



*This flower shuts tight nightly,  
and even on a cloudy day its beautiful white star opens only after the Sun is bright upon it.*



# Star of Bethlehem

assists in the remembering then the healing & releasing  
of episodes of trauma and wounding from our past

The essence of Star of Bethlehem  
assists us  
in the process of remembering then healing and releasing  
episodes of trauma and wounding from our past.  
In the remembering  
the essence helps  
to break up the hurt or anger that remains in the body  
and can be the origin  
for conditions of chronic pain, illness or depression.....  
as in some way  
the body physical continues to replay the script internally,  
hoping to remind the soul  
to take care of this and find resolution.

This flower shuts tight nightly,  
and even on a cloudy day  
its beautiful white star opens only after the Sun is bright upon it.  
So too  
the soul may hide its inner strife  
closed in the darkness of melancholy or pain.

Star of Bethlehem  
helps one to see clearer  
to the points of origin  
that hold our energies captive  
to the unresolved problems of our past.  
It promotes  
a gentle yet penetrating  
unconditional love  
to permeate and release the memory  
into an arena of awareness and compassion  
where it can be actively addressed and released.

This essence  
is a great aid to many therapeutic processes and healing modalities  
as  
in the release of stored trauma  
the soul can access higher levels of healing in all areas.

