

Heart Matters



I don't know when I've heard this much commotion emanating from my daughter's room. She and a friend are on the floor in a "fort" of chairs and blankets, under which they'll supposedly sleep, singing and giggling insanely.

Happy Blue Moon! This is an encore opposition between the Aquarius Full Moon and a solar alignment in Leo. This configuration is shaking my house with the serious belly laughs of teens. I want what they're having!

Leo planets bring attention to matters of the heart; joy, connection, self-expression. Bodyworkers understand the universal tightness in the neck and shoulders, as the body's way of protecting the heart. The spine curves forward. Shoulders roll in. Breathing shallows. Age solidifies this stance of fear, unless we counter it with awareness.

So welcome the teachings of Leo; to honor the heart at all costs, a tall order in a "mental" world.

The North Node of our country (according our birth date, July 4, 1776) is Leo. So our culture is especially Aquarian. We encourage thought more than expression, detachment over presence, freedom over connection. These traits show our mastery of Aquarius while learning Leo; to embody the popular adage, "Live, Love, Laugh."

Heart disease is a manifestation of the heart's "foot" on the gas and break at the same time. Joy brakes for fear. But the heart ultimately has to have it's way, even at its own expense.

I'm mixing essences accordingly. Here are a few to answer summer's call to love. Focus on what you truly and deeply want, as you learn about these flower remedies. Keep them in mind for yourself and your loved ones.

5 Heart Healers

For Courage and Joy

"If I Only Had A Heart"



Borage is the flower essence for heart-centered courage, the trait that the Cowardly Lion had all along. Borage supports you in the confrontation you may avoid in fear. It is a balm for heavy-heartedness and helps words flow from a more loving, connected and lighter place.

I Wish You Love.



I recall a "Sex and the City" episode in which Samantha very glibly states what she thinks all ex-partners ask about each other, "Who'll die miserable?" This race to the bottom is a call to the **Holly** Flower Essence. Holly is the remedy for some of the hardest human

emotions to bear; envy, jealousy, suspicion, and anger. These feelings are symptoms of a lack of unity within the Self that leads to a sense of isolation and separation. Holly brings back this sense of wholeness, or "holiness," so another's joy feels like an extension of your own. How freeing to be able to let go in love, not pain.

Tobacco's Teaching

Nicotiana, the flower of the tobacco plant, ironically, is the emotional remedy for smoking. Smoking hardens the heart, so the smoker feels more safely detached and aloof (extreme Aquarian traits).



Nicotiana provides the energetic protection to withstand the harshness of the world, without sacrificing the finer sensibilities of the heart. When you see a smoker or are tempted to smoke, imagine the blossoming tobacco flower, and know life can feel deeper and richer on the other side of this dangerous addiction.

Will You Be Famous?

Remember when we used to pick **Buttercup** in sunny fields as kids and hold them up to our chins? If the yellow reflected on our skin it meant we will be famous. This lore of Buttercup speaks to the very condition of the ego it remedies. Buttercup brings a "radiant inner light, unattached to outer recognition or fame."* Those in need of buttercup (and who isn't?) are struggling with the Leo principle of confidence and self-esteem.

There are a few drops of buttercup in my heart remedy lately. I found myself attending a relationship recovery group. Everyone congratulated me on my newcomer courage. Typically, I *would* be nervous but, surprisingly, I wasn't! Instead, I felt like a warm hug to these people, radiating love. My "mirrors" were turned outward, the buttercup reflecting *them*.



Florence's Flower Remedy for "C and J."



Zinnia is the essence that brings childlike warmth and playfulness to the heart. I gave a Zinnia to a cherished Aquarian client, Florence, years ago. She said it helped her laugh from her soul. We added Borage and Holly, and named it "Florence's Flower Remedy for Courage and Joy" ("C and J"). She

was a creative, zealous and inspiring entrepreneur who embodied these traits, the perfect Aquarius/Leo Balance. Dear Florence has since passed away. With a classically Nicotiana personality, she *was* a smoker. But I think of her joyous spirit whenever I drop Zinnia under my tongue. She used to sign her emails to me "C and J." That always made me smile. With this blend, I take her with me.

And with these thoughts and essences in mind, I send you forth into the height of heart season, wishing you all you need to savor this luscious time.

C and J -- and belly laughs!



*Patricia Kaminski, beloved founder of Flower Essence Society, and author of The Flower Essence Repertory.