



ROSE ALCHEMY

## Rose 1 - The Way of The Rose

### Introduction

Now more than ever we need high frequency tools and technologies to manage our energy and mental, emotional, physical and spiritual well-being. The Rose Alchemy Roses are a 21<sup>st</sup> century light technology that can offer support and inspiration in all of these areas

The rise of Rose consciousness on the planet is concurrent with the conscious rising of the Divine feminine energy, which is coming to the fore again to assist in the rebalancing and healing of a very dysfunctional world. So many Souls are out of true contact with their core essence and healing is so needed.

The fast paced life and stressors to achieve survival or external gratification have left an empty and broken society and a longing at a Soul level for change. Mother Earth is calling... and calling loudly now, for there to be a returning within to reflect and recalibrate... to bring about a reconnection with what being human and our purpose here is truly about.

Carolyn Myss spoke many years ago of the calling to move from seeing ourselves as Homo Sapiens to what she called Homo Noeticus... To feel in contact with the I AM Essence (true Self) and the perception available through the inner eye not just the five senses. This is, I feel the greatest calling at this time and that is getting louder for those who can hear the call. The gift perhaps within the current global crisis to awaken these inner qualities to fully see what is unfolding. We truly are at a crisis point of tipping point in our evolutionary cycle.

The Roses are calling from deep within the heart of Mother Earth. They are rooted within her essence and bring our focus to the numinous beauty of nature. No happenstance then that the flower most associated with the Mother, Mary mother of Jesus and Mary Magdalene is a Rose. This is an invitation and awakening of the Rose of the Heart... The Rosa Mystica, the mystery at the heart of life, which is embedded in so many of the ancient traditions and mystery schools.

The Rose is a portal, a gateway into the mystery of life and she invites you in through her frequency, her sacred geometry and her fragrance. She whispers her Mystery to the heart and she offers us a pathway home to our true selves, to Love.

Our current global crisis has revealed to us the fragility of life and how precious each and every one of us is to the whole, each a facet of the diamond of life. It is said that a human birth is the greatest gifts and opportunities. For it is in this realm of experience that the soul evolves.

So we birth in to this earthy experience as pure love, carrying our Soul essence and the refinement and contracts we called forward prior to the journey into this 3D body. We birth into this dense particulate field that is made of the earth. Every cell of our physical bodies is made of the very substance of mother Earth. We are blessed with this vehicle made of HER Love to carry us through our earthly sojourn.

It is in that birthing process we pass through a veil of forgetfulness and it is said that by the age of three that our clear recall and connection to source is largely forgotten. The loss of that connection can, of course, be influenced by awake and aware parents, who are able to consciously foster that depth of Soul awareness and 'seeing' within the infant years and that it is never consciously lost.

Largely that is not so, although many incarnating Souls in the past 30 years have chosen early awakening ones, perhaps those known as 'first waver's' or 'blue rays' as parents. Of course each Soul chooses the perfect parenting situation souls calling forward the refinement and the experience required to activate the wound pattern to assist the evolution of this.

To assist this process Souls often reincarnate in repeat pattern groups, families and locations on the earth. Perhaps taking a different role in that collective advancement or clearing of a pattern in the genetic lineage. How often have you met people or visited places that feel familiar?

For it is known that what is experienced and not resolved within a lifetime is carried forward into the lineage for subsequent generations to work through to resolve. And so it is that we see patterns of wound and trauma move through the generational lineage. Perhaps changing flavor by way of play out but nevertheless the core emotion behind the pattern remains the same.

This then is how I came to meet with the Roses in this way, at this point, in this incarnation. Patterns passed to me of approach to life, beliefs and experiences had led me to a crisis point and I couldn't see a way forward.

My maternal lineage carried the link to the Rose through my Nana Rose Kate and my experience of her in my childhood was my saving grace. For me she was unconditional Love and my only real place of safety and feeling seen... but she was not of course without her own story, which I later was to see impacted my journey through my Mother, to Me and on to my daughter and if not addressed would carry through to my grand daughters.

By 1995 my life on the surface seemed idyllic. I was a talented, successful Designer/businesswoman, and healer in training, with a handsome husband and

two beautiful children, but within there was a different story. There was a gaping hole inside of me that I was unable to fill.

So life at that point took me to ground zero in a dramatic way and over the following 5 years my marriage fell apart and my design business finally closed in 1999. A new pathway of exploration and healing opened up that was both the best of times and the worst of times... and it was to take another 10 +years and more 'experiences' including taking me back to ground zero again, before the calling of my Soul would be more clearly heard, I could open to more truly heal some of these deeper patterns and put the pieces to the storyline of my life together.

Some of us are slow learners!! Sometimes the pattern embedded is so strong that it takes a lot of dedicated inner work and many layers removed before the truth can be revealed for the Soul Essence to shine. For me it was a deeply ingrained survival and shut down pattern of freeze/fawn from early childhood trauma that was driving my life. It meant I couldn't see or appreciate myself, my multitude of creative gifts or be able to trust anyone or life. So I was not open enough or felt worthy enough to receive love... and that was of course the very thing I truly longed for.

So although I created beauty around me in so many ways, I had friends, family and partners, I actually felt isolated, lonely, unable to fill the empty place inside even with all of the Trinkets, Clothes, Artwork, Crystals and beautiful spiritual tools that my success had enabled. The emptiness remained with me until the Roses really started to work their magic.

### Meeting the Roses

From 2005 I was in a relationship with a man I adored but by 2010 we were not in a great place. Patterns and wounds from childhood and previous relationship experiences were active and painful for us both. I felt broken and lost and my dreams of our journey together were rapidly turning to dust. Something in my life really had to change or I knew I would get very sick. Little did I know of what the Universe in its wisdom had planned!...

So it was that in 2010 I found myself at the entrance to The Alhambra in Granada Spain. It was late April and this magical place had been calling for years. I knew the energy there was pretty special and that there was a connection with Venus. The Alhambra was built on the site of one of the 7 Venusian energy portals on the Earth. So when the opportunity opened up to visit and I took it.

In the weeks prior to the trip I had done research into the area. I was curious, there was something so familiar with the architecture and essence of this Moorish Palace. I had explored information on this area of Andalusia and came across as Sufi Mystic called Ibn Arabi who had lived and taught in that area around Seville, and another piece of my connection dropped into place. I had felt drawn to the wisdom of the ancient Sufi path for years. Of course many are familiar with the writings of Rumi and the many others who wax lyrical about

the rose. Sa'adi another Sufi Mystical writer wrote a book called The Gulistan the Rose garden. The Rose garden, the Rose heart, is seen as the sweetly scented meeting place of the Beloved within. The inner Temple of God and the I AM Presence within.

So I walked mindfully into the Alhambra complex and felt such joy at being there. It felt like a part of me had come home, the air, the scents and my resonance with the land. It was super busy at The Alhambra of course, it always is. They allow 400 people to enter the Nasrid palace every 30 minutes and you have to buy tickets well in advance. I had bought tickets for two days! But I was really not aware of too many others there...I was captivated on my own magical inner journey.

It was then that the first Roses came into view. I saw the bright blooms dancing about over the top a dark clipped hedge. I felt magnetically pulled into the garden. There were beautiful fountains and waterways that flowed from garden to garden all filled with fragrant roses. Immediately my favourite camera came out. One by one certain roses called me... each one connecting through the lens of the camera. I was in Rose heaven and I hadn't even realized it was Rose time before I came!

It wasn't until I was back home again with my photos stashed onto the computer that the full significance of the trip came into view.

So it was that I woke one morning with a voice in my head 'we would like you to put 11 of us together and work with us'... 'We have come to heal the Magdalene Wound'. 'We have come to heal the feminine heart field in both men and women. But it has always been the women who have sought the healing, for themselves, their family and community. As each woman diligently does work so she will in turn call the wounded masculine to his heart. It is then that the world will heal'.

And with those words so started the adventure of the next part of my life. My next healing pathway opened up to show me the way ahead and through that work flowed the Rose Classes and Retreats in the UK and USA, that would open others to their awakening, healing and empowerment with the magic of the Roses too.

So I sat at my computer and gathered together a file of Roses images. I was guided all the way by the voice in my head. 'No not that one, yes that one'. Finally the 11 came together and inner guidance was to print the Roses and sit in meditation with each one for they would have the information ready to share with me.

The voice in my head... Who was that? Well of course I asked...

'We are the Sisterhood of the Rose. You will recognize many in the Sisterhood for you have already encountered them on your journey. I am Lady Nada. I am your guide for this piece of your journey.'

I had already met with the frequency of Lady Nada in 1996 when she came with a message through a channeling session with a woman I was working with at the time.

Lady Nada is the over-lighting Soul of Mary Magdalene and an Ascended Master on the light realms. She explained to me that the Sisterhood of the Rose work alongside the White Light Brotherhood and that there are both Brothers and Sisters of the Rose. More will be share of this in later chapters.

### Connecting with the whispered messages of the Roses

When I first sat and connected with each of the Roses in turn I received words and I real sense of the energy imprint that each one carried.

I have included here the words that came through from the original connections with the Roses. Those who took the early classes with me working with the hand printed cards and the little handmade silk pouches will know these words.

#### Rose 1

Dark Red/Pink... The Alhambra, Granada, Spain  
Held nestled and safe within the folds... cupped in beauty  
You are safe... you are held  
Strong heart Warrior charge in a velvet glove  
Used with 11 White for protection  
Place on base chakra

#### Rose 2

Mauve... The Alhambra, Granada, Spain  
Centrifugal spin - pineal gland - clearing the head  
3rd eye/ajna and pituitary gland spin  
and re set master chakra  
Clearing at a psychological level with the electric violet prana  
Clearing old patterns  
Drops down to open heart

#### Rose 3

Magenta... Sibton, Suffolk, England  
Joyful bubbling expression  
Works with the other Rose card energies to bring expansion  
Happy to work with spleen, pancreas  
and gallbladder energies  
Place on Spleen

#### Rose 4

Chocolate Rose... Chalfont St Peter, Buckinghamshire, England  
Dissolver of sadness and pain, anger and resentment  
Strengtheners of the lower chakras and the blood  
Clears the pathway from the second chakra  
Through the heart to the throat

Rose 5

Coral pink gold... The Alhambra, Granada, Spain  
Refinery of energy... sweetness  
Strengthening of the solar plexus, pancreas and spleen  
Clearing and expanding heart energies  
Place on throat

Rose 6

Vibrant mid pink... The Alhambra, Granada, Spain  
Sexual healing... the Divine feminine  
She pulls you in and you yield to her power  
Passion charge so the body  
Second chakra-heart-throat connection clearing  
Place on Sacral

Rose 7

Pale pink... The Alhambra, Granada, Spain  
bringer of light... I am soft... I am open  
I reveal my golden cup  
I work at a cellular level... infusing cells with light  
I am Grace... I clear and energized food  
Place on Solar Plexus

Rose 8

Pale Rose pink and gold... The Alhambra, Granada, Spain  
I work in the auric field bringing pink gold healing  
Holding the secret of hidden mysteries  
seek for truth with your heart... and all will be revealed  
Place on Heart

Rose 9

Gold... Kingston upon Thames, Surrey England  
Heart/solar plexus... I am power contained  
Deep in the unfolding anti clockwise spin...  
Power held to blossom  
Feels masculine body is a feminine power  
Place on Solar Plexus

Rose 10

Apricot cream... Sibton, Suffolk, England  
Clearing childhood pain from heart, navel and second chakra  
Encouraging gentle open expression through  
The higher vibration of the throat  
Bringing clear voice to true self  
Place on Navel

Rose 11

White... Kingston upon Thames, Surrey, England  
Radiant golden light  
Perfected balance  
Divine beauty from the heart of God  
Use with Rose 1 red/pink for protection  
Place on Heart and Crown

My guidance from Lady Nada and the sisterhood of the Rose was to then place physically on the body the 11 Rose images in the chakra positions as guided. Some of the Roses felt heavy, some had a vortex spin and some were just quiet. So the next level of my personal healing through my connection with Lady Nada, The sisterhood of the Rose and the Rose consciousness had begun.

This pattern then moved and changed as I became familiar with the energy signatures to putting them in to my chakras just through intent.

It was a 6month journey of strengthening, healing and realigning my chakras. Then the whispered voice of Lady Nada said 'You are ready, now please put it out as a workshop called The Way of The Rose'

So it was that in October 2010, 11 beautiful Rose goddesses came together in Kingston upon Thames to share the magic of the power of the Roses.

So here you have a little of the backstory to this work and more will be shared in further chapters.

## Rose 1

The first calling of the Roses is in healing and rebalancing the physical, mental and emotional bodies, these hold your stories and this is what is shared in Rose 1.

This chakra system aligns you vertically. The clearer you are the easier it is for you to truly anchor higher keys and codes of light onto the planet. The more present and grounded you are the more connected you are to your I AM Presence, your true Soul essence and light.

In my own journey and experience of addressing my shadow aspects and wound patterns I came to the work of Dr Gabor Mate. Dr Mate's tenant is that the core of trauma patterns held in the body stem from the conflict between attachment and authenticity originating in utero, early infancy and/or subsequent developmental experiences in childhood.

That in early childhood if there were challenges in the parenting pattern of our primary carers (most likely learned through their own experience of being parented) there is will be an issue around attachment. As children we need to feel attached to at least one of our primary care givers in order to develop a sound sense of self. We need to feel safe, loved and seen. If this is not the case we cannot develop an authentic sense of self. We will create adapted behaviours in

order to feel safe and/or loved.

If these trauma patterns are not addressed over time they will be pushed away or down into the unconscious and stored within the different chakras and organs of the body, a contraction is created within the energy fields and ultimately this can result in physical issues manifesting as illness and disease.

When working with our-selves, or others, the first place to start is in curiosity and kindness.

The Roses can offer helpful support and insights to gently explore what may be behind what the body is calling us to bring attention to. In my experience when we have got the message (and the body is a neutral messenger at one level) there is no need to hold onto that which has been created to get our attention, whether that is pain or any other discomfort in the physical body. What it is possible to create it is possible to create. There are so many stories of seemingly miraculous healing when people have the courage to turn and address with honesty what might be behind the experience.

Rose 1 is such a beautiful ally in that exploration.  
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#### Recommended Resources

The Mind Body Workbook... Debbie Shapiro  
This was my go to bible for many years

The Chakras and their functions... Master Choa Kok Sui  
High level esoteric information on the chakras from the Pranic Healing system

In the realm of hungry Ghosts... Dr Gabor Mate  
Connecting trauma and story to addiction and wellbeing

The body keeps the Score... Dr Bessel van der Volk