Discover Your True Essence in the New Paradigm of Spiritual Growth

by Dr. Natalia Rose Schotte
Introduction

In this ebook, Dr. Natalia Rose Schotte introduces the Accelerated Spiritual Growth® Curriculum and shares how this Curriculum represents the new paradigm of spiritual growth. You will receive key information and practical tools to:

• **Align** your consciousness with the new paradigm of spiritual growth
• **Cultivate** deeper contact with your Soul
• **Understand** the true nature of Karma to find liberation from the past
• **Utilize** the power of Nature to accelerate your sacred transformation

If you are seeking a deeper connection with yourself, looking for a new form of healing, or searching for your higher purpose, this ebook will catalyze breakthroughs in your life.

**About Dr. Natalia Rose Schotte**

Dr. Natalia is a pioneer and visionary in the fields of women’s empowerment and healing. Combining her Ph.D. in Spiritual/Therapeutic Counseling with 30 years as a counselor, intuitive, speaker, and spiritual teacher, Natalia has supported women around the world to transcend the past, increase their Soul Contact and expression, and create lives of deep fulfillment. As the founder, president, and creative force behind La Vie de la Rose Flower Essences, Natalia is dedicated to sharing the unique opportunity to accelerate our spiritual growth through the power of Nature. She lives with her partner, Jonathan, in the Garden of Love at La Vie de la Rose.
Welcome

I’m Dr. Natalia Rose Schotte, founder and president of La Vie de la Rose Flower Essences. If you are reading this ebook, the universe has conspired to bring us together. I am eternally grateful for synchronicity and the magic that synchronicity brings into our lives. I call these moments where paths cross in very purposeful ways gifts of God.

What is the New Paradigm of Spiritual Growth?

Historically, our spiritual growth has been incremental. With the exception of a few people who took leaps in consciousness in any given lifetime (e.g., the Buddha, Yogananda), we have been faced with a long and slow journey. Until recently, this was the correct path of growth for humanity.

As new evolutionary energies become available and humanity matures spiritually, a new paradigm of spiritual growth is emerging, one based in healing through feeling and the flowering of our heart centers. In this new paradigm, we have the opportunity to achieve the evolution of consciousness in one lifetime ordinarily experienced over many … the opportunity to grow spiritually more quickly. I call this process Accelerated Spiritual Growth®.

Over the last 20 years, I have created a body of work called the Accelerated Spiritual Growth® Curriculum, which has transformed the process of spiritual growth. My life’s purpose is to birth this work and share it with the world.
Why is Accelerated Spiritual Growth important?

For one primary reason: we are in a hurry.
We are tired of slow growth and feeling stuck.
We are ready to move forward and live lives in alignment with our highest truth. This healthy impatience indicates it is time for us to complete lessons and life cycles. It is time for us to move more quickly into the next level of our higher purpose, into more nurturing and fulfilling relationships.
It is time, perhaps, to take that leap of faith in our lives.

From our deep desire to resolve the past and our equally deep desire to manifest our true and authentic Selves – to live from our Souls – we have become impatient. That impatience has led us to collectively call to the higher realms, consciously or unconsciously, to grant us the opportunity to speed things up.

We are done with suffering. Suffering has been the way of humanity. Now, many of us understand that it is no longer required, and we are doing the work to transcend suffering. We are learning how to grow differently, and how to respond differently in our lives.

Our ultimate goal is to be happy ... to be fulfilled to be in intimate relationships that nurture our Souls ... to be express our infinite creativity ... and to experience the Divine blessing of living more fully from our essential Selves – our Souls – and from Source.

You are a Divine Being – a perfected emanation of Source with unlimited potential and resources. Every challenge has a solution, and all things can be healed. I am on the other side of the great challenges that emanated from the childhood trauma I experienced. Now, my one and only goal is to support others to experience the same liberation I have.
What does this mean for my Soul?

We are on a sacred journey, a journey with the goal of Ascension. Ascension is the graduation from the wheel of Karma, liberation from the birth-death-rebirth cycle. Ascension is different than enlightenment. Everyone on Earth is enlightened to some degree through our Soul. We can’t exist unless we are carrying at least some level of the Light of our Soul. Ultimately, our Soul is the vitalizer of human life.

Our Soul a direct emanation of Source, one with Source, inseparable from Source. I use the term Source rather than God or Universe because it is a neutral term. Think of Source as the Sun and the Soul as a ray of the Sun. The ray of the Sun cannot be separated from the Sun. The Soul extends into human form at the time of our birth. The Soul hovers around the mother then merges with the newborn infant and vitalizes that child. This is how our journey begins, and our purpose is to embody and express our Souls at ever greater levels, which I call our Soul Infusion Level.

What is the difference between Soul and Ego/Personality?

At any given time, we are expressing a certain degree of our ego/personality and a certain degree of our Soul. The ego/personality is a fabrication of the human condition. We make it up just as we make up this plane of existence. Perhaps you have heard the term Maya which refers to Earth as a plane of illusion. This means that our Soul, which is our everlasting Self, is unimpacted by what happens on this plane of existence. The Soul cannot be corrupted or shattered. The Soul is changeless and eternal. The ego/personality represents the totality of our wound over all of our life times, which creates our delusions and illusions.
There is a term called *Continuity of Consciousness*. When we leave the Earth, we release the body and consciousness continues. Then, when we reincarnate, our consciousness – as it was – comes back into a body. We come to this Earth plane for one reason and one reason only: to heal spiritually ... to heal the wound we all share, which is a perception of separation from Soul/Source.

This perception is evidenced in our feelings of abandonment, fear, lack, struggle, and suffering. We are here to heal these feelings and as we do we, create space in our consciousness for the Soul to emerge more and more fully. When we are fully Soul-infused, we have completed the curriculum of the Earth plane and we graduate. *Accelerated Spiritual Growth®* assists us to ascend the ladder of consciousness – to reach that ultimate graduation from the Earth plane again – more quickly.

**Cultivating Deeper Soul Contact**

To enhance your *Soul Infusion Level*, ask yourself the following questions, explore the answers honestly, and determine what empowered action will increase your Soul contact:

- Do I have a spiritual practice?
- Am I really doing my Spiritual Healing?
- How am I spending my time?
- What is distracting me from my Inner Life?
- What am I forcing myself to do that does not serve my Soul?
- What/where am I denying myself that serves my Soul?

Relinquishing ego/personality attachments and aspects of your outer life that do not serve your Soul is part of the process of increasing your *Soul Infusion Level*. **Remember, nothing of true value is ever lost following your Soul.**
The Beginning of My Journey

When I was 28, I woke up spiritually. It happened rather spontaneously. At the time, I realized my husband was an abusive alcoholic. I also started to have memories of childhood sexual abuse. I felt quite shattered. I had a wonderful job in the corporate world and was well-educated … and things fell apart. It was a really difficult passage – and a great gift.

I entered therapy and had a wonderful therapist. She was very skilled and spiritually activated. I worked with her three times a week and after five years, she said told me, “I don’t think anyone can recover from so much abuse. I don’t know how you can come back. I’m studying chronic pain management as an option.”

After that session, I went home, called out to the Universe, and declared, “I am healing. Teach me to heal and I will teach the world what you teach me.” And so, my pioneering days began.

I had started training as a counselor therapist shortly after I awakened, and I studied many modalities. I kept what assisted me and released the rest.

By the time I hit 40, which was 18 years ago, I felt whole and was in the early stages of a beautiful partnership. One day, a voice came into my head and said, “Do not do anything you’ve done before with your clients. There is a whole new body of work you are going to bring through.” I began to bring through Accelerated Spiritual Growth® Curriculum. This body of work has two components: the flower essences of my company La Vie de la Rose and a related set of spiritual activation processes.
What are Flower Essences?

Flowers are sentient beings that go through an evolutionary process the way that we do. When the flowers reach their perfected state, it is like the moment before a Full Moon, and it takes your breath away. At this moment, I harvest the flower and use my own unique production process to distill the consciousness of the flower into a solution. I work with Nature and Spirit to discern what pattern of consciousness each flower holds to accelerate our spiritual growth.

The solution is preserved in either brandy or vinegar and then bottled. Flower essences are taken primarily on or under your tongue. Children can take them on their third eye or in a glass of water.

The flower essences from our sacred urban garden are living, sentient beings – luminaries of Light. When our consciousness merges with this living consciousness, our consciousness is transformed in a way related to the flower essence’s specific purpose.

We call the garden where we grow our flowers The Garden of Love. The garden is about an acre in size in an urban location, which is rare for a flower essence company. We have consciously created the garden with the purpose of cultivating flowers capable of holding the new patterns of higher consciousness that accelerate spiritual growth.

My partner Jonathan has owned half of the gardens for 38 years and held the space as a spiritual center. The land is also an energy vortex. If you have experienced the vortices in Sedona, AZ or Mount Shasta, CA, you know how highly infused and intense the energy is. We have also enhanced the garden’s spiritual energy in many ways: the structures in our garden are based in sacred in geometry; we used esoteric numerology to create the framework of our pathways and our beds; we use energy and physically processes to bring the flowers to an enlightened state.
What is Karma?

I am a trauma survivor. We are all trauma survivors. Our trauma can be very different: subtle or extreme, conscious or unconscious. The most important purpose of our flower essences is activating and supporting resolution of the past … the healing of and liberation from the trauma.

I know we are a trauma survivors because the only reason we are on earth is Karma. Karma represents that which we have not completed from a past life. Incompletion … that’s it. Every lifetime is an opportunity for completion.

Karma is reactivated usually by the time we are 12 (though sometimes later through traumatic childhood experiences). All Karma is the root of trauma … trauma is karma, and karma is trauma.

In truth, our spiritual journey is a journey of resolving trauma. All the good energy work, body work, healing work, prayers, meditation, and Yoga has brought us to a place of balance and readiness to do the work of true resolution.

La Vie de la Rose flower essences are a gift from Nature. They activate a new form of healing. People often tell me, “I thought I was finished with that issue. I thought I had healed that. There’s more?” Yes, there is more. And there is a new way to heal the “more” at a deeper level with the support of Nature.
Emotions vs. Feelings

You may be afraid of the “more.” The flower essences also stabilize you so you can do your healing in a new way. This new healing is truly heart-centered. It is important to distinguish between emotion and feeling. Emotion is a response to the outer world. Our feelings have nothing to do with anything external. When we can go beyond the response of what has happened to us and dig deeply, we reach the feelings. When we experience these feelings from a heart-centered place, we are able to reach final resolution of the past.

The flower essences are designed to assist you to resolve the past ... to erase the imprints of the past. in your consciousness. All fear is rooted in the past. There is fear and there is love. Love is the essence of the Soul and fear is the root of the ego/personality. How do we resolve fear? We resolve the past.

When you use these powerful gifts from Nature, you will move beyond balance to a completely new way of being, and you will achieve that way of being in a completely new way. You will resolve and transcend the past.

Many people have said to me, “There is nothing new.” I disagree. There is something very new. It comes from the Higher Realms and is a great gift for us all, a gift of the highest order ... from Nature and from the Flower Kingdom.

If you are being called to the path of acceleration, I am honoured to offer my work to support you on your beautiful and sacred spiritual journey.

All Love All Ways,

Natalia