FLOWER ELIXIRS FOR MORE LOVE + MAGNETISM
BY: LOTUSWEI
Everyone wants more love, right?

As humans, we have a deep desire for love and affection. Our understanding of an ‘ideal love’ life is highly influenced by today’s media. Movies often portray the “perfect romance: girl meets boy; love at first sight. They get married and ride away into a magical paradise, living happily ever after.

The social media accounts we follow also tend to only share the bright & happy moments of life, setting unrealistic expectations in our minds of what romantic relationships are truly like.

Love is found in so many different forms.

Romance doesn’t, and shouldn’t, be the central point of love. Love resides between parents, children, grandparents, friends, siblings and even pets.

True love is unconditional.

But no matter how much love we receive from outside forces, the most important form of love is the love we give ourselves. Loving and accepting yourself, just as you are, is challenging for most people.

Increasing our capacity to love ourselves is powerful, because ultimately, how we treat ourselves is how we treat others. This may sound cliche, but it’s true – how much we’re able to love others is directly related to how much we’re able to love ourselves. We must learn to deeply love and cherish who we are, as we are.

In order to do so, the first step is to soften and heal our heart. If we harbor resentment and anger towards a person or situation, our mental and physical health will see the effects. Internalizing these emotions will take root and trickle throughout our whole body - and can cause guilt, stress, sadness and other feelings that limit our capacity to love.

Simple + exquisite self-care practices:

- Giving yourself a foot massage before going to bed.
- Get a massage.
- Go to a bath house or sit in a sauna.
- Take a walk through your local botanical garden.
- Buy yourself flowers.
- Go to bed early. Wake up late.
- Wear your favorite clothes. Don’t wait for another day.
Forgiveness is key in the world of love. When we forgive ourselves and others for wrongdoing, we become more light-hearted, compassionate and free. The clarity and sense of lightness that is available when we unpack the baggage we’ve been carrying around - directly enhances our ability to love and be loved.

Featured in this flower-guide are the flowers we’ve found to be the most effective at inducing ALL forms of love.

**Orange Hawkweed** helps rid the desire for affection. Instead of longing for love, you will feel self-sufficient and confident.

**Fireweed** heals the heart by dissolving the emotions around painful or traumatic experiences and strengthens our capacity to love and forgive ourselves and others.

**Hong Kong Orchid** allows you to feel comfortable with every part of yourself. The ability to love yourself and others becomes magnified, deepening your appreciation for your unique and underrated qualities.

**Pink Magnolia** magnifies a sense of completeness, wholeness and purity, and encourages taking time for breaks and self-care. It helps us value our needs just as much as everyone else’s when we are giving so much love, time and energy.

These essences soften the heart, making you more vulnerable and understanding. Experience greater fulfillment in relationships and connections with everyone in your life!

For more flowerific readings on the magic of flowers, we have a book! Check it out on Amazon today!
WILD HAWKWEED

Pilosella aurantiaca

Activate: Wholeness
Message: Fall in love with yourself.

What It Reveals

We all know that feeling – that yearning for another’s love, warmth and affection. However, sometimes it leads us to make decisions based out of “I need” and “I want”, which clouds our understanding of what’s truly best. After all, the best kind of love we can express has nothing to do with our own needs. And the more we love ourselves, the more radiant and lovable we’ll be!

What the Elixir Catalyzes

Wild Hawkweed gives you clarity and brings you down to earth. It helps bring your energy from your lower chakras up into your crown – it straightens your posture, enhances your ability to breathe deeply and helps you be clear about the choices your make.
In relationships, this flower helps you feel self-sufficient, with a sense that anything can be accomplished. You fall in love with yourself so much that you don’t ‘need’ love from others – it cuts through any neediness and non-constructive wanting or desire, giving way to true unconditional love for yourself and others.

**Extra Credit**

- Notice when you experience attachment or clinging on any level. Pay particular attention to the presence of any tension in your body. Try breathing and relaxing into the tight places.
- Notice when you judge yourself or your feelings and reactions. Give yourself a break and be gentle with yourself.
- Turn inward and give yourself unconditional love and compassion.

**In Essence**

<table>
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<tr>
<th>Dissolves</th>
<th>Magnifies</th>
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<tr>
<td>Attachment / neediness</td>
<td>Self-sufficiency</td>
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<td>Yearning for love from others</td>
<td>Falling in love with yourself</td>
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<td>Non-constructive dependence</td>
<td>Feeling whole</td>
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HONG KONG ORCHID

Bauhinia blakeana

Activate: Self-acceptance
Message: Express yourself.

What It Reveals

If you’re attracted to Hong Kong Orchid, you likely have high standards. They may make you hard on yourself, or reluctant to be exposed to the world in a way that would make you vulnerable.

If you fear vulnerability, it can lead to feeling hardened, shy, or aloof. It can also manifest as a habit of preventing yourself from forming new friendships or relationships.

You may be secretly wanting to express yourself in new ways, such as speaking, dancing, singing, or artistic endeavors. You may want to accept all aspects of yourself, especially those that have previously been in hiding.

What the Elixir Catalyzes

The Hong Kong Orchid flower elixir encourages us to fully accept and love all parts of ourselves. It enhances our ability to express ourselves fully, without hesitation or editing. It coaxes the sincerest aspects of our personality out of hiding and entices us to stretch wide open and expose our hearts. It encourages us to reach outside of our protective shell and expose what’s on the inside.
Hong Kong Orchid shows us that being vulnerable enhances our ability to love and be loved, and enriches our experience of the world. If we are usually hard on ourselves, it allows us to be kinder toward ourselves. That loving energy is attractive to others and draws them in, strengthening our magnetic qualities.

Hong Kong Orchid dissolves our fears of being “exposed” as we truly are. It dissolves fear of being seen or heard, including fear of public speaking, being on display, or being observed by others. It shows us that vulnerability can be lovely and even sexy. Embracing all parts of ourselves heals us and everyone we come into contact with. Loving ourselves helps other people around us to feel loved, and gives them permission to love themselves.

Hong Kong Orchid helps us feel comfortable in our own skin, and at ease with the deepest essence of who we are. As we learn to appreciate all aspects of who we are, it allows us to embrace our sensuous side, while embodying a sense of innocence and purity.

**Extra Credit**

- Tell or show your loved ones how much you love them.
- Practice being vulnerable and out of your comfort zone.
- Go dancing, or crank up the music and dance in your living room.
- Put on a little lipstick, wear silk, or dress to the nines just because.

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<td>Fear of being “exposed”</td>
<td>Full expression of who you are</td>
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<tr>
<td>Holding back aspects of yourself</td>
<td>Feeling comfortable with yourself</td>
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<tr>
<td>Being hard on yourself</td>
<td>Self-love &amp; appreciation</td>
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FIREWEED
Chamerion angustifolium

Activate: Recovery
Message: Forgive someone now.

What It Reveals

If you’re attracted to the Fireweed flower, you may have a heartache, painful experience, or trauma that is affecting you, either from a recent experience or from long ago. Most of us have lived through painful experiences at one time or another, and it can even refer to experiences as far back as childhood, infancy, or gestation. There may be a heartbreak that you’re not even aware of operating in your subconscious, still running in the background and affecting how you operate in your daily life.

If you can currently identify a specific heartbreak, this may be a good time to work on self-nurturing and forgiveness, freeing the heart of pain and hurt. If it’s too difficult to forgive someone else, start by forgiving yourself and making wishes to forgive the other person in the future. Even just having an aspiration for forgiveness is the first step.
What the Elixir Catalyzes

Fireweed flower heals the heart. It transforms painful experiences by dissolving the emotion around them, leaving only the lessons learned. When we have traumatic experiences, they live in the cellular memory of our bodies. The Fireweed flower elixir releases the emotional intensity from old memories of heartbreak and suffering so that we are no longer triggered by current situations that may appear to be similar.

Fireweed enhances our ability to navigate painful situations with strength and grace. It strengthens our capacity to love and forgive ourselves and others.

Extra Credit

• Practice forgiveness in small ways, with the person who cuts you off on the freeway or a colleague who disappoints you.
• List the most painful experiences you’ve had in life and see if there is any residual emotion still present. Being aware of it is the first step.
• Grab your notebook and finish this statement: I forgive myself for...

In Essence

*Dissolves*
- Heartbreak, emotional attacks
- Fatigue

*Magnifies*
- Feeling that love is all around
- Forgiveness
PINK MAGNOLIA

Magnolia liliflora

Activate: Self-care
Message: Take exquisite care of yourself.

What It Reveals

You may be experiencing a period in which you're giving all of your time, energy, and love to others, while forgetting to take care of yourself. When parenting, caregiving, or working on big projects, we often pour our energy into doing the best we can.

Whether it's your family, friends, children, or colleagues that are requiring your attention, you may have a tendency to lose yourself in all the giving. You could find yourself empty or run down later, if you don't take time for self-care now.

If you're attracted to Pink Magnolia, this is an indication—and a permission slip—for you to take a little break. Do something to take care of yourself: walk in nature, take a bath, go to the spa, listen to music, or crawl in bed for a nap. Do whatever works best to give yourself some well-deserved love and care.

Remember, your ability to care for others is only as good as your ability to care for yourself. If you deplete your energy to the point of exhaustion, you won't have anything left to give. Take time now to do something nice for yourself.
What the Elixir Catalyzes

Just as cities fill up with people and become polluted, our lives may become polluted with static, distractions, and stress. We may attempt to be superhuman: to answer every e-mail, check social media, find solutions for others’ problems, and give love wherever it’s needed. The danger of not weaving self-care into our routine is that we may burn out, becoming resentful and joyless. We can give and give until there’s nothing left to give.

Pink Magnolia helps us give ourselves a break. Its elixir helps us value our needs just as much as everyone else’s, without perceiving that as selfish. Making time to recharge is vital for maintaining our ability to give to others, and Pink Magnolia encourages us to make time for self-care.

For this reason, Pink Magnolia is an important flower elixir for parents, hospice workers, and caregivers.

Extra Credit

• Treat yourself to a recharge: massage, sauna, bath, or whatever is a treat.
• Take an adrenal tonic or tea daily to nourish your nervous system.
• Eat more dark chocolate (for magnesium, iron, antioxidants, and happiness).
• Know your personal signs of burnout - take action the moment they appear.

In Essence

**Dissolves**
Giving away too much energy to others
Self-sacrifice
Harming oneself to help others

**Magnifies**
Feeling complete, whole & worthy
Retaining personal energy
Protection from burnout or resentment
Are you ready to bloom?

Experience the magic for yourself.

Delicious Honey Elixir
Refreshling Aura Mist
Luscious Oil for Face & Body
Transformative Natural Perfume

Use code TRUELOVE for 15% the entire Infinite Love Collection!
“Changed my life.”
Infinite Love has truly changed by life in the most phenomenal ways. I feel a remarkable difference in my self-confidence, radiance, and ability to open to love. I feel sensual and beautiful, which is something I have never embodied before.

MORE FLOWERS FOR
LOVE + MAGNETISM

BLACK BAT FLOWER
Activate: Fierce compassion
Message: Advocate for yourself & others