THE HEALING POWER OF JERSEY PLANTS

Jersey is an exquisite place for the collection of wild flowers since the climate and terrain offers such extraordinary variety. Many varieties of wild flowers are indigenous to Jersey and Diana Mossop believes they offer very special healing qualities.

I HAVE always loved flowers and known that they have special healing qualities. In Malaysia, where I used to live, there is an ancient form of tribal medicine called Bunghu Bangsa, which uses essences of flowers and plants, floated in water as medicine.

Although I have been privileged to travel widely and have lived in many different countries, my family’s roots are in Jersey. My family home, St. Clement’s Farm, has remained in our family for hundreds of years. Never bought or sold, in this where I am privileged to live since returning to Jersey with my children in 1980.

I was born in Africa but came to live in Jersey as a girl in 1950. It was at this time that both my beloved grandmothers taught me about the hedgerows. They loved flowers and nature and that love and respect was passed on to me.

I always wanted to be a healer to take care of people so when, as an adult, I returned to Jersey in 1980 I went back to school and started to study every modality of natural medicine that I could find. I studied with two scientists who enabled me to start investigating the vibration of flower essence in a scientific way and to create a healing philosophy that is used worldwide called ‘Phytobiophysics’.

In the course of developing this I created a set of Jersey flower essences called the ‘100 Hedgerow Elementals’. My first book - The Power of Plants - was a carefully researched medical explanation of the powerful healing capabilities, both emotional and physical, of wild flowers.

We are often guided more by our emotions than we care to admit; however we do know that when we are stressed or upset we are more prone to illness. Every flower has a healing gift. Here are a few applications for essences of some Jersey hedgerow flowers.

Daisy is probably one of my favorite flowers. Daisy supports the adorable innocence of little children especially during puberty. There are so many aggressive attacks against our children today and in many cases they are being robbed of childhood. Daisy supports childhood trauma, whether emotional, such as divorcing parents, or physical such as environmental chemicals which damage the reproductive organs. Trauma during puberty will have an impact on sexual development causing repercussions throughout that child’s life.

Jersey Pink thrift supports the spine and spinal cord and comforts those who have lost the use of their legs or are bedridden, perhaps because of serious accidents, old age or debilitating illness and who have lost hope of recovery.

Jersey Maritime Campion a powerful support for close family bonds. Filial rivalry, resentment and jealousy leads to immune system breakdown causing chronic fatigue syndrome. Recently I met a woman who was suffering with chronic fatigue (ME) and after a short counselling session it was apparent that her health had deteriorated when her parents had passed away and her brothers and sisters were all at war over the will. This stunning cliff top flower enables forgiveness.

Essence of Red Campion offers support to people who are lonely, bereft and who long to be loved, as a consequence suffer with migraine and headache. Red Campion enables the release of toxic chemicals such as salt, petrochemicals and chemotherapy that cause high blood pressure, as well as supporting the person with the associated emotions of fear and anxiety.

Essence of Foxglove: this structural plant supports the central nervous system and the cerebellum and the function of the heart. Foxglove are toxic, digitalis is used as a powerful cardio-tonic, Foxglove essence is made by the traditional sun method and contains no toxic content. Foxglove essence supports the strong relationship with our fathers and eases bitterness of unresolved issues such as visid, loss of, or anxiety about father’s health. On a deeper level Foxglove essence supports victims of cruelty, aggression or abuse by father relationships which cause complex heart disorders and an inability to progress throughout life.

These are just a few of my many remedies as every flower has a healing gift and it is that which makes Phytobiophysics so powerful and extraordinary.

If you would like to know more about the Power of Plants you can find Diana’s book on Kindle here http://www.amazon.co.uk/Powder-Plants-Updated-2014 and for information on her practice in Jersey and London please visit her website at www.dianamosso.com