



Dr. Lauren Nappen
Medicinal Plant Wisdom



Medicinal Plant Wisdom allows you to just be.

*After we have learned to use the energy of the seas and the tides and the sky, after we have understood the sun, we will harness the greatest force of all the universes... love.
And then, humanity will discover for the second time, fire.*

- Teilhard d'Chardin

In any given lifetime each of us is exposed to events, situations and relationships that shape our developing characters and personalities. There are moments when we encounter degrees of paralysis that stupefy even the most flexible of spirits. There are times when the person we have become prevents us from seeing the person longing to be seen. And there are times when life simply leaves us quaking in our boots, surrounded by overwhelm and discouragement, worry and impatience, and more than an occasional sleepless night.

Envision something so selfless and magical that it enables you to distinguish the subtle difference between identifying your weaknesses and identifying with them. Play with the idea that it is no longer necessary to mask or suppress; you merely need to merge and be.

Imagine what it would be like to simply understand and more importantly, be understood. Consider what freedom would taste like, what life would feel like when long held insecurities are gently lifted, when a stubborn ego finally lets go of its need to be right, when layers of grief and disappointment simply melt away because we turned towards the sun...

Nature speaks to the language of the spiritual heart and although there are no words, we all recognize the imprint the moment we step outside. She encourages us to heal by developing more sound relationships inside and out. She does this gently, through energy, scent, chemistry and color. She invites interdependence, encouraging an exchange of thoughts and ideas that promote well-being and instill trust.

No matter the form, she helps us find our way home.

Flower Essences

Flower Essences are liquid infusions of botanical intelligence. As one of the subtlest tools of Medicinal Plant Wisdom, these gems of nature gently and safely assist us in transforming

places of challenge that threaten and confine our successful expression in life.

Used successfully worldwide, the positive virtues of the flowers harmonize and raise the vibrations of our inner world (much the same way our favorite music does) so we can walk away from habits and choices that have imprisoned us. We can address addictive patterns, release the grip of past traumas, create healthy emotional boundaries, and negotiate life transitions in any arena.

Their relational nature partners well with soul development and they improve the success of other healing arts including traditional medical solutions. They seamlessly integrate and strengthen the positive qualities of our characters. Our emotions balance, depression and negativity lift, and those feelings of being stuck begin to dissolve.

Their Mystery and Magic

They are quite different from other floral counterparts such as herbs and essential oils where chemistry becomes a consideration with use. With flower essences you simply have the signature (vibration) of the plant; there is no chemical platform that causes restrictions for when and how they are used. This makes them applicable to all situations and as a result they can safely walk someone through an entire life, from birth to departure. The essences help us realize and actualize the truth of who we already are. We are love. We are joy. We are creation.

I have been working with flower essences personally and professionally for 30+ years and teaching for the Bach International Education Program for the last 9 yrs. I am consistently amazed at how far reaching the flowers are. Choosing to draw upon this well spring of dynamic living power can greatly improve any healing outcome.

Working with the Essences

There are two ways to begin working with the essences: **self-study** or the **Certainty Session**. Both are beneficial to the student of life as well as the person who wants to live life more joyfully and with greater ease.

Medicinal Aromatherapy

*When the soul approaches the mysteries, when it
tries to rally to the great spiritual principles,
the perfumes are there.
- Marguerite Maury*

Our sense of smell is one of the bridges we can use to meander across time and space to places and memories that haunt or enchant. As we breathe deeply and inhale their beauty, the living plant wisdom initiates an amazing conversation between our head and heart. Their scent winds its way back to the emotional/spiritual challenge that preceded the onset of physical symptoms and in an instant the process of empowering positive attributes begins.

Essential Oils are liquid gold. They contain the most easily available combination of matter, energy, chemistry and healing information. Since the beginning of time they have been used medicinally, internally and externally, to harmonize imbalances of fungal, bacterial, and viral growth within our bodies. They regenerate tissue, stimulate nerves, oxygenate cells and disperse nutrients. The spiritual dimension of aromatherapy easily and profoundly addresses deep, emotional wounds, encouraging us to relax, expand and move towards love.

Medicinal Aromatherapy is used in most sessions, including **ahhhjustments**, the **Certainty Session** and **Energy Medicine Sessions**. Diffused regularly in the office

you will encounter their offering the moment you cross the threshold. They make powerful gifts for one's self or a friend in need.

Aura Soma – You Are the Colors you Choose

The awakening of Red, the unconditional love of Pink, the bliss of Orange, the playfulness of Turquoise...

Color is the garden of the heart. It has a way drawing out one's most beautiful, vibrant and necessary self. Through color we can recognize our temperament (what we're attracted to or repulsed by,) our soul qualities and our talents. Our choice of color shapes moods, influences emotions, sways a mindset and reflects what we desire.

These frequencies of light add depth, personality, and vitality to one's life... they transform the mundane into a playground of wonder. We demonstrate our innate understanding of the language of color by what we wear, how we decorate, even in the foods we crave. It is the voice through which nature speaks and is part of the underlying order of the universe.

Each product in the **Aura Soma Line** is an exquisite union of the three kingdoms -mineral, plant essence and the human. These colors are utterly alive. There is a raw elegance to how they move so that the colors you choose at the beginning of a consultation become an invitation to perceive anew the sacred truth of who you are.

Partnering with the Aura-Soma® Color-Care system is a profound and delightful experience. To behold the bottles is one thing; to use them moves you to magnificence. The result is literally beyond words.

Each of the 112 Equilibrium bottles hug the walls of the ahhhjusting space so when you find yourself inexplicably drawn to one particular bottle during an ahhhjustment... don't be surprised if it accompanies you home.

Fun Fact:

**A single drop of an essential oil
can contain upwards of
50,000 different chemicals
that support your healing process.**