

# Healing Signs - The Secret Sign Language of Plants and Crystals

*Crystal Clear*

One aspect of my vibrational medicine training I really loved was learning about Doctrine of Signature. This is how a crystal or flower shows us what human condition it can heal. Flowers and crystals are our interface with spirit creating a bridge to the divine. Once you understand their language it can make a walk in the park or a wander round the garden a deep spiritual experience, full of messages! Here are some examples:



## Behaviour

**Osteospermum** closes its petals to the dark and opens them to the light. This flower helps us open to receive light and love and is part of the Open to Receive self-treatment blend.

**Lady of the Night** is without scent during the day but the moment the sun sets she releases an indescribably beautiful perfume which stops again exactly at sunrise. Her essence connects us to the angels of death, helping us to transit into the next beautiful dimension.

**Cleaver** sticks and clings to our clothing showing us how it helps to release us from clinging emotional attachments.

## Colour

The colour of a crystal or flower can give us a clue which chakra it is working with.

For example all Calcites increase our self-belief, ease anger-generated disease, mental rigidity and stagnant energy but **Orange Calcite** specifically works on the pelvis, bringing any creative or sexual issues in the sacral chakra back into balance.

**Labradorite** is a great reminder of our true spiritual beauty. It can look a plain uninteresting stone until it's placed in the Light when its iridescent indigo and green shades show up like a peacock's tail, working to clear our third eye and reconnect us to the divine.

## Shape

Trumpet-shaped blooms such as **Daffodil** are shaped like an ear trumpet as a sign that they help us hear our inner voice.

**Bengal Trumpet Vine** for example, helps us hear our vocation calling us - fabulous for discovering and expressing your life purpose.

**Bleeding Heart** which heals our heartbreaks is shaped like a small heart with a drop of blood extending from the bottom. It also awakens musical talent and has little instrument shapes inside each heart!

## Appearance

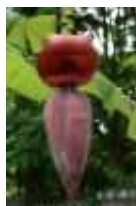
**Mallow** has soft thin papery pink petals like fragile skin. It helps skin regenerate, increases circulation and eases phobias we may have about our appearance or any fear of ageing, especially in mid-life; it increases virility.

**Dandelion** has incredibly long roots enabling it to flourish in harsh conditions and draw up minerals when other plants would die. It teaches us to persevere through adversity, allowing us to draw on deep resources and find a deeper attunement with the Earth.

**Bird of Paradise** is a staggeringly flamboyant flower which says '*look at me!*' It helps us to stop being small or belittled, to get in touch with our dramatic side and take centre stage in a life lived in glorious technicolour.

## Now for your test!

Below is a banana flower - guess what it helps us with and check if you're right by reading the description on the new directory link: [www.spiritoftransformation.com/essencedirectory.htm](http://www.spiritoftransformation.com/essencedirectory.htm)



I love to work with individuals with these wonderful tools. Just call on: 01273 77 33 24 Mondays, Tuesdays or Thursdays 9.30 – 6pm.