

ESSENTIAL FLOWER - WINTER 1998/99

I wish you all a Happy New Year as we begin the last year of this millennium. Flower essences are increasingly becoming recognized as an important healing modality as more people strive for new levels of consciousness, inner growth and a deeper connection with the spiritual. Interest in spiritual matters usually increases towards the end of a millennium. As usual, much has happened since the last newsletter. I will include here some highlights, Flower Essence experiences and news.

INTERNATIONAL F/E CONFERENCE, MEXICO CITY

September 1997 found me in Mexico City where I spoke at the "V Congreso Internacional de Terapeutas florales y Naturales". Preceding the conference, a powerful group meditation and ceremony was held at the foot of the pyramids at Teotihuacan, and native shamans invoked the energies of the four elements for world healing and peace. A basket of black shiny Obsidian rock crystals, corn and various seeds were distributed to all in the circle.

The program was entirely in Spanish with simultaneous translation - a new experience for me. Also presenting was Sophia Savich of the Ancient Forest Essences who delivered a moving plea for preservation of old growth and rain forests. Flags from the countries the speakers hailed from stood behind the podium. Argentina, Brazil, Chile, Colombia, Spain, France, Mexico, Paraguay, Peru, Uruguay and Venezuela, Cuba, Australia and the United States were represented. Quite a number were researchers and practitioners from the medical communities of these Latin countries. Jungian psychologists, herbalists and traditional healers were featured among them. In these cultures people confidently avail themselves of natural and alternative healing methods. Natural and holistic medicine is becoming acceptable in our country as the medical community is being forced to pay attention. Doctors are looking into integrating the nature-based trend, and many are enrolling in courses of holistic study. See article on UC Berkeley.

My talk on "Children in Crisis", based on my case studies, was illustrated with flower essence slides and descriptions of children's artwork that demonstrated their healing. In another presentation made on behalf of the Flower Essence Society I shared new and important information regarding progress made in current scientific studies. These not only attempt to satisfy the criteria set by the scientific medical community, but also encourage acceptance of Flower Essences by those who have some doubts. Information on these studies can be accessed through the FES Internet web page: www.flowersociety.org/Cram-FFF.html. Click on directions to Research and the "Cram Study". Call me if you require more information.

Those who have seen what Flower essences do for animals have no need for studies to prove their action. Since the "Kitty Story" in the previous "Essential Flower", there have been even more pets that have benefited from essences. Animals respond so very directly and easily to essences, and are most gratifying as clients. Bereaved animals, particularly, find peace and adjust to their losses.

MARRIAGE - OCTOBER 1997

In October 1997, after four years together, I married Allan Sidle, a Jungian psychiatrist. We had a small wedding at home in San Mateo and traveled to South Africa a few months later. My "dream" husband and I recently celebrated our first anniversary.

ALLAN and YARROW

Allan's introduction to Flower essences came soon after we met. My hefty gray and black tabby is an indoor couch spud most of the winter. When Allan mentioned his allergy to cats, I encouraged him to try **Yarrow** flower essence. It worked like a charm. Allan's sneezing and tearing stopped instantly. The effects lasted for hours at a time and the dose was repeated as needed. It is seldom needed nowadays. His seasonal allergies, for which he normally had shots, were alleviated enough to quit them, but he still takes the Yarrows at "pollen time".

A STOP IN FLORIDA, AN ESSENCE STORY

On the way to Cape Town, South Africa, we stopped briefly in Fort Lauderdale, Florida to visit with my 94-year-old uncle Sander. Most of my family lives in South Africa, and he, the eldest of my mother's seven siblings, had retired to Florida many years ago with his Chicago born wife. They had no children but had always reached out generously doing "Mizvot" - good deeds for family and others.

Four years ago I had gone to support him through the stroke and death of his beloved wife who had been in pain for several years. They were both accustomed to taking essences from me and when she died, he took them again. I knew that the adjustment to the loss is particularly hard on elderly persons.

I combined the essences **Borage**, **Star of Bethlehem** and **Bleeding Heart** for him to take daily. My uncle grieved deeply, but did not go into a depression. He began to look outward again and soon was happily busy taking care of a partially blind lady neighbor who was an old friend. He would take her shopping, helping her negotiate sidewalks and traffic. He felt useful and kept well and active for another couple of years. One morning his lady friend didn't awaken, and again he was alone. Once more he was helped with essences, and once more they seemed to help him go on.

SOUTH AFRICAN FLOWER ESSENCES

In Cape Town we spent some delightful time getting to know Jannet Unite-Penny, who has spent years making the large range of **South African Flower and Gem Essences** from indigenous plants and local minerals and gems.

We visited her holiday home on an unspoiled strip of the Cape's white beaches, where she was vacationing with her two daughters. On our approach to her house we spotted a family troop of about fifteen baboons cavorting on the road, and stopped to watch them play. There were older males, young males and females with babes attached or playing. Ah! Africa! Some things I really miss!

Some days later we visited Jannet's family home and extensive property directly adjoining the Kirstenbosch National Botanical Gardens. She told of being allowed by the Curator to make many essences from indigenous plants in the Botanical Gardens. Her home's vast acreage is in itself a stunning display of the Cape's unique floral kingdom. We strolled between banks of vivid blue and white **Hydrangeas**, and came upon what looked like a riverbed overgrown with a forest of giant **Ginger** plants. The Devic energy of the place was almost tangible! Jannet's essences were highly acclaimed for their 'power and light' at the Findhorn International Conference in Scotland in October 1997. I have available for sale at this time 65 of her flower essences [indigenous to South Africa].

"THE GARDEN ROUTE - TWO NEW VINE ESSENCES. From my own observations I have some preliminary ideas about what these are about, but nothing definitive as yet.

East from Cape Town on "The Garden Route", we passed through small towns, ostrich farms and fishing villages that dot the S. Eastern coast. Relatives welcomed us to Port Elizabeth, their "windy city" as it is fondly known. Aunt Nora pointed out two unusual intertwined vines flowering simultaneously in their garden to form a dense green hedge between properties. Both vines requested to be made into essences, and as I always travel with appropriate equipment, I obliged. One evergreen called **Blue Sky Vine** [Thunbergia] or "Jade Vine", remained in flower a good part of the summer, and its large trumpet-shaped delicate violet blue flowers dangled in bunches. The other, a pure white **Mandevilla**, a.k.a. Chilean Jasmine Vine, had a slightly smaller but more profuse trumpet-shaped flower, and used its wiry tendrils to secure its position on the fence.

OTHER ESSENCES I AM RESEARCHING:

TORREY PINE – San Diego, California

At a Jungian conference in San Diego I linked up with Maggie Smith who does energy healing and Flower Essences. We found a quiet part of the coast where we made an essence from the unusual **Torrey Pine** indigenous to that area. Torrey Pines thrive on mist carried by warm ocean winds. This adds to my collection of different varieties of Pine essence. **Pine** seems to deal with aspects of guilt or self-blame.

AFRICAN FLAME TREE - MEXICO

In April in Puerto Vallarta, Mexico, the 40 - 50 feet high **African Flame Trees** [a.k.a. Tulip Tree] were in full flower throughout the area. Like flaming chalices held high towards heaven the orange/scarlet flower heads had frilly golden edges. I collected a number of the freshly dropped blooms and placed them in a bowl of spring water under the trees overnight. The mother essence was ready next morning.

DESERT MALLOW ESSENCE - ANZA BOREGO STATE PARK, CALIFORNIA

In May, alerted to the spring flowering of the Anza Borego Desert by a full color spread in our local paper, we traveled there. Together with friends Sophia and Richard [Ancient Forest Essences] we explored the area near Palm Springs. The fiery, scarlet **Ocotillo** plants were in full bloom, as was the vibrant yellow and gray **Brittle Brush**. We made an essence from a small, "shy" delicate pink-lilac **Desert Mallow** that had repeatedly called to us.

GLASTONBURY, ENGLAND – “SACRED WATERS”

August 1998 Allan and I attended the Creative Health Network's Healing Summit in Glastonbury, England. There were healers from several parts of the world and we took part in Native American Ceremonies for Earth Healing and Peace.

In one ceremony, sacred water from The Chalice Well was combined with waters brought from many corners of the world. I contributed water from Cape Town's Kirstenbosch Botanical Gardens. The resultant mix, which holds the prayers and positive energy of that space and time, I have named **Sacred Waters**.

Because England is the land of Dr. Bach's Flower Remedies, the subject I chose for my talk there concerned the many other sources of essences available today. After the Conference, fourteen of us left for a week's tour in a minibus to sacred sites in Somerset, Cornwall and Devon. After two visits to Stonehenge those mysterious tall boulders standing silently in circular formation for centuries still intrigue and draw me back. In visits to ancient churches I was amazed to see how profusely wild **Angelica** grows in and around the churchyards.

What thrilled me most about being in the English countryside was suddenly coming upon the very same flowering plants that Dr Edward Bach had used sixty years ago to make his famous remedies.

I found one day a dry riverbed bursting its banks with "explosive" pink **Impatiens**. A walk on a hillside was through miles of deep pink **Heather** interspersed with patches of vibrant yellow **Gorse**. Kodak can declare dividends this year!

BERKELEY UNIVERSITY LECTURE

In October I was invited to deliver a Flower Essence lecture to students of the Molecular and Cell Biology course on Complementary Medicine at the University of California, Berkeley. There were about 200 enrolled in this class. It is apparent that the importance of alternate healing methods is clearly making an impression in the more advanced frontiers of learning. The lecture was well received and I had positive feedback afterwards too. Several students asked me to notify them about classes and wanted further information. Two women, who planned to share it, purchased the only FES Repertory I had brought with me for demonstration purposes. I left lists of contacts and resources with the organizers.

CLIENTS COMMENTS - ON FLOWER ESSENCE THERAPY

Most people come to me for essences troubled, needing help, clarity, and gifts from the flowers. They receive essences and take them. There are usually changes and, with that relief, they stop taking the essences. This is effective, but not the best way of using essences. They ARE helpful for first aid, and quickly give support in an immediate crisis. Personally I like to take them all the time as I continue to grow, so that the likelihood of a crisis becomes less necessary or likely. Many of my regular clients also use essences on this basis, as they have become aware that their continued growth calls for new combinations.

I have been consulting with and selecting essences for one gentleman client for over four years. He has gone through many changes and initially there were several crises. Life for him has slowly but surely improved.

Relationship issues are resolved; guilt that plagued him has been released; anger is clearly dissipating from his previously automatic reaction patterns; and his business life is going from strength to strength. After a recent meeting, I asked him [as I have before] if he had any thoughts of quitting, or slowing down with our work with essences. "Definitely not" was his direct answer, "now that things are going so well, why would I want to stop?" Someday essences will be known and recognized as the pearls of preventative care that they truly are.

... AND ON CHILDREN WITH CHALLENGES

Work with children diagnosed with ADD, ADHD or experiencing other challenges continues and our results are fine. One client's son was having a very difficult time at school. The teacher urged the mother to have him take Ritalin. A few weeks after the son began taking essences the teacher told his mother that her son's concentration was much improved and that he was doing well. "When did you put him on meds?" asked the teacher, to which my client replied: "What are meds?"

ADD/ADHD VIDEO

This video interview of me by Mark Unger of the ADD Action Group is about how essences help children [or adults] diagnosed with ADD or ADHD. It was made in New York in December 1996. The organization tries to find alternatives to medication. Now it is part of the ADD Action Group's video repertoire of natural methods of helping children. The video has been shown on Channel 8, a Public Television station here in the California Bay Area many times over the past months. Several people contacted me and began using essences as a result. Copies of the video are available. Price \$10.00 + \$3.00 shipping.

A NEW MAC and E-mail

The old trusty Mac Classic has been retired, and a new Mac G3 graces my desk and keeps me up half the night like a newborn! I now have Internet access and e-mail. A Flower Essence website is planned, and probably will be a window for the Essential Flower articles, as well as a calendar for future Flower Essence programs. If you have internet/e-mail, do send me your e-mail address, so we can save on paper/postage. E-mail address: patsgarden@home.com.

AREA CODE CHANGE/CORRESPONDENCE

My telephone #: 650 348-7697, Fax #: 650 348-8947, E-mail address: patsgarden@home.com. Kindly note that Bay Area telephone codes have been changed to 650 [from 415, which is still used for San Francisco]. You may direct written correspondence to PATRICIA MEYER, 522 CARMEL CIRCLE, SAN MATEO, CA 94402-2015. USA

"VIBRATION" MAGAZINE

Donna Cunningham and Debra Bier are joint editors of the new online essence magazine called "VIBRATIONS". It is accessible on the Internet at: www.essences.com/vibration. You can page through it, find and review back copies or read current writings by various Flower Essence practitioners and experts from all parts of the world. They have included two articles from me on essences for children - "Pink Roses for the Back to School Blues" for the September, 1998 issue, and "Another Bunch of Flower Essences for Happier Children" featured in December 1998.

Well worth checking out are Dr Rupa Shah's articles. She is a medical doctor from Aum Sanjeevini Essences in India who, together with her husband, Dr Atul Shah, developed essences from flowers in the Himalayan Mountains. Flower Essence practitioners and other healers will find "VIBRATION" an extremely valuable source of practical information and ideas.

CLASSES / WORKSHOPS OFFERED IN 1999

To accommodate the many requests for Flower Essences classes I am offering:

A DAYTIME MORNING WEEKLY WORKSHOP - 6 weeks

An experiential workshop to be held once a week on Tuesday mornings, at 10 - 12.30 beginning on March 23 and ending April 27. Basics of Flower Essence Therapy, with focus on areas determined by class interest. An Advanced Class can be arranged if there is interest afterwards.

Extended Weekly Workshop Fee is \$180, paid in full at least one month in advance to secure your place. Missed class fees cannot be refunded.

WEEKEND WORKSHOPS

For those who prefer a weekend workshop. I am offering two at this time: Each will cover the Basics of Flower Essence Therapy, more than enough to get you started working with Flower Essences for yourself and your family.

Weekend MARCH 6 & 7, 1999 Saturday 9 to 5, and Sunday 9.30 to 5.

Weekend AUGUST 14 & 15, 1999 Saturday 9 to 5, and Sunday 9.30 to 5.

Weekend Workshop Fee is \$200, paid in full at least one month in advance to secure your place.

The Flower Essence Society accepts these courses as a prerequisite for their Intensive Certification Programs. For more information about the classes contact me. There will be a selection of Flower Essence books and products available for sale, and I can supply or recommend sources for essences.

JUST OUT: FLOWERS THAT HEAL by PATRICIA KAMINSKI

This new book is a perfect companion piece to the Flower Essence Society Repertory. It both describes Flower Essence Therapy and deepens one's appreciation of the gifts of nature. These teachings evolved through Patricia Kaminski's many years of experience as an intuitive co-creator of essences, a therapist and teacher. She illustrates flowers grouped by color, as well as by form, and other aspects that enable us to understand their symbolic healing messages. Highly recommended. Available from me for \$15.95 [+ \$4.00 shipping and handling], or from FES. [The FES Repertory is \$19.95 + \$6 shipping and handling]

SUBSCRIPTIONS

It has been almost impossible for me to track subscriptions, so I am going to ask that if you have sent in a payment of \$10.00 and have not received your 4 issues of the newsletter, don't send more until you have. Everyone else, donations toward the costs of this newsletter are voluntary but welcome.

FLOWER ESSENCE PHARMACY at CENTERGEES, Portland, Oregon

This pharmacy is an important and convenient source for flower essences from all parts of the world. You can reach them via e-mail: centergees@mcione.com, their Website: www.FlowerEssences.com, or by telephone: 503-281-4906, Orders: 800 343-8693.

THANKS TO...

Florence Radin, of San Mateo has again graciously edited this issue of the ESSENTIAL FLOWER. The new look and artwork has been the kind contribution of Hiroyuki Kobayashi, who also assists me with technical support for my computer. THANK YOU BOTH!