

Flowers & Colors

The 'Secrets' to Creating Moods Through
One of Nature's Greatest Gifts

By Heidi Richards Mooney – Chief Goddess – Eden Florist.com

This eBook is brought to you by Heidi Richards Mooney, Owner of Eden Florist. We have been serving South Florida for nearly 30 years and are honored to bring you this walk through history of flowers, flower meanings and colors. Feel free to share this eBook with your friends and family. And be sure to watch the [Secrets' to Creating Moods Through Flowers video](#)

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Welcome to Flowers and Colors – The Secrets to Creating Moods through One of Nature's Greatest Gifts - Flowers. My name is Heidi Richards, Owner of Eden Florist and I am delighted to share a journey through floral history, myth and symbolism with you.



Flowers have played an important ceremonial role through the ages in the rituals and religions of many nations. On ROLLS from Assyria and on Egyptian Temples, plants such as the date palm and flowers such as the lotus are depicted.



In the Aztec civilization, flower gardens were not only made to please the eyes of the people, artists and Gods, they also contained many images and phases from the history of the beginning of the cosmos.

Taoism knows the “golden flower” growing out of a skull, symbolizing



the highest mystical enlightening and has the same symbolic meaning as a life elixir.

Deflowering itself is the returning the Centre, the Unity, the original status.

In Hindu ritual the flower ('pushpa') resembles the element Ether. In Hinduism as well as Buddhism, the lotus flower is a very important symbol. IN the ancient world (and also later in the Christian faith) flowers symbolized the springtime and were seen as the children of light.

The Latin “flos’ and the Greek ‘anthos’ means both flowering as inflorescence. Flowers were abundantly used over floors and used in wreaths and garlands. It was customary to throw flowers and leaves to a winner of a contest.



The Celts and Old Germans thought that flowers had a soul. Flowers were used to decorate temples, altars, pillars, gods, heroes, priests, sacrifices and victims. The Celts considered flowers portents of weather and predictions of gender in childbirth.

The Romans dedicated the third year of their month (MAY) to the flower Goddess Maia.

decorations of flowers



biblical symbolism

Many Hebrew sarcophagi have or contain mummified flowers. In the flowers play important roles: they

symbolize the mortality of all earthly things and the shortness of the human existence on earth.

As you can see Flowers have a rich history in many cultures and civilizations. Flowers have been used in foods, medicines and décor' such as potpourri, crafts and works of art. Flower oil paintings have been created by artists since first introduced as a new art form. Flowers were popularly painted in classic periods such as the Baroque, Renaissance, Gothic, and Neo-classic. Later modern art movements also produced floral paintings.

There were many impressionist paintings, for example, with flowers as the main subject.

Some famous paintings include

Van Gogh's Sunflowers, Monet's Impressionist Gardens and the works of Georgia O'Keefe including her Oriental Poppies and Yellow Calla Lilies paintings.



In addition to art, flowers have been made famous in literature by the likes of Hans Christian Andersen, William Shakespear, Ralph Waldo Emerson, Alfred Lord Tennyson, Emily Dickinson, Lewis Carroll and many other authors each of whom have written stories and poems about flowers.



Flowers have long been symbols of emotions in poetry – you may remember Roses Are Red, Violets are Blue, Sugar is Sweet and So are you. And let's not forget SONG! Here's a question for you? Which flower can be found in more songs than any other? You guessed it – The Rose. In addition to the song THE ROSE, other songs include:

Red Roses for a Blue lady, Yellow Rose of Texas, The Rose, I Never Promised you a Rose Garden, Kiss From A Rose, Paper Roses, Days of Wine and Roses

And other song titles like Flowers And Beads; Flowers In The Dirt, Where Have All The Flowers Gone? Build Me Up Buttercup, "Dandelion" You Don't Bring Me Flowers, Waltz of the Flowers, Cherry Pink and Apple Blossom White, Tiptoe Through the Tulips, Sweet pea, to name just a few!

Many modern cultures consider flowers attractive, and scholars have been fascinated with flowers for thousands of years. DIOSCORIDES, a first-century Greek physician, wrote the most influential early book on plants, *De materia medica* the first text about the medicinal uses of plants, *De materia medica* remained an important RESOURCE for more than 1,500 years. Up until the late 1700s, people believed that flowers with beautiful colors and sweet smells were created by God to please humans.

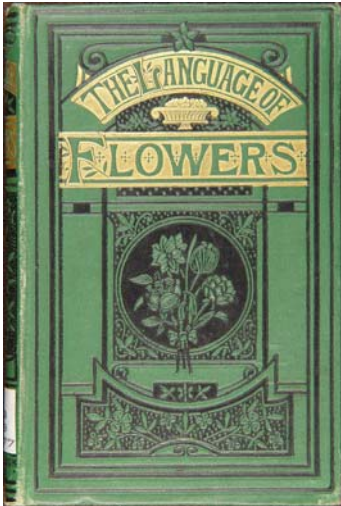


Astilbe - I'll be waiting

*When your heart is weary
When you want a love with no strings
I will be here waiting...
Waiting in the wings.
~Andy Hill*

Throughout history flowers, and their colors, have been used to convey sadness, happiness, friendship, love and even dislike. The “silent language” of flowers was made popular and finessed by women during the reign of Queen Victoria (1837 - 1901) included color as well as quantity; the type of flower; placement and arrangement. This language was quite sophisticated and nuanced.

The gesture of giving flowers was the preferred means of expressing one's feeling and emotions.



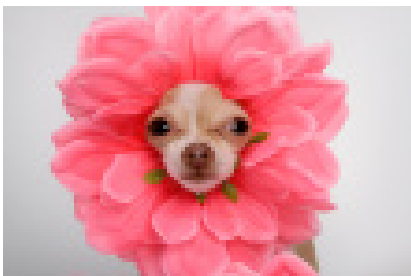
So much so, many books were published to help guide and explain Floriography: the language of flowers. In 1819, the first flower dictionary of meanings and interpretations was written by Madam Charlotte de la Tour. It was entitled *Le Language des Fleurs* and it was a big hit especially among ladies hoping to send flower messages to their lovers.

Le Language des Fleurs contained nearly one thousand different meanings for flowers and other plants and herbs. It became a popular reference during that time. Then in 1879, a Victorian woman, Miss Corruthers of Inverness wrote an entire book on the subject of flower messages becoming a treasured resource for flower symbolism and interpretation in both England and the United States.

Flower language is special and unique, and can pass on emotions and feelings that words can not convey. While many people today are able to express their feelings with ease, some people still find it hard to vocalize their emotions. The unique and wonderful thing

about the language of flowers is that it can help those who find it difficult to express how they feel in words.

For every emotion, there is a flower to help communicate your feelings. Flowers also have the unique ability to light up any room in which they appear, whether in a house, or an office.



Just like pictures, flowers can tell a thousand words. If you have ever RECEIVED OR SENT FLOWERS to someone you know exactly the

emotions that flowers can evoke. It's no wonder that we are so drawn to flowers.

Which brings me to the subject of this presentation, colors and flowers and their meanings and the emotions they represent.

According to Leatrice Eiseman, International Color Expert "Our response to color is intensely emotional, and flowers can be a catalyst for feelings that stimulate more than just our sense of sight and smell." "Color can help us find the balance we seek from our surroundings. And, flowers are an ideal way to harness the power of color to enrich our lives,"

Flowers and color are synonymous. There is no other product that conveys so much feeling based on its color alone. They are sexy, intriguing, and universal and perfect for any occasion.

The emotion represented by a color is also defined by cultural tradition. The use of flowers and color can symbolize certain traditions. Color meaning and the use of flowers can be different in every country. We use color to express our own style and individuality.



Flowers come in an infinite range of colors. Depending on the flower, the colors can represent different meanings but generally speaking, the color will signify similar meanings from flower to flower.

These meanings are steeped in tradition and their origins go back to biblical times or earlier in some instances. As an example, red roses signify passion and deep love while yellow roses today mean joy, honor and friendship and yet at one time they meant diminishing love, infidelity or even jealousy.

Just as Red is most commonly associated with love and passion. A red flower can be a symbol of desire, lust, devotion, and beauty. The color red is also often related to heat, fire, and strength. Red flowers when given in various numbers can mean anything from "I love you," to "Will you marry me?" red is the spark that kindles our most fervent flames of desire. Send red flowers to someone who needs a jolt of energy – this shock of color is sure to get their engines revving! Red excites. Red flowers are classic and can be a potent stimulant for a romantic liaison.

Red flowers have played their part in historical events. One such event took place on April 25, 1974 as army officers caused the downfall of the 50 years old fascist dictatorship in Portugal. Portugal saw democracy restored by its 'red carnation revolution.' Portugal was under a dictatorial regime for 48 years. The dictator was Salazar. Things were not easy, especially for the 'lower' classes. One of the things that came with it was a horrible war when Portugal wanted only independence. Many lives were lost and it got completely out of hand. So a revolution was planned by military people known as The April Captains. The plan was to abolish the dictatorship, begin a democracy and end the war.

On the morning of the signal that everything A song played on the troops began marching few hours of tension at the time gave in. peaceful, only 4 people regime). The reason



25th April 1974, the was ready was sent: national radio. And to Lisbon. And after a they did it. The dictator The revolution was were killed (by the it's called the **red**

carnation revolution? legend has it that a florist on her way to work carrying a bunch of red carnations put a carnation in the rifle barrels of each of the soldiers as she passed them in the town center. This created a wave and the citizens of Lisbon did the same almost overnight toppling the 40-year dictatorship established by Antonio Salazar.

Other **Red** flowers include: Roses, Anthuriums, Tulip, Gerberas, tulips and Dahlia

And then there's Pink - pink is feminine, fun and playful. Pink flowers are a sweet reminder of childhood days.

The pink flower can express admiration, or a teasing interest, grace, gratitude and happiness. It is often a more modest gesture than that of a striking red flower, offering an allure of mystery to the recipient as to the intentions of the giving party.

Some pink flowers include Peonies, hydrangeas, Stargazer lilies, Ranunculus, Roses, Tulips, Freesia, Zinnia, Camellias and of course roses.

Speaking of roses, one of the oldest flowers known to mankind, and perhaps the most popular, the rose represents love, magic, hope and the mystery of life.

Nebuchadnezzar used them to adorn his palace. In Persia, they were grown for the perfume oil, and the petals filled the Sultan's mattress. In Kashmir, the Emperors cultivated elaborate rose gardens and the roses were strewn in the river to welcome them home.

Emperors filled their sitting baths and fountains with rose-water and sat on carpets of rose petals. The Greeks associated the rose with the blood of Aphrodites (the Goddess of Love) beloved Adonis.

The Roman's used roses in feasts and orgies. From an image of Pagan love, the rose was transformed into an emblem of Christian spiritual love connected with the Virgin Mary, with Christ's blood and with the Crown of Thorns.

The rose was created by Chloris, the Greek Goddess of Flowers, out of the lifeless body of a nymph found one day in a clearing in the woods. Asking for Aphrodite's help, she gave the nymph beauty, Dionysus (the God of Wine) gave her a sweet scent, and the three Graces gave her joy, charm and brightness. Zephyr (the West Wind) blew the clouds away so that Apollo (The Sun God) could shine upon her and make the flower bloom. The rose was born and crowned the "Queen of All Flowers."

The next color on our floral pallet is BLUE - Blue is the color of tranquility, trust, and infinite possibilities. Flowers in shades of blue release the spirit and often induce feelings of comfort. Blue flowers symbolize the **clarity found in our dreams**, thoughts, and imaginations. The color blue speaks to the dreamers in our world, and blue flowers call out the muse in the poet, artist or musician. You can gather bunch of blue flowers when you need a boost of inspiration. Blue flowers are the perfect hue for enhancing calm and tranquility. They offer a sense of calm, dignity, and serenity, Deep blue oceans; Calm, cool lakes; and pale blue skies.

You can find the color blue in flowers like bachelors buttons, Iris, Agapanthus, Allium, Delphinium, Hydrangea, Larkspur, Forget-me-nots and Freesia.

One of my favorite colors is purple. Purple flowers symbolize royalty, individuality, sophistication, creativity and meditation. Purple flowers are energizing and spiritual at the same time. When we see the color purple our eyes open wider. A natural reaction that opens our spiritual senses and reminds us that we are all connected to an infinitely divine system.

Violets are the perfect sentiment that says to someone “you are unique, special, and part of a perfect whole.” Purple or violet is also considered a color of royalty and nobility in ancient symbolism. Purple or Violet flowers can relax as well as awaken feelings of intense euphoria.

Some flowers that come in purples and violets include Hyacinth, Lavendar, Snapdragons, lisianthus, Sweet pea, Gladiolas, impatiens, Lilacs, Orchids and Tulips

Speaking of Tulips... did you know that the tulip (the Turkish word for turban) was originally a wild flower, growing in Central Asia. It was first cultivated by the Turks as early as 1000 AD, The flower was introduced in Western Europe and the Netherlands in the 17th century by Carolus Clusius, a famous biologist from Vienna. In the beginning of the 17th century, in addition to its medicinal use, the tulip was starting to be used as a garden decoration.

It soon gained major popularity as a trading product, especially in Holland. The interest in the flower was huge and bulbs sold for unbelievably high prices. Botanists began to hybridize the flower. They soon found ways of making the tulip even more decorative and tempting. Hybrids and mutations of the flower were seen as rarities and a sign of high status. In the months of late 1636 to early 1637, there was a complete "Tulipmania" in the Netherlands. Some varieties could cost more than an Amsterdam house at that time. Even ordinary men took part in the business. They saw how much money the upper class made in the commodity and thought it was an easy way of getting lots of money with no risk. The bulbs were usually sold by weight while they were still in the ground. This trade in un-sprouted flowers came to be called "wind trade".

AHHHH GREEN Green surrounds us in nature, Typically a background color, Green when combined together in varying shades can give us the feeling of harmony, balance and positive energy. If you've ever been cooped up during a long cold dreary winter, you know the feeling you get at that first glimmer of green in spring. Green flowers represent renewal, growth, hope, health and youth. Green is also the color of the heart chakra, and so it takes on the meaning of good health. Bright green is the color of Mother Nature on top of the world.

Green has great healing power. It is the most restful color for the human eye; it can improve vision. Green suggests stability and endurance. Sometimes green denotes lack of experience; for

example, a 'greenhorn' is a novice. In heraldry, green indicates growth and hope. Green, as opposed to red, means safety; it is the color of free passage in road traffic.

Some green flowers include orchids, button mums Hellebores, Roses, Green Cymbidium. And Bells of Ireland,

One color that screams excitement is **Orange**. Orange represents enthusiasm, vivacity, intrigue, health and happiness. Orange is the closest match to the shade of the sun, so it is symbolic of expansion, growth, and warmth. It is also a color of friendship and community.

Bright sunny orange reminds me of warm summer days, barbeques and playing outdoors. An orange flower makes a bold statement of color and vitality. Often associated with the sun, a bouquet that contains orange flowers brings thoughts of passion for life, satisfaction, and an air of confidence. Autumn leaves, hot summer sands, or citrus fruits, Orange or Coral commands attention. Orange flowers can stir feelings ranging from simply enjoying life to pure, dizzying attraction.

Orange flowers can include Roses, Poppies, Orchids, Birds of Paradise, Protea, Ranunculus, Gerbera Daisies, Tulips and Marigolds.

The marigold has been associated with the sun's journey across the sky, from nine o'clock in the morning until three o'clock in the afternoon. The Victorian's believed they could set their clocks by the hour that this vibrant flower opened and closed its colorful petals.

Marigold flowers year-round and the name marigold is said to mean Mary's gold after the Virgin Mary. The marigold has been said to signify grief; because the flower mourns the departure of the sun when its petals are forced to close.

Marigolds add a blaze of brightness to our gardens and to our lives as they search for the fiery brilliance of the sun.

Following Orange, is Yellow. Yellow is associated with gold, and is considered a symbol of nobility, clarity, purity, truth and intellect. Mayans viewed the color in yellow to be associated corn, symbolizing sustenance, and all things that are wholesome. Scientific studies indicate writing on yellow tablets increases memory retention which ties the meaning of flower color in yellow to intelligence and reason. A room full of bright yellow flowers can help anyone studying for a big test or writing an important paper. Yellow flowers simply make people smile. It is the color of friendship, joy, and lightheartedness. New beginnings like the start of spring are associated with the beauty of yellow flowers. Warm and bright, this color also is a perfect way to add brilliance to any bouquet. space or experience.

Some yellow flowers include Tulips, Daffodils, Sunflowers, Lilies, daisies, golden asters, Alstromeria, Freesia.

White flowers symbolize purity and innocence, elegance and new beginnings. White flowers are classy, unique and often celebrate a successful beginning. It is no wonder white flowers are a popular choice among brides.

Some white flowers include Casablanca lilies, Tulips, Gardenias, Daisies, Dahlias, Lilies, Cosmos, Magnolias, Calla Lily, Narcissus, Peonies, Roses and orchids

Speaking of Orchids ... in the book **Dream of Orchids by Phyllis A. Whitney**. The heroine Laurel York has dreamed of this reunion with her father, the famous writer Clifton York, for years. And when she follows him down to the exotic Florida Keys, both love and evil meet her in the form of handsome Marcus O'Neill, who welcomes her, but her two suspicious stepsisters do not. Then there is Clifton York himself, the strange man they all love, and the secret buried treasure that has lain undetected for years. Only the prize orchids waiting in the greenhouse hold the key to a life that Laurel has only dreamed about--or a nightmare that can only end in murder...

BLACK Flowers have attracted our attention for centuries. Black tulips and black roses appear to originate from a fairytale world. A pure black flower is the Holy Grail of plant breeders worldwide. Their improbable and "unnatural" colour inspires a powerful feeling of mystical expectation. Black symbolizes sophistication and mystery and sexiness.

Victorians and Edwardians at the cutting edge of fashion used to collect them, going to great lengths to track down exotic species. Today Black flowers are adored by Art Nouveau designers

However, in reality no pure black flowers exist. The so-called black tulip is actually very dark purple and the black rose is, in fact, very dark red. There are other less common cut flowers which occasionally occur in “black” forms – they all ooze decadence, mystery, fascination. Other than the dried or dyed, natural black flowers are probably slim to none. But, there are some flowers that come close – deep, red-black or deep, purple-black – giving black flowers a less negative connotation in exchange for a more seductively elusive one.

Although these flowers are not a true black some would say they are more on the reds and chocolate tones with a black cast to them.

Those considered or called black flowers are Black Beauty roses, Queen of Night tulips, Chocolate Cosmos, Bat Orchids, Black Hollyhock and Black Calla Lilies,

The influence of COLOR

As you have heard and likely experienced for yourself, colors bring about emotions and can influence the way we feel. The colors selected for the home, clothing or a bouquet of flowers can reveal our personalities and how we feel at a particular moment in time. The use of color also depends on the season, the moment and the person. The right mix of colors can emphasize and enhance emotion. Choosing “just the right flower and the almost right flower can be akin to love and like.”

RESOURCES:

For a list of flowers and their meanings, go to:

http://www.aboutflowers.com/floral_b5.html

To read Flowers and personality go to:

<http://www.edenflorist.com/Flowers%20and%20Personalities.pdf>

Be sure and take the PETALS™ Floral Personality Test at:

<http://www.edenflorist.com/PetalsFlowerTest.asp>

If you haven't done so yet, you can listen to this program at:

To order flowers for someone special be sure and visit EdenFlorist.com.

[Bach's Flower Remedies – The Book](#) by Dr. Edward Bach