



Flower and Light

Tsufit Rosen

A Guide to using
Flower Message Cards

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Empowerment through Flower Message Cards

The cards can help us:

- Open a window into our internal world and increase our level of self-awareness.
- Help us break fixated thought patterns and free ourselves from familiar maladaptive solutions.
- Develop a new attitude that opens up possibilities for change in different areas of our life.

The cards represent our unique, personal essence and are attuned to who we are at this point in our life.

Through the cards, we can receive messages and be inspired to find another way of realizing our wishes and dreams.

Using the cards creates a space for personal dialogue, asking questions regarding everyday issues and goals, developing our awareness, and finding a way to close the gap between what we want and what we have.

Introduction to Using the Flower Message Cards

There are 2 ways of picking cards:

1. Intentionally /deliberately picking a card from a deck of open-faced cards.
2. Unconscious choice by picking random cards (face down/hidden).

Ask open-ended questions rather than close-ended questions with yes/no answers. After flipping over a card, consider the quality represented by the flower and whether you need more or less of it.

The flower card you choose is the flower you currently need.

These cards do not predict the future, but indicate a suggested direction in life.

Possibilities of Using the Flower Message Cards:

Ask the cards for guidance regarding a particular issue. Shuffle the cards and choose how to work with the cards (open or closed face). Pick one or more cards according to the instructions, find the meaning of the flower, and apply its message to your issue.

When dealing with a broad topic you want to explore in depth, pick and arrange a set of cards according to the directions found below.

When searching for a quick and short message regarding a specific issue, focus on the issue and pick one card that will show the direction.

Possible card spreads:

Picking one card

What
message
am I
looking for
today?

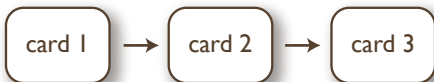
A message that will
accompany me
throughout this day.

Picking three cards

Think about a question or dilemma for which the cards can give you clarity and direction.

Ask the question and pick 3 cards. Review the messages, find the connections between the three cards, and consider how picking them has clarified your problem and offered new directions for contemplation, understanding, and action.

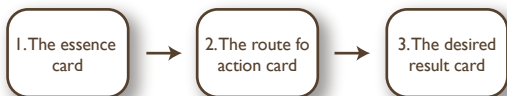
Considering the cards' messages, write down the best way for you to achieve your goal.



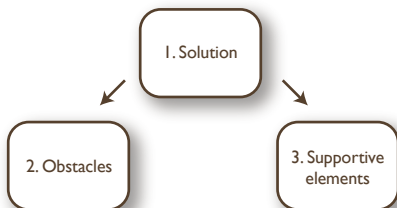
A spread on PAST – PRESENT – FUTURE

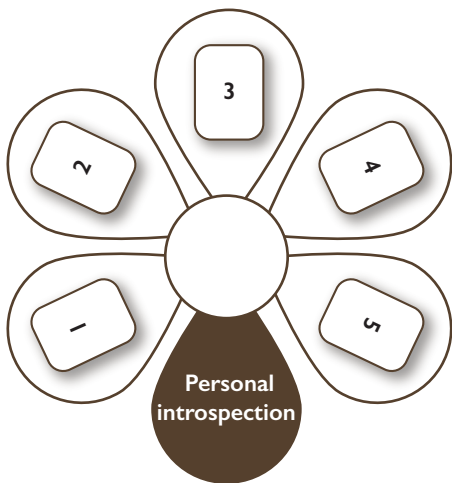


A spread geared to guidance for action



A spread for reflecting on your inner power

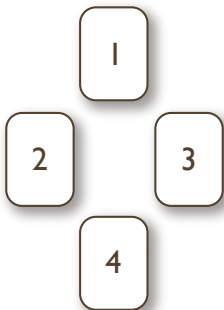




Pick a separate card for each of the 5 questions and try to understand the message you received. Write what insights come from the cards.

- What do I need in my life today?
- What action should I take?
- What challenges or struggles am I facing?
- What route does the card suggest?
- What would fulfilling this need look like?

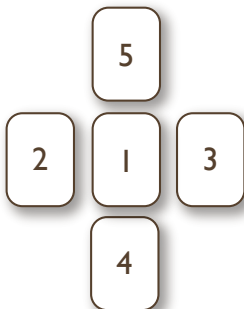
My role in relationships



Pick a separate card for each of the 4 questions and try to understand the message you received. Look for and write down the forces and resources you have within you. This will help you improve your relationships with those around you.

1. What do I bring to relationships?
2. How am I perceived by those around me?
3. What would I like to change and improve in myself?
4. What will my relationships with those around me be like as a result of this change?

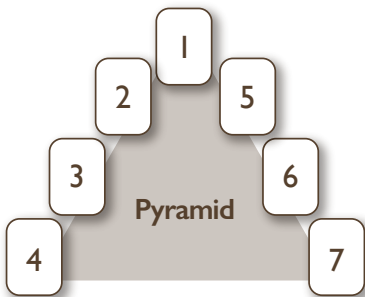
Creating an intimate relationship



Pick a separate card for each of the 5 questions and try to understand the message you received. Look for and write down the forces and resources you have within you.

1. What does a good intimate relationship mean to me?
2. What would bring me closer to having an intimate relationship?
3. What within me is preventing me from having an intimate relationship?
4. What route are the cards suggesting for creating an intimate relationship?
5. How would I feel in an intimate relationship I create for myself?

Love and intimate relationships



When you are in an intimate relationship and wish to improve it, read the questions and pick 1 card for each of the 7 questions. Look at the card spread and write down the insights you receive from this spread.

1. What do I wish for in my relationship?
2. What needs do I have in this relationship?
3. What needs does my partner have in this relationship?
4. What are the strengths of this relationship?
5. What are the weaknesses in this relationship?
6. What can be changed immediately in this relationship?
7. What will the relationship between you and your partner look like after the change?



"I love people, I love flowers, and I adore the relationships between them.

During the long years I've spent working with flowers and with people, I have investigated the ties connecting humans and flowers.

My long research has led to the development of Flower Message Cards. The flowers have the ability to create peace and tranquility and they help us connect better with ourselves and with our deepest wishes".



Tsufit Rosen

Tsufit Rosen has developed a unique method for empowerment, rehabilitation, and healing through flower arrangements and color.

She is the owner of the Flower and Light Academy, a center for professional training and personal development, offering one-on-one and group courses, lectures, and workshops.

In addition to being a flower therapist, she is a flower arrangement instructor, a qualified flower arrangement professional, and an international flower arrangements tester and judge.

Tsufit is also the author of *The Wonder and Power of Flowers* and the creator of the Flower Message Cards, a set of enlightening cards helping users develop awareness and grow personally in their path in life.

I hope these cards bring you insight, success, and life fulfillment.

Love, Tsufit Rosen