



Starlight Essence September 2016

25 Flower Grace

The realm of the flower kingdom and all of its nature beings hold new healing frequencies for the Golden Age. Flower Grace brings this light information into your energy system, starting at the causal body, to grant healing of old wounds and to bring transformation of old structures. Gentle yet powerful, this light penetrates all layers and reminds you that you are carried in the creation cycles of light. Flower Grace helps you to align with your own light and to invite it into your life. Your own completeness and the support of the flower kingdom can be experienced.

Daily application in September:

1. Apply one drop on your lotus chakra, the bridge of your feet and on the front and the back of your heart chakra.
2. Drop one drop with your arm stretched out in front of you, to your right side, behind you and to your left side. Place the bottle between your feet and stand in this energy field of Flower Grace until the energy has flown through completely.
3. Hold the essence with your arm stretched out in front of your base chakra, then slowly lead it towards your base chakra. Do the same for all the other chakras (sacral chakra up to lotus chakra).
4. Apply 2 drops between your thumb and index finger of both hands, then hold thumb and index finger of your left hand on your tailbone and thumb and index finger of your right hand at the back of your head until the energy has flown through the entire light channel of the spine.
5. Rub 3 drops between your palms, place your hands on your kidneys until the energy has been absorbed, then lead your hands to the front on liver and spleen. Hold them there until the energy has been taken in completely.
6. Finally take one drop under the tongue or diluted in a glass of water.