

THE ESSENTIAL FLOWER

-The always positive Flower Essence Newsletter-

Greetings! The past few months have been most eventful in the world of Flower Essences and I have many exciting things to report!

FLOWER ESSENCES CLASSES (April to June '91)

Since the February newsletter I gave my first 3-month Experiential and Introductory Course on Flower Essences here in San Mateo. Eight students took part and all happily reported some positive personal change during the period as well as delight with the subject. The evening classes were held at 2-weekly intervals so that essences could be taken and the effects noted and discussed in the group. It was generally felt afterwards that the Flowers had opened a whole lot of new possibilities for them.

A follow-up Advanced Class is also in the planning for those who have completed the Introductory Course.

Richard and Patricia Katz of the California Flower Essence Society accept this Introductory Course as an alternate Introductory Course and prerequisite for their Summer Intensive program. I am planning to give further courses so please call me if you are interested.

For practitioners or students I am also a supplier for FES including the Healing Herbs from England, Perelandra, Desert Alchemy, the Alaskan F/E, the Australian Bush Flower Essences, and other related products.

SECOND INTERNATIONAL FLOWER ESSENCE SYMPOSIUM

This event was held in early June at Victoria University, B.C. Canada this year.

It was tremendously exciting to be there and to hear Flower Essence experts and producers from all over the world discuss their processes, progress and new discoveries. Many different companies were represented and booths lined the corridors between the lecture halls.

Richard Gerber MD, author of the groundbreaking book *Vibrational Medicine*, delivered the keynote address HEALING INTO THE YEAR 2000. In a fascinating slide presentation he demonstrated scientific evidence of the effects of vibrational work and in particular the Flower Essences, saying that Flower Essences are presently the most advanced form of vibrational healing. They are able to effect positive change to living forms on *physical, mental, emotional and spiritual levels*, more levels than any other vibrational form. He reiterated what Dr Edward Bach had said in the 1930's, that for true healing to occur, all these four levels need to be addressed. Dr Gerber also discussed Acupuncture, Homeopathy and Gem Elixirs.

I attended talks by Ian White, a fifth generation Australian herbalist who has developed over 50 Bush Flower Essences; Cynthia Kemp of Desert Alchemy, who utilizes the various cactus-type and other desert plants in Arizona; and Steve Johnson, whose Arctic life in Alaska led him to create environmental essences like Rainbow Glacier and Solstice Sun as well as the many indigenous plant essences. Ruth Toledo, a F/E practitioner from San Paulo, Brazil, described many of her case studies and showed how she applies the energy pattern of each flower for the different issues of each client. Ruth later came through San

Mateo en route home and we enjoyed another visit.

A featured highlight of the Symposium was an early evening tour of the famous Butchart Gardens with its breathtakingly beautiful sunken garden, manicured lawns, acres of perfect flowers and shrubs and a pattern-spraying fountain. I took many photographs!

On the last day the California FE Society's Patricia Kaminski delivered the closure to the conference with a talk called RAINBOW WEAVINGS in which she mentioned the work I had done with her and her allergies. She also described several of my other case studies regarding clients struggling with Environmental Allergies, the Epstein-Barr Syndrome and Chronic Fatigue.

Since the conference, I have enlarged my floral repertoire to include most of the **Australian Bush Essences**. The Australian flowers are quite magnificent. For practitioners interested, I am able to distribute these essences as well as Ian's beautifully illustrated book. He gave a slide presentation here in July and is willing to do a repeat sometime in the future.

I have four new essences from **Bombay, India**, after meeting with an extremely enthusiastic Dr Atul Shah. He explained that the essences are prescribed according to Ayurvedic principles by certain MD's in India and they are proving to be highly effective.

I have also acquired all the **Bloesem Remedies** from **Bram Zaalberg** of the **Netherlands**, who was in San Mateo in July. A most stimulating and enriching Weekend Workshop was held in my home. Bram distributes for the FES in Europe as well as teaching, healing and producing his own essences. He is truly a living example of his own pure light! I received many letters of appreciation from participants. We hope to be able to have him here again. This workshop helped me to become even more conscious of how to relate essences to the client's past, future, male, and female aspects for greater balance.

On occasion, since increasing the range of essences I use, I have found synchronicity in that the essences from foreign countries, or particular geographical regions, tie in with the origins or heredity of certain clients. It seems possible that we may be able to make another valuable soul connection this way.

1991 FES SUMMER INTENSIVE PROGRAM

In July I once again travelled to Terra Flora, Nevada City headquarters of the California FES with Jane Bell. As guest lecturers we shared our experience with this year's very full Summer Intensive class. We described case studies and practical aspects of our work and the Practitioner Starter Kits I had prepared were purchased by many of the group.

Incidentally, there were nine students attending the course from Brazil, South America, this year. We learned that, like in European countries, Flower Essences are featured frequently in the press and magazines there and are generally more in evidence than they are here.

OTHER DEVELOPMENTS IN MY PRACTICE

I purchased a Mac Classic computer as a July birthday gift for myself to facilitate newsletters, fliers, workshop planning, case study reports and general communication. We are becoming fast friends!

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. It remains free to anyone who has been a client of mine.

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

This consists of: copies of two fliers explaining F/E, (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 F/E 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. (Address above)

THE ACUHEALTH SYSTEM - a No Needles acupuncture tool !

This is a low voltage (11v) battery operated, non-skin puncturing acupuncture type system from Australia, safe and easy to use. The lightweight instrument comes with a complete book of clearly illustrated instructions on use for many chronic or acute health problems and pain relief. It has an audio and visual signal to help you find points with accuracy. It is also available in a Veterinary model for use on animals. Because I have found it a very useful tool I have become a supplier. If you'd like more information or a brochure, please call me.

A CASE STUDY

A woman in her early 40's, diagnosed medically with Epstein-Barr Syndrome and Chronic Fatigue, asked if F/E could be helpful for her case. She was under the supervision of a nutritionist, having Chinese acupuncture, and seeing a holistic medical doctor at the time; but there had not been

much change in nearly two years, and she was feeling very disheartened. She also mentioned that she frequently suffered badly from environmental allergies.

In consultation it became clear that her family had been extremely dysfunctional. Many of the old issues were still affecting her and upsetting her delicate balance. Just being with her parents triggered painful memories and emotions which were followed often by a physical breakdown. Her father's alcoholism and subsequent inappropriate treatment of her and her siblings coupled with her mother's projected blaming patterns and inability to solve her own problems left her daughter with feelings of deep guilt, inadequacy and self-hatred. Several Flower Essences came to mind as she talked.

She began to take **Pine** (Healing Herbs) for the feelings of guilt, some stemming from her own feelings of inadequacy and some, I sensed, picked up from her mother's feelings as well. Pine seems to be one of the most needed F/E for dysfunctional family situations as it also brings with it a sense of self-acceptance. I frequently recommend it when a client has had an overly strict or harsh upbringing, as was this situation. I often use the FES Pine as well as the English one.

Crab Apple (also Healing Herbs) was taken to bring self-acceptance plus a feeling of clean, wholesomeness. It is suggested for a client admitting to extreme concern with detail as well as a need for meticulous perfection.

Centaury (H.H.) was an important essence to help her 'reclaim' her life. Centaury-people are obedient, much like doormats, and as such their needs are often disregarded (usually unintentionally) because they are so NICE and agreeable.

She also took **Yarrow** (FES) for the constant feeling of vulnerability. I have found that people who suffer from allergies often feel very vulnerable in the world. It is as though they always feel in danger from

verbal or physical attack. This could stem from periods of emotional or physical abuse during childhood. Sometimes we have no memories of this at all, our minds have it all blocked, but we suffer from the resulting effects. **Golden Ear Drops** helps us contact those memories so that they can be processed by us and healed. She actually took all the different **Yarrows (White, Pink, Yellow, Golden)** I had available as Flower Essences and even bought herself a Woolly Yarrow plant to keep at home.

She took these essences and others for some months and found that during this period she became increasingly aware of her own negativity, guilt feelings, her perfectionism and self-disregard. This awareness led her to voluntarily alter her behavior with her family; she became more assertive, and as she accomplished these changes, she began to *feel* increasingly empowered on an emotional level, more in charge of her life. *This change was immediately reflected on a physical level as she experienced fewer and fewer lapses into fatigue.* Her energy level began to increase progressively as we worked through various issues using the wisdom of the flowers. The vibrational essences act as catalysts increasing awareness. They form a 'rainbow bridge' reconnecting us with what we have forgotten.

On this spiritual level, something unusual and wonderful occurred. She knew now to pay attention to any strong feelings she was having, as each was potentially a key of a doorway to her blocked energy. One day, as she was experiencing feelings of intense anger, I suggested she pound safely on a pillow, repeating aloud some of the thoughts that were filling her mind. She followed my instructions and found release through tears that seemed uncontrollable. After a while this abated and she reached for paper to write her feelings down. Lo and behold! ...poetry flowed from her pen! This was the beginning of a new awareness of another whole creative part of herself, a

unique talent latent until that moment. It brought her a sense of self-appreciation and pleasure as well as a remarkable series of expressive (and publishable) poems. It took tremendous courage for her to go into her feelings and she was richly rewarded.

This case study really demonstrates **how much one can gain from a committed program of Flower Essences.** We may be ignorant of many of our own abilities for most of our lives. An illness or problem may prove to be the one doorway to discovering a vital piece of ourselves. Machaelle Small Wright's poster of the Perelandra Garden states "Only those who can see the Invisible can do the Impossible". There is more going on than one sees. Being open-minded can be very beneficial.

FURTHERMORE on this subject.....

Many people who know me as a Flower Essence consultant, teacher and hypnotherapist are unaware that I have a background as an artist. In fact I have exhibited extensively in South African galleries and museums and even locally in Bay area galleries. I work in various media: oils, acrylic, watercolor, pencil and graphics.

The Flower Essences became an interest of mine in Africa through a focus on health and healing for my family. Believing now that everything we do is meaningful, I find these two careers of mine somehow entwined. Perhaps my awareness of creativity is my special way of helping access talents in others.

With much of society involved in a rat race (are the rats winning?) and people competing so desperately for survival, an answer I see is for us to access our uniqueness, and to explore our special gifts.

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.

GIFT CERTIFICATES

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

FINALLY.....DON'T SHORT-CHANGE yourself with flower essences. Sometimes you might need a quick 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.