

# GOLDEN GARDENER

Journey into Greater Soul Worth

And Conscious Co-Creation

of Heaven on Earth

with Queen Cora Flora

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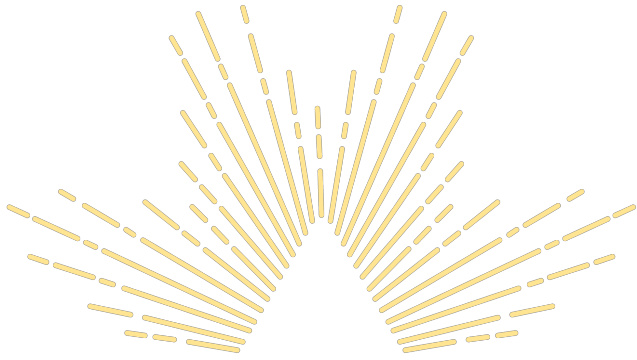
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## DEDICATION

This book and journey is dedicated to the Source of All Life, Godde, God/Goddess, Great Spirit and the expansion of this Source Energy within All of Us for the Greatest Good.

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## FLOW

### *Introduction*

- 1 Connecting
- 2 Preparing
- 3 Planting
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## Introduction

Welcome to a whole new chapter of Heaven on Earth in your life. This is a Sacred Healing and Creative Empowerment Journey designed to support you in a Deeper Connection with the Glorious Beauty of Who You Truly Are, so that you can Consciously Play in Harmonic Co-Creation with the Loving Power that Creates Worlds.

My deepest desire is to live, create, and inspire Heaven on Earth. In this lifetime (and the lens of many) my experiences and flows of inspiration have guided me to alchemize the pain and challenges I've experienced into solutions, answers, and inspired ideas crystallized into creative expressions. My soul seeks liberation, to enjoy this Dance of Great Awakening, plant new seeds of Divine Connection, and nourish the blossoming unfoldment of a new Golden Age.

When I experienced depression, anxiety, and challenges that were deeply painful, my desire to Connect with *The Love We All Come From and Return To*, and bring forth the *Creative Power We Are Made Of* became stronger and stronger. There have been so many moments of profound suffering and darkness that felt unbearably grim... Yet it was swimming into these depths where I found the illuminating treasure of heartfelt wishes and wisdom; for blossoming into being healing Heavenly energies and Divine Remembrance; to paint life in an ever flowing supply of even brighter, richer, deeper, sparklier colours; breathing into and giving life to Golden Keys of the Kingdom and Queendom of Heaven Earth for the Greatest Good of All.

# Connecting

*Namaste.*

*The Divine in me blesses and honours the Divine in you.*

Millions of people place their hands in prayer position and say this in yoga classes every day, with a gentle understanding of what it means. But what if we really dive into it, and expand the luminous empowering portal that it is? What if we truly step into the Divine in ourselves, to fully bless, honour, and expand the Divine in all life? How will our lives gloriously blossom when we play with this?

I feel that on planet Earth at this time, we are collectively experiencing a Great Awakening; awakening to the Divine in ourselves and all life. We are all here with Great Love, Great Purpose, and our own unique threads to weave in this tapestry of a new Golden Age. You reading this means that you are in alignment with this knowledge, ready to deepen in your own journey of remembering, integrating, and blossoming life from the Golden Core of Who You Truly Are.

In this chapter, we will explore perspectives and practices to enhance your perception of the Divine in you, and the Divine in all life. I encourage you to have your journal by your side, to write any questions or resistance that comes up as you flow through. We will be directly working with those fertile shadows in the next chapter. For now, however, I invite you to allow yourself to be infused with Heavenly Love and Earthly Appreciation for the Greatitude You Are.

## *The Divine in me*

My favourite expressions of spiritual wisdom are through the colourful lenses of the experiences of authors. I love to journey with them through the challenges that birthed their perspectives and observe how the jewels of wisdom they crystallized are integrating into their lives, rather than reading about dissociated spiritual concepts.

Therefore I feel inspired to share my personal experience of discovering the Divine in me, rather than theory. My soul is on an evolutionary journey that is ever flowing, yet here now I feel inspired to share my perspective that may inspire you, so here I flow...

I am a Divine Being having a human experience. For most of this life (beyond being a baby and child) I thought that I was *just a human*, and often struggled within the confines of that definition. I ached for the sense of *m o r e* that I somehow knew was real.

When I was a teenager. I remember journalling and praying almost every night. I liked church, especially the singing, although I didn't fully resonate with or understand the purpose of the lyrics we were guided to sing. I felt more of a connection with the Divine alone.

Depression hit me hard in high school. I felt a deep sadness, especially around my sexuality. Learning that homosexuality was considered a "sin" to a lot of the Christian kids I went to school with, while simultaneously being mostly repulsed by male sexuality and feeling that my desires to love were telling me I was lesbian, made me shut down to everything except music. Music got me through.

When I was 18 I followed my inspiration to Toronto, where I went to music business school and fell deeply in love with an amazing woman who was 8 years older than me. We had deep philosophical talks about life, love, and traveling. I was enamoured. She took me to Paris after only a few months of seeing each other. It was a very deep emotional and spiritual connection. Yet after a year, I felt that I needed to explore more love life experiences, and the full spectrum of myself.

Traveling catalyzed my awakening. I lived in Glasgow for a year studying music business and felt like a fish that for the first time, got to see it's own fish bowl from the outside, thanks to culture shock.



It made me reconsider everything about my life and the culture I came from, recognizing that I was not my culture. I loved going to cafes and writing about anything I desired. I dove deep into learning about the environment and the impact I hoped my life would have on the world.

Moving to Vancouver to a community house of spiritual people nourished my awakening, having deep conversations with them and reading almost every book on the collective bookshelf. I worked at a chocolate store, and to evolve beyond feeling drained, I decided to focus on loving every customer as if I were their mother loving them, and was amazed how present and energized I became.

Feeling deep into my soul to ask what I truly desired, I felt a call to learn about gardening. I spent a summer WWOOFing on Hornby, Cortes, and Lasqueti Islands. I read even more inspiring books, felt a deeply content sense of peace from living in harmony with the Earth, wrote songs that felt like they flowed from a deeper Source than my own human perspective, and had my first real crush on a guy.

I felt inspired to continue my path of learning about gardening and signed up for a course in Ontario with a strong focus on spirituality. There we meditated every day, ate high vibrational vegan food, connected with the elements, and expanded our consciousness around spiritual concepts. I met some amazing soul sisters and learned a lot. Yet after a few months of focusing like a loyal slave on the light, my soul craved to find freedom and explore the fruitful darkness.

Moving back to my hometown was a blessing. I wrote a song called “Darkness” and performed it at an open mic, after which a guy came up to me and said it took his breath away. I suggested we jam, and was surprised at our chemistry. We had a magical soul and intimate connection. “Now I know why people say they love sex,” I remember saying to my sister. Even though I enjoyed the nourishing bonds I had as a lesbian, this was beyond anything I’d ever experienced. Yet after a year, when our relationship deepened and became more sober, I began to have terrifying gross feelings and unbearable flashbacks during sex. He didn’t understand or know what to do, and we broke up.

I was blessed with some amazingly expansive experiences while spiritually opening with the help of MDMA. For the first time I

deeply felt the Divine Love I Truly Am, my soul's purpose in the rise of the Divine Feminine, and the humble perfection of my body. These moments of epic Love and Light helped me remember my Divine Essence. I knew they were shortcuts to realms of vibrations I could access sober if I was willing to do the healing and integration work.

Thus began a long chapter of focusing hard on discovering what I truly felt, trying to figure out where the pain came from, and learning how to heal it. I went to therapy, read books, sought healers, wrote songs, and avidly journaled. For much of that time I felt lost, disconnected, and depressed. Thankfully, the right friends showed up and new opportunities blossomed in amazing ways at the perfect times.

Music was one of the most helpful ways that I alchemized my pain into purpose, and found the soothing flow of Divine Connection when I needed it most. Music gave me a fluid outlet for my emotions, a feeling of harmony with my soul, and an infinite flow of inspiration.

When I was 28, I met a guy who, when we played music together, I felt like I was in the Core of Creation. I was totally lit up and inspired by not only the feeling of our souls in harmony, but also in awe of who he was as a human. Whenever I would tune in and ask my soul what I truly desired, it kept guiding me to him and making music together. We not only recorded two amazing albums, but also went on spectacular trips to inspiring places, journeyed courageously with entheogenic medicines, and had a fantastic flow of fun.

Even though we experienced a lot of triggers, challenges, and shadows, we managed to communicate through it all. His soul helped me to feel safe to explore parts of myself I wasn't able to before. His support helped me to record music at the best possible quality. His songs inspired my consciousness and love in expansive ways.

Now at age 33, I am still on the journey of discovering the Divine in me, yet it has become more clear. The darkest moments in my life have catalyzed me to face death and cultivate a connection with Spirit through music, meditation, and intuitive guidance sessions. I feel the most Connected when I'm being creative, when I'm loving, when I'm expanding my consciousness, when I'm present, when I'm honouring my feelings, when I'm flowing with inspiration... It's more

about letting go to let the Love and Light flow through, which seems to continually enhance, crystallize, and expand *the Divine in me*.

### *The Divine in you*

You are a Divine Being having a human experience. Even though fully forgetting and being immersed in your life may be part of what your Soul planned to learn and grow, my hope is in writing this, that you are supported to deepen your sense of Who You Truly Are.

I can try to express how Loved you are from a Divine perspective, yet I don't think there are words in any language to fully express it. Your Essence is treasured beyond measure, celebrated for the unique perspective and evolution that you offer the Collective.

No matter what happened to or through you this lifetime (or others), I invite you in this moment to breathe and allow yourself to feel the Great Loving of God / Goddess, the Source of All That Is. There is no part of you that could ever be unlovable; it is all seen as perfectly precious and worthy of appreciation, forgiveness, abundance.

Humans often have an idea that they'll be good enough once they have a certain quality, or abolish another, or that if only their life had flowed differently, they'd be worthy of the love they desire...

Yet I feel from deep in the luminous vibes of Who I Truly Am, that ALL of Us is absolutely and totally Adored. It's interesting because the word *adore*, to me, includes the word "*or*" which is gold in French. It's to make something golden, or to honour the golden essence of what it truly is. It also sounds like "*a door*" in English, that loving is a sacred portal and opening to a golden realm of Heaven Earth.

Life is ever-flowing, ever-changing. Even though the cells of the physical reality are in a glorious organic dance, the depth of Who We Truly Are is eternal. We are so much more than our thoughts, our things, our clothes, our bodies, our cultures, your world... We come from, return to, and will always be Divine Essence. There is so much liberation and comfort to be found in that, when we allow it to sink in.

We are blessed to be humans at a time when the consciousness of the Earth is awakening, opening, blossoming to the Truth of Who

We Are, this Great Love, this Divine Being... And how much more fun can we have when we embrace our Beauty and Power to Create? Beyond just playing our parts, we can enjoy new levels of Divine Play!

### *Divine Connection Practice*

Connecting with the Divine in you can help you to not only bring miraculous solutions to your life, but also great flows of inspiration, appreciation, happiness, and love in all ways.

Each of us is a river from the Ocean with our own unique ways of Connecting. However you Connect is your own sacred gateway, which may evolve over time. Your personal Connection with the Divine is your own unique language and soul communication.

I encourage you to create space in your day (ideally morning) for your Divine Connection. Here are a few ideas to play with in your practice, flowing with what inspires you most each day:

1. *Soul Writing*. A power tool I highly recommend is a journal. This journal must be a safe, sacred space where you can write anything you feel or desire to write about. No-one is allowed to read it but you, unless you feel inspired to share. This can be a way of deeply connecting with what you truly feel, finding solutions to challenges, and creating a place for your flows of inspiration to root. Even a quick check in can feel gloriously nourishing and therapeutic, although you may be amazed at the breadth and depth of what blossoms through.

2. *Breathing Meditation*. Focusing on your breath for a few minutes, from 5 all the way up to 15, can profoundly influence the quality of Connection you feel and the Luminosity of your thoughts. You may enjoy including inspirational music, intuitive movement, or affirmations / visualizations / intentions to enhance your experience.

3. *Walking in Nature*. Marvelling at the beauty of Earth, being energized by the vibrations of nature, and moving your body in the great outdoors is not only good for you physically, but also spiritually. Albert Einstein was known to go for walks when he needed a fresh perspective. Eckhart Tolle found inspiration for his books by being present in nature. The cyclical left right movement of the body is wonderful for harmonizing the left and right hemispheres of the brain.

4. *Playing with Creativity*. Whether you find your sense of Flow drawing, making music, singing, or enjoying your sexuality in a sacred way, connecting with your Creative Power is Divinely Connective.

### *Body Love*

It may seem a bit out of place for me to have mentioned enjoying your sexuality in a paragraph about *Playing with Creativity*... However the placement was intentional. As you may have noticed in the *Divine in me* section, I mentioned sexuality (and the wounds around it) a few times. I feel that sexuality is a powerful way of Connecting with the Divine, when honoured as such. It isn't necessary to follow ancient complicated rules to achieve that (although it's possible)... From my perspective, it's quite simply Loving the Body.

This is a very sensitive issue on Earth right now, as many spiritual traditions have recommended disconnecting from the body to connect with Spirit, or have suggested that it's a dangerous, sinful, confusing territory unless done within the confines of society's rules. These perspectives served their place, however the prevalence of sexual wounds, including trauma, abuse, addiction, or a sense of empty disconnection, is guiding us to evolve into a deeper loving relationship with our precious bodies and reclaim our righteous soulful sexuality.

Regardless what society has led you to believe about your body, it is absolutely perfect as it is. I feel that as souls, we choose our bodies, which are perfect for our unique life paths. Instead of trying to make your body fit into an illusory box of perfection, I invite you to play with radically loving it exactly as it is, to discover it's perfection. Instead of condemning and punishing it, I invite you to ask what it truly desires and honour it's requests, in alignment with what feels genuinely good. I feel that we all have a natural sense of integrity, and can easily step into the pathway of our greatest wellness when we honour our intuitive, instinctive, innermost feelings.

How can you truly love your body more? You may feel inspired to adjust to a more comfortable posture, or breathe a little deeper, or send some extra love to your entire being from the inside. You may feel inspired to give your body a nourishing massage, or adorn it in a deeply honouring way, or wear clothes that feel better.

You may flow with its natural desire to dance, to stretch, to do yoga, to give yourself a hug. You may feel inspired to ask to receive a hug, or a massage, or a cuddle. You may decide to honour what feels best to nourish your body, and how often it desires to connect with the earth, the sun, the air, the water, the moon, the stars, the Love You Are.

### *Soulful Sexuality*

The beautiful thing about loving your body and honouring your true feelings is that it expands your capacity to love others. Yet it's vital that you have a strong Connection with your Source in your own to experience the radiance of your own Divinity in deeper ways.

This is more than just about creating good feeling states (although they are wonderful)... The truth is that for anyone who has sexual wounding, connecting deeper with the body may bring up a spectrum of feelings, memories, and opportunities to lovingly integrate what is ready to heal into wholeness. Just like asking the body what it truly desires, the healing process in this sense is supported by staying connected and asking what would help bring a sense of relief. It may flow through expressing the feelings and taking action on what helps that feeling to feel better. Just like nature, our bodies and our healing processes are organic. We are encoded with the inner wisdom and designed with the perfect support to blossom in our Greatest Potential.

I invite you to let go of ideas of what you think sexuality is, and give yourself the space to let it be simply about Loving. Loving the Divine in you, Loving your Body, and sharing that Love as inspired. Love emerges with a deep sense of emotional connection, and thus it's our innate way to align with a sense of integrity and empathy. In our relationship with ourselves, and with Loved Ones, when we are truly honouring our feelings and the Highest Good of All, All is Well.

My prayer and wish is that no matter what your soul has experienced in your lifetimes of being, that you can find the sacred blueprint of Divine Love within you, with it's innate guidance about how to experience soulfully integrative, deeply authentic, totally nourishing Connection when it comes to your Love, your Body, and your Creativity. I am personally on a journey of bridging Heaven and Earth, and am here to encourage others on similar journeys. Spirituality doesn't have to be about disconnecting; it's about harmony.

## *The Divine in All Life*

Connecting with the Divine within ourselves and our realities enhances our ability to play with it. I invite you in this moment to appreciate your surroundings. Yet more than just the physicality of it... I invite you to consider that *this is all Divine*. Whether you call it God, Goddess, Spirit, Love, Source, Energy, or Creator, this Divine Energy is manifesting in and as everything right now. Everything around you is a Divine Creation for You!

From within the human immersion experience, sometimes it's easy to forget this... And it can be frustrating witnessing the vibration and actions of humans who've forgotten who they truly are. However during this time of Great Awakening, more and more, we are being given opportunities to wake up to the Majesty of Creation, Who We Truly Are, and Our Creative Power! This is a Glorious Moment!

The more that we cultivate a Divine Perception, the more we can appreciate Divine Perfection... Yet to be quite honest, life is full of a spectrum of experiences and even though there are moments of glorious beauty that make it easy to find the Divine in all life, some moments can be challenging. In those moments, it may seem like we have been Divinely forgotten, but in Truth the challenges are actually Opportunities to Create in new ways by learning from the contrast of experiences, receive their deeper blessings, and let them propel us our lives into Deeper, Higher, Greater Ways.

### *Receive Guidance from your Soul*

At this point in the Journey it's time for me to hand you the talking stick, or your writing instrument of choice. I would love to invite you to write your story of discovering the Divine in You.

It's totally up to you how you write your story... I encourage you to flow with inspiration. You may be surprised at what flows through, and the currency of your soul wisdom activating deeper / higher perspectives on your life experience thus far.

Now it's time for you to write...