



Sacred Stones for the Soul



Highlights

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<http://myfamilytravels.com/content/10957-oahu-hawaii-attractions>

Ephemeral Beauty

One morning in March I woke up to a lovely surprise. My Hibiscus tree had offered up a bloom. I can't fully express the joy that single red flower elicited in me in the eleventh hour of this winter.

Hibiscus flowers open in the morning and last one day. By evening they are closed back up and the next morning you will find they have fallen off the tree. They are truly ephemeral- short lived, but glorious in that short life. It was a fleeting promise of hope. That is what nature does. It is like a snooze on

a summer hammock that suspends us temporarily above the stress of the world. It helps us breathe and be present. It takes us outside of ourselves, of our incessant thoughts, of our financial worries, of our relationship woes and out of whatever keeps us stuck.

My tree didn't bloom again until a few weeks ago when I moved it back outside, but it reminds me to stop and view the flowers by regaling me with multiple blooms every day.

Malvaceae Flower Family

Did you know that Hibiscus is of the Mallow family? There are over 200 varieties including the Rose of Sharon. Tropical Hibiscus are considered evergreens while those species who grow in colder climates are deciduous trees. As beautiful as it is, Hibiscus lacks fragrance. Still, the red one is a good plant to attract butterflies and hummingbirds.

The yellow *pua aloalo* is currently the state flower of Hawaii, although it is not native to those islands and does not even grow on some of the islands. Previously the native red Hibiscus held that honour. It is considered a flower of royalty and given in respect to officials and visitors.

When worn behind the left ear, it signifies

that a woman is married. Single girls wear it behind the right ear. Now-a-days, some people have it tattooed behind the ear.

It is believed that Hibiscus has its origins in the Orient and is sometimes referred to as the Rose of China. Hibiscus is the flower of the goddess Kali in India and also the national flower of Malaysia and South Korea.

Others claim it is from Africa where it was used in Egyptian wedding toast beverages. *Hibiscus esculentus*, otherwise known as okra, was introduced to Europe by the Moors. The French took it to Louisiana.

In Meso-America, it is known as *Flor de Jamaica*. In India, it is used to polish shoes and in Haitian Creole the flower is called *Choeblack* for the same reason.

Rock Star of the Month- Basalt



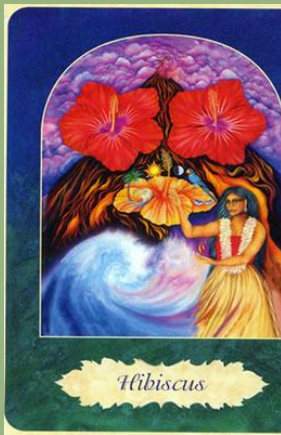
www.pinterest.com

Basalt- Lava Stone



Watch footage of Kilauea volcano's lava reach the ocean on July 29, 2016

<http://abc7.com/weather/hawaiiis-kilauea-volcanos-lava-flow-reaches-the-ocean/1448800/>



Pick a flower oracle card online to answer a question you have.

<http://www.powerfloweressences.com/pick-a-card>

Also, known as Lava Stone, Basalt is an igneous rock formed from cooled magma after a volcanic eruption. Being volcanic in origin, it is a stone that evokes the element of fire. For those who feel indecisive or lack direction and clarity, it can stoke the fire in the belly to fuel one's passion.

Usually, it is found in the ocean. Polynesian islands, like those in Hawaii have formed out of the ocean on layers of built up lava. Likewise, Basalt has an earthy grounding effect. It is, after all, the foundation formed from the basement of our planet.

Basalt is generally black and porous, but some other tones do exist that are coloured by various minerals. The pores come from the gas bubbles that pop after exiting the volcanic crater. Obsidian is also a volcanic rock formed

from lava spilling into the ocean and cooling so rapidly that crystals do not have time to form. It is more glassy and glossy than Basalt. Since there are no gas bubbles, it is a smooth stone. Other oceanic vulcanite stones include Rhyolite and Ocean Jasper (a personal favorite of mine).

It is considered disrespectful to remove lava rock or even the sand from Hawaii. Many believe they are cursed by the fire goddess Pele for doing so and island post offices get many returned rocks from apologetic visitors after experiencing a string of bad luck. There is something to be said for not disturbing the elemental energy of an environment one visits. So, curse, or not, I would suggest it is good manners (and good karma) to not take what is not yours when you are a guest there or anywhere else.

Hibiscus Therapeutic Uses

Hibiscus flowers are used to make hair fuller and shinier. It is often found in cosmetics and shampoos, but if you have a hibiscus tree you can make your own Ayurveda oil. The dropped flowers are minced and mixed with heated coconut oil and chopped leaves.

Clinical studies in the past decade have begun to explore the effectiveness of Hibiscus on blood pressure and cholesterol levels. Hibiscus is full of vitamin C and antioxidants that support the immune system. It has been used for respiratory ailments and sore throats in northern African regions. Different parts of the plant and different varieties of Hibiscus have different uses and benefits.

Caution: do not use with acetaminophen or while pregnant or lactating.

Some of its culinary uses include okra gumbo, flavouring and colour for chutney, jam, and beverages. It may cool the body temperature. A tea called roselle or sorrell (not to be confused with the sorrel vegetable greens) is prepared from the flower of the *Hibiscus sabdariffa* in the

West Indies. It is an ingredient in Celestial Seasonings' Red Zinger tea.



<http://blog.nativefoods.com/nativefoods/2012/05/>

Flower essences, like aromatherapy essential oils, capture the essential healing properties from plants usually through distillation or cold pressing.

The Hibiscus flower essence is said to support the root and sacral chakras. It may help us find our passions, be it creative or sexual. Click here for details.

<http://www.powerfloweressences.com/hibiscus-flower-essence>

I have repeatedly bought flower essences from Isha Lerner's website and have used her products, so I feel confident in endorsing her brand of flower essences. She has more North American and Australian variety than the Bach selection, which is good also, but is largely based on British flora that may be unfamiliar.

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Practice makes Progress

Gaze at a flower or tree or any plant.

- ♥ Feel gratitude for its beauty.
- ♥ Allow yourself to really feel it in your heart centre. You might even feel a pulsation or a warm wave or a thickening of the atmosphere as you continue to project love and appreciation towards this plant.
- ♥ Feel this loving appreciation expand throughout your body. Breathe in the beauty and gratitude.
- ♥ You may wish to bask in this sense of joy and connectedness for a while.
- ♥ Or you might be inclined to expand it outward to the immediate surroundings, to the people closest to you, to the animals, to the greater community, to the guardians of our countries, to other countries and even to Mother Earth her-self.

Coaching Questions

- How do you interact with the natural world around you?
- Where do you go to for peace?
- When does your inner volcano get stoked? How do you use that for good?
- If you had an official flower of you, what would it be? Why?
- Are you more porous or glossy?
- Who do you most need to send love to at this moment in time?



Advice from a
VOLCANO

Stay active
Keep your inner fires burning
It's ok to let off steam
Go with the flow
Be uplifting
It's all a matter of time
Have a blast!



www.quotesgram.com



Words that Heal
High Five Vibe Collection
Affirmative Inspiration Wear
www.sacredstonesforthesoul.com



Note: vibrational healing therapies, including the use of plant essences and crystals, are not intended as substitutions for proper medical treatment, but as complementary holistic supports for conscious living.