

## *THE ESSENTIAL FLOWER*

-The always positive Flower Essence Newsletter-

---

### ***Flower Essence Symposia***

At the beginning of this year let me wish you a happy and peaceful 1991. 1990 saw many exciting developments in Flower Essence work. The most exciting was the First International symposium on Flower Essences held in Autrans, France, in May. It successfully brought together creative ideologies, flower essence companies, with experts and experienced practitioners from all over the globe. There are now more than twenty groups around the world producing Flower Essences. The importance of Flower Essences is now being more fully accepted by all fields of healing. Practitioners of general medicine, clinical social work, psychiatry, psychology, and all forms of bodywork demonstrated that they include Flower Essences in their work. It was interesting to note how fully Europeans are already embracing the "flower path!" This June I plan to attend the Second International Symposium in Victoria, Canada. I shall also be answering questions there at the California Flower Essence Society booth. I look forward to meeting with colleagues from various Flower essence producers whose products I use in my practice.

### ***1991 Summer Intensive Program at the California Flower Essence Society***

Once again I have been invited to be a guest lecturer in July at terra flora in Nevada City, headquarters of the California FES. I will be making a presentation on managing a practice as well as discussing a detailed [anonymous] case study.

### ***New Developments in my Practice***

My work has grown and deepened as I have realized more fully the power of the flowers as catalysts for change. Through ongoing experiences with committed clients I have found that a consistent and careful follow-up program can work wonders. Monitoring each client's progress with each flower, seeing what new issues are uncovered and what flowers needed, and reselecting as we go along, is much more beneficial to the client than an occasional "drop-in" for a set of essences. It takes this kind of time and persistence to achieve the fundamental and deep change that is needed. Consequently I encourage new clients (and current) to consider Flower essence work as a process. I like to work on

a 6 – 12 month program, which includes a monthly progress evaluation. Remember too that Flower Essences can facilitate and expedite your progress if you are currently involved in psychotherapy, chiropractic, Reiki, massage or any other form of bodywork or healing. I supplement my Flower Essence work with Hypnotherapy and bio-energy balancing as appropriate.

### ***A Case Study: Reclaiming her Life***

A single woman in her mid forties, holds a pressured full time job and is care taking a handicapped sibling as well as an ailing elderly parent. Although a gifted healer and artist herself, her guilt and subservience had her completely trapped in a life that did not serve her own interests, needs or gifts at all. There was also no space, time or energy for any possible relationship in her life.

The Flower Essence Pine, for overcoming guilt, Penstemon for strength in hardship and Centaury for assertiveness were used. Slowly she began to see her predicament in a new light. Larch and Buttercup for confidence and self-esteem encouraged her to make some positive changes, changes that would help her without impacting negatively on her family. As she progressed she began to happily reclaim her own life. With these inward changes her outer world also began to change> It felt as though, in loving herself more, the Universe also stepped in to help. She found the perfect facility to care for her parent. An evening position opened at her work, leaving her with days free to pursue her healing practice. Her brother volunteered to support their handicapped sibling. Seeing her smiles now, I am reminded of the Penstemon affirmation "I change the world by changing myself".

### ***Informational Talks on Flower Essences***

I regularly give talks to groups as an invited speaker. Please contact me if you are interested in spreading 'the word' among your friends. I can bring photographs, diagrams and even slides to accompany the talk.

### ***Classes on Flower Essence Work***

I am planning to organize a class on Flower Essence work. If you are interested please call me at [415]

348-7697 to discuss days and times that are most convenient.

### ***Visit from International Flower Essence Practitioner***

Bram Zaalberg, a well-known Flower Essence practitioner and healer from the Netherlands will be visiting California in June. At that time I plan to organize a workshop – further details in a forthcoming newsletter.

### ***Inevitably – the Effects of the Gulf War***

For some people the current war has had a traumatic effect. I have gathered a number of Flower essences that are helpful to maintain or to re-establish one's equilibrium. Scotch Broom is frequently used as it deals with the negative feelings of impending apocalypse and world oriented hopelessness. It transmutes these into opportunities for growth and service to the world, and counters the despair with optimism and new attitudes. If you do not need essences yourself, do consider and mention them to parents of children who may be reacting negatively to the constant TV news bombardment. Children respond very quickly and easily to the Flower Essences.

### ***Flower Essence Gift Certificates***

An unusual gift. Give an opportunity for growth and happiness to a loved one. Call for details 348-7697.

### ***Finally...***

We all share in prayers for peace and a consciousness that will ensure its continuance. The flowers of spring and summer will soon bloom. We work towards Wisdom, Power and Love in perfect balance in our lives.