

This formula may help you to realise that you are in charge of your own health and vitality, encouraging you to take an interest in the types of fuels and energies you ingest via your body.

It also helps to relieve artificial cravings while you delve more deeply into their origins: ***The management of your Food is the management of your Life.***

Global Western economy *challenges* you to select the most nourishing, life-supporting foods and lifestyle. You can be inundated with food supplies from every continent and culture, no longer eating seasonal foods that grow organically in your own environment. Artificial fertilisers and pesticides, not to mention genetic modifications!, have robbed you of the natural taste and vitality of real fruits, vegetables, seeds, nuts, and grains. Refined cane sugar has become an integral component of the majority of processed food-lines.

Also, we are the only species on the planet that has never been weaned from "mother's milk", consuming the milk of other species that was originally designed to accelerate the growth of much bulkier animals than ourselves. Dairy foods also contain lactose, a natural "milk sugar", which can become psychologically addictive for humans as we struggle with self-nurturance.

Of course, there are some peoples living in more ethnic-based cultures (such as the original Tibetans and Mongolians), who can only survive with animal-based foods; yet, in technological cultures we continue to tie up enormous amounts of potential agricultural land in beef and dairy farming while life-giving grains and legumes on these properties would potentially yield 20 times more protein as direct foodstuffs from the land itself, while also preventing much suffering in the animal kingdom.

Through all the above conditions, we have become victims of unnatural cravings for foods that do not support our body, our brain function, or, more importantly, our *life purpose*: Michio Kushi used to say, "Don't eat for your health, eat for your *dreams*."

Coupled with the subliminal messages we received as children, especially when sweet tastes were associated with reward, our attitude towards food and nourishment has been founded on illogical, irrational, and self-depleting principles.

There is no one diet or food regimen that can be applied to every individual. When you are beginning to alter your perception of the importance of quality food in your life, it's preferable to seek dietary advice through professional dietary counselling that incorporates a concern for one's *lifestyle* and *environment*, as well as for one's ultimate *goal and dream* – the real basis for the maintenance of "body".

In the meantime, this formula will help you to build a more enriching perspective in regard to the place foods play in your life, based on the foundation of self-respect and your inherent Purpose.

Other essences may be added to address any issues that are underlying the addiction or detrimental habits involving your personal food management.

Aloha MystEssences – (website no longer available)

Descriptions ©1994, 2000 Penny Medeiros

Books: ***The Mana of Flowers*** & ***Hawaiian Tropical Flower Essences***

by Penny Medeiros

No longer in production—*available only until my present stocks are depleted*

COFFEE: *Coffea arabica*

Clears the toxic effects of coffee and other related substances within the etheric subtle body. For overcoming the psychological cravings for coffee.

NAIO: *Myoporum sandwicense*

Strengthens the willpower to break the addiction of over-eating.

NONI: *Morinda citrifolia*

For attunement to Earth Mother, fostering instincts of nurturing and caring for yourself and others. Clears negative emotions (an asset during pregnancy). For those who suffer from abandonment issues.

DESERT JOINTFIR: *Ephedra trifurca*

Activates your will and your innate healing resources, bringing directedness, vision and determination. Through confidence in your self-healing abilities, you learn to escape potentially damaging situations.

EVENING STAR: *Mentzelia pumila*

Self-affirmation and self-validation. Encourages you in shifting from outer dependence to self-reliance with confidence and quiet surety; confidence in your essential beauty and worth; clarifying your values and commitments and sticking to them.

HAIRY LARKSPUR: *Delphinium virescens* (white/lavender)

If you were rewarded for good behavior with sugar or sweets, this essence helps you to untangle your association between sweets and self nurturance; transcending your present perception; feeling locked into something uncomfortable; self-hatred; shame.

HEDGEHOG CACTUS: *Echinocereus engelmannii*

Helps you to be clear as to the difference between self-nurturance and overindulgence. It intensifies empathetic perceptions, bringing you closer to nature.

MARIPOSA LILY: *Calochortus ambiguus*

Self-mothering brings joy and freedom, healing separation and alienation; receptive to human love; recovery from food addiction.

MULLEIN: *Verbascum thapsus*

When you need to recognize and accept your dark side without feeling overwhelmed by it. You become emotionally self-nurturing, especially when external support isn't available. It brings a sense of security, purpose, protection; helps you to see the support that you want is right within yourself.

PINK POND LILY: *Nymphaea*

Use for self-deception or when you cling to old ways of perceiving yourself or others. Excellent if you have a deep feeling of being unsafe as it fosters total knowing that there is only trust, perfection and safety in being; spiritual insight; freshness of perception.

TARBUSH: *Flourensia cernua*

Strengthens inspiration and motivation to change something that has been accepted as a limitation or condition of life. It helps you to identify and release deeply imprinted assumptions or beliefs that work subconsciously. Excellent for changing old addictive or bad habits.

HARMONIZING ADDICTIVE PATTERNS™:

ARROYO WILLOW + SPANISH BAYONET YUCCA + WHITETHORN

This formula enhances our awareness of any addictive patterning and helps you find an inner commitment to take responsibility for your life.

FES-California – www.fesflowers.com

Descriptions © Patricia Kaminski & Richard Katz

Book: **Flower Essence Repertory** by Patricia Kaminski & Richard Katz
for comprehensive descriptions

MILKWEED: *Asclepius cordifolia* (red-purple)

For extreme dependency on drugs, alcohol, or food as a means of escaping from self-awareness. Brings independence, strength, and healthy ego; nourishes at the deepest level.

Tropical Orchid Flower Essences (New Zealand)

Made by & Descriptions © Heiko Lade

DATE PALM:

Gurudas*: "Rejuvenates the RNA, DNA, and parasympathetic nervous system... [and] the entire cellular level and physical body, especially the skin."

[Flower Essences and Vibrational Healing, Gurudas, San Rafael: Cassandra Press, revised 1989, p. 99]*

PEACH: *PrunusPersia*

(This essence has been made from the special Black Boy peaches of Hawke's Bay district, New Zealand)

Accelerates the whole healing process as much as 50%. Life force or Prana is more readily absorbed into the body and so can help with degenerative diseases. It acts as a screen against ultra violet rays and treats slipped discs and some forms of lupus.

Food Mood

Bodhimind Essences

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(revised 2018)

