

## *THE ESSENTIAL FLOWER*

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

---

"The Essential Flower" is alive and better than ever! - also, I hope, better LATE than never! It has been a while since the last one, and much has happened in the Flower Essence field. From my perspective, it is flourishing as beautifully as flowers do after the rain.

Recently I have sensed greater connectedness with Higher guidance in that my flower choices for clients are frequently punctuated by stirring, tingling energy rushes - and these are not your regular hot flashes. I CAN tell the difference!

This newsletter was originally intended for clients, as a source of enlightenment regarding this relatively unknown health enhancing modality. Since its humble beginnings in 1990, many professional practitioners have subscribed, seeing it as a resource and aid to their work. Consequently, current issues combine news about Flower Essences with more technical information. I shall notate the areas of special interest to practitioners, so clients can skip over them.

### FLOWER ESSENCES & PSYCHOTHERAPY

In my personal practice I see a number of clients who are already in therapy. The combination works most effectively. As issues surface with essence use, the therapeutic environment supports their release. Essences are a valuable adjunct but not always a substitute for long-term therapy, so I occasionally recommend psychotherapy to clients. Therapy itself can be expedited by simultaneous essence use.

### NEW FLOWER ESSENCES NEWS [practitioners]

I seem to have become a magnet for new essences! Eighteen Aloe and Succulent Essences were donated to me, created in the San Diego area. Another set from Santa Rosa, California, featured several essences made during a METEOR SHOWER! I acquired an extensive range of Indian essences from "Aditi Himalayan" friends, [more on that later]. Donna Cunningham and I exchange research essences and notes. Her findings on the South African Queen Protea are illuminating.

A couple of close friends [both intuitive] from San Francisco visited family in Costa Rica recently and returned with two new essences for me. The first, GAVILANA, which means "female hawk", has

clusters of small yellow flowers and leaves that resemble a flying hawk. This was felt to be good for balancing heat in the digestive system and a liver cleanser in cases of alcoholism. The second was made from the Rio de la Paz [River of Peace], which makes its description more an environmental essence. I am researching both at this time.

### THE "NEW SOUTH AFRICA" ACCEPTS FLOWER ESSENCES WITH OPEN ARMS!

Nelson Mandela's rise to the Presidency with equality for all races has been well covered by our media.

An article I wrote on MAGICAL FLOWER ESSENCES for the the Cape Town based "ODYSSEY MAGAZINE", [much like "New Age Journal"] has stimulated enough interest that I have been invited to lead two workshops, one in Johannesburg and one in Cape Town, and to be the keynote speaker at the Kirstenbosch National Botanical Gardens on "Flower Day".

While I am there, [it will be early spring in the southern hemisphere], I hope to return to the abundant, flowering areas of the W. Cape to possibly make another South African essence.

**For clients information, I shall be away August 10 to September 14, and then away again at the FES Special Topic Seminar September 22-26. If you are needing essences, I'll be available before or after these dates.**

### 1994 SPECIAL TOPIC SEMINAR AT FES

I will return from South Africa in time to attend this [weekend +] seminar in Nevada City.

The program will once again deal with emerging research. There will be presentations from Brazilian Flower Essence Instructor & Practitioner Ruth Toledo, as well as from Steve Johnson & Jane Bell of Alaska.

I plan to present case studies on current work with ADD [Attention Deficit Disorder], ADHD [Attention Deficit and Hyperactivity Disorder] and other traumatized children I have seen. [See page 3]

### HOW DO THE ESSENCES WORK?

As children, in the process of growing up, we adopted certain coping patterns to help us survive the stresses, particularly if there was dysfunction in

the family system. These coping patterns interfere with our progress as adults and increase stress. For example, the vulnerable small daughter of a raging alcoholic father may have learned then to survive by being "invisible" around men. Acting "invisible" around men now could handicap her in the corporate world. Releasing these negative emotional childhood patterns would facilitate her adult life.

The essences of flowers are the vibrational energy imprints of Universal love, expressed in nature's perfection and each offering the particular message we may need for our healing. Machaelle Small-Wright, from Perelandra Garden Essences in Virginia, says that the nature kingdom responds to our needs by producing the very healers we require all the time!

The BLACKBERRY plant, by nature unstoppable and irrepressible in its self-manifestation is the perfect remedy for someone who procrastinates *ad infinitum*. Take the essence and complete those projects!

**Flowers reconnect and remind us what we have forgotten**, so we can consciously reclaim our naturally inherent abilities.

A person [perhaps the young woman mentioned earlier] experiencing FEAR or ANXIETY has forgotten COURAGE and TRUST. Depending on the type of fear, ASPEN, MIMULUS or ROCK ROSE can reintroduce courage and trust into her life.

#### FLOWER ESSENCE CONSULTATIONS

The client experiences a SURGE OF POSITIVE ENERGY from the consultation, and as the drops are taken regularly over the following weeks, there is "an EXPANSION, an UNFOLDING, a FREEDOM TO MOVE IN DIRECTIONS that seemed closed before". Over the months "things bubble up" and can be transmuted, one finds COMPASSION where there was anger, takes RESPONSIBILITY where there was blame, rough spots become SMOOTH as BLOCKS DISSOLVE and there is an OPTIMISTIC awareness that you HAVE THE POWER TO MAKE YOUR DREAMS HAPPEN. There is GRACE in your life. Also, because of the positive energy within, the outer world reflects that too. It's like, "when we have the courage to honestly open to change, the angels reward us". What we have come to understand is that focused awareness helps release self-blame, guilt, fear, grief or anger, and I strive to provide unconditional support and encouragement. One client's comment: "I had no idea that dealing with past traumas could be so uplifting!"

#### EXCITING INSIGHTS FOR CHILDREN with ADD & ADHD!

All living creatures are positively receptive to this safe, natural modality. Children respond faster and more obviously to subtle energies [flower essences] than do most adults because they are still free of built-up layers of defences.

I have been working extensively with children and their families. The past two years my work with the essences has drawn interest from parents of children with learning difficulties.

A private educational specialist and teacher in San Mateo, Andrea Shor, has personally benefitted from Flower Essences over the years. We had met after a student surprised her with his "dramatic improvement" during a course of essences he 'd been given by me.

She sees the essences as effecting changes at a basic "soul level". Knowing that these are as safe as "being with a flower", she and I began working together to explore the possibilities of improvement through understanding the children's feelings. To facilitate the tracking of each child's behavior and progress we later formulated a questionnaire and a progress sheet.

Typically, a child with Attention Deficit Disorder [ADD] or ADHD [with Hyperactivity] exhibits "flight or fight patterns". They are restless, and often cannot focus on or complete tasks at hand. Although mostly inattentive and easily distracted, unexpected changes upset them. Seemingly "not present" when addressed, they may also over-react. Insatiably self-centered, they lack social judgement of how their actions affect others. Endlessly frustrating for parents and teachers, these children disrupt classes, are tiresome and ungratifying students and fail at lessons. Under parent and teacher pressure to conform, the child believes he/she is incapable of succeeding, and consequently struggles emotionally with feelings of low self-esteem and depression - particularly if a sibling is high-achieving.

Most of the ADD and ADHD children experience acute environmental allergies-another symptom of their feelings of stress.

A common medical solution is the drug Ritalin. The 1992 Physician's Desk Reference notes side effects of the medication to be nervousness, anorexia, nausea, appetite loss, depression, insomnia and drowsiness, dizziness, headache, blood pressure fluctuation, irritability, abdominal pain, dermatitis and skin rashes. There is a warning against it being used with children under six years old, and the effects of long term use are not yet available.

After working with a considerable number of ADD and ADHD children, I became aware of similarities in reports of possible trauma in their early histories. This seemed significant and pointed a direction for my focus.

In response, I formulated a combination of essences selected for each individual situation. The essences were based in spring water and were to be taken several times daily. Each child was carefully monitored.

In 20 out of 24 cases followed, after a few weeks, I heard reports of positive changes from both the

parents and tutor. Essences clearly had moved some of the blocks!

One boy with ADHD, who had been resisting sitting for Bio-feedback Therapy, accepted it after essences use. He relaxed and could benefit from both. The children were more present, able to concentrate, and seemed happier. One delightful component that occurred too many times to be a coincidence was that the children became unexpectedly openly affectionate and loving! - even pre-adolescent boys whose natural tendency was to pull away from "sissy stuff" became warm and cuddly towards their mothers. A temporary tiredness became a positive signpost that changes were occurring, and sometimes the child might "get a cold" - a more physical healing crisis. Some allergies also were alleviated by the remedies, although physical symptoms usually take longer to leave. It became apparent that working with these children is a process of unravelling layers.

While this takes place, it is often beneficial for one or both parents, and perhaps other family members, to have Flower Essence support too. Families enduring unusual stress may have developed inappropriate coping patterns that could use reassessment and adjustment. In some cases a period of psychological counseling may be recommended for the child and family. Sometimes "the gift" of having this "troubling child" in the family results in the reformation of a more satisfying and successful family unit. This "whole family repatterning process" is presently occurring with several families. Essences are reselected for each member at different stages to facilitate the changes.

Although some children may have certain inherited characteristics and will remain essentially different from others, through this work they can accept themselves and integrate more easily into family, school and society.

#### ALASKAN FLOWER ESSENCES [For practitioners]

Jane Bell has been a friend and colleague since we met at the Flower Essence Society Intensive in 1987. A couple of years ago she left balmy Marin County to work closely with Steve Johnson in white 'n icy Alaska. We keep in touch and I wanted to include her description of the Alaskan essences as "the most evolutionary energies for healing the planet" because they are created from the collective energies of plants covering thousands of acres of unspoilt nature.

Alaska's FIREWEED COMBINATION essence has a remarkable "signature". Its energetic imprint is important to us as [wounded] healers. FIREWEED is one of the first plants that germinates in the scars of fire-devastated land, rapidly regenerating and "recovering" the earth. Perhaps it also needs to endure fire for its seeds to burst forth in new growth. Some of us need to go through pain to realize our

best work in the world. FIREWEED is then followed by other plants.

Besides the pink-magenta FIREWEED, the three others are: WHITE FIREWEED to facilitate the release of deep pain and trauma held at the cellular level of the body; RIVER BEAUTY, which helps one identify and release an emotional backlog of energies; and DWARF FIREWEED, to support the action of the others and act as an overseer for the whole transformative cycle. Needless to say, this combination is greatly effective for many "post-traumatic" cases, as well as for anyone needing to move beyond a past difficulty.

#### C. S. LEWIS - ON FLOWER ESSENCES?

As I was writing the newsletter I received from a friend an excerpt from C. S. Lewis' "The Lion, the Witch and the Wardrobe". I decided it was pertinent here. To quote:

"Last of all he [Father Christmas] said, "Lucy, Eve's Daughter," and Lucy came forward. He gave her a little bottle of what looked like glass (but people said afterwards that it was made of diamond) and a small dagger. "In this bottle", he said, "there is a cordial made of the juice of one of the fire-flowers that grow in the mountains of the sun. If you or any of your friends are hurt, a few drops of this will restore you." - (And later in the story) -

"They found Edmund in charge of Mrs. Beaver a little way back from the fighting line. He was covered with blood, his mouth was open, and his face a nasty green colour. "Quick, Lucy," said Aslan. And then, almost for the first time, Lucy remembered the precious cordial that had been given her for a Christmas present. Her hands trembled so much that she could hardly undo the stopper, but she managed in the end and poured a few drops into her brother's mouth. "There are other people wounded," said Aslan while she was still looking eagerly into Edmund's pale face and wondering if the cordial would have any result. "Yes, I know," said Lucy crossly. "Wait a minute." "Daughter of Eve," said Aslan in a graver voice, "others also are at the point of death. Must *more* people die for Edmund?" "I'm sorry, Aslan," said Lucy getting up and going with him. And for the next half hour they were busy - she attending to the wounded while he restored those who had been turned to stone. When at last she was free to come back to Edmund she found him standing on his feet and not only healed of his wounds but seeing him looking better than she had seen him look - oh, for ages; in fact ever since his first term at that horrid school which was where he had begun to go wrong. He had become his real old self again and could look you in the face. And there on the field of battle Aslan made him a Knight." (End) -Very interesting yes?

## BOMBAY DOCTORS VISIT CALIFORNIA

In June, 1993, I hosted Drs. Rupah and Atul Shah from India for a short visit. A most charming couple and both M.D.'s, they have a Complementary Medicine Research Centre in Bombay where they use Flower Essences and homeopathic remedies almost exclusively with their patients.

I held an evening to view slides of their ADITI HIMALAYAN FLOWERS and the Himalayas, where the essences are created. Clearly inspired in their work, the Shahs shared that they are now making essences without harming the flowers. The revered LOTUS, included in many of their products, was evocatively featured.

A video demonstrated moving examples of "before & after" Flower Essence use. Many patients were children and it was captivating to watch the colorfully garbed, beautiful mothers talk in lilting, accented English about their children's improvements. One 7 year-old boy clearly had lost his stutter, and another infant, not expected to survive due to severe breathing problems, was seen after treatment to be breathing quite normally and doing "very well".

[For practitioners]-While here, the Shahs shared with me ways to access more essences and achieve better results. I now use between three and fifteen essences at one time. It was an ideal opportunity to watch the Shahs work, become familiar with their essences, and enlarge my repertoire of flowers. In India, they have created a substantial "bouquet" of excellent quality individual, as well as combination, essences.

## 1993-TWO INTERNATIONAL CONFERENCES

The first was in Bodensee, Germany, in September. The second, a month later, was held in Buenos Aires, Argentina. South America has more than 3,000 registered practitioners, many being healing professionals.

Also last year, IAN WHITE of the AUSTRALIAN BUSH ESSENCES attended the July Flower Essence Society Intensive program in Nevada City. While in California he held a weekend workshop at my home and we utilized my garden flowers for outdoor plant attunement. I understand Ian will be taking his essences to South Africa during 1995.

## FLASHBACK TO FES SPECIAL TOPIC SEMINAR in September 1993.

Although my work with the ADD children was still young then, I was able to detail three successful case studies for my presentation. The program was highlighted with informative talks by experienced practitioners and experts who shared their research findings.

A few highlights: Practitioner Elly van Ekelberg gave a moving and personal account of the making

of the EVENING PRIMROSE essence and her own healing on profound spiritual, emotional as well as physical levels. Her Evening Primrose is now part of the Bloesemremedies kit in Holland. [She and her husband, Hans, also brought scarlet tulips bulbs for my spring garden].

Patricia and Richard Katz presented a slide program on "Understanding Flower Essences through Botanical Plant Families". Hans, a Social Worker professionally, had coincidentally been preparing diagrams and charts on this very same subject, and he shared his findings with all.

Jungian therapist Emily Whiteside Olson and Patricia related fascinating dreams in which Flower Essences reveal their healing messages.

Emily's "Archetypal Themes in Soul Healing" - a child's case study, was illustrated with sand trays and artwork from the child. Emily talked about trauma and its negative impact on children under three years old.

"The Color Language of Flowers" concerned an emerging, new color spectrum including the vibrations of a new range of pinks and magenta. We learned to use several same-color flower essences to impact a particular chakra [energy center].

With fragrant Essential Oils, Katherine Cook demonstrated her Aromatherapy techniques and that same afternoon Richard led a nature walk pointing out the newly terraced rockeries and developing gardens of Terra Flora, home of the California Flower Essences.

The evening we had the Fire Circle under the stars was most moving. There was a special "clearing and releasing ritual" for the group who will reassemble at some future date for the making of LUPINE essence, one promising to be for major earth healing. The LUPINE is from the PEA botanical family and brings light to social issues.

## 1994 FLOWER ESSENCE CLASSES

An Introductory Workshop was held February to May this year.

**UPCOMING CLASSES - OCTOBER 1994** An **Introduction to Flower Essences Weekend Workshop** is planned for October 22 & 23. We begin at 9.30 am to 5.00 pm both days with an **EVENING SLIDE PRESENTATION 8 - 9.30 pm** on the Saturday. There will be a lunch break. Fee is \$225, payable in advance to ensure your place. Call for address and directions.

An **ADVANCED GROUP WORKSHOP**, for those who know the basics and want a forum to discuss experiences with essences and current research, will begin October 12 on alternate Wednesdays, 7-9.30 pm., ending December 21, 1994. Fee \$225, payable in advance to ensure your place, includes an optional \$25 for essence use.

FOR FUTURE CLASS dates call or fax my office. If you are already listed you will be notified when workshops are scheduled. Mention if you prefer a weekend workshop.

#### TALKS ON FLOWER ESSENCES

I regularly give talks to groups as an invited speaker. Do contact me if this interests you. I have floral photographs/slides for illustration.

#### IDEAL FOR EMERGENCIES!

Always keep a dosage bottle of the 5-Flower [aka First Aid Remedy or "Rescue"] in your home, car and purse. Four drops under the tongue can alleviate shock in any emergency. Effective for stress, trauma, grief, even insomnia! Show your children how to use it! Harmless, it also soothes pets in stress.

#### HOW TO PREPARE YOUR OWN DOSAGE BOTTLES OF FIVE-FLOWER FORMULA

You can make many dosage bottles from a single 1oz stock bottle. Pour 1/3 preservative, [brandy or apple cider vinegar] and 2/3 spring water into a new 1oz dropper bottle. Add 4 drops from the "stock". Shake well - it is ready for use. I carry these supplies.

#### C.A.S.E. NEWSLETTER

Donna Cunningham, now living in Washington State, previously published the informative "SHOOTING STAR" journal. Based in the Pacific Northwest since 1992, her "Cascadian Association for the Study of Essences" is a non-profit organization. Regional groups get together for events, and there are S.I.G.'s - Special Interest Groups. They publish a newsletter, and audio tapes are available from their events. Write C.A.S.E., P.O. Box 803, Port Townsend, WA 98368.

#### A MOMENT OF SILENCE -

You may remember my note of thanks in the previous newsletter to a very dear friend David Hall of San Mateo, Yoga Teacher, Deep-Tissue Bodyworker and Computer Engineer. David came originally from South Africa and was always gracious and generously available when I needed computer assistance.

David passed away after a short illness in April, 1993. He is deeply missed.

#### SUBSCRIPTION INFORMATION:

At this time "THE ESSENTIAL FLOWER" is still FREE TO CLIENTS. For NON-CLIENTS there's a \$5.00 subscription for 2 issues. If non-clients have not paid, this may be your last newsletter, unless the subscription is received. You will receive two issues after a paid subscription. Remit fee to Patricia Meyer, 522 Carmel Circle, San Mateo, CA 94402.

#### GIFT CERTIFICATES

A unique way of giving flowers! Introduce opportunity for change and growth to a loved one with a Flower Essence Consultation. Call for details: 415/348-7697.

#### A RESOURCE CENTER FOR FLOWER ESSENCE RELATED PRODUCTS & BOOKS

I keep books on healing and metaphysics for students, clients and those interested. This "Essential Flower" features an ORDER FORM with current prices and details of items available. Questions? Call weekdays 9-10am.

[For practitioners] Here are the contents of "THE STARTER KITS" #1 and #2

#### #1. F/E Practitioners Kit

This kit contains copies of:

Two fliers explaining Flower Essences, [helpful handouts for potential clients]

Meditation Made Easy

How to take your Flower Essences [for clients]

Flower Essence Gift Certificate

A reminder note for clients for a fresh "bunch"

Poem on "The Flower"

#### #2 Advanced Practitioner's Kit:

Flower Essences for Children

This kit contains:

Description of Attention Deficit Disorder

"All About Flower & Gem Essence Therapy"

Intake Form for background information

"The Process of Flower/Gem Therapy"-Info sheet for parents describing process

Suggested Flower Essences for children

A note from God.

NB. You may 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 the cost would be appreciated.

Please direct all correspondence to:

PATRICIA MEYER

522 CARMEL CIRCLE

SAN MATEO, CALIFORNIA 94402

TEL. 415 348-7697

FAX. 415 348-8947

### IMPORTANT NOTICE

IF THE "ESSENTIAL FLOWER" NEWSLETTER IS NO LONGER OF INTEREST TO YOU, KINDLY NOTIFY ME.

HELP SAVE TREES AND THE MAIL SERVICE  
THANK YOU FOR YOUR TIME!

- Patricia -

## NOTES FROM MY CLIENTS

"Springtime is the season where I think of you most often- Flowers everywhere- rain and sun and the promise of new beginnings. A time of hope and inspiration, re-creation and renewal -And Flowers everywhere. Happy springtime. Blessed are the Flowers and The Lady who Unlocks their Mysteries! "  
S.T.

"Thank you for your patience and support- you will be hearing from another client or two - your work is very important! " J.D.

"I have definitely been in a relaxed and clear-thinking state of mind. As time goes on, I feel the centered feeling will appear in other areas of my life." J.S.

"I just want you to know that I do feel different and more at ease about a great deal of my problems that I discussed with you. I have taken the drops very consistently and without a doubt I feel the change in myself." A.F.

"I can't believe how much better I feel from the Flower Essences. It's very subtle but I feel less torn. Amazing. Also, thanks for the dream interpretation, sooo helpful as always." M.W.

"I wanted to say a special Thanks to you for your help on my journey. You are very skilled and dedicated." V.S.

"Thank you and I love you for all of your essences and power! I couldn't do what I do without your help-" D.B.

"The Flower Essences for Jet Lag were just fantastic. It was just great NOT to lose three days at each end while my mind and body recovered. I arrived home on Wednesday night and went back to work on Friday morning- feeling good- which is quite amazing. " B.M.

"I want to thank you for all your love and support. My meeting with you has had an immeasurable impact on my life. I look forward to working and learning from you more." L.H.

"I want to thank you personally for the wonderful presentation you gave to the ladies of ORT. I received many calls telling me how much they enjoyed the program. For myself, I was so happy to meet you and I think of you every time I see a beautiful flower....affectionately," B.R.