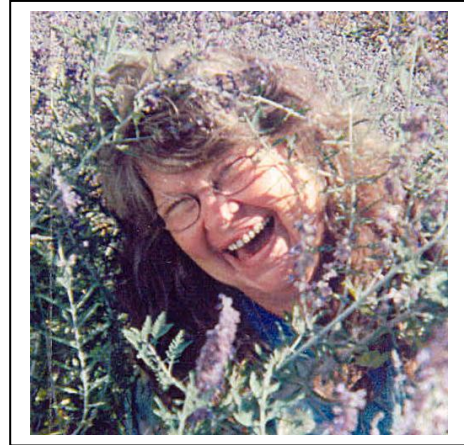


Tea To Clear The Clutter?!?!

By Jane E.B. Fry, M.Ed

Is winter a good time to clean out closets, clear clutter and tidy-up the home? - - - the inner or emotional home as well as the physical home?



Let's have a cup of herbal tea and think on this.

During winter in Ohio, we can not make tea from live blooms but we can put flower essences in the tea made from dried leaves and blooms. **FE (Flower Essence / Bach Remedies)** return the life force to the dried teas.

It's a snowy December and I'm having tea while cleaning out stored accumulations. Re-reading a stack of congratulatory and sympathy cards brought tears, some emotional cleansing along with the physical. Four days after my first and only wonderful grandchild was born, my brother died of cancer. Some weeks later, I was seriously injured, taking the next year and a half to physically recuperate. I'd also stored emotions within and needed to clean my emo-home.

Just as a closet light can not shine through a stack of stored magazines, we are challenged to see the Divine Light through the stored emotional clutter. Since we are humans, we most likely all have emo-clutter. Flower essences can help us learn from and rid ourselves of emo-clutter.

Edgar Cayce recommended Passion Flower tea to cleanse body systems. It will ease stress as well as some other herbs. Passion Flower FE by itself, or with other FE, or in various teas helps attune to the level of Christ consciousness.

One FE formula that can help shed some emotional clutter or emotional garbage is: Mullein, Onion, Chestnut Bud, White Chestnut, and Passion Flower.

Mullein FE catalyzes inner light and self-knowing and assists positive affirmations.

Onion FE peels away stored emotional layers and assists hypnotherapy.

Chestnut Bud FE assists in learning from experiences, gaining wisdom and awakening to opportunities for spiritual growth.

White Chestnut FE calms the chattering, repetitious, worrisome mind and assists meditation.

Passion Flower FE teams well with healing touch or any other energy healing.

This benevolent team of five FE (Flower Essence) works synergetically, unlike any FE by itself. For more information on FE remedies, see Flower Essence Repertory by P. Kaminsky and R.Katz, www.floweressence.com, any Bach Remedies books, or Guruda's Flower Essences & Vibrational Healing.

To lighten life's load of stored emotional burdens, I recommend a formula made from FE stock of the five mentioned above.

FE team well with other good health practices such as affirmations, Cayce's food and water recommendations, exercises, meditation, ...

So, do you want a flower power boost to clear away emotional clutter or garbage and attune to Christ consciousness?

Blessing, Jane

Editor's Note—Several times Cayce readings refer to Passion Flower.

In Reading 4678-2, he mentions the progress made with cerebro-spinal manipulations, but says to add Passion Flower Tea to correct the digestion and as an active principle for the liver and intestinal system, to stimulate the nerve forces in coming to their normal force.

In Reading 543-13, he says that were those properties of Passion Flower used as outlined, they would eliminate and eradicate the causes of the dis-ease.