

## REALIZING WHAT WE ALREADY KNOW

Have you ever know someone who knew at a very young age what they 'wanted to be' when they grew up? It only took me 44 years to **realize** that I was one of those folks! Here's how it was shown to me, and there were hints all along the way.



### SPELLBOUND BY THE FIRST GLIMPSE

My first glimpse came when I was 7 years old. On a fine spring morning, as I walked to school, I felt drawn to cutting through someone's yard for a shortcut. (Obviously, this was back in the days when a 7 year old could walk 10 blocks to school alone, and take shortcuts through yards along the way, feeling safe, and bothering no one.)

I recall, as if it happened yesterday, the awe I felt when I came across the beautiful Bleeding Heart plant in full bloom! Its sheer beauty and magical presence stopped me in my tracks, and I was spellbound.

### RECOGNIZING MIRACLES

"I'm seeing a real miracle," I proclaimed to myself. "How did god figure out how to make a flower in the shape of a heart, and with a tiny little teardrop hanging off the tip?" I wondered. For what felt like hours, I stood, studying this precious plant, noticing the bright pink hearts gracing each arching branch. Softly, I placed one flowering heart between my thumb and index finger, and ever so gently, I squeezed it, amazed at how it felt as though the space inside the heart was filled with air, and I smiled.

I also recall feeling sad when I noticed what I called the little teardrop at the tip of each heart. I wondered what could possibly be making them feel such pain. For a

time, I was pleasantly lost in my own little world with this plant, when abruptly I remembered I was supposed to be on my way to school. I desperately wanted to take a branch full of those glorious and precious hearts with me, but decided I had better not, as they were “not mine” to take. In that moment, it felt difficult to leave the physical presence of the plant.

It would be careless of me not to mention here how clearly this plant was already offering me its teachings. As a flower essence, Bleeding Heart addresses (in part) the tendency to form relationships that are based on possessiveness and co-dependence, and offers lessons in learning to love others unconditionally, in emotional freedom, and with an open heart. It was perfect that I was already recognizing that while I felt such love for this plant, it was not ‘mine,’ and that I would be able to feel the love shared between us without possession, and even when I was not in its physical presence.

### **TOUCHING THE HEART OF OUR PAIN**

All day, I stared out the window of my second grade classroom, and daydreamed about the plant I had met earlier that morning. I remained in communion with this plant, dialoging with it, feeling its presence in my being, feeling love for it, and feeling loved *by* it. I had no idea then that this would be my first experience in *receiving* the “essence” of a flower. Of course, it was a perfect flower essence to receive at that time, based on what was happening in my family system. My dear mother was suffering from a nervous breakdown, and there was profound sadness living in my heart, and in the heart of my mother. The Bleeding Heart flower had touched the heart of my pain, and I would be forever grateful. It had begun teaching me to fill my own heart from that deep wellspring within.

### **RE-AWAKENING OUR MEMORY**

For a while, that precious encounter dropped into my unconscious, and I fell into what seemed like a very deep sleep. In one job after the other, I sought meaning...for a sense of purpose. I searched tirelessly for the way back home to my own True and Unique Self...to my Essence.

Through the years, I painted flowers; I had a gardening business; I worked in floral departments; and I enjoyed the Essential Oils of flower. It was during my training in Polarity Therapy in 1998, during a brief introduction to Flower Essences, that I recall coming to Life again. You know, that feeling that just can’t be missed, that feeling of every fiber in your being lighting up with pure and utter joy. Ah, *this* is why I’m in this training, to remember the Flower Essences! I knew then that I would one day participate in Flower Essence training.

For the next five years, I was in relationship with the flowers through my work as a gardener, and florist. I also continued offering Intuitive Readings, something I had done on and off for years. In 2003, at the age of 44, I found myself elated to be filling out my application for the Practitioner Training with the Flower Essence Society, in Nevada City, California. I was asked to describe my first experience

with receiving a flower essence and began writing about the first time I received "Rescue Remedy" after a cranial sacral session. Next, I recalled the four years of seeing a kinesiologist who regularly gave me flower essences. Finally, finally, my Self re-awakened my memory of that unforgettable first experience of receiving the essence of a flower when I was just 7 years old.

### **FEELING THE BONES OF THE HEART**

During my training with the Flower Essence Society, I was again blessed by the presence of the Bleeding Heart flower. A classmate who knew of my special relationship with this flower asked me if I'd ever seen the inside of the Bleeding Heart flower. After discovering that I had not yet had this blessing, she delicately and lovingly opened one flower to reveal its insides. I nearly wept. Inside the puffy pink heart was another heart. This one took on the appearance of a heart-shaped skeleton. This time, the Bleeding Heart took me to the foundation of my heart...introduced me to feeling the bones of my heart. It was there, in the bones of my heart, that I found my Essence.

### **STEPPING INTO TRUE ESSENCE**

Forty one years after meeting the Bleeding Heart flower, and meeting the flower of my own bleeding heart, I now know that plant called me to it that early spring morning to offer me its essence; to bring healing to my heart; to assist me in recognizing the depth of my sensitivity; to bring awareness to my natural relationship to the plant realm; to show me my vocation; and to remind me of the Mystery.

Looking back at those earlier years, recognizing how my mother's suffering touched my heart, and how the Bleeding Heart plant touched my heart, I see how those experiences served as stepping stones in the garden of my Life, showing me the way to be present with those who are in pain, those who are suffering, and those who wish to touch into their own healing and well-being. All of this allows me the blessing of stepping into my truest Essence, while offering support for those who wish to do the same...step into their own True Essence.

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