

## Flower Power: Harnessing the Healing Energy of Flowers



## What's in Your Flower Kit?

1. **PINCUSHION PROTEA** from Ecuador & Colombia  
Protea symbolizes Strength, Courage, Resilience, Diversity. As one of the oldest flowers on earth, Protea can thrive in extreme weather conditions.
2. **BLUE THISTLE** from Ecuador symbolizes Unity, Nobility, Grace, Protection & Victory
3. **ORCHID DENDROBIUM** from Thailand symbolizes Love, Fertility and Beauty
4. **GERBERA DAISY** from Canada symbolizes Purity, Innocence, Love and Joy
5. **SNAPDRAGON TALISMAN** from Colombia symbolizes Protection, Strength and Grace

### Flower Medicine Wheel Tips:

- Use a flat surface to create your medicine wheel. A solid color, flat surface like outside on the ground, the back of a game board or a table top works well for photographs.
- Take time to reflect on the symbolism of each flower, stone, shell or plant you are using in your wheel. Meditate and pray on your desires, intentions and goals for this prayer centering practice. Prop your flowers with stones or shells to center the flower and keep them flat.
- Remember to use this creative shamanic act to strengthen your intuition. Make a ceremony out of your wheel. Light a candle, play music and most of all, have FUN with this experience! There's no wrong way to make a flower mandala or medicine wheel. For starters, I will give you a handout about how to use the medicine wheel that will help clarify your intentions and focus your work.

Flower Power Class



## What is a flower essence?

“The subject of Flower Essences has many people confused. Some think it is a perfume or fragrance of a flower that they taste when they take it, others think it is old fashioned flower water. Neither is true...

Flower essences were originally discovered more than a hundred years ago by English doctor and homeopath, Dr. Edward Bach. He used them to heal himself and the culmination of his work was the creation of the 38 Bach Flower Remedies.

<https://www.bachremedies.com/en-us/>

The definition of a Flower Essence is when the vibrational energy of a flower is captured in pure spring water during morning sunlight, or sometimes in moonlight. The water becomes a carrier of the flowers' energy. Flower Essences cleanse the psycho toxins of negativity out of our spiritual metabolism, reestablishing resonance with our inner voice.”-Debbie Delany, Romany Botanicals

<https://www.romanybotanicals.com>

Suggested reading to learn more:

*Plant Spirit Medicine* by, Pam Montgomery

*Plant Spirit Healing* by, Eliot Cowan

*Flower Essences and Vibrational Healing* by, Gurudas

*Bach Flower Therapy* by, Mechtchild Scheffer

## How to Connect Spiritually with a Plant

- Simply sit in meditation with the plant near you.
- Place the physical representation of the plant on your altar
- Take the essence of a plant before you meditate
- Do a guided shamanic plant journey meditation. Here's a free gift from me to you:

<https://www.patreon.com/posts/intro-to-plant-46447345>

## My Partners in Presenting Flower Power Class

I have partnered with my friends at Lihmil Wholesale Flowers to provide the first of its kind: an amazing magical flower mandala kit! We had a lot of fun putting these packages together for you. Check out Lihmil for all your ceremonial flower needs and let Evie and Hugo help you plan your next ceremony or ritual with just the right flowers, origin and intention. <https://lihmil.com>



## Flower Power Class



### About Us

Lihmil was founded in 1999 in the great state of North Carolina by Hector Mino and his family.

**It all started with one cooler, one truck, a clear vision and following the American Dream.**

With the commitment, consistency, hard work and support from his business partner Alvaro Crespo, Hector's wife and two children, Lihmil has become one of the strongest floral wholesalers in all the United States. When you become part of Lihmil as a customer or an employee, you are truly part of the family, we have employees that have been part of Lihmil for 20 years and counting, it's one of the many reasons that makes Lihmil successful and sets us apart from any other company.

Hector Mino and Family created Lihmil with one goal in mind and that is to provide and bring the best quality in product and services to all his customers. After 20 years in business he continues to lead & innovate Lihmil and the Floral Industry.

We currently have 3 locations located in Kernersville, Fayetteville North Carolina, and Lynchburg VA that support local delivery with our own Fleet of refrigerated trucks throughout the Carolinas and Virginia. With our fleets of refrigerated trucks and various other forms of delivery we can ensure speed and efficiency with every order. We also have offices in Columbia and Ecuador to ensure that every customer gets the best experience.

One of the most important aspects of Lihmil is that we cover not only the needs of designers and event planners but also open to anyone in need of Fresh imported roses and flowers from Ecuador, Colombia, Chile, Costa Rica, Europe and many other countries around the world. We also carry many products from the United States that are locally grown.

Lihmil is dedicated to the importation and floral distribution throughout the United States.