

## Ethereal Flowers II course notes

**Please view Ethereal Flowers 1 course notes for directions and usage.**

**Mimulus** Fear of known things.

**Mustard** Deep gloom for no reason.

**Oak** Are driven by a strong sense of duty and struggle on although exhausted.

**Olive** Fatigued, feel exhausted.

**Pine Guilt** Blame yourself for other people's mistakes.

**Red Chestnut** Over-concerned for others.

**Rock Rose** Scared, terror, fright.

**Rock Water** Are inflexible, self-denial, rigidity and self-repression.

**Scleranthus** Suffer from indecision.

**Star Of Bethlehem** Grief or shock.

**Sweet Chestnut** Extreme mental anguish.

**Vervain** Over-enthusiasm.

**Vine** Dominance and inflexibility.

**Walnut** Protection from change and unwanted influences, assists in adjustment to transition or change.

**Water Violet** Pride and aloofness.

**White Chestnut** Persistent unwanted thoughts.

**Wild Oat** Uncertainty over one's direction in life.

**Wild Rose** Drifting, resignation, apathy.

**Willow** Self-pity and resentment.

### **Making a “rescue remedy”**

**This remedy is a mix of five different remedies: Cherry Plum, Clematis, Impatiens, Rock Rose and Star of Bethlehem. It is used in help dealing with any emergency or stressful event like going to the dentist, exam nerves, after an argument, in times of crisis or trauma etc. If necessary, the rescue remedy can be dropped neat onto the tongue, four drops at a time, and as frequently as required.**

- 1. Place a 20 ml. bottle with distilled water in front of you.**
- 2. Look at the bottle and mentally say: “Cherry Plum, Clematis, Impatiens, Rock Rose and Star of Bethlehem”.**
- 3. After 2 seconds the remedy is ready for use.**

**This is the “concentrated” remedy.**

## **How to pass on Ethereal Flowers II**

**1. Imagine/visualize that you are surrounded by the energy of all the flowers in Ethereal Flowers II, that is slowly becoming stronger and stronger...the force field is becoming brighter and brighter. Do this for 2-5 minutes.**

**2. Say mentally or loud: (to your higher self) "I ask that (name) may be attuned for the Ethereal Flowers II empowerment."**

**Or if you are preparing the attunement in advance: "I ask that (name) may be attuned at (time) on (date) in his/her time zone for the Ethereal Flowers II empowerment."**

**3. The attunement will then start and after around 10 minutes, it will stop.**

**Blessings**

**Ole Gabrielsen**