

# Grace of Light

AWAKENING THE FLOWER OF LIFE



*House of light*

HEALING HUB

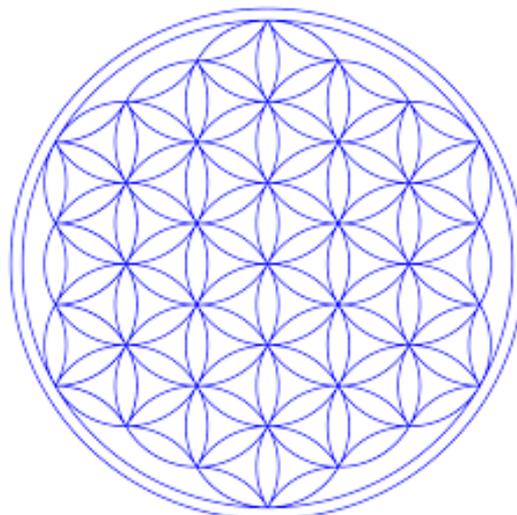
## Her History

An awareness of this symbol awakened some what 6000 years ago. An ancient symbol found in the Temple of Osiris, where it was inscribed on a structure called the Osirion in Abydos, Egypt. This temple was seen as a place of worship to the deity that governed death, resurrection and the honouring of the River Nile which was the key source of life and fertility in the agriculture of what would seem a bereft land of capable growth.

Its connection knows no bounds in terms of religion. With many cultures and belief systems connecting to its essence in their own form and passage of understanding. For some they observe it as the seed of life, or the Holy Trinity that embodies the four corners of the world. Others reference its connections to Ra, the beaming presence of energy from the Sun that determines a cycle of night and day, birth and growth. Knowing too that the symbol is observed not just in a religious setting, but also recognised from a scientific and ecological stand point as having a presence of impact. The Flower of Life guides a matrix of offerings independent of the belief system, the narrative or the culture that provides a platform of perception from one individual to the next. What can be agreed by all, is the integrity of this symbol and her gift in guiding the building blocks of life on Earth thru a vehicle of universal energy for one and all.

### **So why is this symbol awakening for us more so this year?**

We have experienced the death or passing of old, flowing into a period of resurrection to awaken a heightened sense of responsibility for actions of conscious choice that runs thru us, around us, and amongst our communities. Inter connecting us as humans to the systems of nature and the systems of living matter as we surge forward in a heightened vibration of living.



## The Offering

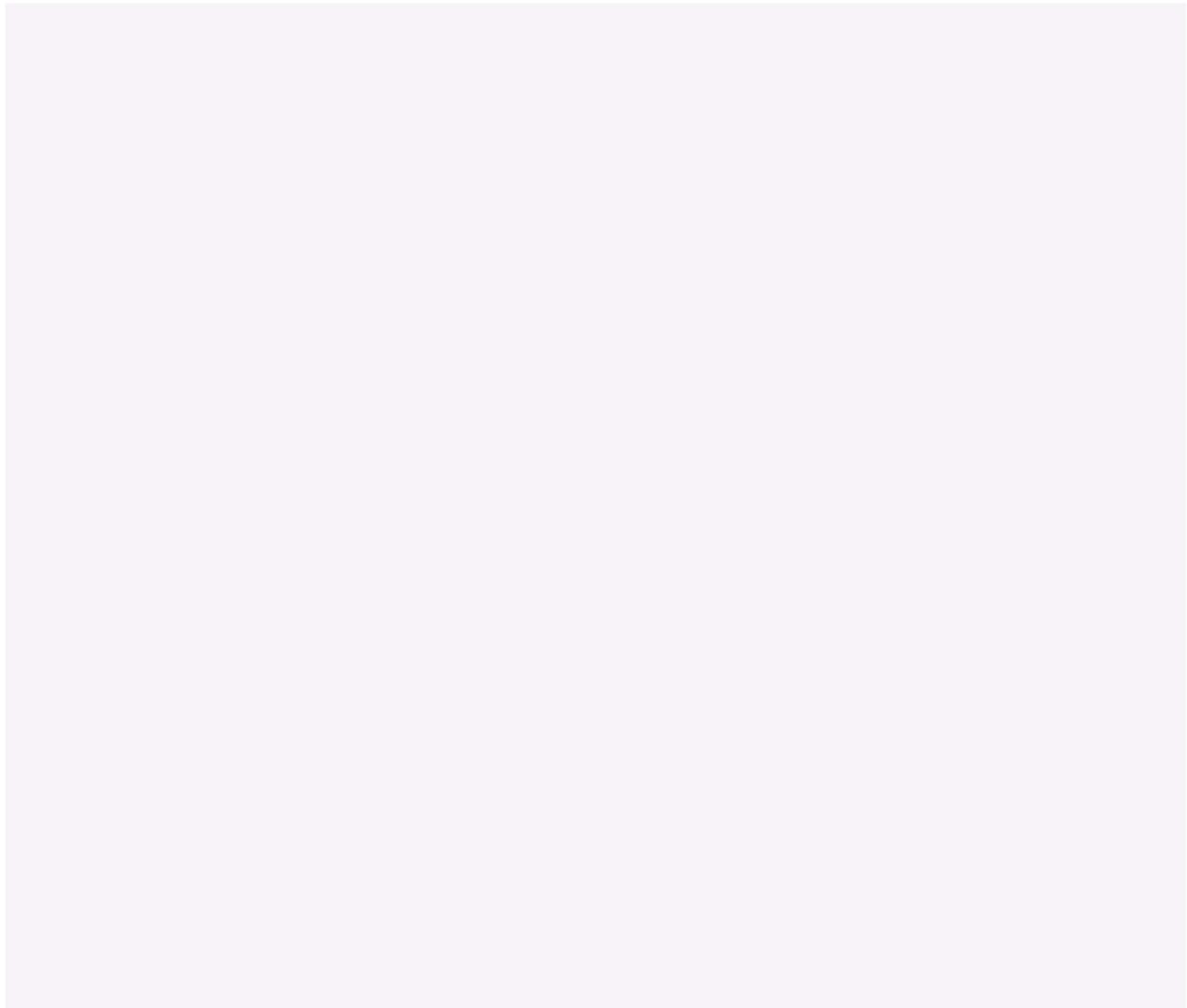
A geometric symbol holding the essence of life itself. Embodied through every aspect of energy. Imprinted into every cell of your body, your DNA, the flowers around you, life around you. Its matrix of meridian lines offering whispers of life's hidden treasures. Some would refer to them as secrets, where for me they are pockets of magic on offering, available to us, as we journey within her minds eye and our spiritual journey.

Imagine that you have freely available to you, this treasure chest of stored information, visions, thoughts, ideas, inspiration that is accessible at all times to guide you in decisions and choices.

Connect in with the meditation that will guide you on a pathway of discovery with the Flower of Life. Be freely open to the pictures of potential being painted. Flowing deeper and deeper into this funnel of opportunity to bring greater awareness into your surroundings.

*(The "Flower of Life" Meditation can be found in the "Wellbeing of Stillness" Playlist in the Online Healing Space)*

Record what unfolded in your meditation journey with the Flower of Life



## Ceremony

In recognition of the discovery or reconnection with the Flower of Life, consider what ceremony you could step into to honour the flow of life. This ritual can be anything that draws inspiration from your heart space.

- You may journey into the bush and take time to give thanks for the life of the trees holding space for your pathway.
- You may pick flowers to place in a stream, river or ocean as a symbol of the cycle of life from one form of nature to another.
- You may welcome a new plant or flower into your home garden or beside your bed to remind you of this new connection.
- You may create a crystal grid on the land sending healing love and energy into the layers of her core offering strength of loving intentions for her re-birth and growth.
- You may sit beneath the magnificence of the moon and stars to offer gratitude for the interconnection of energy within the galaxy that guides the cycles of universal life.
- You may sip a cup of cacao to honour the seed that is planted, nurtured and sowed to give life to a moment, to a body, to a physical form grounded in the action of their daily footsteps.

I look forward to you posting beautiful photo's, thoughts and discoveries in the Grace of Life community of what unfolded for you in your Ceremony celebrating the Flower of Life.

