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THE ESSENTIAL FLOWER

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

Flower Essences as a profoundly deep acting modality are still relatively unknown. I like to call them "A Sleeper modality" due to their lack of recognition while they quietly and unassumingly make very special contributions to certain people's lives everywhere.

Working consistently with them over the years, I see the outcome of their special gifts to sensitive souls. Many people live unhappy lives out of a sense of duty, directed by the "shoulds", with choices made more from the head than the heart - blindly obeying old programming and ignoring native instinct. Valuable original creativity is lost here, and our earth's future desperately needs this energy. Off their true paths, verve and enthusiasm for life is lost, and life feels exhausting.

The essences of PINE and CENTAURY from Dr Bach can be reminders how to actually stop self-punishment and living a lifetime like a prison sentence. Learning to accept and honor the Self, stand tall and straight and express with clarity and power: "NO! I won't do this anymore!"

CHRONIC FATIGUE

I was recently called by a woman who has had a background of 15 years with **Chronic Fatigue**. She despaired of help until she found that Flower Essences made a difference! In my work with clients who have Chronic Fatigue I watch as the plants enlighten them as to how and where they've allowed their energy to be drained.

ADD/ADHD WORK UPDATE

My work with children and adults continues. I have developed a directory with cross references of the many special essences useful. I have also revised my handout "Parents Information about Flower/Gem Therapy for Children". Interested parents may send a self-addressed stamped envelope for a free copy.

EARLY TRAUMA -

It's hard for people to recognize that a tiny newborn baby can be deeply affected by its environment.

Frequently parents of troubled children who suffered some trauma around their time of birth say: "She/he was too small to remember anything".

This is totally wrong! In his book "The Secret Life of the Unborn Child", Thomas Verny MD, demonstrates clearly how deeply a child is affected by its earliest experiences.

Children who find everyday life tasks overwhelming, who fly into rage often, or those who withdraw all interest in outside activities can profit from essences that help them to feel more connected to the world and the people around them.

A NOTE FOR PARENTS OF CHILDREN ALREADY ON PRESCRIBED MEDICATION, for example "Ritalin"

Flower Essences will not interfere with the calming effects of the "Ritalin". Your child can safely remain on the "Ritalin" [or other medication] while taking Essences.

The gentle, restorative work of the essences supports the change. Eventually as inner equanimity and wholeness is achieved, the medication can be reduced, always with your doctor's approval. Eventually it may be possible to quit the medication completely.

Several adult clients who came for help with emotional issues have realized through our work that ADD or ADHD may have been responsible for their past struggles. In these cases the essences proved to be happily transformational.

DRUG AND ALCOHOL ADDICTION & FLOWER ESSENCES

People struggling with alcohol and drug addiction generally need very similar essences to those with ADD/ADHD. This suggests that undiagnosed ADD and ADHD is extremely prevalent, and addictive substances are "self-medicating." Here essences bring a much needed "commitment to heal" as well as "grounding" and the stress of withdrawal is greatly reduced.

VIDEO ON FLOWER ESSENCES AND ADD/ADHD

Just before New Year I was interviewed for a television program in New York by Mark Unger of the ADD Action Group based there. This group seeks alternative solutions to prescribed medication. Using photographs of certain flowers I described their particular potential as essences and how they can be used to help children and adults. The one-hour video is due to be shown shortly on a non-commercial cable channel in New York, Connecticut and Long Island. There are also plans to have it shown on our local cable access channel here. Interested in a copy of the video? Call Patricia.

HEALTH 2000 - HEALING INTO THE NEW MILLENIUM

Flower Essences were among the more than fifty booths accompanying the Alternate Medicine Conference put on by Citizens for Health in Palo Alto, Ca. last October. Many interested people visited my booth and several have since become clients. The fundraiser was in support of medical freedom for California.

UPCOMING INTERNATIONAL FLOWER ESSENCE CONFERENCES

In the larger world of Flower Essences, there are a two major International Flower Essence symposia coming up later this year.

1. Fifth International Congress of Flower and Natural Therapists.

September 19 - 21, in Mexico City.
Lectures will be presented with simultaneous interpretation in English.

2. International Flower Essence Conference.

October 18 - 25 at
The Findhorn Foundation in Scotland. Dorothy McLean of Findhorn will be a keynote speaker. This will be the largest gathering of Flower Essence researchers, developers and practitioners worldwide for several years.
For information about either program call "The Flower Essence Pharmacy" [707] 937-5059 or fax [707] 937-0441.

FLOWER ESSENCE WORKSHOPS:

There has been growing interest in a day-time class, so I am offering this for the first time. If you are interested in the Course details, please call or fax for a flier.

VENUE: Workshops at 522 Carmel Circle, San Mateo, CA 94402-2015.

BASIC FLOWER ESSENCES - A SPECIAL COURSE FOR MOTHERS

- The ultimate in Preventative Health Care for the Family.
SIX TUESDAY MORNINGS - Starts August 26, September 2, 9, 16, 23, 30.

TIMES: 10 am -12.30 pm

FEE: \$260 preregistered by August 15, \$275 thereafter. [All fees non-refundable. Missed classes can be made up in a later course]. Remit to Patricia Meyer, 522 Carmel Circle, San Mateo, CA 94402-2015.

The Flower Essence Society accepts this course as a prerequisite for their Summer Intensive [Certification] program.

SPECIAL EVENT!

WEEKEND WORKSHOP: USING ESSENCES TO UNCOVER OUR NATURAL ABILITY TO MANIFEST & CREATE ABUNDANCE.

Each participant will create their own special blend to take home at the end of the workshop!

Co-leaders: SOPHIA SAVICH of the *The Ancient Forest Essences*, and PATRICIA MEYER, CHT.

DATES: AUGUST 30 + 31, 1997

FEE: \$150 for weekend, \$125 if registered and paid by July 31st.

CONGRATULATIONS NEW PRACTITIONERS!

Several students who have taken this Introductory workshop have gone on to the Flower Essence Society Intensive Program and become Certified Practitioners.

Congratulations to ARY KING of Belmont, and KAREN LANE, of Los Gatos, [Bay Area, California], on their Practitioner Certification. DARREN HAWKS, DVM, of Los Gatos, has completed her requirements and is awaiting results.

FLOWER ESSENCES FOR PETS -

Animals suffer from many of the same emotional issues as we do. They grieve the loss of a fellow, they pine when left alone, they get defensive if they feel vulnerable, and they suffer from post-traumatic stress if they have been hurt.

If you are having problems with a pet please know that they respond extremely well to essences. My 4-legged client list is also growing.

Write to me describing the situation, and why you think the pet may be troubled. Enclose a small cutting of hair, [from each side if possible], for me to connect with their energy pattern for dowsing. The charge for this is \$40.00 which includes essences and shipping.

A KITTY CASE STUDY

This is from her delighted owners.

"Killer is a twelve year old calico with an intense gaze and lovely tawny eyes. She started life as a feral kitten in one of the cemeteries of Colma, CA. However one day when she was about four weeks old she got separated from her mother and found herself trapped in a narrow storm drain. Since that

day life has been a constant adventure for her. While she's led a charmed life, her nine lives have been pushed to the limit! One day about four years ago Killer got into tangle with a fast moving car which shattered her leg and tore a hole in her side. With expert veterinary care and a lot of love Killer's physical hurts healed, but not her psyche.

Since the accident she became very scared of almost everything, jumping at the slightest sound, running away from people and hiding. The vet and we didn't know what to do to help her".

After collecting a little fur for dowsing, a dosage bottle was mixed comprising Arnica, Self-Heal, Yarrow, Fireweed all from *FES*, the Desert Emergency Formula from *Desert Alchemy*, and Habenaria or Balance and Stability, an orchid essence from *Star Essences* of Santa Barbara, CA. Five drops were added to her daily water.

"The results were absolutely amazing! Within three days Killer was visibly more calm. She stopped bolting when our car entered the drive, and **sat waiting to be petted**. She became more of her old self, purring and playful. It's good to have her back! Patricia also picked up intuitively that she'd like a new name. She is now *Simba*."

SUBSCRIPTION INFO

Always original - The Essential Flower is NOT yet on the Internet? Hopefully we will have our own Website in the not too distant future. About *THE ESSENTIAL FLOWER'S* special helpers. Florence Radin [San Mateo] edits and advises in respect to content, and Joni Loughran [Petaluma], handles the desktop publishing.

We intended to publish quarterly, but with so much going on, annually is good! We welcome your letters and questions.

To help with publishing costs, subscriptions are needed. \$10 ensures you two issues. Remit to: Patricia Meyer, 522 Carmel Circle, San Mateo, CA 94402 -2015.

As we update the database and mailing list, we will know by your subscription that you want to continue receiving this newsletter.

RESOURCE LIST

As most of you know, I am a resource for Flower Essences, Flower Essence kits, books and related products, or I can tell you where to get them. If you would like the list of available merchandise, send s. a. s. e.

TALKS ON FLOWER ESSENCES

I regularly give talks to groups as an invited speaker.

Do contact me if this interests your group. Given enough advanced notice, these can be arranged at my home/office. If weather permits, outdoor Flower Walks are fun, stimulating and informative.

FLOWER ESSENCE OUTREACH

"Stressbuster Fairs" at San Mateo High School are an annual feature. Here the students are introduced by local healers to safe, natural and wholistic methods of reducing stress, reclaiming health and restoring inner peace. A number of local Reiki practitioners, massage therapists, chiropractors, hypnotherapists, reflexologists and others volunteer their time. The students are extremely interested in the offerings and respond appreciatively. At this May's Fair, after I had sprayed a fine mist of Flower Essences mixed with an aromatic oil over one young man he exclaimed: "I feel as though I've been kissed by God!" - and he later sent all his friends over to experience it.

PLEASE NOTE UPCOMING AREA CODE CHANGES AUGUST 1997. The new area code will be **(650)** instead of (415)

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