

About Colin and Diana Kingshott

Colin Kingshott and his wife Diana are the founders of Silvercord Essences and Florachology and have been involved in many aspects of healing for many years. Colin has a wide experience in teaching a range of subjects including Flower Essences, Crystal Therapy, and Vibrational Essences.

Colin is active in research into plant sounds, plant crystals and the bio-energy fields of plants. From his findings he has produced a new genre of healing called PhytoSonus.

Diana and Colin are members of BAFEP -British Association of Flower Essence Producers- and Colin is a member of BFVEA –British Flower and Vibrational Essences

Association. Colin works as a consultant to other companies from the cosmetic industry to spas and he uses innovative procedures and techniques.

FLORACHOLOGY

by Colin Kingshott

As a Synthesist I was born with mixed senses. Synesthesia is the general name for a complex related set of cognitive states. For example in my case, flowers have always had sound, colours have tastes and music has shape. I experience nature and other forms of life in this way.

The emergence of a new therapy initially came through my experiences of hearing sounds, experiencing the tastes of these sounds, etc. from plants, but it was not until some years later that information given to me from a nature spirit developed into a therapy which is now called Phyto-sonus.

Phyto-sonus is the use of phyto resonance on the human bio-energy field (aura) and form to basically bring balance to the aura, chakras and meridians. Also affected are the emotional, mental and spiritual situations and elemental balance in the body. This is achieved by firstly determining the sounds that are missing from the client's bio-energy field and secondly giving back these sounds to the client in the form of plant sound essences.

Working with Plants

Since working with plants in this way, I have found a number of sympathetic resonances that plants have with their environment, such as plants responding to rain, the full moon, snow and of course to other plants. They also respond to butterflies, insects and to human chakras, meridians and auras.

I wire up a plant to a machine that converts the electrical signals of that plant into sound values. It always amazes me to hear the differences between plants, there is a great variation. It was from this research I developed another small machine to analyse these sounds, their actual notes and their impact on each chakra. Some plants produce all the notes in the musical scale, whereas others only produce two to four notes. For example, if note 'E' is missing, then this plant will have not have any healing impact on the solar plexus chakra or digestive system. These two machines are the basis of our research and work with plants. Over time we have also developed other machines to read the chakras of plants and computer programs to be used in the digital future of our bioresonance sounds.

Each plant through its sound values forms into element sections. Rhythm being note C, melody sounds are E and F, and harmony sounds are G.A.B. Some plants are rhythm and others are melody and harmony just like people. When a sound essence is given we will have taken into account the sound element of the person through our sound technology so the essence can have the correct impact.

When I first heard the plants through my machine it was great to find their therapeutic actions brought to life in sounds. The melody cannot exist without relationship and thus it helps us to see how everything is connected. One note by itself does not create a melody, but as one note is placed alongside others a melody is formed. Melodies soothe and alter emotional and mental stress factors. All melodies are comprised of notes that affect us on many levels.

The accumulative action of one note that stands out from the particular energy of a plant is known as a 'soul tone'. It is constant and signals its purpose of BEING.

The Common Thread

We are aware that in all life there is vibration. We cannot help but respond to sound as we are composed of vibration ourselves. We have been surrounded by and nourished by sound since conception through the sounds carried to us through the fluids in the womb during pregnancy and from the strong beat of our hearts. Sound is a contributing factor to our present state of health and consciousness. The difference between the random sounds of daily life and the focused precise healing sounds of phyto-sonus is that the latter will produce or restore harmony. Every part of our being has the capability of responding to sound. Every organ and system has a resonance of its own. If an organ or system is out of balance there is a correct phyto-sonus essence to restore harmony.

When a seed is formed it has a vibration that is very relevant to that seed. It starts its life in the ground covered with soil. The temperature heats up the soil and the seed explodes into a change of frequencies. A taproot develops, anchoring the seed into matter and then striving for the cosmos, a shoot issues itself into the environment. At this point, the vibrational field changes when the morphological field of this plant starts to evolve. The vibrations in sound values are of a melody that is the signature of that plant species and that is never corrupted at this point. It can only become corrupted if the plant is diseased. This plant is known and its energy expressed into the life field of the environment exactly the same as a human soul on a journey into life. We too issue forth our vibration to the life field of our environment. So we see there are many common threads between us and plants.

Resonance

Resonance is the most important healing principle of my company, Florachology. Resonance designates the ability of vibration to reach out through sonic waves to similar vibrations in another body. It is through resonance that we can explain the sympathy and antipathy to other people, environment, energy fields, plants and cells. The same is so with our more ethereal dimensions of realities.

Every cell in our body is a sound resonator, having the capacity of responding to any sound outside itself. Every organ in which cells of like vibration have gathered to form that organ, will respond to sound vibrations. As will, of course, emotional, mental and spiritual states of consciousness. The human bio-energy field can be altered, strengthened and balanced through the use of sound that occurs through resonance.

Sympathetic vibration occurs when two or more bodies have identical frequencies, making them compatible. There is an innate sympathy between them that is called free resonance. An important factor here is the individual willingness and readiness to respond to a particular frequency. This tells us much about relationships we form. It is through sympathetic resonance. We must remember that humans are a microcosm of the universe, meaning we all have all energies and vibrational frequencies

within us to some degree. From this we can see we have the inherent ability to resonate with any vibration within the universe. This can be on a physical and non-physical level, involving tangible and intangible energies which can still affect us and can be sensed and felt if the intuitive and physical perceptions are heightened.

Beyond the realm of our so-called senses exists a world or parallel dreams. Here the essence of consciousness of every plant exists not only in the soul aspects of fragrance or the consciousness of the aura but deep within the plant itself. It is here plants respond to one another through crystals on a crystalline level of sensation and response. This too is a form of mentality of consciousness. Every plant has the capacity to perceive the qualitative differences of other plants and can experience a form of pleasure or pain through energetic resonance with one another at a molecular and atomic level of sensation.

The Principles and Process of Healing with Phyto-sonus™

Phyto-sonus is a healing shift in that it helps us to become aware and we can all use this to strengthen body, mind and spirit simply by understanding a few basic principles and application techniques. We can help form a maintenance program. Tuning ourselves with PhytoSonus sound essences will affect each of us differently but it will affect us. To heal with PhytoSonus we must participate in the healing process. With this healing therapy you do not have to fully understand to experience the effectiveness. Very few people understand how electricity works but this does not prevent any of us from using it to our benefit and the same applies to phyto-sonus.

Let us consider the therapeutic applications of frequencies. They are based on two principles. One being that sound is a vibrating energy that interacts with the vibratory energy of body structures through resonance. This is defined as the interaction of two bodies vibrating at the same frequency. The second principle is that each structure of the body has a natural resonating frequency. Illness is the resulting change in a natural frequency which has been altered by an unnatural frequency. A change in frequency results in a change in energy and visa-versa, each one related to each other.

After determining the natural frequency of the structure in question, that frequency can be introduced to the body structure using essences. Through resonance this can cause it to return to its natural frequency, thus the body structure can be restored to its natural frequency, thus restoring harmony.

When using phyto-sonus essences one is using the sound that creates the plant or flower. So these essences create structures. Sound is seen throughout what we call the rhythms of nature, cycles, frequencies, serial phenomena, sequences are the very simple way in which natural structures are built forming harmonic patterns. The subtle anatomy of the bio-energy field consists of a composition of various energies and frequencies, again composed of harmonic patterns.

Plant Energetics

The following section has been put together from personal journeying experiences with these plants. The energy from each plant consists of a devic force of cosmic connections. Each individual plant impacts on the very fabric or reality issues being keys to unlock the very door of our terrestrial being. You will find that maybe more than one plant shouts out to you to take notice. This is the start of a journey into self-healing.

This section will give you knowledge of the plant itself and the impacts on the human being. Here you will find reference to the element of the plant. From this you can build an understanding of Phyto-sonus™. Each plant has its own aura that is linked to the sound it makes, forming a correspondence of similar vibrations.

At the bottom of each plant reference you will find questions that you can use either for yourself or in your diagnosis of case studies.

PHYTOSONUS PRODUCES A LARGE RANGE OF BIORESONANCE SOUND ESSENCES WHICH ARE PRODUCED DIRECTLY FROM THE PLANT SOURCE.

PHYTOSONUS SOUND ESSENCE

SCARLET PIMPERNEL - *Anagallis arvensis*

This flower loves cultivated soil but is just as happy basking amongst the sand dunes or in waste land. It is a plant of diversity and a lover of the sun. It is a water element flower.

It is a rhythm plant- MELODY –It produces the following notes – C,D,E,F,G,A,B

Soul tone – D

***Time period is 8am – 10am**

Scarlet Pimpernel has a bright orange aura and influences sensation and emotion tied to the consciousness of **creativity**. It is linked to the astral plane.

For use with the following emotional/mental attitudes

Selfish, lustful, arrogant, childhood issues, worrying what other people are thinking, power seeking, anti-social.

Physical Impacts

Links to fight or flight issues and also the entire muscular system. Detoxifying.

Questions to ask

Do you find it easy to live in open spaces?

Can you put roots down almost anywhere?

Do you try to hide from the limelight?

Do you like things to be done for you?

Are you a person who can cope in any circumstances?

PHYTOSONUS SOUND ESSENCE

HAZEL - *Corylus avellanna*

It is found in woods and hedgerows. It is an air element tree

The aura of this tree is yellow and links to rational thought processes and the mental body. It can be used to help other souls to find their way in life. It helps one to attune with nature's elements

It is a melody plant Melody – It produces the following notes C,D,E,F,G

Soul tone – E

***Time period is 4am - 6am.**

For use with the following emotional and mental attitudes.

For those who feel deprived, isolated, narrow views and are in need of change.

Physical Impacts

Linked to the solar plexus it helps a person to work from this centre rather than fight against themselves. Also for the digestive system.

Questions to ask

Do you feel isolated, alone, separated?

Do you need support from others?

It is alright to help others but do you need to help yourself?

Do you need to relax, take time out and reflect?

IS IT time for a change, new directions OR new beginnings.....

PHYTOSONUS SOUND ESSENCE

SELF HEAL -Prunella vulgaris

This flower loves open grassland and meadows. It is an air element flower.

It is a harmony plant- Melody - It produces the following notes G,A,B

Soul tone – G

***Time period is 6pm - 8pm.**

This flower has a pale blue aura. It has implications of connecting one to one's group soul. It is tied to the functions of the right hemisphere of the brain and creativity and is also linked to the mental body.

For use with the following emotional /mental attitudes

For those who always give in to others, who are stubborn or cling to tradition or need to be supervised.

Physical Impacts

The thyroid and parathyroid and the respiratory tract.

Questions to ask

Do you find it difficult to be with other people?

Would you say your creativity is stifled?

It is okay to say "no" to others?

Do you have communication and trust difficulties with big issues?

Do you feel you have lost your direction in life?

***This is when the plant sound is at its maximum level due to the hormones electrical signals etc**