

PATRICIA MEYER CHT
FLOWER ESSENCE CONSULTANT
HEALING FACILITATOR
REIKI PRACTITIONER

522 Carmel Circle, San Mateo, CA 94402-2015
Telephone: 415 348 7697
Fax: 415 348 8947
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THE ESSENTIAL FLOWER

----- The Always Positive Flower Essence Newsletter -----

Here we are, well into 1996. There was no Essential Flower last year. With Flower Essences moving more into the media, I was suddenly seeing many more clients and answering many more questions about the modality.

The nationally distributed magazine "Natural Health" published a floral cover article with "Nature's Prozac" emblazoned on it [May/June 1995]. It included an interview with Educational Therapist Andrea Shor who reported on the successful allergy work she experienced personally. She also mentioned [although not by name] my working with her students, many of whom are children diagnosed with Attention Deficit Disorder [ADD] and Hyperactivity [ADHD]. Psycho-active drugs like Ritalin are normally prescribed for these children, and there is some alarm because more children than ever before are on this medication. There have also been many television programs and press articles recently on the possible dangers of Ritalin. Many concerned parents are wary of the drugs. Some children are unable to tolerate the side effects of stimulants. Our work is timely.

Andrea and I have been collaborating for several years now and find that the children who persevere with flower essences are changing without the drugs.

The annual California Flower Essence Society Newsletter came out in July 1995 with a lead article on our work. My case studies were described in some detail and I received many enquiries from therapists and parents from all over the country. A number of them are working regularly with me by phone.

INTERNATIONAL FLOWER ESSENCE SEMINAR IN SOUTH AFRICA - September 27-29, 1996

I shall be flying far, far South again, to Cape Town where I shall speak on "The Use of Flower Essences as a natural alternative to psycho-active medication for those diagnosed with Attention Deficit Disorder [ADD] or Hyperactivity [ADHD]". Some of the other presenters include Ruth Toledo [Brazil], Steve Johnson [Alaska], Ian White [Australia] and Donna Cunningham [Washington].

STOP PRESS!!!

On FRIDAY MAY 10th we will be honored with a third visit and presentation by Drs. Rupah and Atul Shah. Last year the Shahs introduced and demonstrated a new way of using flower essences through their Aura sprays for Cleansing, Purifying, Strengthening or Balancing. Each spray contains a different combination of Aditi Himalayan Flower Essences and exotic aromatic essential oils.

During this year's visit from their home base in India, they will present their new research on how to cope with Electromagnetic Pollution, and some clinical material on Body Organ targeted remedies.

PLACE: Congregational Church of San Mateo,
225 Tilton Ave, off San Mateo Drive, San Mateo
TIME: Friday MAY 10th, 8pm
ADMISSION: \$10.00

Send checks to Patricia Meyer, 522 Carmel Circle, San Mateo, CA 94402-2015. **PLEASE** include a contact number in case plans change.

PRACTICE MAKES PERFECT

It is so heartening to see an increasing number of clients whose determination to improve their lives goes beyond a simple alleviation of a few troublesome symptoms. They are the ones whose progress on the first or second set of essences stimulates them to explore still other areas in order to enhance the quality of their lives. It is a great joy to me to see them blossom more and more fully when they use essences to support them as they tackle the challenges they face.

UPCOMING WORKSHOPS ON FLOWER ESSENCES:

INTRODUCTION TO FLOWER ESSENCES -

Weekend workshop DATES:

MAY 18 & 19, 1996

AUGUST 10, 11, 1996

TIMES: SATURDAY 9am to 4.30pm, SUNDAY 9.30am to 4.30pm. Bring bag lunch, or visit a local

restaurant.

FEE: Non-refundable \$225 for the weekend is payable ten days before to reserve your place. Remit to Patricia Meyer, 522 Carmel Circle, San Mateo, CA 94402-2015

Remember that the Flower Essence Society accepts this course as a prerequisite for their Summer Intensive [Certification] program. Several students who have taken this Introductory workshop are now in the process of becoming certified flower essence practitioners.

ADVANCED FLOWER ESSENCE WORKSHOP [ONGOING] - covering topics of interest, special studies of flowers, informal discussion of research and developments, and audio or video tapes from other experts in the field. This is a sharing supportive group for practitioners.

Tuesday MAY 28th will start the first the new series of once a month meetings. We begin at 7.00pm and end at 9.30pm.

FEE: Non-refundable \$120 for the course, payable in advance or at the first meeting.

SOMEWHAT OUTDATED NEWS I NEED TO SHARE -

SOUTH AFRICA - THE 1994 WORKSHOPS

The 1994 South African weekend workshops in Johannesburg and Cape Town were well-received. Very special for me was the attendance of a long time friend and homeopath, Dr Philip Sherwin, at the Johannesburg session.

"Philly" was the person who had originally introduced me to Homeopathy and "The Bach Flower Remedies" as far back as 1970 when I lived in SA. To have him there to learn from ME was the joining of a circle. Bringing world-wide essences [other than Dr Bach's that are known there] to SA was another circle, and returning to my own roots to share the spiritual awareness I had found, yet another circle. I'm begin to sound like MCI, and you've heard enough about circles from them.....so, more about the trip follows.

The Odyssey Magazine, based in Cape Town, arranged a "Magic of Flowers" day fundraiser at The Kirstenbosch National Botanical Gardens in Cape Town. I was the keynote speaker for a day of exploring the Mysteries, Healing Powers and Daily uses of Flowers. Because of popular demand the program was repeated on Sunday. I met briefly an African tribal healer (sangoma) who attended the Sunday program. There was a tremendous feeling of optimism about the new South Africa. It was felt that the essences could prove powerful allies in healing

the heart of the new South Africa.

There was no opportunity during that busy trip for essence-making. But when I was there again last year, I produced four new essences.

The first was made in the Kruger National Park, on the day of the spring Equinox, from a pebble taken from a massive rock formation overlooking a shrine. This imposing area was the chosen burial place of Colonel James Stevenson-Hamilton, principal architect of the world's greatest wildlife sanctuary, and his artist wife Hilda. A game warden for forty-four years, he was "a stubborn, audacious man of vision". He persuaded President Paul Kruger to preserve this massive wild-life refuge, and to protect the precious game species from the ravages of poachers, hunters and the army. He was known as "SKUKUZA", after whom the main camp is named. It translates as "the man who changes everything". He achieved great recognition for his astute observations about "the balance of nature". This 'visionary' essence, known as SKUKUZA, appears to tap into the visionary in the person who uses it.

Between the holidays of Rosh Hashanah and Yom Kippur, the essence of CLIVIA NOBILIS, was made at the Kirstenbosch Botanical Gardens. This was Spring in the Southern hemisphere. I sat in the deep shade under the beautiful yellow-topped flowering camphor trees, where the Clivia grows, to do the attunement. This essence was made without picking or damaging the plant in any way.

As I sensed its completion, an owl dove out of a tree opposite, suddenly stopped and eyed me for several seconds, before taking flight! I met a local herbalist who said the Clivia is for "Fertility", which confirmed my attunement. The large, dome-like crown of many, bright orange blooms bursts from the broad, oval stem. The deep green sword-like lily leaves, fan out from the bulb planted firmly in the dark earth. Our creativity, hiding dormant, or kept secret in the shadows of our still unknown potential, can be awakened and brought forth into the light by this essence.

Cape Town is considered the mother city of South Africa and lies at the foot of Table Mountain which is an energy vortex at this southern tip of the continent. The third essence was prepared from a pool of crystal clear water filled by a waterfall that drops from the top of that massive mountain. The essence, named TABLE MOUNTAIN, has mothering qualities of protectiveness and stability in the course of major life changes.

In Johannesburg, the pale dusky rose SYRINGA TREES, or CHINA BERRY, were in full silvery bloom. I found myself among buzzing bees, happily collecting the spidery blossoms for another essence made in a private garden. They remind me of shiny

silk antique lace, and I had the feeling that this essence is about our being selective in releasing old patterns. We need to value our heritage. As we move forward, to know that not everything from the past needs to be discarded.

All four of these essences are being researched.

THE ESSENTIAL FLOWER HAS TAKEN ON A NEW LOOK!

Florence Radin of Redwood City is editing the writing, and Joni Loughran of Petaluma, is handling the overall new look and desktop publishing.

With these changes, we intend to publish quarterly. We plan new sections including one for letters and questions, and regular case study reports.

To handle costs, subscriptions will be necessary. As we update the database and mailing list, we will know by your subscription that you want to continue receiving this newsletter.

Those who have not yet received paid for issues, will receive those issues. As previously stated, this mailing list is confidential, and will not be shared or sold.

RESOURCE LIST

As most of you know, I am a resource for Flower Essences, Flower Essence kits, books and related products. If you need a list of available merchandise, just telephone, fax or drop a postcard to me.

TALKS ON FLOWER ESSENCES

I recently gave a talk at the New Horizon School and Learning Center, a state certified, non-profit educational organization in Santa Rosa, California, on the use of Flower Essences for the learning disabled, ADD and ADHD. This progressive school is open to exploring alternative healing methods for its students. Twenty interested parents, teachers and local therapists attended. I received complimentary feedback afterwards and several attendees have become clients.

I have presented several talks at Skyline College, a community college in San Bruno, California, for Patricia Erickson, who teaches the Life-Cycle class there. Last year I was thrilled to be chosen by the students as their favorite guest speaker. I received a number of personal notes from them about how much the information on essences impressed them. One student wrote: "I didn't expect to learn anything about flowers, and especially flower essences. I always saw flowers being very pretty and precious. And now I see them in a totally different light."

I regularly give talks to groups as an invited speaker. Do contact me if this interests your group.

SUBSCRIPTION INFORMATION:

Remit fee to Patricia Meyer, 522 Carmel Circle, San

Mateo, CA 94402.

Please direct all correspondence to:
PATRICIA MEYER
522 CARMEL CIRCLE
SAN MATEO, CALIFORNIA 94402
TEL. 415 348-7697
FAX. 415 348-8947

Biography: Patricia Meyer, B.F.A. (Witwatersrand University, South Africa), C.H.T. (Certified Hypnotherapist), Flower Essence Society Certified Practitioner, Reiki Practitioner, South African born artist and wholistic practitioner, has been involved with flower essences for 26 years. She provides private consultations, is a keynote speaker for the Flower Essence Society and other international and local seminars, and a guest speaker at state colleges, universities and in her community. She regularly holds training classes on Flower Essence Therapy.