

# SEED to BLOSSOM

*An Exploratory Journey Co-creating Your Unique Flower Essence*

## ***Blossoming Seeds***

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I put my trust into the steps of the course to create this musical piece without even writing one note down on paper. In the beginning of the piece, I envisioned that the seeds had been planted and were now just starting to break through the soil. Then, as the flowers started breaking through the soil I started to feel the earth start to part and make way as the flowers began to stretch through the soil. I felt the joy of the plants dancing in the wind as their blossoms turned into a mass of rainbow colors exploding like fireworks in my mind. As these flowers reached their heights, other flowers started to emerge through the soil and intermingle with the first set. My mind was full of dancing and exploding colors increasing in speed and intensity. Finally, the colors slowly started floating back down to Earth, covering everything with their bright, brilliant colors.

Flower Essence: *trust, beauty, compassion, love, and friendship*