

See How the Healing Power of Flowers...is Set to Music

By Jill Mattson | www.JillsHealingMusic.com | Originally entitled: "Emotional Healing from Flower Sounds"



Editor's Note: Jill Mattson is an author, artist, musician and widely recognized expert and composer in the emerging field of Sound Healing. She has written three books and produced six CD's that combine intricate Sound Healing techniques with her original musical compositions. The CD's consist of intriguing, magical tracks that also offer deep healing and growth possibilities. Recently the *Deep Wave Beauty* CD was awarded the silver award for Best New Age CD of 2012. Please visit her websites where you can learn more about her in-depth studies and work [www.jillswingsoflight.com, www.musicforbeauty.com, or www.jillshealingmusic.com]. Also available on the sites are additional free mp3's of her Sound Healing compositions, including Solfeggio Tones, Star Energy, Flower Frequencies, Fibonacci and nature tones.

Plants have always been the primary source of healing substances for mankind. The ancient day Shaman inherited a wealth of knowledge about plants and their medicinal uses from his fore fathers. Plants growing in the wild offered abundant variety and powerful tonics for early man's use in healing. Modern Pharmaceutical Companies systematically study and test plants for new drug development programs. To this day, plants are responsible for more far more beneficial drugs than

manmade synthetic routes. The race is on to find rare new plants in the jungles of the Amazon for pharmaceutical uses before they are lost forever through extinction.

Plants clearly have a unique physical nature, which we (and other living beings) depend upon: for food and nourishment, for important material and chemical components (for building and clothing needs) and for powerful medicinal properties and healing powers. Beyond these obvious applications a deeper appreciation of the power of plants is arising. As we increase our understanding of the holistic, irreducible nature of the universe and all living systems, it is indisputable that plant life functions on many sophisticated and subtle levels.

Plants are sentient beings. Plants demonstrate consciousness; they feel and move; they constantly respond to the surrounding environment. Sensitive experiments dating from the 1920's showed that plants possess a nervous system. Polygraphs have demonstrated that plants respond to human thought and speech. These "simpler" forms possess a life force and this has important implications for us. Plants and people share in the divinity of the grand design of nature.

One of the most famous and respected names associated with the unique use of plants in healing is Dr. Edward Bach of England (1886 – 1936). He discovered that certain flowering plants alleviate human emotional and physical problems. Bach extracted the essence or vibratory imprint from particular flowers and transferred this energy imprint into pure water – which is then ingested orally.

These nonmaterial essences function as vibrational medicine – healing energy. Each healing flower offers unique benefits to an individual. Long before Bach, Ancient Tribes in South America similarly found native flowers useful for soothing physical, emotional and psychological illnesses.

Table I: Some Healing Flowers and associated Emotions/Benefits

Negative emotions	Flower	Remedy
Fears of everyday life, dread, feelings of misfortune, darkness	Mimulus: The Bravery Flower	Takes us from Fear of the World to Trust in the World
Needy, clinging, fear being alone	Heather: The Identity Flower	Takes us from Needy Child to Understanding Adult
Hopelessness, giving up, despair	Gorse: The Hope Flower	Takes us from Giving Up to Going Forth
Jealousy, envy, revenge, suspicion	Holly: The Heart-Opening Flower	Takes us from Hard-Heartedness to Generosity
Misguided, lacking confidence, indecisive	Cerato: The Intuition Flower	Takes us from Indecisiveness to Inner Certainty
False cheerfulness, worry, restlessness	Agrimony: The Honesty Flower	Takes us from Pretended Harmony to Inner Peace
Possessive, overly cautious for children & loved ones, cloying, continually correcting	Chicory: The Motherliness Flower	Takes us from Demanding Love to Giving Love Freely
Drowsy, dreamy, lacking interest in life, not happy with the present-ever looking forward	Clematis: The Reality Flower	Takes us from escaping Reality to Living in reality

Hasty, impatient, always rushing, pushing to get things done	Impatiens: The Time Flower	Takes us from Impatience to Patience
Lacking strength & vitality, feeling life is a burden	Hornbeam: The Vitality Flower	Takes us from Listlessness to Mental Freshness

The flower essences work to balance, unblock and harmonize the various subtle and fine energy systems of the body-mind-spirit being. They are gentle but effective in helping a willing person bring about change and heal himself.

An exciting new development allows the direct application of the flower essences through sound – bypassing the physical flower altogether. The same marvelous benefits can be quickly and effectively bestowed through sound.

Pioneers such as Sharry Edwards and Dr. Royal Rife spent their lives studying, measuring and deriving vibrational energies for healing. Eventually, Sound Healers identified exact frequencies to address specific ailments. The precise mechanisms are not totally understood, but as with other vibrational healing it appears the effect works on a holistic basis providing benefits to the spirit and the mind of the person, helping one heal himself. There are emotional benefits that are inseparable from the overall healing process. At the deepest level everything (and everyone) is energy and energy heals most directly!

The author's work has endeavored to extend the benefits of the flower essences by composing complete "Healing Flower Music" (Symphonies) that employ the sound frequency equivalent of the associated flower. The characteristic flower frequency is embedded in a complex musical composition. The listener receives the flower essence energy from this frequency and much more. The frequency need not be loud or isolated. The body is adept at incorporating subtle frequencies.

[\[Read more here\]](#)



Robert O'Leary, JD BARA, has had an abiding interest in alternative health products and modalities since the early 1970's, and he has seen how they have made people go from lacking health to vibrant health. He became an attorney, singer-songwriter, martial artist and father along the way and brings that experience to his practice as a BioAcoustic Soundhealth Practitioner, under the tutelage of the award-winning founder of BioAcoustic Biology, Sharry Edwards, whose Institute of BioAcoustic Biology has now been serving clients for 30 years with a non-invasive and safe integrative modality that supports the body's ability to self-heal using the power of the human voice. Robert brings this modality to serve clients in Greater Springfield (MA), New England and "virtually" the world, through his new website, www.romayasoundhealthandbeauty.com. He can also be reached at romayasoundhealthandbeauty@gmail.com