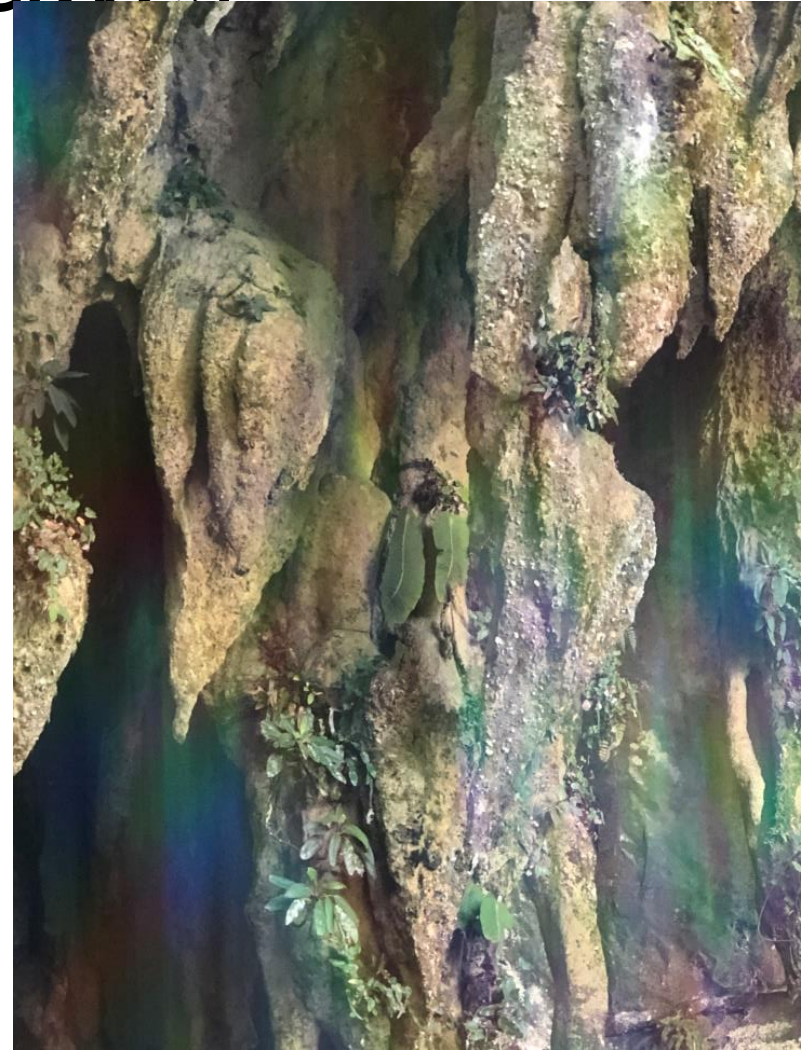


*Sadly, 40 yrs on, the tribespeople have been forcibly resettled into communities but I was delighted to see the jungle was still quite unchanged and when meeting the tribespeople [now many of them are guides at the centre] I was reminded again of their beautiful simplicity.*

*I was incredibly humbled by their integrity, honesty and noble loving joy of sharing their jungle homeland with us.*

*When they realised that I had been there before and knew the 'Great Robin' I was so spoilt and they could not do enough for me. Ishmael in particular was one of the guides who knew about the medicinal value of the jungle plants.*

# The Caves



## Stalactites at the mouth of Fresh Water Caves

With the world in such crisis, thank goodness for Robin and the National Geographic Society who have done so much to preserve this stunning place. When flying away from Mulu it is indeed harrowing to look down and see miles and miles of palm oil plantations and devastation encroaching on the jungle.

[I am very excited to be meeting Robin, Nigel and Shane Winser very soon to share our research and to catch up after all this time.]



One of the most exciting plants was the rare *Mono Filia Glauca* that only grows in Mulu on the stalactites and stalacmites. It is unique to this part of the world.

*It seemed that we had travelled across the world to search for this rare plant and that it held the key to the deep spiritual essence of the Research Trip.*





## **Mono Filia Glauca**

### *Single leafed Plant*

*This is a very beautiful single leafed plant with tiny little white flowers that only flower at the time of the full moon.*

*The essence is harvested by taking the little droplet of water from the flower. Plants are never picked or damaged.*

*No harm must ever be done to a plant. The droplet on the flower is collected and used to research the DNA of the plant.*

*My research has shown that fascinatingly this plant supports the third eye, perception and the eyesight.*

*It seemed that we had travelled across the world to search for this rare plant and that it held the key to the deep spiritual essence of the Research Trip.*



The second rare and stunning flower that we found was the Titan Arum. Again this plant is so rare and only flowers every 7 years at the time of the full moon. We were fortunate to find it flowering and even the guides were taken aback by our good fortune. We never destroy or touch the plants other than to take a drop of moisture from the plant. In this way we capture the essence of the DNA but preserve the rarity of the plant.



*This Titan Arum was not as large as some of the Titan Arums but it has a very long spadix and had a disgusting odour. [The next day we went back to the cave to see it again and it had already keeled over and died. I have tried to find reference to this Arum Lily but there is no research about it.]*

*Exciting support for brain hormone*

*L- dopamine and adrenalin.*

# Wild Yam



This unusual flower was found at the foothills of the bat caves. So far research has shown that this flower essence supports prostate hormone.



Fascinating flower buds on a massive tree that support the lymph nodes



Wild banana  
*Musa Campestris*  
a queen in the jungle for the support of the brain hormones



Wild begonia  
*Epithemia sarawakense*  
Fascinating bud formation that looks like the heart lock.



# Stunning Moss



# Beautiful Fungus



# Strange plants



# Creatures





## **Mysterious Vine growing outside my home**

*I went across the world to one of the most remote and inaccessible parts of the world to find rare and exclusive plants and when I returned I was astonished that a beautiful vine was growing up the wall of my veranda. I have never seen it before. It cascades down with a shower of little white flowers that are identical to the shape and form of the flowers of *Monofilia Glauca*. My research has shown that it has almost exactly the same healing powers. This is called *Parallel Evolution !!* Perhaps you only have to look outside your own door to find the treasure that you seek!*

