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THE ESSENTIAL FLOWER

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

Greetings and my best wishes for 1993. We have completed another most eventful year in the world of Flower Essences. After a busy summer I made an unforgettable journey to South Africa; but first an update on more local happenings in the flower world.

FLOWER ESSENCE CLASSES

June 1992 saw the beginning of another Summer Introductory Workshop and the first Enrichment Seminar for Advanced Students. Both classes were held over a three month period to allow for experiential use and evaluation of the essences.

January 20th, 1993 is the start of a 6 -session Advanced Seminar for students who are already familiar with essences or who have completed the Introductory class.

For more information about classes, please call me. Do tell me if you'd prefer a weekend class or a weekend workshop.

CA. FLOWER ESSENCE SOCIETY

In July 1992 I made a presentation at the FES SUMMER INTENSIVE in Nevada City and was delighted to find two former students there. If any of you are interested in attending the 1993 FES SUMMER INTENSIVE SEMINAR, do call early as this program draws many overseas participants and the class fills quickly. FES Tel: 916 265 9163

OVERSEAS FLOWER ESSENCE NEWS

Flower Essence interest in South America continues to flourish. Ruth Toledo, a gifted practitioner who lectured at the Victoria International Conference, is spearheading workshops and study groups in Sao Paulo, Brazil. Patricia & Richard Katz held well-attended workshops there last Spring which were followed by ongoing seminars. They also conducted workshops in Buenos Aires, Argentina.

Steve Johnson [Alaskan Flower Essence Project] and Jane Bell will be in San Paulo in 1993 to teach the Alaskan Essences as well as to introduce their kit of new Alaskan Gem Elixirs.

THE THIRD INTERNATIONAL FLOWER ESSENCE CONFERENCE

This major event was held in Sydney, Australia on

September 18-20, 1992. The major Australian producers of Flower Essences arranged the conference. I was in Africa at that time, but I understand that the Conference was very well attended by world-wide producers, teachers and students. Richard and Patricia Katz represented the California FES and they conducted workshops in Melbourne and Sydney.

THE FES SPECIAL TOPICS SEMINAR

This took place on a 4-day weekend towards the end of August in Nevada City. This was a star-studded gathering of 24 gifted and experienced Flower Essence practitioners. Carol Rudd came from England and Barbara Moore-Link from Hawaii. Participants delivered presentations describing their methods of utilizing flower essences. To mention a few: -

Richard Katz introduced a group of lily research essences. Recent studies indicate their particular effectiveness for female issues. There appears to be some correlation between a bulb safely within mother earth and the uterus of a woman.

Patricia Katz held us spellbound with her delineation of seven basic meta-levels in the human soul's development. She also discussed the use of specific essences to facilitate aspects of each level.

Also from California, Connie Rodriguez, a Jungian child and family therapist who specializes in Sandplay Therapy, presented case studies describing her use of Flower Essences in work with troubled children. With photographs of sandtrays and successive pieces of artwork, she demonstrated clearly both successful results and how remarkably well children respond to the flower energies.

Arlene Adams, a psychiatric nurse in private practice in Washington, described her crisis work with sexually, emotionally and physically abused women. Arlene works with meditation, guided imagery and Flower Essences. She edits the "Yoni Journal", in support of "womyn birthing their real selves". She highlighted the Flower Essences she uses most often in cases of Multiple Personality Disorder.

Lilli Botchis, a wholistic health counselor, herbalist and Flower Essence teacher from N. Carolina

combines the herbal, more physical, qualities of plants with Flower Essences for excellent results. Lilli also screened her breathtakingly beautiful series of orchid slides.

Donna Cunningham MSW, fired us all with her passion for Astrology; and demonstrated how challenges and difficulties already set up in the birthchart can be alleviated by Flower Essences.

Doris Clarke, an innovative and energetic chiropractor from Virginia, described her work in the inner cities. Doris has a specially outfitted mobile van in which she practices Color and Sound Therapy, Chiropractic and Flower Essences. She travels from city to city, working with people who would not normally have access to wholistic work. She has attracted a regular following through successful results.

Gentle Patricia Dunn-Serota of Archangel Herbs carefully described her field of expertise. She combines hand-made Herbal, Essential Oil and Flower Essences into delicate and effective salves for massage therapy. She has received positive feedback from the Center for Self-Healing in San Francisco which deals with people struggling with chronic degenerative diseases. She also supplies salves to massage therapists, chiropractors and nurses. If you would like some, give me a call.

Both Patricia Katz and I have been consulted by clients struggling with Chronic Fatigue and Epstein-Barr Virus Syndrome; and we each talked about our experiences, insights and discoveries and the essences we found most effective.

THANKS DUE

As I mentioned in the previous ESSENTIAL FLOWER, the month-long trip in early September to South Africa was with a dear friend, a gifted healer and psychotherapist, Florence Radin. We have remained close friends, even after the trip! Florence, who is also a poet and writer very kindly assisted me by editing recent newsletters. I'd like to give her credit for that as well as to introduce her as the editor of this issue. WELCOME and THANK YOU, Florence!

David Hall, of San Mateo, Yoga Teacher, Deep-Tissue Bodyworker and Computer Engineer, has been another treasure with his generous availability when I've needed computer assistance. THANK YOU David!

SOUTH AFRICAN TRIP

My first trip "home" since 1990.

We were met by my very excited and welcoming family in Johannesburg after a seventeen-hour flight from New York. Florence and I spent several days with them before taking a 4 hour flight to the Western Cape. It was just a few days before the Spring Equinox [Fall here] when we touched down in

Springbok, in the heart of Namaqualand, original home of the Namaqua tribe. An arid, desert area south of Namibia and the Orange River, it is not far from where alluvial diamonds are mined and even found on beaches. Copper mining originally opened up the area which is extremely rich in many minerals. Semi-precious stones like Beryl, Spodumene, Mica, Corundum, Fluospar, Tourmaline and Garnets are found there. Many of these unusual minerals are used in industry. We were later told about whole mountains of quartz crystal in the area.

Extreme temperatures of the desert cause the wild flowers to remain dormant, but if there is a brief winter rainfall in July, the whole desert blooms in Spring! Miles and miles, acres and acres, of flowers appear, with thousands of varieties, and hundreds of species. The area becomes a mecca for flower pilgrims and its profligate beauty is one of the wonders of the world of nature!

I had arranged for a car rental in Springbok but was told the car could not be driven all the way to Cape Town. I foresaw a problem, but hadn't reckoned on angels. On the way there, our small plane stopped once in Uppington to admit a businessman who sat next to me. I chatted about the Flower Essence work and what I hoped to achieve in Namaqualand and Cape Town. I just happened to mention the limitations we had with the rental car. He said "Mention my name at the rental office", and he arranged for us to drop the car in Cape Town at our convenience. What a gift!

In Springbok we were accommodated at the Springbok Cafe, owned by a Mr Jopie Kotze. Jopie, a tall and vital, silver-haired Afrikaner, with a portable telephone constantly in hand, is an enthusiastic mineral collector and expert on every aspect of the area. Drawing on maps, he carefully directed us to the finest floral displays each day. Because of the extreme heat, hovering around 105 F the first three days, he equipped us each with a litre-size Coca-Cola bottle of frozen water, to drink as it melted. One day it was so hot we poured the ice water over each other.

Our cobalt blue Golf rental with no air-conditioning or radio, had manual transmission with the steering on the right side. I had to remember again how to drive on the left! Fortunately there was little other traffic.

Initially we spent some hours at the Hester Malan Wild Flower Garden of the Goegap Nature Reserve where small succulents are displayed at eye level, and a great variety of Aloes and other large succulents stand out on a rocky outcrop. We saw the Quiver Tree [a variety of the Aloe Vera], with its narrow, hollow branches used by the Bushmen to hold their arrows.

Acres of flowers were easily seen from the main roads; but for me to make an essence and connect

with the flower devas, I required a more pristine environment.

On the fourth day I drove 42 miles to a farm called Skilpad [Tortoise]. The area was hilly. At this time the higher elevations had the more lavish displays of flowers. On the way, I had noticed clouds beginning to gather. Several cars full of people who had been ahead of me when we went through the farm gates, turned back, expecting the flowers to be closed in shade. My heart told me to continue; and on I drove, through several more gates. I was in a wide valley, with distant low hills on both sides, and colorful flowers blooming as far as I could see. The ubiquitous **Namaqualand Daisy** [*Dimorphotheca sinuata*], was the most prolific daisy in that area. It has bright orange rayed petals and a dark center with tiny lights like a crown. As it was also the first flower I had seen when we arrived, I felt it was the appropriate choice for my first South African Flower Essence. I picked my way on foot some distance from the sand road, treading carefully through the field of blooms until I found a clearing of reddish earth among the flowers. I noticed with pleasure that the clouds had moved away and I was quite alone in a sunny landscape. Beyond me were masses of yellow Button Flowers, like a golden wheatfield nodding and swaying in the breeze. I discovered the scattered, dried, spinal bones of a small animal, and found myself collecting them instinctively, then recognized them as a sign for me. As a painter I have always been drawn to structural shapes and have a large collection of bones [even giraffe bones] and shells.

I arranged the dry white bones in a circle on the open earth, placed the glass bowl in the center, and poured the local spring water. Then I carefully selected Namaqualand Daisies to fill the bowl. In the warm African sun, it took a very short time for tiny bubbles to form in the water. I meditated and wrote notes on my observations and feelings. I painted a small watercolor of the daisies in the area, took many photos, both prints and slides, and sat watching small animals, birds and insects. The air was alive with their songs and buzzings while I observed enormous black ants collect flower shaped seeds from dead plants and carry them like trophies on a trail past me over the sand and down into holes to their nests. I sat quietly right next to ground wasps noisily entering and leaving other holes in the earth. I spent at least five hours there alone in the African landscape and have never felt more at peace.

When it came time to collect the Mother Essence and I began to pour it into the collection bottle, an exquisite, iridescent green Sunbird with a pointed curved beak and long sweep of tail, suddenly alighted close to me in a bush as if to watch - a witness. On the way back to Springbok, I noticed an enormous brown eagle perched on a steel retainer next to the

road, completely undaunted by traffic. I felt light and highly empowered by the day's experiences.

The next day we left Springbok loaded with gifts of local crystals and minerals from Jopie's extensive collection. On our way south towards Cape Town, after an overnight stop in a fishing port called Lamberts Bay, we took in a highly-recommended Muisboskerm which translates as a 3-hour beach barbecue [complete with SA Rock Lobster].

Then, on to nearby Clanwilliam, a pretty little town set among picturesque, purple mountains, and the heart of the Rooibos Tea industry. I was charmed to see the small, red-brown bushes for the first time because I always serve this tea in the US to my clients and friends. We wandered happily along paths of the colorful Clanwilliam Ramskop Wildflower Nature Garden, using our cameras with abandon before setting off on the final leg to...

CAPE TOWN

Here we were made most comfortable at the Victorian home of my high school friend Lorraine. "We'd both changed, but then we hadn't really!" Lorraine and her husband Brian live very close to Kirstenbosch, the extensive, internationally known South African Botanical Wildflower Gardens. They walk there often. The Gardens cover many acres and extend right up the eastern slopes of Table Mountain, which overlooks the city of Cape Town, Table Bay and Harbour. The founder of Kirstenbosch, Henry Harold Welch Pearson, is buried in the midst of all this beauty. There is a plaque that reads:

"IF YE SEEK HIS MONUMENT
LOOK AROUND "

Cape Town has a long, cold, wet winter and although spring had already sprung in Johannesburg, Cape Town was still wet and chilly. This Fairest Cape is known for the most magnificent scenery in the world and we were treated to the highlights by our expert tourguide Lorraine.

After a little encouragement by the team, I decided to make another essence and contacted Mr Winter, the Curator of the Kirstenbosch Gardens. We met early next morning and, as he was very busy, I gave one of my briefest talks on Dr Bach, Flower Essences in California, and what I was hoping to do. I was graciously granted permission to cut a Protea and to make an essence there. He also arranged for a botanist, Dion Kotze, to assist us. Dion led us first to the crystal clear, four-spring source that is the heart of the Gardens and I joyfully collected this purest water in Cape Town for our essence. We walked together towards the **Proteaceae** area, high on the eastern slopes of the mountain. I had already been drawn to the deep pink **Queen Protea** [*Magnifica*, aka **Suikerbos**] with its soft, warm, furry

center for this second essence. Proteas are large, woody plants and grow indigenously and extensively around the southern tip of the African continent, which is mostly mountainous. Their hardy branches with tough, silvery leaves culminate in large torch-like blooms, and different varieties vary in form, color and size. It occurred to me that its energy might assist one to be 'as a light unto others'. After a short invocation, I set the bowl on the ground in a sunny place amongst the Proteas and poured the water. This happened to be the only day we saw the sun in Cape Town! I then gently cut the flower and placed it in the bowl which it almost filled.

Our bowl was quite invisible to other garden guests and Dion arranged that it be guarded by several of his gardening staff. We left it there for several hours. In the late afternoon, Dion accompanied us again and was an interested participant in the process. Florence and I recorded the collection on film. Afterwards I took the flower back to Lorraine's home and painted a watercolor of it.

Our month-long trip culminated in three wild and wonderful days in the Kruger National Park in the northeastern part of the country. My brother David, who is an optometrist by profession and an avid birdwatcher and dedicated naturalist by nature, led our small safari. Fortunately for us he was very well acquainted with the Park itself, very knowledgeable about where to find what, and wonderfully dedicated to our seeing everything there was to see there. My parents were able to go with us and our entourage was graced with David's darling 4 year old son. While there, we had our path challenged by a massive ear-flapping Jumbo, photographed it and others, lions, giraffes, varieties of buck, monkeys, baboons, a honeybadger, vultures, eagles, kites, and we even spotted a leopard in the late afternoon! I personally never get enough of game-watching, but we flew from South Africa to New York the night afterwards - a different jungle!

The energy of Africa and its people is immense, intense and toughened by extremes and polarization. The country is large and raw, unspoiled still and rich with inner bounty. It was difficult both for Florence and me to adjust to normal after these experiences. At some future time I hope to make more essences over there. It may be possible to combine this with teaching workshops. We were both invited to consider that for another visit. However, I have no intentions of returning there to live.

The Namaqualand Daisy and the Queen Protea Flower Essences are now available as research essences from FES and from me. I look forward to feedback from their use.

F/E PRODUCTS & BOOKS

As a service to my clients and students, I have

become a resource for related products and books. I keep the Healing Herbs from England, Rose and Vegetable Essences from Perelandra in Virginia, Desert Alchemy Essences from Arizona, the Alaskan Essences, and the Australian Bush Flower Essences. I have also access to Bram Zaalberg's excellent Flower Essences from Holland.

My inhouse book stock includes many on subjects of essences, inner growth, alternate healing and metaphysics. These make unusual gifts and one can gently introduce people to change in this way. I have Donna Cunningham's FLOWER REMEDIES HANDBOOK \$12.95 as well as the new FLOWER ESSENCES of ALASKA. \$14.95 [tax & shipping to be added]

A popular item is an attractive 3/4" OVAL CRYSTAL PENDULUM with a 6" sterling silver snake chain in a small satin purse. These retail at \$16.50 [not including tax & shipping]

CONSULTATIONS

With new year resolutions in mind, this is an ideal time to reassess life patterns and expectations. Consider a Flower Essence consultation as a gift to yourself. Who could be more deserving?

Perhaps you need merely a quick Flower Essence check-up rather than a full session. 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. Telephone calls for regular length appointments can also be arranged.

SUBSCRIPTION INFORMATION:

THE ESSENTIAL FLOWER was originally intended as a general newsletter for clients with information about Flower Essences and my work. Since mention of it appeared in the FES newsletter, I have had many requests from F/E practitioners and non-clients. For non-clients there is a small charge of \$5 for two years of the Essential Flower Newsletter. If you would like to receive further issues, 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 and colleagues. 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.

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GIFT CERTIFICATES

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A BRIGHT IDEA FOR EMERGENCIES

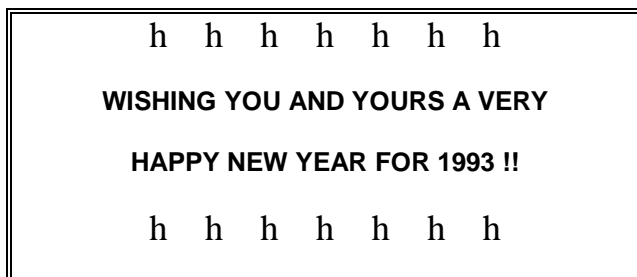
Keep a dosage bottle of the 5-Flower [aka First Aid Remedy or "Rescue"] in your home, car and purse. It's invaluable taken for emergencies, shocks, stress, trauma, even insomnia! Teach your children to use it! It cannot harm them in any way. Also soothes pets in stress.

HOW TO PREPARE YOUR OWN DOSAGE BOTTLES

You can make your own dosage bottles with one \$8.00/1oz stock bottle and as many empty dosage bottles as you wish. Simply add 4 drops from the stock to a 1oz dropper bottle. Add 1/3 preservative, [brandy or apple cider vinegar to keep it fresh] and the balance spring water. Shake well and it is ready for use. I carry these supplies.

ONE LAST SUGGESTION

Before discarding the Essential Flower, pass it on to a friend. We believe in recycling.



For correspondence or questions: