

THE ESSENTIAL FLOWER

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

Good rains in California led to an abundance of flowers this summer, wild and tame, all over the State. In March I walked a rainy trail in the San Carlos Edgewood Park area and discovered joyful displays of California Poppy, Hound's Tongue, Trillium, Lupine, Larkspur, Sticky Monkeyflower and more. Lichen growing there indicated that the pollution level was quite low. The fields in Half Moon Bay glowed gold with the richness of Wild Mustard!

FLOWER ESSENCE CLASSES

After an introductory talk in October '91, I was invited by the Institute for Health Improvement in Oakland, CA, to teach a six-week course on Flower Essences there. The IHI is a Breema Bodywork School and twelve members enrolled. Several of the group became interested enough to purchase Flower Essence kits.

January marked the beginning of another Introductory Course at my home in San Mateo. The six classes were run on alternate weeks and allowed time for practice in using the essences.

This month still one more **Introductory** course begins. Richard and Patricia Katz of the California Flower Essence Society [FES] accept this Introductory Course as a prerequisite for their Summer Intensive program.

I am also starting the first **Advanced Level Seminar** for students who have completed the first course, or who are already familiar with essences. We plan to elaborate on Flower Essence applications, present case studies, share our successful

and problematical experiences with the use of essences, and hear tapes by outstanding producers of Flower Essences from the International Conferences.

AN ALASKAN FLOWER EVENING

Steve Johnson and Jane Bell flew in from Alaska to present a well-attended 3-hour evening here on April 22nd. They showed slides of the Alaskan Flower Remedies, including the several recently developed Pollen Essences, and a range of very fine gem elixirs made by Steve. This presentation was directed mainly towards those already familiar with essences.

THE THIRD INTERNATIONAL FLOWER ESSENCE CONFERENCE

This event is to be held in Sydney, Australia on September 18-20. For information contact Ian White, Australian Bush Essences, TEL: 02 905 6595, Fax 02 905 6468

1992 FES INTENSIVE PROGRAM, July 6-12

I will once again be a guest lecturer in Nevada City for this program. I will be sharing my experiences in practice, and discussing a detailed case study. I'll miss having Jane Bell as my teaching partner this year, but I know she is fulfilling a dream in Alaska.

FES SPECIAL TOPICS SEMINAR August 28-31.

I will be at this meeting at the California Flower Essence Society. These unique programs are open to all active practitioners. Typical topics include case studies, research essences, special uses of essences, plant observation, scientific

research developments and guest presenters. Afterwards I shall be ready for...

A SOUTH AFRICAN TRIP

This month-long trip in early September is with a dear friend, a fellow healer and psychotherapist, Florence Radin. As well as my family over there, we intend to visit several areas. In particular we'll go to Namaqualand, a semi-desert area in the western Cape, over the days of the Equinox. Here I am hoping to find that enough spring rain has fallen to bring to bloom the acres of spring wildflowers. My goal is to create a unique African Flower Essence that I can bring back to the US. I have had this idea for several years and recently had guidance to go ahead. I am excited at the prospect. I sense that the energies of Africa are powerful, resilient and very different from other continents. The Kirstenbosch Wildflower Gardens in Cape Town are known world wide and this too will be included in our itinerary.

OTHER DEVELOPMENTS IN MY PRACTICE: F/E PRODUCTS & BOOKS

For practitioners and students, I have become a source for FES products, including the Healing Herbs from England. Rose and Vegetable Essences from Perelandra in Virginia, Desert Alchemy from Arizona, the Alaskan Essences [Flowers, Environmental, Pollen and Gems] and the Australian Bush Flower Essences including Ian White's interesting and informative repertory. I can also acquire Bram Zaalberg's Flower Essences from Holland.

I have books available on the subjects of essences, inner growth, alternate healing and metaphysics. These make unusual gifts and one can gently introduce people to change in this way.

The new revised and expanded FES Repertory is a MUST with its detailed notes on 139 essences, including now the Healing Herbs from England and the new 24 Research Essences. You can learn ALL

ABOUT LIFE just by reading it! It is a very reasonable \$14.95.

ALTERNATE HEALING articles hit the newsstands a few months ago with the normally medically oriented and conservative Newsweek and TIME publications, both having cover stories, and relatively positive editorials, on several forms of alternate healing. Naturally all the success stories originated from individual experiences and not scientific studies, but the sheer weight of the numbers of such cures is beginning to make an impression.

CASE STUDIES:

Seeing many clients each week, as I do now, I am beginning to discover some interesting corollaries. The following is an illustration.

SINUS PROBLEMS CASE STUDY #1

Rita, a 36 year-old woman came to me, having had antibiotics several times in a row for excruciating sinus pain. Her history revealed that she and her husband, unable to have children, had adopted a daughter. Later she unexpectedly conceived and gave birth to a son. The adopted child was difficult to raise and clearly felt displaced by the new child. A teenager now, she was repeatedly abusive and disagreeable toward her mother. The father, who wanted peace and didn't experience this maltreatment at all, encouraged Rita to try harder to be loving, sweet and "understanding" to the girl. Trying to oblige, Rita indulged the child with special gifts which seemed to worsen the situation. Rita felt hurt, angry and victimized by the daughter as well as by the lack of support from her husband. All were feeling desperate.

I have learned that when one's breathing passages are affected, a disturbance of one's space and air is indicated. In breathing, we **give and take** air in and out in a balanced way. We need balance in all aspects of our living, and particularly in our relationships. Where the **give and take** is

not **equal**, somebody is getting in somebody's space. This leads to congestion of resentment. I could feel Rita's build-up of anger and encouraged her to **express her true feelings** instead of trying to please everybody.

The main remedy I used here was WILLOW, which encourages the "victim" to take responsibility for the situation and be open to grow and learn the lessons it offers. She needed to see her own part in the accepting of this abuse.

DILL was given for her feelings of being overwhelmed and powerless; PINE for any guilt feelings she may harbor for "betraying" the daughter by having another child, and also to clear away any old feelings that she deserved punishment.

CERATO was important, for her inner voice had been ignored; and CENTAURY would help her become more assertive. LARCH was also indicated for her low self-esteem and to introduce confidence and creativity. She needed to exhibit a better model of taking care of herself for her daughter to emulate. I strongly recommended family counselling.

Rita took the essences and wrote me later that the chronic sinus problem had disappeared. She and her husband were looking into counselling.

SINUS PROBLEM CASE STUDY #2

Linda, a graduate student in her mid-30's was attending a university in the East.

For several years she's had an unusual digestive problem which compelled her to eat small meals every couple of hours to avoid feeling energetically depleted. Her illness had hindered her progress at school. In order to complete her studies she had to extend her stay in that area for a couple of months.

On her return to California, she telephoned to report on her year away. She mentioned **several sinus attacks** during the final months of her sojourn, and the fact that

she had just completed taking a series of antibiotics.

Further questioning revealed that her search for appropriate accommodation, after the university residence had shut down, led her to take rooms twice with extremely unpleasant landladies! She had explained her requirements in advance each time, and it all started out fine; but both women had later become very unpleasant and nasty toward her. Linda's solution was to try to pacify, or avoid contact with them, in order to complete her work as quickly as possible.

Linda requested essences from me as they had always been a source of help for her. WILLOW and PINE were among the essences given to her along with help in developing more effective communication skills. Through working on the conflicts that had arisen, she learned new ways of communicating her inner feelings. Giving clear "I feel" messages was preferable to the accusatory "You" messages that invariably escalated into anger and denial.

IN SUMMARY: I have repeatedly found on questioning, that clients with sinus problems have invariably experienced frustration, anger and hurt through negative interaction with someone in their environment. Someone is getting in their space [or in their face].

Selecting Flower Essences, based on their personal reactions to the situation, so as to correct the imbalance, can effect a positive and lasting change.

SOME IMPORTANT POINTS ABOUT TAKING FLOWER ESSENCES

We are complex beings. Over the years since birth we have accumulated layers of responses and defences that once were essential, or so we felt, for our survival. When these old patterns become obstacles on our path, we seek ways of clearing them. As Dr Bach taught us, Flower Essences flood the system in a gentle way with

positive energy that leaves no room for the negative.

Imagine yourself like an onion, with layer upon layer of imprinted patterning added throughout your life. These imprints were largely determined by your reactions to the environment, circumstances in your family of origin; and of necessity you allowed them to cover up a whole lot of the Essential You. If your family was dysfunctional in any way the chances are you have many layers that need to be cleared. If you are a particularly sensitive being, life in even a well functioning family can leave lasting effects.

These layers need to be removed [or seen with awareness], one at a time. Flower Essences act by bringing consciousness to these areas. You begin to see more clearly how the old tapes trip you up, and that you can make more contemporary choices, instead of blindly following your old patterning. You learn to react from your **adult-self**, instead of from your **child-self**. You begin to grow up and the Essential You emerges like a butterfly !

FLOWER ESSENCES AS A PROGRAM

Flower Essences are **best** undertaken as a program. The program tempo can be entirely at your discretion. There is no pressure put on you to return to your consultant at any set time. You will know when you are ready to move on. Each of us develops at our own pace, and as we feel ready, so we undertake more.

Sometimes you might need a quick Flower Essence check-up rather than a full session, and that is available by phone, charged for by the actual time used, plus of course, the cost of essences and postage. So if you'd like to check whether you need some additional essences or simply a refill of the same set, feel free to call and we will set up a time for a mini-consultation. Long distance telephone calls for regular length appointments can also be arranged.

KNOW THIS:

These miraculous gifts of Nature are with us for a reason! They teach us about loving ourselves in the fullest possible way.

IF YOU ARE OPEN TO THEM, THEY WILL BE THERE FOR YOU.

SUBSCRIPTION INFORMATION:

THE ESSENTIAL FLOWER was originally intended as a general newsletter for my clients with information about Flower Essences and my work. Since mention of it appeared in the FES newsletter, I have had many requests for copies from F/E practitioners and non-clients. I have therefore decided to make a small charge of \$5 for two years of the Essential Flower (for non-clients only) to help cover expenses. At this point I am sending out two per year but that could change. If you would like to receive further copies, kindly remit the subscription fee to me at 522 CARMEL CIRCLE, SAN MATEO, CA 94402. **The Essential Flower remains free to anyone who has been a client of mine.**

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 on Flower Essences among your friends. I have beautiful floral photographs/slides with which to illustrate the presentation.

THE STARTER KIT for Flower Essence Practitioners---\$15.00

This consists of copies of two fliers explaining Flower Essences, (helpful handouts at talks you might give, or for potential clients); a sheet on Meditation Made Easy; one on how to take your Flower Essences (for clients); a sample Flower Essence Gift Certificate; a reminder note for clients to come for a fresh bunch, and a poem on The Flower.

You are free to utilize these materials for your own practice, rewrite, substitute your own name, address etc. I would like to

request, however, that if you share them with another practitioner a donation of \$15 would be appreciated.

GIFT CERTIFICATES

An unusual gift! Give an opportunity for change and growth to a loved one. Call for details (415) 348-7697

LASTLY

For all those who have been wondering- CHT stands for Certified Hypnotherapist. Most of all I love to work with Flower Essences and have been using them since 1970 when I was still living in Africa.

DO HAVE A HAPPY & ENJOYABLE
SUMMER SEASON!!!

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