

Visions of Christ

A Channeled Ascended Master Jesus Deck

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Disclaimer: I have collaged these cards myself and have not used AI to generate any collage elements (or guidebook), carefully selecting everything for every card. All elements selected were free-for-commercial-use imagery, and whether they were independently AI-generated was not indicated.

ISBN: 9798188305710

Imprint: Independently published

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Introduction to the Deck



Like all of my work, this spiritual project came to me in a whisper.

I was Divinely guided to create a tool that opens the Collective to hearing the direct words of Ascended Master Jesus in a way that allows them to be more comfortable with him and his words. I was also gifted the name: Visions of Christ - a Channeled Ascended Master Jesus deck.

There are few decks dedicated to Yeshua, and even fewer still that channel his understanding into a tangible tool for daily use. I feel immensely honoured that I was not only given this next part of my journey from my spirit team, but also that I would have the opportunity to work directly with Ascended Master Jesus in this way. It was healing for me to grow our soul-bond, but it's even more wonderful to know that this will be an access point for so many others to be with him, connect with him, and heal their relationship with him.

Because, truly, Yeshua has been the most wonderful mentor on my spiritual path, and everyone - regardless of religious trauma or anti-Christian bias - deserves to meet and know him in this way.

As Alan Cohen has written in his book, *The Mystical Messiah*, "Over the years my relationship with Jesus has deepened to the point that he has become my sadguru, the teacher of teachers who speaks most directly to my spirit, and whose guidance I most trust. I believe in him and his teachings more than the organization that has grown up around him. The Nazarene is my resource for

spiritual guidance and comfort. Every day I thank God that Jesus came into my life and blesses me with his truth and grace.”

Yeshua speaks directly to my spirit, and I have always wanted those on a spiritual quest to have access to such a mentor as well. My spirit team directed me towards making this deck, and I believe this will be the doorway to healing with Ascended Master Jesus that I had hoped to open.

As a clairaudient medium who scribes what she hears, as well as an embodied channel, everything you see written on these cards is directly from my own connection with the energy of Jesus - I heard it from his “mouth” (it’s more like it comes directly from one soul into the next) or he spoke directly through me, and I wrote it down word for word. In addition, anything you see in this guidebook that is in *“italics and in quotations”* is also channeled from Yeshua. Not every card will have additional channeled info; some may simply contain a Bible quote that aligns with his message and further intuitive insight by me.

If you have a negative relationship with the Bible, my hope is that this deck and guidebook will transform that. **There will be a Bible quote for every card** that will help you reframe how you look at this text and illuminate passages that speak to Universal spiritual Truths - in the way they were meant to be read and experienced.

Each card will also be paired with a corresponding flower essence recommendation. These will be intuitively selected using the book *Flower Essences and Vibrational Healing* by Gurudas for guidance, to help unlock the energetic power of the message on every card.

Flower essences are *not* the same as essential oils (*please see the final section at the end of this guidebook for more information*). Flower essences are the energetic frequency of the plant itself (like our spirit is our energetic essence), and using flower essences helps

increase your flow of energy, particularly in places where they would have been emotionally, subconsciously, or mentally blocked.

Here are a few websites of flower essence brands that I love and recommend:

ausflowers.com.au

shop.crystalherbs.com

bachcentre.com

I was intuitively pulled to begin this guidebook with **Psalm 91**.

While the Bible has been used as a tool to justify a lot of hate, Yeshua has confirmed to me that there are Universal Truths within it - the message has simply been distorted to suit Ego rather than Spirit. Psalm 91, in particular, is very powerful and is Of Truth.

I have bolded the parts that Yeshua wishes me to clarify for you. Please see the footnotes for more detail.

Psalm 91

1

Whoever dwells in the **shelter of the Most High**
will rest in the **shadow of the Almighty**.¹

2

I will say of the Lord, "He is my refuge and my fortress,
my God, in whom I trust."

3

Surely he will save you
from the fowler's snare
and from the deadly pestilence.

4

¹ This refers to living in Alignment with your Highest Self and the Highest Good. To do so means you will feel secure in the Universe (therefore protected by God) and will have the flow of Abundance.

He will cover you with his feathers,
and under his wings you will find refuge;
his faithfulness will be your shield and rampart.

5

You will not fear the terror of night,
nor the arrow that flies by day,

6

nor the pestilence that stalks in the darkness,
nor the plague that destroys at midday.

7

A thousand may fall at your side,
ten thousand at your right hand,
but it will not come near you.

8

**You will only observe with your eyes
and see the punishment of the wicked.²**

9

**If you say, "The Lord is my refuge,"
and you make the Most High your dwelling,**

10

**no harm will overtake you,
no disaster will come near your tent.³**

² To *observe with your eyes* means to see with your *real* eyes - your Third Eye - and this references being aware of the distraction and illusion that is keeping others trapped in the cycle of the material world - a punishment in and of itself; we needn't worry about karma and people "getting what they deserve," because the infinite loop of that trap is enough.

³ To put your trust in God, in the Universe, and to live in constant Alignment with your Highest Good means, no matter what challenges you encounter, you will overcome them. You are infinitely wrapped in love and light through choosing this path - that is your tent.

11

For he will command his angels concerning you
to guard you in all your ways;

12

they will lift you up in their hands,
so that you will not strike your foot against a stone.

13

You will tread on the lion and the cobra;
you will trample the great lion and the serpent.

14

**"Because he^{lb} loves me," says the Lord, "I will rescue him;
I will protect him, for he acknowledges my name.**

15

**He will call on me, and I will answer him;
I will be with him in trouble,
I will deliver him and honor him.⁴**

16

**With long life I will satisfy him
and show him my salvation."**

The name **Visions of Christ** was gifted *to me* for this deck because we are being called to remember that we are mirrors of the Divine, and access to our personal Christ Consciousness is not limited to

⁴ You are always free to call on your angelic team, ascended masters, or your guides to step in, intercede, or protect you - and they will be there. To love God is to live in Alignment with your Highest Self, and allow Spirit to permeate all your life and being. You will be honoured in the aether for willingly choosing to walk such a path and your salvation will be freedom from the wheel of karma.

Yeshua, alone. He was a perfect example of what it means to live in Alignment with our Christed Self, and this deck is meant to Awaken that inner remembrance so that we, too, may live a path of the greatest Abundance in Alignment with our Highest Good.

May this deck be a doorway to that Awakening. May this deck amplify your relationship with this wise Ascended Master, and may it bring you peace, comfort, and guidance on living in Alignment with your Highest Good to Awaken the Christ Consciousness within you.

xx

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Post Scriptum - Please note that I will be using the words God, Source, and the Universe interchangeably throughout this deck to reference The Great Spirit (the Oneness).

Rediscovering the True Jesus: Spiritual Wisdom from Yeshua the Ascended Master

[This article is originally from my professional Substack on Aug. 3rd 2025]



Sometimes I'm asked how one can integrate Yeshua into their spiritual practice after having a very traumatic experience with Christianity or a childhood trauma related to the church. I remind individuals that the Ascended Master Jesus exists separately from Christianity; his existence as a historical figure and a radical spiritualist cannot be denied, and, like any person, their message can become distorted over time.

Like any trauma, we can form bonds or attachments to the damage done to our spirit. Breaking those trauma bonds often requires reframing our experiences entirely by replacing our memory with a sense of healing and security (in fact, that's how EMDR therapy works). The best way to reframe any negative experience with Christianity, the church, or Jesus himself is to re-experience Jesus in a new Light; the Light of Love that spirituality holds him in.

Essentially, his message was one focused on Love and about being completely connected to the God-energy, and that the people were being lied to about their own grace, sanctity, and the power they have to access this vibration themselves. If you can get on board with that, you can get on board with Yeshua. Any Christian telling you that you cannot know Jesus separate from the church or Christianity is acting from a place of fear. Using fear to control others is evil at its essence.

Do I believe he performed miracles of healing? Yes, because, like Reiki, when you alter an energetic vibration of a person, you can change them physically as well. Do I believe he was God? Yes — in the same way we are all a fractal of Source and are God. Do I believe he was holy? Of course, just as all spiritual teachers guiding you to Light and Truth and will self-sacrifice to get there are holy (though this “status” is more difficult to reach as we have compounded 2000+ years of additional karmic baggage and there is so much more to navigate, now). Do I believe in a “Second Coming”? I believe all Ascended Masters can absolutely return to earth if they desire to help the planet Ascend more quickly, so this isn’t far-fetched.

If you’re looking for a book that makes Yeshua a more approachable figure, if you’re looking to unravel his message separate from Christianity, or if you want to learn more about the spirituality of this Ascended Master, my favourite book is *The Mystical Messiah* by Alan Cohen.

For me, I have asked Yeshua for guidance and assistance in the same way I would any other Ascended Master. I particularly work with him when I require help with forgiveness and radical love in overwhelming circumstances, since that was a primary focus of his teaching. I see him as a father-like figure, so I ask him to carry the weight for me when it is too much to bear. And I ask him to help me access my own Christ Consciousness and strengthen my connection with my Higher Self.

Tuning in, I begin with the following questions:

How can we know you, Yeshua, in the way you desire to be known?

"The important part is: knowing me. Whether that is through the church or through your own heart-longing spiritual practice, if I am known by the

Essence of All That I Am, then I am known as I am meant to be understood. The Essence of Me is one of LOVE - as you mentioned quite perfectly, radical Love. Radical Love is one that amplifies and ripples out impacting the masses, it is endless in its stream, and it leaves no person untouched. It does not discriminate, it does not judge, it is not led with the Ego-center but the heart-center. It extends outwards from this central point, and the waves of this vibration send a warmth that feels much like a spiritual hug. My message, that Love is All and Love is Source embodied, is where I can be found and how I can be known. If someone is able to access that message in a church, then I am joyful. Let them find their peace there. Judge them not by the fear that brought them in that space. Acknowledge the comfort they find there, first and foremost. You needn't clean their (soul) vision because that is my job. Just hold them in a space of Love. But I am for all, and I cannot be locked in the walls of a church built by man. I am the Teacher of All - I am the Rabbi you can call upon and who will sanctify you with the blessings of his wisdom - and I do not belong to one group, one body, one peoples. I want to be known in this way: I am for all, I am The All, and I will show you, like a mirror, how you are one of The All as well."

How does one work with you?

"What a strange, human question! There is no definitive guide to working with me; I am accessible in any way and all ways that are led by the heart, led with Love, and rooted in Light. I have no preference, if I am honest with you. The key to my Being and my work is that I am accessible to all in all ways. I am open; you just need to open the door to me."

What are your thoughts on the church, Christianity, and Catholicism?

"The same as my mother before me, you have heard her words. It is through possession, fear, and distortion - all roots of the Ego tree - that a message of Love becomes a message of "perfection" and "sin" (humanness). If people can find who I really am through those doors, let

them walk it freely. That is the power of Free Will. That is the power of choosing to be human and walk on this planet. But if people walk through that doorway and instead find hatred and fear, I am lost to them, no matter how loud they may call my name. I will always answer to every call, but they will learn the Truth in the aether when the time comes."

If you came today, what would your message be?

"That people have lost their life purpose and mistaken it with performance. That the masked are many, and the Light are few. That evil is hiding in plainclothes and under big, beautiful buildings. That division is being mistaken as Unity. That both sides point the finger but have both forgotten to turn the other cheek. That control, power, Ego, and evil are hiding behind screens and that you've forgotten where to truly find community. That the spiritually gifted are many, but the spiritually hearty are few. That those so willing to crucify and stone have forgotten the many sins of their own Spirit - but the Spirit never forgets, and the Father always knows the Truth. That even though access to knowledge has increased, access to wisdom has diminished. It is the wrong time for me to come again; I may come when eyes become more important than a camera, again."

I. The One and Only



John 14: 16-17

“And I will ask the Father, and he will give you another Advocate to help you and be with you forever - the Spirit of Truth. The world cannot accept him, because it neither sees him nor knows him. But you know him, for he lives with you and will be in you. ”

When I was writing this card, Jesus told me the deck needs to start with this wisdom:

“The Holy Spirit is not a separate entity from the person or from God. It is best imagined as a thread of light that connects all human beings to God. It is best imagined as the umbilical cord of the spirit, being fed the Divine - day in and day out. It feeds you, it sustains you, it reminds you of your Divinity, it allows you to achieve true enlightenment, it Awakens a greater purpose of understanding in you, it connects you to me. When I say it is The One and The Only, I mean to say we are all One - with God - and that is the only thing that matters. The Holy Spirit is what allows you to recognize that, and be free from anything else that tries to pull you away from that realization.”

The Spirit of Truth, the Holy Spirit, is the True Self - it is you living in Alignment with the Divine and understanding you are not separate from the Divine. Few are awoken to this inner knowing, few are living in Alignment with their Highest Good, and many will deny their inner divinity because the world's problems are far easier to accept that way. But once you know The One and Only within you, your inner light can never be dimmed again.

Corresponding Flower Essence:

Dandelion - grounding, resilience, releasing old patterns, trusting life's cycles, inner strength

II. The I AM and Illusion



John 14: 20

“On that day you will realize that I am in my Father, and you are in me, and I am in you.”

If you have been taught that you are separate from Jesus and that Jesus is above you or on a pedestal, you are mistaken. You are all fractals of the I AM, and the world telling you that you are separate is an illusion meant to keep you trapped, small, and weak. An identity rooted in God is never weakened by the external world, its many distractions, and its illusory reality.

The illusion is identity; it is in an obsession with The Self. The Truth is in the Whole, it is found in the acknowledgment and surrender to the Oneness. Do not let Ego be your Truth - take comfort in knowing you are infinitely connected and united with Spirit.

Corresponding Flower Essence:

Carob - self-worth, sweetness of life, abundance, releasing scarcity, embracing inner nourishment

III. Divine Grace



Romans 12: 1-2

“Offer your bodies as a living sacrifice, holy and pleasing to God - this is your true and proper worship.”

To live in Alignment with Source is to fully acknowledge the body (becoming embodied on Earth *is* a sacrifice - it is difficult, it is challenging, it is depleting since it experiences pain and death - but to live a life nourished by and driven by Spirit. We are dual Beings - fully material and fully Divine - just as Yeshua was. The world has forced us to forget our divinity because we become easier to control when we think we are *just human*.

Corresponding Flower Essence:

Angelica - divine protection, spiritual connection, guidance, trust in higher support, opening to grace

IV. Nature Songs - Part I



Job 12: 7-10

“But ask the animals, and they will teach you, or the birds in the sky, and they will tell you; or speak to the earth, and it will teach you, or let the fish in the sea inform you. Which of all these does not know that the hand of the Lord has done this?”

Somewhere along the way, man and the religion of Christianity, in particular, lost their infinite connection to nature. In order to separate itself from its pagan-influenced roots, it decided that nature would be separate from God, but Yeshua says this is not the case.

"Nature is an expression of Mother Creator - the one that many on earth know as Gaia, but she is also one with Sophia, or Logos, the wisdom of Spirit. There are infinite connections within nature that show that flowers, creatures, rocks are not separate from God; the patterns prove otherwise. The patterns prove the divinity of each. Creation is not limited to man, and spirit is not limited to those who speak."

Yeshua also stressed to me that Christian celebrations were intentionally aligned with the pagan Wheel of the Year, *"not as an attempt to colonize the practices, but to whisper to the spirit of remembrance."* His birth - around Winter Solstice - is, *"a call to fall into rest like a mother does, postpartum. To surrender into the Christ Consciousness through deep meditation and stillness."* The Resurrection - or Easter - is intentionally in Spring - or Ostara - is, *"meant to crack the egg of remembrance and to allow your Kundalini to rise to its Truest Potential; the yolk is spirit - let it nourish you, grow you, and may the you that comes forward into the material world be a full-embodiment of that divinity."*

All living things, all things that vibrate with an energy of healing, all things that move with the pull of the moon, know and embody the Spirit of God, and you are called to listen to them, to speak with them all, as a way to truly come to know the essence of Spirit. If you are silent and listen to their whispers, they will speak to you of God and teach you how to live in true Alignment.

Corresponding Flower Essence:

Ginseng - vitality, life force, endurance, grounding, restoring inner power

V. The Holy Spirit



John 7: 37-38

"Jesus stood and said in a loud voice, 'Let anyone who is thirsty come to me and drink. Whoever believes in me, as Scripture has said, rivers of living water will flow from within them.'"

Yeshua has told me, *"It was misquoted: it should read, "Whoever believes **in what I say**, as Scripture has said..." The emphasis here is this: as a guru feeds the spirit of his disciple, so too I intended to feed the spirit of the people with the wisdom that - more important than food - the well of Spirit is within **all**. Drink from the waters of Christ Consciousness and feel completely fulfilled - not only fulfilled, but truly free. The Holy Spirit is the name of this well."*

Corresponding Flower Essence:

Sage - purification, wisdom, spiritual cleansing, sacred knowledge,
inner clarity

VI. Guru of Spirit



John 15: 15

"I no longer call you servants, because a servant does not know his master's business. Instead, I have called you friends, for everything that I learned from my Father I have made known to you."

A true guru does not make you dependant upon them, does not dangle pieces of the secret but keep the core teaching hidden. A true mentor, as Yeshua is, reveals all the secrets of Spirit and provides you with the key to open all doors to yourself.

Yeshuah says this, *"Though I am Ascended, the misunderstanding of me is that I am beyond you, above you, better than you. We are equals; a guru does not lead their student through force but through surrender - surrender of the roles we have built in our minds, surrender of the control of how the journey will look, and surrender on expecting the guru to lay the path out for you, with their profound wisdom, rather than humbly hold up a mirror."*

Corresponding Flower Essence:

Yerba Mate - vitality, awakening, conscious energy, connection,
renewed enthusiasm for life

VII. Meet Me There



John 4: 21, 23-24

"Woman, believe me, the hour is coming when neither on this mountain nor in Jerusalem will you worship the Father [...] But the hour is coming, and now is here, when the true worshipers will worship the Father in Spirit and Truth, for the Father is seeking such people to worship him. God is Spirit, and those who worship him must worship in Spirit and Truth."

Connection to the Divine is not found in one specific place; it is found wherever you welcome it. If you wish to connect with Ascended Master Yeshua or God, you only need to welcome Truth

and Spirit into your life. By accepting the path before you and inviting Source - and Jesus - to be a living part of every part of your life, they are there. God wants you to know that there is no roadblock, rule, or direction needed to connect with Spirit's Truth.

Corresponding Flower Essence:

Mugwort - intuition, dreamwork, psychic awareness, inner vision,
connection to the unseen

VIII. Third Eye Chakra



Ephesians 1:17-18

"That the God of our Lord Jesus Christ, the Father of glory, may give unto you the spirit of wisdom and revelation in the knowledge of him: The eyes of your understanding being enlightened; that ye may know what is the hope of his calling, and what the riches of the glory of his inheritance in the saints,"

To this card, Yeshua says, *"The eyes of your understanding implies seeing with your Divine and immaterial (subconscious and immortal) eye - the Eye of God, if you will. It is only through this True Eye that you can Truly See. Anything else is an illusion, meant to keep you trapped in the material. But this True Seeing enables you to transcend the material and tap into Spirit, directly. Allowing me to open this True Eye, along with the angelic protection of your magnificent spirit team, means you are being Aligned further, not only to amplify your connection with God, but to increase the understanding of your True Self. It is with this Third Eye that one can fully understand what God calls them to do."*

Corresponding Flower Essence:

Lotus - Third Eye chakra, spiritual awakening, purity, enlightenment, rebirth, rising into higher consciousness

IX. Christ Conscious Awareness



2 Corinthians 5: 17

“Therefore if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new.”

Through connecting with your Christ Conscious Awareness, you have an entirely renewed sense of being. It completely transforms you, amplifies your connection to not only the spiritual world, but also allows you to truly feel your interconnectedness with all in the material world. Merely acknowledging your Christed Self opens you up to the energy of the I AM that exists within you and vibrates through all living things. It feels very much like a spark or bolt of Love that fills up every inch of you and drives you forward, toward the Light.

Corresponding Flower Essence:

Skullcap - calming the mind, surrender, peace, releasing anxiety, spiritual stillness

X. The Energy of Love



1 John 4: 7-8

“Beloved, let us love one another: for love is of God; and every one that loveth is born of God, and knoweth God. He that loveth not knoweth not God; for God is love.”

To this card, Yeshua expands upon his message, saying, *“God is Love - this can be found throughout the Bible, and it was the basis of my message. Not just that God loves you, but that God is the energy of Love. To access God, to truly **know** God, you must know Love: love for yourself and, most importantly, love for the other. Because it is through this vibration of Love, it is through living at this vibration, that you can truly realize that we all hope to live at that level, we are all that fractal of the I AM, we are not separate. Neither are you and I. This can be known through one vibration only: that of Love.”*

Corresponding Flower Essence:

Passion Flower - surrender, divine trust, compassion, heart opening, peaceful connection with spirit

XI. Miracles



Psalm 82:6:

“I have said, Ye are gods; and all of you are children of the Most High.”

Yes, sometimes within the stillness and surrender of solitude, we encounter the shadow depths of ourselves, and, like Jesus when he went to the desert, this may be the demon we need to face. But it is only within that solitude that we are able to listen most carefully to our inner knowing, which will lead us precisely in the direction we require for ultimate healing. We can meet God most sacredly in this solitude. We can meet and work with Yeshua more deeply in this solitude. Turn off the noise, and listen to the Master's whispers, no matter how hard the words may be to hear.

Corresponding Flower Essence:

Khat - heightened awareness, mental clarity, discernment, conscious perception, inner focus

XIII. Nature Songs - Part II



Job 12: 7-10

"But ask now the beasts, and they shall teach thee; and the fowls of the air, and they shall tell thee: Or speak to the earth, and it shall teach thee: and the fishes of the sea shall declare unto thee. Who knoweth not in all these that the hand of the LORD hath wrought this? In whose hand is the soul of every living thing, and the breath of all mankind."

Yeshua brought me back to nature while I was creating this deck, truly emphasizing to me that we have forgotten how interconnected we are with the natural world, and how immersing oneself in its *song* is the best way to connect with the Divine - and him.

We are not being called to worship the earth - worship has always been reserved for God - but to honour it, and through honouring nature, we *become closer to God*. Creation helps us bear witness to the marvels of the Divine, to the power that we are a part of, as mirrors of our glorious and wondrous selves. Working with Yeshua is not limited to words on a page; you can connect with him through natural tools and experiences, as well. Nature is a teacher, so what will you learn from her?

Corresponding Flower Essence:

Cedar - protection, strength, ancestral wisdom, grounding, sacred connection to Earth

XIV. Connection



Acts 17: 24-28

"God that made the world and all things therein, seeing that he is Lord of heaven and earth, dwelleth not in temples made with hands; Neither is worshipped with men's hands, as though he needed any thing, seeing he giveth to all life, and breath, and all things; And hath made of one blood all nations of men for to dwell on all the face of the earth, and hath determined the times before appointed, and the bounds of their habitation; That they should seek the Lord, if haply they might feel after him, and find him, though he be not far from every one of us: For in him we live, and move, and have our being; as certain also of your own poets have said, For we are also his offspring."

Somewhere along the way, we have forgotten that God is not separate from us and there is no limited way to access Spirit's

wisdom. Yeshua comes forward to teach us that the connection is always there, and we can find Him and find God in the certainty of that knowing. You do not need to put your hands together and pray; you don't need to be in a designated church led by a dedicated priest or pastor - that is just performance. God needs nothing to be accessed; Source is always there, ready to be felt, seen, and heard, as you need.

Corresponding Flower Essence:

Red Clover - emotional balance, grounding, community, heart connection, gentle transformation

XV. The Great Shepherd



Matthew 23: 8 - 12

"But you are not to be called 'Rabbi,' for you have one Teacher, and you are all brothers. And do not call anyone on earth 'father,' for you have one Father, and he is in heaven. Nor are you to be called instructors, for you have one Instructor, the Messiah. The greatest among you will be your servant. For those who exalt themselves will be humbled, and those who humble themselves will be exalted."

This passage reminds us that this spiritual path requires humility. None of us is greater than the other - the Messiah, here, is not referring to Jesus but to the liberator of all spirits: your individual Christ Consciousness. Our Christ Consciousness is our liberator; it is our access point to salvation; it is our key to personal enlightenment. In order to get there, we must first recognize who

we really are: a drop in the ocean called God. And floating right alongside us is Yeshua, himself.

A shepherd of Spirit does not see himself as separate from his flock. He must become one with the flock to be led by them, accepted by them, to understand them, to save them when they are lost, to guide them when they are hungry. The Great Shepherd, Yeshua, is here to guide you to the well of the I AM.

Corresponding Flower Essence:

Chamomile - peace, soothing emotions, gentle healing, inner calm,
restoring harmony, strengthening student-teacher relationships

XVI. Alignment



1 Thessalonians 5:16-18

“Rejoice evermore. Pray without ceasing. In every thing give thanks: for this is the will of God in Christ Jesus concerning you.”

To pray without ceasing is to live in constant Alignment with God. It is to make your very *being* an act of prayer. It's ensuring every action you take and word you speak is infused with Love - the energy of God. This is how Yeshua lived - this is what it means to be Christed. To live as your Christed Self is to live a life of true joy, because living in Alignment with God *is real and true joy*.

Corresponding Flower Essence:

Yarrow - energetic protection, boundaries, sensitivity, emotional resilience, staying centered amidst outside influences

"Brothers and sisters, do not slander one another. Anyone who speaks against a brother or sister or judges them speaks against the law and judges it. When you judge the law, you are not keeping it, but sitting in judgment on it. There is only one Lawgiver and Judge, the one who is able to save and destroy. But you — who are you to judge your neighbor?"

On earth, people we encounter, have relationships with, or interact with on passing, are all mirrors for us. If we sense something in them that we don't like, we are called to look more closely at ourselves - at our why, at the root of the trigger, at the past life or karmic tie which lies at the foundation of this discomfort. We are not meant to paint others with a brush of judgment but to hold them in a place of love and forgiveness.

Yarrow - energetic protection, boundaries, sensitivity, emotional resilience, staying centered amidst outside influences

XVIII. Root Chakra



Jeremiah 17: 7-8

"But blessed is the one who trusts in the Lord, whose confidence is in him. They will be like a tree planted by the water that sends out its roots by the stream. It does not fear when heat comes; its leaves are always green. It has no worries in a year of drought and never fails to bear fruit."

The Root Chakra develops in the womb and up to the 6th month of age. Within this time, ideas about safety, security, and a sense of being comfortable in external environments are established. A Root chakra can also experience the negative impact of the karma of experiences of past lives. A blocked Root chakra can cause mental overwhelm and trigger fight-or-flight responses, because this is the first place where energy flows - and without it functioning properly, your connection to the Divine is hindered.

Here, Yeshua instructs that survival on this material plane requires a *rooted* Self. As the Bible passage states, someone who is firmly *rooted* is able to be nourished by Source as they deserve, with no fear about how they will survive. To cater and care for your Root chakra means you do not have worries about how life will unfold.

Corresponding Flower Essence:

Comfrey - Root chakra, deep healing, integration, restoration, grounding, bringing fragmented parts back together

"You will seek me and find me when you seek me with all your heart."

The easiest way to clear all blockages of flow through your Heart chakra is the practice of forgiveness. Forgiveness is peace, and Jesus endlessly stressed the importance of this practice. In the Bible, “forgiveness of sins” is often written, but Yeshua emphasizes: *“Sin is not the word of my Father. When sin was transcribed, it was a mistranslation of my teachings, which emphasized **falling out of the way of the Heart**. Living in alignment with the heart is living in alignment with God. Forgiveness is a release of misalignment and a welcome into True Living.”*

Rosa Webbiana- Heart chakra, divine love, heart healing,
compassion, tenderness, opening to the sacred heart

XX. Healing Hands



John 14: 12

"Verily, verily, I say unto you, He that believeth on me, the works that I do shall he do also; and greater works than these shall he do; because I go unto my Father."

Jesus worked with energy, and working with energy is not something that is limited to only the Ascended Master Yeshua. Healing hands, in particular, are something that everyone has the power to master - and, in a perfect world, everyone would be skilled in administering this healing to anyone who would need it.

Again and again, Yeshua has come forward to me and told me that, *"to heal is to be in our natural state of Spirit - we are all healers, and this is not a gift that is limited to the select few. Yes, I performed what others would call miracles, but the real miracle is when you step into the realization that you are not limited, that your human body is just as capable of tapping into and accessing this energy and creating change (which you call manifestation) or healing all you direct this energy towards."*

To feel the power of the energy you possess, rub your hands together quickly and slowly move them apart from one another. It will feel very much like a north and south magnet pushing on one another. With learning, with Reiki attunements (a Master turns on your energy for specific healing abilities), and with careful practice, you can direct this energy into true healing.

Sunflower - joy, confidence, divine light, self-expression, turning
toward your inner sun

"In this world you will have trouble. But take heart! I have overcome the world."

Corresponding Flower Essence:

Lilac - spiritual renewal, awakening, intuition, releasing the past,
opening to new beginnings

XXII. Heaven



Luke 17: 20-21

“The kingdom of God does not come with observation; nor will they say, ‘See here!’ or ‘See there!’ For indeed, the kingdom of God is within you.”

The Kingdom of God is Christ Consciousness. And how is this accessed? Through practices that bring you closer to God: forgiveness, love, meditation, heart-centered study, dedication to the Ascension of the Collective, living a life of joy. When you become so aligned with God, when you live so truthfully and are dedicated to a path of ascension, you experience the Kingdom; you experience heaven, or enlightenment, while still on earth. Jesus lived this way. Jesus knew how to access the Kingdom of God while still living, and he wanted his disciples to do the same.

Our spirituality, our faith, can change us from the inside out. When we recognize that we are a part of the Oneness, are not separate from the Creator, from Source, we are transformed. Christ Consciousness - the Kingdom of God - already exists in every person. It is a seed that is buried within you (Kundalini) when your soul is created, and we must nourish that seed for it to bear fruit.

Jesus wants you to Awaken, now, to this knowing.

Corresponding Flower Essence:

Mallow - nurturing, emotional healing, softness, compassion,
creating inner safety

XXIII. Meditation



Matthew 7: 7-8

"Ask and it will be given to you; seek and you will find; knock and the door will be opened to you."

Though meditation is seemingly silent with no thoughts, it is actually like a beacon that your heart is sending out to God, waiting for the Universe to respond to the call. And in this connected quote from Matthew, your heart knows exactly what you want, what you need, what you are longing for, searching for, and need guidance with. To allow yourself the time and space to meditate is to open your heart to God - and to the help of Ascended Master Yeshua - and open your heart to receive all the blessings and wonders that it deserves.

Jesus was a perfect example of someone who *lived* his meditation - it was unceasing, and it infused every day of his life, in every moment. This is the most magical and powerful way to communicate with the Universe.

Corresponding Flower Essence:

Hyssop - purification, forgiveness, spiritual cleansing, releasing guilt, renewal of the soul

“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.”

Corresponding Flower Essence:

Bloodroot - ancestral healing, life force, transformation, releasing deep wounds, reclaiming personal power

XXV. Celestial Tapestry



Psalm 139: 16

“Your eyes saw my unformed body; all the days ordained for me were written in your book before one of them came to be.”

Not only is the journey of our souls scribed in our Akashic Records, including the plans we have for future lifetimes, but for this card, Jesus was speaking about the stars: he was referring to your birth chart in astrology. Astrology is a language that Jesus studied during his “lost years” in the Bible; with Vedic teachers in India, he came to understand how a soul aligns itself with its earthly experience under the influence of the planets.

Free will and destiny are important to understand and distinguish, so I will let Yeshua come forward to explain: *“It is best understood like this: destiny is the path of greatest abundance, free will is human ego interfering with that path. While it may be your destiny to experience hardships surrounding health, for example, your ego determines whether this is received with love and understanding or frustration, anger, and pain - and how that transmutes into how you walk the rest of your path or interact with others. I do recommend studying your birth chart for it is like a language that reveals the tongue of God: destiny.”*

Corresponding Flower Essence:

Shooting Star - for astrologers, spiritual awakening, soul purpose, divine inspiration, connection to higher realms, remembering your origins

XXVI. The Bible



John 16: 13

“But when he, the Spirit of Truth, comes, he will guide you into all the truth.”

My hope is that this guidebook has assisted in reframing and developing your relationship with the Bible through a more compassionate, aligned lens.

Jesus is not asking us to read between the lines but to, instead, separate the grain from the rocks: find the Universal Truths that exist within the ego. The Bible is not inherently *bad*, it has just been misused by ego-fueled people to do bad things and excuse bad behaviour. If you take time to study it, you will find philosophical and spiritual wisdom throughout - many that have been echoed by others, too.

Corresponding Flower Essence:

Cotton - freeing yourself from the trauma of organized religion, softness, comfort, emotional nurturing, gentleness, feeling held and supported

XXVII. The Son of God



Acts 17: 27-28

“He is not far from any one of us. For in him we live and move and have our being.”

Mastery of the Self *is* Christ Consciousness. It is a freedom from all the material and external elements which try and control your experience of the world and call it *reality* when, in Truth, it is an illusion. As a being that is One with God, you have access to the infinite - and Jesus tried to teach this when he was walking this earth. Create and live from a place of Love and you, too, shall walk the path of being the son or daughter of God that is your birthright.

Corresponding Flower Essence:

Pennyroyal - release, energetic cleansing, transformation,
protection, reclaiming personal boundaries

XXVIII. Forgiveness



Ephesians 4: 31-32

“Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.”

Resentment, anger, bitterness - these are not proud scars or badges to carry and show off. They are leeches on your karmic freedom

and spiritual happiness. So long as you are linked, through pain, to another human being, you are never truly free. It is a chain which keeps you from Ascension, which keeps you from reaching God as God wishes to be met.

It is important to note that forgiveness does not mean an abandonment of boundaries; in fact, if you love a person or wish to truly forgive a person, you should not wish to entangle them in patterns with you again. Jesus did not overlook the *pain* people caused him, but he did not hold onto resentment for them, hate for them, or even dismay. In fact, he was very saddened by the fact that *"they knew not what they did,"* and lived from a place disconnected from Spirit. This had nothing to do with him and everything to do with them.

You are not a volunteer classroom for the unhealed behaviour! You don't deserve that, and that would be a betrayal to your spirit and all the work it has been doing in this lifetime. In turn, boundaries don't mean you hold resentment. "Resentment is like taking a spoonful of poison and then waiting for the other person to die." Resentment hurts the resenter far more than the object of resentment." (Cohen, pg. 110)

A boundary is not a punishment; it is a freedom to both spirits entangled in the chaos of karma. Ignoring a pattern and dropping a boundary is not the kind of self-sacrifice that Source wants from us. Forgiveness is a state of the heart, and doesn't automatically enable access to you and your spirit.

Forgiveness is not about condoning the actions of others or understanding their reasons. It's about liberating ourselves from the emotional and spiritual burdens that hinder our Ascension and growth. By forgiving - with the help of Ascended Master Jesus - we engage in a profound act of self-care and release. We acknowledge

the pain, seek to purify our hearts and spirits, express gratitude for the lessons learned, and send love to ourselves and others.

Corresponding Flower Essence:

Saguaro - resilience, endurance, inner strength, boundaries,
standing tall through life's challenges

XXIX. Ascended Surrender



Psalm 145: 18

"The Lord is near to all who call on him, to all who call on him in truth."

Prayer is a heart-centered extension of the self to God. Whether in petition, in gratitude, or just to discuss with the spirit world, prayer is not only effective but it is also transformative. It transforms your relationship with Source, with the Ascended Masters and angelic guides you work with, and it allows a deeper and more profound understanding of yourself in the process, as it requires this Ascended surrender and makes space for your Higher Self to step forward and guide you, too.

Corresponding Flower Essence:

Harvest Brodiaea: gratitude, completion, spiritual harvest,
honouring cycles, receiving the fruits of growth

XXX. Earth Energies



Proverbs 24: 3-4

"By wisdom a house is built, and through understanding it is established; through knowledge its rooms are filled with rare and beautiful treasures."

Sometimes, the reason we are feeling most stuck in life is that the environment we are immersed in is keeping us trapped in this energetically stagnant way. We are not required to plan a big, shocking move in order to find the home that will best nourish our spiritual growth, but sometimes, we need to clear the space we have been calling our own - because it no longer feeds us as we need to be fed.

What you consume in a home - eat, drink, watch, read, etc. - will impact the vibration of the space. Who you invite in will shift the energy of a house. What you discuss will alter what the home holds in its walls. Often, a sage or palo santo clearing and properly selected crystals placed intuitively around a home will help re-energize the space and align it with the Great Spirit. Other times, the land itself is truly no longer serving you and will continue to feed your spirit negatively - so a move is required.

Ask Jesus for guidance on where would best serve you; he was one who walked across many kilometers in prayer and knew exactly where his inner compass was leading him.

Corresponding Flower Essence:

Redwood: nature attunement, ancient wisdom, strength, grounding, connection to lineage, standing firmly in your truth

XXXI. Spiritual Warfare



1 John 4: 1

"Beloved, do not believe every spirit, but test the spirits to see whether they are from God, because many false prophets have gone out into the world."

Yeshua was an ultimate leader in his spiritual ability to discern not only who or what to listen to, but also when and how to respond - and which situations called him to respond with silence.

Not every outburst against you or negativity thrown your way requires a response; it is best not to give our energy to people, things, or situations that do not deserve it.

Likewise, it is important to intuitively trust your gut when it comes to listening to spiritual leaders or spirits. Where do you feel their message in your body? Does it feel rooted in Love? Do they prey on your fear and hope to make you dependent upon them for guidance and moving forward in your life?

Unfortunately, with social media, spirituality has become a commodity - and so has the vulnerability of souls who have suddenly come to realize there is something more, something beyond just this earthly plane. Jesus calls you to be extra discerning when it comes to who gets access to your spirit.

Corresponding Flower Essence:

Spiderwort - psycho-spiritual balance, emotional flexibility, adaptability, intuition, resilience, moving gracefully through change

XXXII. Duality of Self



2 Corinthians 3: 18

"And we all, who with unveiled faces contemplate the Lord's glory, are being transformed into his image with ever-increasing glory, which comes from the Lord, who is the Spirit."

Here, Yeshua is reminding us that living in our Christ Consciousness does not mean we need to bury, ignore, or push aside the very human aspect of ourselves. We can have passions and joys, we can experience very real and moving emotions, we can work in very standard jobs; none of this makes us less spiritual or less connected to God.

In fact, by acknowledging (rather than dismissing), understanding, and integrating the duality of ourselves, we become even more like Jesus, and we are more able to recognize the divinity that exists in all human beings. You are invited to become fully Divine through this.

Corresponding Flower Essence:

Rosemary - remembrance, clarity, purification, protection, strengthening inner wisdom

XXXIII. Book of Revelation



Romans 12: 2

"Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God."

Jesus comes forward, saying, *"The True Will of God is that everyone may realize they are not separate from God. God does not judge, does not persecute, is not the watchful parent who will chastise you... God illuminates, and God opens your eyes to who you truly are; a Divine Being walking on a very material plane. And when you live in Alignment with your Divine (Higher) Self - the essence of who you are - you are a walking example of what I tried to teach, and you have initiated a true transformation of Self, and this is what one can refer to as, "The Second Coming." Earthside, walking as a human, I shall not do this again - because it is simply not needed. I am calling you to Awaken out of your zombified state, to illuminate your minds and hearts with the Love and Light of God, and to step into the true potential of who you are. Your true power. This is the Revelation of the Self. This is the secret that those in power would rather you not know. For imagine what a different world it would be! A true Eden!"*

Corresponding Flower Essence:

Nectarine - religious experiences, sweetness, self-love, joy, sensual appreciation, receiving life's blessings

Additional Writings about Ascended Master Jesus



Righteousness as Alignment: Awakening Christ Consciousness Within

Righteousness is one of those words that has been hardened over time, but Christ Consciousness can redeem it.

The word righteousness has been shaped and destroyed by doctrine, judgment, and the quiet fear of not measuring up. When I turn inward and sit with the energy of Yeshua (not as a religious figure on a pedestal, but as a living frequency of Christ Consciousness) righteousness reveals itself as something far more gentle and important.

It is not about being pure, perfect, or worthy in the eyes of others. It's about Alignment. It's about remembering the part of us that already knows Source and is infinitely connected to the Universe. Yeshua, in this way, becomes less a savior outside of us and more a mirror, reflecting back the Higher Self – our righteous self – that we hope to rise up and meet during our journey in each lifetime.

Why is Yeshua important in all of this? Well, he was a living example of righteousness. He was living in complete alignment with his Highest Self. This is why he is a perfect figure, a mirror, to help guide you towards also living a life of righteousness – but religion has just shaped him and this powerful word so terribly.

Yeshua did not come to place himself above humanity, but to walk so fully Aligned with Source/God that the path becomes more visible to each of us. His life was not meant to create separation (sin

vs. pure, son of God vs. mere mortal in subservience), but remembrance — soul remembrance. When he said, “you will do greater things than these [miracles that I do]”, it was an invitation to live the same life he lived, in union with the Universe as he did. To see Yeshua as a mirror rather than a distant figure is to allow his life to reflect our own Divine nature back to us. In doing so, he becomes the ultimate guide and mentor towards living an Ascended and Righteous life. In this way, Christ Consciousness is not something to worship from afar, but something to Awaken within.

“Over the years my relationship with Jesus has deepened to the point that he has become my sadguru, the teacher of teachers who speaks most directly to my spirit, and whose guidance I most trust. I believe in him and his teachings more than the organization that has grown up around him. The Nazarene is my resource for spiritual guidance and comfort. Every day I thank God that Jesus came into my life and blesses me with his truth and grace.” - The Mystical Messiah by Alan Cohen, pg. 19

Yeshua’s Christ Consciousness is the absolute perfect mirror – for those seeking a spiritual path to Alignment and to those living in opposition to it. He was able to evoke complete devotion to those who were ready to be exposed in the mirror that he was, and he brought fear and resistance into the ones who were too afraid to look. That same mirror remains alive through his true teachings today, still revealing where we are Aligned with Truth and where we are resisting it, inviting each of us to look inward rather than outward to truly live with righteousness.

But again, righteousness is not about perfection. We hear of how Yeshua wept, felt frustration, withdrew to rest, and expressed righteous anger when Truth was being distorted. His Alignment with God/Source did not remove his humanity; it anchored it. We are here to experience life fully and completely as humans.

Righteousness, then, is not the absence of feeling or flaw, but the integrity to remain truthful within them and release them. He didn't sit in those emotions; he allowed himself to experience, release, and move through them. We are not our emotions, we are Love and we must remember that.

So, then, what if righteousness isn't something to achieve, but something to remember? When is righteousness really just means living in Alignment with Love – which is essentially the God Energy. Yeshua is a perfect mirror to remind us of who we already are beneath fear, conditioning, and separation; he is the perfect compass to bring us back to Love. Separate from religion, from sin, from judgment, his teachings lead us back to Love and bring us back to the wisdom we have in knowing we are a well of access to that Love, just as he was.

Our Christ Consciousness brings us back to being in Alignment with the flow of Love. Our Christ Consciousness brings us back to righteousness.



Be in the World But Not of It: Seeing Through the Illusions of Earth

I wish to write and focus upon a very important message of Yeshua: "Be in the world but not of it."

So, what exactly was Jesus speaking to? It is clear: the illusions of planet earth. This planet is one of lessons, but we are not intended to integrate as we immerse ourselves in it. We are not meant to have constant exposure to bad news, to share, obsess over, or play along

with things like politics, wars, and the like. Quite frankly, none of that is truly real.

Games and performances that play on human fear are illusions. This planet – and everything on it – is a test. One of those tests, especially with the endless exposure to it in a now-digital world, is how you will react to the constant bombardment of information that truly doesn't benefit your spirit or your immersion into your physical self. Will you share the fear? Spread the illusion? Allow it to consume your spirit? Have it feed your Ego as you call yourself worldly and wise in the ongoing of man? Or will you keep your peace, sanity, and focus on what is real by not allowing yourself to partake in the illusion at all?

All these messages we are exposed to – whether politics, finances of countries, government decisions, etc. – are intended to threaten your reality, bring fear into it, bring division into it, and to distract you from what is truly important. You will not find peace by exposing yourself to these manipulative lies. As Marianne Williamson writes in her book, *The Mystic Jesus*, “Nothing real can be threatened. Nothing unreal exists. Herein lies the peace of God.”

If an identity or information we are exposing ourselves to is the opposite of love, it will never bring us into a settled space in our spirit, and we will never find peace. I have been there; I have spent a good chunk of my young years obsessed over fearful ideas, pushing division and hate, and embodying them so they became my identity. It's not real; it is all manufactured by nefarious players and entities to keep us away from focusing on our path and our purpose, from healing, from peace, and inner stillness. The goal is simple: have us play the game (keep us stuck in a state of being of the world) so our Ascension is impacted (and we must return to play the game again).

Discernment is not blindness, not ignorance, and not disengagement. It allows us to see the world for what it truly is (real vs. illusions), without becoming consumed by it. To be “not of the world” is not to pretend the world does not exist. It is to understand that much of what we are shown is constructed, amplified, and designed to pull us out of our centre. The danger is not in the existence of these things, but in our identification and participation with them. This is the message of Yeshua.

The illusion is not only in the external events themselves, but in how deeply we allow them to define us. When you say: “I am angry because of this,” “I am afraid because of that,” and “I am this identity, this belief, this side,” you begin to anchor yourself into the very illusion you are meant to observe. This is how one becomes of the world; not by living here, but by merging entirely with its narratives! You are not here to absorb every story, every conflict, every fear-based projection. You are here to witness, to choose, and to remain rooted in something deeper than what is constantly shifting. You are not meant to consume the illusion and become a player in it.

And fear is the entry point for these illusions. Unexamined fear is persuasive, and I have been there. I have lived it. I have been convinced by fear that I needed to pick a side, that I needed to play along, that being educated in fear made me more worldly, wiser, learned – essentially, fear fed my Ego and made me feel powerful. Right before I realized that this is the manipulation of cults themselves; they have you believe you own the keys when really, you are just a back to step on for others to access the door.

Fear screams, illusions shout – all of them want your attention. If they have your attention, they keep you separated from spirit. But what is truly real does not need to scream for your attention. Peace does not compete, truth does not manipulate, love does not divide. When you begin to recognize this, something shifts. You no longer

feel the same pull to engage, react, or immerse yourself in every piece of information presented to you. And, to be honest, this is where many people feel the discomfort (at least from my dialogue with others who are heavily consumed in it); stepping back can feel, at first, like detachment or even indifference. But it is neither: it is spiritual sovereignty, and it is peace. Alan Cohen, in his book, *The Mystical Messiah*, writes, “When we have exhausted all of our external journeys, the internal adventure will remain the only one that matters.”

Now, through constant digital exposure, you are endlessly invited to participate in realities that are not yours to carry. You are shown suffering from across the world, conflicts you cannot resolve, narratives you cannot verify, politics you have no power over, and emotions that are not organically arising from your own lived experience. And yet, your body responds as though it is all happening to you. I’ve been there!

This is where discernment and awareness become essential: not every piece of information is yours to process, not every emotion is yours to embody, not every battle is yours to enter. To be “not of the world” in this context is to consciously choose what you allow into your field and what you do not.

So, what is real? This is the question that quietly sits beneath all of this. If so much is illusion, then what remains? What is real is what brings you back into coherence with love, presence, and Truth – with a capital T. What is real does not distract you; it brings you to a space of centred peace. What is real does not demand your attention the way illusions do: it is quiet, still, and ever-present – if you have the spiritual discernment to unearth it and find it deep within you.

Because it is within you – not within the world. Your worldly experiences help shape you and heal you and ready for the

unearthing of what is real, but that is not where you find what is real. Yeshua showed us exactly where to find it: “The Kingdom of God is within you.”

I feel like every spiritual person or person on a quest to Ascension has a moment where they think that becoming “worldly” is essential to their earthly experience – but it is just a test of your discernment and the resolve of your spirit to stay focused and away from distractions, illusions, and division. While you are not here to withdraw from life, you are here to live it fully while remaining anchored in something untouched by distortion.

The goal is simple: what is trying to pull you out of Alignment? Do politics, depressing news, words and articles that feed the ego or feed division really help you Ascend? Does this information truly benefit your spirit? The saying, check yourself before you wreck yourself, applies here! You need to master your perception of this world to live in it while in Alignment with your spirit. You need to be aware of the illusions and ensure you are not a pawn playing along with the game.

—

(This was first written on Substack and then was adjusted for publication for my spirit baby communication oracle deck - The Celestial Temple)

So, what are Flower Essences, really?

Flower Essences are vibrational remedies made from the energetic imprint of flowers, typically preserved in water and alcohol (like brandy). Unlike essential oils, they contain no scent and are not made from plant material itself—they carry the energetic signature or spirit of the plant. This makes them especially aligned with spiritual and emotional healing, rather than physical symptoms.

Flower Essences are widely present in French Parapharmacies and were something I only became exposed to when living overseas. It almost feels as if the secrets of this gift are being hidden in North America, especially since so many of my clients learn about them for the first time through me.

Flower Essences are made using a process that captures the energetic imprint or vibration of a flower, not its physical components. Essentially:

- The flower is harvested - mindfully
- The flowers are placed in spring water and are either left there for several hours with the light of the sun/moon (“sun steeped”), or they’re boiled in the water to release their essence
- The flowers are removed and the water becomes what is called a “mother essence”; to prevent spoilage, it’s mixed with very little alcohol (usually brandy)

How do Flower Essences differ from Essential Oils?

The TLDR version: Flower Essences heal the soul while essential oils support the senses and body - but there is so much more to it!

- Flower Essences are vibrational remedies made from flower energy (no scent) vs. Essential Oils which are physical extracts distilled from plant material (aromatic influence)
- Flower Essences work on emotional, spiritual, and energetic layers vs. Essential Oils which work on physical and mental layers, often used in body care
- Flower Essences are taken internally or applied to energy centers (though ingestion is my favourite method because of the intensity at which it works) vs. Essential oils which are typically applied topically (with a carrier oil or lotion) or diffused for inhalation
- Flower Essences are non-allergenic, safe during pregnancy, and can be used by children; essential oils may cause skin reactions, are not safe during pregnancy and should only be used via diffusion for children

What are the key spiritual benefits of using Flower Essences?

Support During Ascension and Awakening - This is the most important benefit of all, and it's one I want to touch upon right away. The vibrational impact that you feel upon starting a Flower Essence remedy is profound, while still managing to keep you grounded as you navigate new stages of Ascension along your spiritual journey. During periods of spiritual acceleration or if you are suffering from Ascension symptoms, Flower Essences can ground your energy and stabilize your emotional state. They often act like gentle guides during transformation, helping you stay centered while integrating new frequencies. They open you up while subsequently keeping you shielded and safe. It's incredible.

Energy ReAlignment - Flower Essences can subtly align your vibration, your auric sphere, and your Chakras. I find they help get your energy centers spinning in-tune with the Universe and help with blocked energy throughout the body. This is especially useful if you're having trouble navigating anxiety, opening up your heart to forgiveness, or even conceiving, just to name a few benefits.

Connecting With Nature and Plant Consciousness - Our ancestors knew the secret: plants and stones hold energetic frequencies that can heal us and help us navigate our emotional journeys in ways nothing else can. Using Flower Essences helps you tap into this plant consciousness and connect and ground with Gaia. Many people report intuitive messages or healing dreams after consistent use - for me, it felt like what I imagine being high feels like (I don't and have never done drugs).

How would you recommend using them in spiritual practice?

For me, it's as simple as a once-a-day two-week ritual of using the Flower Essence directly under my tongue at the same time, every day (usually night, as it opens you up to amazing dreams). Some people add them to water and then drink the water throughout the day. Others may pair their Flower Essence with a certain tarot or oracle deck - or pull - and use it as an extra tool for assisting the emotional alchemy of the reading you just had. And some folks anoint Chakra points directly, or even pick a different Flower Essence for every moon cycle.

How you use Flower Essences is up to you and what you feel drawn to, but I can guarantee you this: it will blow your mind and completely transform your spiritual practice in the most beautiful ways.

Anything you are looking to navigate, you'll probably find a Flower Essence to match it. In a world of quick fixes and loud remedies,

Flower Essences offer a quiet and sacred revolution! They offer healing through their subtle presence and deep vibrational resonance. When integrated into spiritual life, the shifts may not be dramatic but the results will certainly be profound.

ABOUT THE AUTHOR & DECK DESIGNER



Claudia (Cloud) Amendola Alzraa is a Canadian who followed her dreams to France and is now living the most abundant and beautiful life in the French Alps. She is an author and clairaudient medium for her personal businesses, Seeking Celestial Grace and Awakened Little Souls. She is also an embodied channel.

Claudia offers long-distance mediumship readings via email. You can read her beautiful client testimonials on her websites.

When she's not playing mom, writing, or working with her clients, she has her nose deep in a book or is creative journaling.
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