

Antonella Castelli - Maura Tuveri

FLOWERS

ORACLE



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LO SCARABEO

FLOWERS ORACLE

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THE FLOWERS ORACLE



THE ORACLE

Consulting this Oracle is like entering a wonder garden where we can experience an infinite variety of forms, colours, and perfumes, just like the different and marvelous experiences of our life. Each Flower speaks directly to our soul and offers us the possibility to observe a different aspect of our existence.

All of us have experienced moments of fatigue, fear, and loss. Something said with gentility and a voice that touches our very soul can provide us the council we need. In this Oracle, the voices of the Flowers speak to us and advise us, helping to leave habits that cause us pain and encouraging to face life with balance and serenity.

There may be many reasons that push us to interrogate the Flowers. Perhaps we are living a difficult moment in our life and so we can ask advice to better understand what action should be taken. Or we feel we are heading in the wrong direction, but are unable to understand what is obstructing our path and preventing us from making our dreams come true: through this Oracle we can observe our situation from a different viewpoint, seeing beyond the obstacles and pursuing our goals. Or we may simply wish to draw inspiration from the wisdom of the Flowers to be able to live our life more fully.

We can consult the Oracle whenever we wish, either occasionally or by adopting it as an everyday moment of reflection. The Flowers are wise and discreet: they would never make decisions in our place, but rather support us when we wish to raise our awareness and become the masters of our own life.



THE FLOWERS

Who among us has never walked through a meadow in bloom? Few things can be compared to the joy offered by a field of colourful flowers: surely there is one among them that we prefer, whether it be for its shape, its colours, or its perfume.

Likewise, there is one Flower capable of speaking to our soul in every moment of our life, making contact with our inner self, understanding and interpreting our needs, bearing a message to help improve our life.

In the large Garden available to us, we have selected these thirty-eight Flowers because Edward Bach, in his wisdom, selected them. As a physician, his desire was always to relieve human suffering. When someone consulted him, Bach would take a walk amidst the moors to question the nature that surrounded him until he was capable of finding the exact Flower that could help him to bring serenity and balance into the life of his patient.

Through this cards, you can hear the voice of the Flowers as Bach heard them during his walks amidst nature.

NOTE TO THE PREVIOUS EDITION

The Oracle of the Flowers is a new version of the previous "Bach Flower Remedies", and heir to the same structure and enchanting illustrations. In this edition, it is possible to find a richer section dedicated to the methods of reading and using the cards.



HOW TO USE THE ORACLE

THE COUNSEL CARD

When you feel you want to consult the Flowers for advice, take the deck in hand and shuffle it. Then arrange the cards, face down, on a table and select one: this is the advice the Flowers are offering you.

First of all, observe the drawing; it does not matter if you forgot the meaning of the card. What strikes you? What sensations do you feel when looking at the image? Does it seem that the flower has a message for you? Take all the time you need to observe the card and listen to its voice. If you don't remember the precise meaning, consult this booklet and reflect on how to apply the advice your Flower gave you to your life. If you wish, you can keep the card with you during the day, or keep it near your bed while you sleep.

THE SELECTION

Another way of selecting a card can be reading the descriptions of the Flowers and selecting the one you feel is best suited to the situation you are experiencing, your characters, or your aspirations. For a while, as long as you feel necessary, read again the meaning of the Flower every morning or several times a day. Reflect on how its words can help you daily.

A CARD A DAY

The Flowers can be consulted when we need advice during a particular moment of life, but also as a source of inspiration, perhaps daily. Every morning, shuffle the deck in any way you prefer and select a card: during the day reflect on the words of the Flower you selected and observe how it helps you to deal with your life experiences.

This method, over time, will also help you to effectively learn the meaning of each card.

READING WITH FOUR CARDS: THROUGH THE GARDEN

This method of reading makes it possible to use the Oracle as an aid to better understand the situation that we face. We will take a path through the Garden, learning to recognise and observe the obstacles, discovering what can be helpful to us in reaching our goal at the end of the path.

Shuffle the cards face down. Then cut the deck into four smaller decks and take the first card from each one, creating this spread:

1. **The gate.** *You are outside the Garden and waiting to enter:*
this card represents you in this moment of your life.
2. **The hedge.** *The obstacle that prevents you from advancing and seeing beyond:*
this card indicates the challenge you are being called upon to face;
3. **The woods.** *With its shade that welcomes and protects you:*
this card indicates a gift or a capacity that will help you and will be precious during your journey.
4. **The path.** *What brings you to your destination:*
this card represents what you can achieve at the end of this journey.



If necessary, consult the meaning of the cards in the booklet.

Concentrate on the first card: reflect on how the meaning of the Flower represents your situation at this time. Do you recognise the description? What are the feelings that those words arouse in you?

Then shift your attention to the description of the card in position two: with which situation of your life can you associate it? What is your position in terms of that situation? Now study the card in position three: this is your ally, the part of you that will help you to overcome the obstacle. Which of your characteristic is the Flower speaking of? Prepare yourself to learn more about this aspect of yourself and make better use of it.

Now you have reached the fourth card: the end of this journey. Every obstacle, indeed, once it has been overcome, makes it possible to gain something, a better awareness of ourselves, greater serenity. The fourth card represents the finish line waiting for you beyond the hedge. What conquest is the card speaking about? It is long-term goal you have been wanting to reach for some time?

If you so desire, select one of these four cards, the one you feel is most representative, and keep it with you during the day or keep it near you while you sleep.

MEDITATION WITH THE FLOWERS

You may meditate where you wish, at home or - better yet - amidst nature. Ensure that you will not be disturbed or distracted: this is a moment totally dedicated to yourself! Sit in a comfortable position, whether on the ground or in a chair, legs crossed or not. You must feel comfortable and relaxed. Shuffle the deck, arrange the cards face down and select one: you should meditate on this Flower. If you don't remember the meaning of the Flower, read about it in this booklet and try to memorise it.

Hold the card in front of you and observe it for a few moments. Then close your eyes and begin breathing slowly. With every breath, your body should be more relaxed. Take your thoughts back to the words of your Flower, even if you don't remember them perfectly. Visualize yourself describing the Flower and observe your emotions. Take all the time you wish; when you have completed your visualization, before opening your eyes, you can formulate an affirmation like: "I will face my life with balance and serenity", or: "I am deserving of love." Repeat your affirmation three times, then take some time for a few slow, deep breaths before concluding your meditation.

The affirmation you have formulated can be useful later as well: repeat it, always three times, even several times a day, whenever you feel the need or when you wish to restore the serenity you felt while meditating.



THE WORDS OF THE FLOWERS

1 AGRIMONY

If you have chosen this flower you need harmony and peace in both your inner and outer life. You can find it by letting the mask that covers your real face fall away. Be careful not to discard it, as you will still need it. Let it slip just a little and watch the reactions of the world toward your truth.

2 ASPEN

Trust can be recovered, but not alone. This flower will keep you company, but help it by finding also the comfort of others. Not to console you, but to play, laugh, and joke together. In this way ghosts will be able to return from whence they came. Once in a while, take a deep breath!

3 BEECH

Allow yourself to be imperfect: it will put you at peace with the world. This is the message of the flower that urges you to choose tolerance and comprehension. Your acumen is undoubtedly important, your critical spirit is a wonderful gift, but improve your qualities with mental openness and compassion for other human beings.

4 CENTAURY

Your glance is fixed on others, by their needs and desires, but in this way you risk disappearing from your own horizon. Look inside yourself towards what you are and what you want. There you will find the constancy to be free, the will to move along your path, the strength to create your destiny. Love your neighbour as yourself.

5 CERATO

You are curious and open towards the world, trusting in others' wisdom and experience. The world risks becoming a labyrinth, a room of mirrors, a forest where you can get lost and ask too many questions to any wayfarer. Heed your instinct, as there is more wisdom in your gut reaction than in an entire library.

6 CHERRY PLUM

This flower will help you feel you are out of danger. You can stop holding back the sea in the storm of your emotions, stop controlling your thoughts that are in a tailspin. Let relaxation overtake you, from the images in your mind to the fibres of your muscles. "Raise your voice in joyful song!"

7 CHESTNUT BUD

Be concentrated, one thing at a time but done well, with total commitment and dedication. This is the capacity that

the flower will help you to develop, without making the same errors that haunt you, harmonising the speed of your thought with that of your actions. You will learn from your experience and that of others, thereby attaining your material and spiritual evolution.

8 CHICORY

You can feel it: you are loved. You can let everyone remain at the right distance, no longer being offended by the ungratefulness that surrounds you. The unconditional love you give is returned hundredfold and all is at peace.

9 CLEMATIS

Now your imagination is a divine gift that you combine with the concreteness of the real world. Here and now you are awake and present, involved and benevolent. Everything is clear and bright, you are finally with your feet firmly on the ground. Rejoice!

10 CRAB APPLE

Look at your reflection in the mirror: it is transparent and pure. You can stop your incessant cleaning and accept that reflection. Now look at the woods instead of each individual tree. Observe divine works and not a speck of dust. You are innocent and pure, there are gifts that are not lost, but merely forgotten.

11 ELM

Now you can take a break and put everything into perspective. Rediscover the limits of your liability, the measure of your strengths, the confines of your commitments. Only you can give yourself the vacation you need.

12 GENTIAN

Let the gentian flowers sweeten your life. You have looked at the darkness and emptiness, the difficulties and sadness that are part of life for too long. Now constancy and faith are with you to help you overcome obstacles, to once again appreciate the gifts of this existence.

13 GORSE

Change your perspective on the world and find peace again! You and your loved ones will come up with new solutions that have thus far eluded you. There are different paths to be taken, just let yourself imagine them. The world will change colour if you truly desire to do so.

14 HEATHER

This flower will make you appreciate silence and peace. Silence is born of a peaceful mind. Peace that is born of the acknowledgment of limits. You can live peacefully, as if you were in a fluid connection with the world. Widen your perspective on the hills.

15 HOLLY

You have been hurt and are very angry. Now hate, resentment, envy, and anger are finished. Love can return. Bach said, "Holly protects us from everything that is not Universal Love. Holly opens our hearts to divine love". What more do you need?

16 HONEYSUCKLE

Honeysuckle will advise you to stop looking back. Whether it was beautiful or horrible, you have looked at the past, overcome it, and perhaps even learned some difficult lessons. Leave nostalgia and regrets behind you. Empty drawers and closets from what you no longer need. Enjoy the feeling of not being encumbered!

17 HORNBEAM

Freshness and vitality flow throughout your entire body. Move it, do sports, dance, run, walk. Change your habits a little at a time. Boredom is dispelled and fatigue melts away. After all, it was only a question of taking the first step!

18 IMPATIENS

Forgive others and yourself. Time is an illusion, hurry slowly and let the world move at its own pace. Listen to the rhythm of your breathing and restore your natural sense of calm. This time belongs to you, don't hurry it.

19 LARCH

Take heart, everything is fine. Everything you need is already within you. It is useless to seek it in a panic and useless to find excuses not to act. You are perfectly capable of dealing with the situation, so take action!

20 MIMULUS

Be compassionate with others and yourself. Closeness, presence, and understanding are qualities that you can offer and receive. In this way you will find the resolution and the courage to abandon all trepidation and fears. Often you are frightened by imaginary shadows. Change your perspective and you will laugh at them!

21 MUSTARD

This flower bears the warm and joyous light of a day with clear skies, a refreshing sea breeze, the music of a child's laughter. Joy is within. Others will help you to bring it to the surface. Celebrate life!

22 OAK

You are strong and persevering. Tenacity is your best quality, even if you don't always realise it. Now you can loosen the reins. Stop fighting the life flow and the true needs of your soul. Enjoy flexibility.

23 OLIVE

You will find new energies by resolving the conflict that exhausts you. Recharge your batteries. You have faced difficult trials and now it is time for restful peace. Strength will once again flow in you.

24 PINE

Forgive the children and ask fathers for forgiveness. By distinguishing blame from error and responsibility, you free yourself from rigid mental schemes. Discover the benevolence of the father, that overcomes all judgment. Accept the possibility of humans making mistakes.

25 RED CHESTNUT

Break the symbiosis: pray and be calm. Your worries will not protect your loved ones, but will make both them and you ill. Mitigate the need to control everything with your faith in life.

26 ROCK ROSE

Leave chaos and panic behind to rediscover your capacity to dominate the situation. Courage returns and you will resolve the emergency. You are sensitive and delicate. Remember that you can also be strong and courageous.

27 ROCK WATER

The world is a symphony of brilliant, delicate, subtle, shaded, bold, pure and blended colours. Abandon the illusion of having found the best colour, because it simply does not exist. Every flower, every moment, every situation presents different colours. Enjoy the beauty of the universe and open yourself up to the pleasures of life.

28 SCLERANTHUS

Getting your instincts and rationality to agree is necessary for making a choice. Once you find balance, the capacity to decide returns spontaneously. If you cannot have everything, you appreciate what you have.

29 STAR OF BETHLEHEM

You have had bad experiences and it is difficult to forget them. This flower will help you to find closure with the past that traumatized you, rediscover your sense of wholeness, and mend your life fabric. Open new doors.

30 SWEET CHESTNUT

Look beyond, towards the light. Give a limit to suffering and accept help. Don't be alone. You are being presented with a great opportunity to change – a unique opportunity. Pain is showing you the way. It is up to you to change direction!

31 VERVAIN

Your enthusiasm is a sacred fire. Respect it and nurture it carefully. In this way neither you nor others will burn with the flames of your passion. Tame the fire to heat the earth.

32 VINE

Use your skills to serve others. With respect, your reliable leadership becomes a precious gift for all. Once in a while, loosen the reins!

33 WALNUT

In this moment of change, you find your inner freedom. Protect yourself from external conditioning, whether from people or situations. Follow your path with confidence.

34 WATER VIOLET

You have been granted great gifts. Don't disdain those who have been less fortunate. Free your emotions and you will rediscover the joy of being with others.

35 WHITE CHESTNUT

Dispel your thoughts. They are not the only truth. They are not your guide, especially when they become repetitive mental chatter. Find calm in a steady rhythm.

36 WILD OAT

Find your direction by clarifying your lifetime objectives. Understanding is what makes your actions worthwhile. You can be honest and sincere with yourself and with the world.

37 WILD ROSE

Rediscover vitality and a lust for life. The glass wall that separates you from existence is shattered. Take up your path once again. What adventure are you ready to undertake?

38 WILLOW

Self-responsibility makes you free. You feel that you can sail your ship even with head winds. Complaining will get you nowhere. Find the right strategy and strength to move on. Bon voyage!



APPENDIX: EDWARD BACH

Born in 1886 near Birmingham, Edward Bach became a physician in 1912. Over the following years he worked in various London hospitals, leaving his work in the wards behind almost immediately to dedicate himself to immunology. During those years he began developing his own concepts, according to which the medicine of his time failed to pay

sufficient attention to the personality of the patient, concentrating excessively and exclusively on the physical aspect.

At the same time, he began having serious health problems, for which he underwent emergency surgery in 1917. Doctors gave him no more than three months to live, but Bach threw himself into his work, driven by his passion for his research. He himself attributed his surprising recovery to this enthusiasm: his illness went into remission and disappeared, reappearing only many years later.

During this time, Bach's discovery of homeopathy was fundamental, as he recognised an underlying uniformity of principles with his own thought: it is necessary to consider, and therefore cure, the patient and not the illness. Bach worked to synthesize the seven *nosodes*, a type of homeopathic therapy that won him a certain fame in circles of alternative medicine.

For Bach this was a period of great success, having produced numerous publications and given many conferences. During this period, his attention paid to the non-physical aspects of illness brought him to identify seven types of personalities among his patients, each of which was different and corresponded to one of the bacterial strains from which he had synthesized the nosodes. He concluded that a cure is more effective the more it is focused on the emotional aspects of the patient.

As he wished to further analyse this aspect, he began working with curative natural remedies based on sponta-

neous flowers: this was the birth of Bach's Flower Remedies. Following the synthesis of the remedies based on the first three flowers (*Impatiens*, *Mimulus* and *Clematis*), he decided to leave London to dedicate himself full-time to researching floratherapy. During the early 1930s he had synthesized twelve remedies, which he called "The Twelve Healers", and began sharing his studies with some publications. Over the last years, he synthesized remedies from another seven flowers, called "Helpers" for their capacity to boost the action of the "Healers", to which he later added another nineteen remedies. In 1935 the remedies amounted to the thirty-eight that we know today.

A year later, in 1936, Bach died due to the relapse of the tumour that had gone into remission eighteen years earlier. His inheritance is now represented by the Bach Centre, founded in the place where the founder of floratherapy lived and worked during his last years. His work has now spread and is studied worldwide.



LO SCARABEO