

ESSENCE

The Journal of the British Flower &
Vibrational Essences Association

WINTER 2009

ESSENCE

The Journal of the British Flower & Vibrational Essences Association

Winter 2009

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THE AIMS OF THE BFVEA ARE:

to stimulate interest in flower and vibrational essences, to act as a forum for research into all aspects of the field and to promote findings through all various means (journal, media, web site);

to suggest guidelines for minimum course content for practitioner training courses and to acknowledge courses that meet those guidelines;

to recognise as practitioners those students who have successfully completed such courses;

to offer support and validation for those people who use essences, whether they have formal training or are self-taught practitioners;

to offer the public, on request, a list of practitioner members.

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COPY

Please send all copy and contributions by e-mail if possible with text in a word-processing format and any pictures separately as jpegs. Thanks. If you have any queries please get in touch with the Editor.

Please note: the opinions expressed in this journal are not necessarily those of the Editor nor of the BFVEA.

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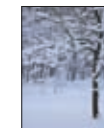
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POEM (Back Cover)

Imbolc/Candlemas

- Ronnie Williams

COVER PHOTO:
*Winter Orchard,
Somerton;*
by Kieron Walsh



Notes from the Chair



Dear All,
ON 2ND FEBRUARY, 2009, it was Imbolc. I know this because one of my Christmas presents was the amazing *Earth Pathways Diary* from the Moonshine

Co-operative. It was sent by a very dear and generous friend to help me learn more about the cycles that influence our lives, focusing on the sun's yearly cycle, through the Wheel of the Year and the eight, seasonal Celtic festivals and the moon's waxing and waning monthly cycles. All is clearly explained in detail and beautifully presented and is adding a wonderful new dimension to my life! On this particular morning, for example, the security lights came on at 5.30 am. Being a very larkish lark I was already up and writing so it was easy to peep through the curtains to see what kind of visitors were in the garden. There, sheltering in the snow and looking straight at me, were three deer, obviously driven down from the moor by the arctic conditions. I rushed to Gill Edwards book *'Stepping into the Magic'* to look up her section on totem animals. "Be gentle on yourself and others," it read. "Learn the power of unconditional love and acceptance". What a great excuse for going back to bed and having a lie-in! But what a good job I knew that from the 26th January "with Mercury retrograde conjunct Mars forming a trine to Saturn" I would feel a tension between my sense of responsibility and my spiritual needs. Oh dear. Being a Capricorn, my sense of responsibility won. I had the AGM to organise, the final preparations for the Gathering and progress of the MYMOP project to check and these notes to complete for *ESSENCE*.

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THIS IS NOW the second edition of *ESSENCE* produced fully by Anna and we are delighted to bring it to you within our available budget - something which bodes well for the BFVEA's future. Our thanks to both Anna and to Julian Barnard and the Twelve Healer's Trust for helping us place our magazine on a sounder footing. Also to Sue Lilly and BAFEP who have, most generously, not only agreed to distribute spare copies of our magazine but also to fund the postage involved. This is part of an experiment to see if we can reach a wider audience, particularly in other countries, and we are most grateful for the kindness, generosity and support from our sister organisation.

OUR SECOND PROJECT, to produce a MYMOP training pack for Members, is also well underway. MYMOP stands for Measure Yourself Medical Outcome Profile and was developed in the 1990's by Dr Charlotte Patterson as a way of evaluating the effectiveness of introducing CAM therapists into her General Practice. It has become a popular measurement tool for many therapists, nurses and researchers and training in its use is now part of BFVEA course requirements. David Corr has already obtained for us the rights to use a DVD produced by the Get Well UK project which actually shows Dr. Charlotte Patterson in action with MYMOP. He has also produced the first draft of a training handbook which Anna will edit and illustrate. Thank you, David, for all your splendid efforts on our behalf and to the Twelve Healer's Trust for making this project possible. We look forward to updating you all about this work at the March AGM when we will discuss the importance of us all becoming involved in researching the effectiveness of flower essences.

OUR MAIN EFFORTS of course, at this moment in time, are concerned with completing the final preparations for The Gathering. I hope that the carpets of snowdrops that line the drive to Buckland Hall are still in bloom when we arrive. However, if not, the early daffodils may well be bursting forth beneath the ancient Sweet Chestnuts within the historic

gardens. This is a lovely place to visit and we already have a very healthy number of Members who will be able to attend this year. Our particular thanks go out to all those who took advantage of our Early Bird offer. These prices were subsidised by the BFVEA as early bookings make planning easier for us. However, there are still some places available. With all the single rooms taken long ago, some of you might consider bringing a friend with whom you can share a room to save costs, though I know the random allocation of attendees to shared rooms has resulted in many a long friendship in the past. For those preferring their own space, please note that the cost of sole occupancy of a twin room is that actually charged by Buckland Hall and involves no profit on our part. Our thanks to Jay Carpenter and Debbie Sellwood for organising the financial and domestic aspects of The Gathering to date and to Emma Le Monnier for arranging such an exciting programme for us.

Newcomers should note that the weekend includes the AGM and also offers opportunities to display one's own products in the main hall - so bring along your essences, crystals, paintings, pamphlets, books, etc. for others to see and enjoy. This is a lovely sharing and trading opportunity. Some attendees have also asked about opportunities to provide consultations and treatments during the weekend, so we are organising a 'quiet room' in which therapy beds can be set up and such activities take place. Do take advantage of this if you wish. Finally, if you have never been to Buckland Hall, do think about doing so this year as the venue for The Gathering will be changing in the future.

For my part, I look forward to seeing all the new and old friends who are able to attend. It is going to be a great weekend! Meanwhile, remember the message of the deer and be gentle on yourself and others.

Love and blessings to you all,
Jan Stewart



Jeff in the Snow/ CAROL RUDD

Dear *ESSENCE* Readers,

...with this picture above - here's a memory of what it was like...white and February Cold. Now March has come in soft and warm as a new-born lamb.

By the time you reach page 9 here in *ESSENCE*, Spring has almost arrived with the appearance of the first daffodils - in Pam Levack-Moir's poem. Another shining yellow is Gorse: a-glow at any time of the year, as Debbie Deithrick describes in her essence-making on a chilly Cornish cliff top. I can testify to the effect this essence has as it restored me from my 'lost' month of poorliness ... sadly, too late for this edition to arrive before The Gathering in Wales.

We have some items eagerly anticipating this conference - from Cynthia Alves on *Meditation*, Nikki Marianna on *Plurking with Paint* and Dr. Andrew's description of *Light Touch Supported Reflection*.

From this year's Gathering there will, I'm sure, as usual be much to learn and reflect on - we'll be writing about this here in the next *ESSENCE*.

Anna Zee

Welcome to New Members:

Advanced Practitioner: Rebecca Hunt, West Yorkshire;

Practitioner: Denise Cartwright, Kent

Friend: Deborah Deithrick, Cornwall.

Light Touch Supported Reflection

Photography by Andrew Tresidder

by Andrew Tresidder

Cherry Plum (Bach) in David Beale's garden

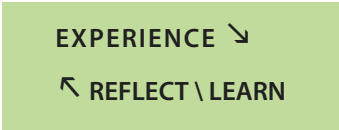


LIFE IS A continuous journey of experiences and the vast majority get 'processed' without any problem. We have an experience and learn from it. Ready for the next lesson?

Reflection is the process that helps us learn. To reflect we need time, support,

and a willingness to learn.

Every experience in life consists of an event plus our emotional reaction to it (Facts + Feelings). The natural learning cycle in life is:



Accompanying each turn of the cycle are our observations of and reactions to the events – our feelings, an ever-shifting sequence of frames of mind ranging from calm, mild anxiety, distress, boredom, disinterest, consternation, puzzlement, wonder, disgust, upset, acceptance (and many other frames of mind), and eventual resolution back to calm, with a final detached overview of the event. The flow of these frames of mind is a natural spontaneous sequence as we observe and maybe take part in events, large or small.

Every turn of the cycle has a set of feelings attached, which, like every good story or piece of music, has three parts: a beginning, a middle and an end. Yet sometimes the feelings (and accompanying thoughts) get stuck in the middle – and reflection ceases. At this point, we catch our breath, and stop our subjective processing of the experience. The event of course continues.

Stopped, the processing of the experience, and accompanying emotions, go into our baggage pile along with other unfinished pieces of business. The cycle gets stuck in **Reflection**.

This unreflected-upon experience, tucked away in our mind, unresolved and unfinished is left in a state of **Tension**, awaiting **Resolution**. These are software programmes that are stuck, not physical hardware problems. Any resonant trigger, such as talking about, visiting the site of, or even an anniversary, can bring the hidden issue up to the surface.

When **Reflection** gets stuck, what we need to help us is **Support**. This is where counselling or debriefing in its many forms can be invaluable - writing a journal, or expressing oneself in poetry or art, along with support from friends, touch, exercise, daydreaming reflectively, music, and from being out in nature, watching the trees, the clouds, the sea, or any of the other facets of nature that provide harmony to our mind and rest to our soul.

At one level, the unfinished piece of music, or story, or rather the stuck feelings, merely need retuning and rebalancing to allow **Completion** and **Resolution**.

Note that the use of this procedure does not need any talking by the patient, as opposed to counselling. It is as if the technique gets straight to the feelings rather than relying on a verbal account to access them. The therapist does not need to hear the facts, only to act as a tuning fork for the feelings.

The cognitive sequence used is as follows: **Relive** (supported), in order to **Relieve**, then **Resolve**. However, it is in the affective (feelings) component that the prime change occurs, and the aim is to bring about an effortless flow of feelings that is painless and gives complete healing resolution.

During this process, the supporter/therapist remains still, and gently facilitates the process with soft encouraging support.

Flower essences and homoeopathic medicines catalyse the resolution of

stuck 'software patterns' in the human consciousness. Held in the hand, it seems that for some people, the correct tuning fork gets the stuck frames of mind to shift.

The other useful thing is to use acupressure either side of the base of the fingernails – for between our ten fingers and thumbs, most stuck surface emotional states can be released by gentle pressure on the appropriate finger. Again, there is always a sequence, because an issue may have several layers.

Remedies are best chosen intuitively, and often the observed frame of mind bears little resemblance to the written remedy picture. (In fact, our own intuition always seeks to guide us to the right answers, which is why we can walk round a garden look at a view, or listen to some music, and find that we resolve an issue during the process).



Red Chestnut (Bach)

A typical case study is as follows:

Healing Resolution of a Traumatic Memory

THE EVENING WAS relaxed. John was a good storyteller, and a practitioner of some repute. Someone mentioned a plague of mice in someone's house. I mentioned the rats in our stream.

John stiffened and said he hated rats, then



told the following story.

AS A YOUNG sailor in the Royal Navy in the late 1940's he had been on sentry duty in the dark, watching the ship's gangway. They were moored somewhere abroad in a place of recent conflict. He was armed with a Lanchester repeating rifle which would let off five quick rounds.

Now, on the mooring ropes large inverted cones were set up to prevent rats climbing up into the ship and making for the galley.

John's orders were, if anything in the dark moved, to shout, "Halt, who goes there?" and wait for an answer. He had to repeat this twice, and then orders were to shoot at the intruder.

Something stirred on the mooring rope. He challenged three times slowly, and then, as ordered, pressed the trigger.

John became very distressed as he told the story. "They pulled out a man's body from the harbour at first light". He had shot a man, who was never identified.

Fifty years later, John was still visibly moved by retelling the story.

In sequence of homoeopathy, *Bach Flower Remedies* and *Ilminster Essences*, he held:

Ignatia; *Rock Rose* for distress and fear; *Red Chestnut*, (a personality type for a caring person); *Hypericum* and *Star of Bethlehem* for the effects of shock on a sensitive person; *Nux Vom* for the anger of being placed in the situation where he killed another human being; *Honeysuckle* for regret; *Walnut* and *Chestnut Bud* for closure, completion and moving on; *Judas Tree* for a feeling of guilt and betrayal; *Seaside Centaury* and *Betony* to reaffirm personal space and boundaries; *Purple Toadflax* to return and retrieve the small shattered soul fragments that are dispersed by such a trauma; and then *Stargazer Lily* (vision ahead) and *Orange Azalea* to bathe the incident in unconditional love.

We had nearly finished, but John felt rather floaty at this point, so he held *Blue Hyacinth* and *Camellia Bud* to ground and integrate – and finally, to have the (brief) feeling of being hammered into the ground – *Clerodendron*.

Feelings now healed, John felt quite differently about the event.

So what has happened? A trigger of a word (rats) brought up a deeply buried distressing memory. In a supported atmosphere, John was able to recount the memory and



showed the distress attached. A sequence of healing vibrations catalysed a resolution of the blocked feelings and frames of mind, and brought about full healing of the issue. Simple really!

Follow-up – complete resolution – and also unexpectedly John found that another traumatic memory from the same period, of finding a friend's body who had hung himself, also completely resolved.

The sequence of healing is:

1. Prepare Yourself
2. Bring to Mind
3. Accept Support (including Vibrational tuning forks)
4. Let Feelings Flow
5. Shift Frames of Mind
6. Release (to Ground)
7. Give Thanks
8. Move On

In essence - find the blocks to healing, and remove them. This can be done for many of the incomplete experiences tucked away in our memory banks – and then, we can add to the wisdom we accrue in life. As a friend of mine says, "Life is a collection of wisdom" - and if true, why would we wish to hang onto the "un-wisdoms"?

If we can do this relatively easily for a major thing, what if we apply the same principles to the minor incidents, judgements and irritations that we accumulate through life?

Case study – healing relationship feelings

Mandy, aged 26, had had a tough year. She was feeling the postnatal blues, some eight weeks after her beautiful daughter had been born. Keen to avoid pharmaceutical medication, she asked for flower essences. She helped choose them intuitively.

She was asked to keep the "blues" frame of mind on the surface.

Holding in her hand:

Gentian (despondency from a known cause),

Olive (tiredness and brain-fag), and

Wild Rose (resignation, sadness),

brought a life to her feelings and a smile to her face. As she really concentrated on trying to feel blue, she could not, and so felt better. After putting down the bottles, the positive lift remained.

Earlier in the year, she had to move away for a few weeks for domestic reasons. Though the issue of the threatening neighbour had resolved, thinking about it brought back a troubled frame of mind.

Cherry Plum (fear of losing your mind),

Agrimony (brave face, worrier underneath),

Star of Bethlehem (shock),

Rock Rose (terror) and

Willow ("it's not fair"),

resolved these feelings, by retuning them, and enabling the stuck frame of mind to process to completion and resolution.

Finally, I asked Mandy how her father was. She pulled a face, "He's really irritated me for the last 16 years". So we worked on the layers of irritation. This sequence seemed appropriate, healing each layer of feeling as it came up, and leaving Mandy bemused, and intrigued – she no longer felt any irritation toward him. And this positive stance persists, months later – 16 years of hurt feelings healed in less than five minutes:

Holly (jealousy, envy, revenge – brings love)

Pine (lack of self esteem – brings vitality and health)

Walnut (the link breaker – releasing the issue)

White Chestnut (issue going round and round in your mind – breaking the cycle)

Orange Azalea (dissolves irritation, brings unconditional love)

Centaury (ability to say "No" and have boundaries)

Chestnut Bud (gain wisdom from experience)

Impatiens (impatient, irritation with someone else – bring patience and tolerance)

Betony Alc (brings calm to your feelings body)

Motherwort (support)

And finally, *Blue Hyacinth Alc*, to reintegrate the feelings software and bring Mandy down to earth.



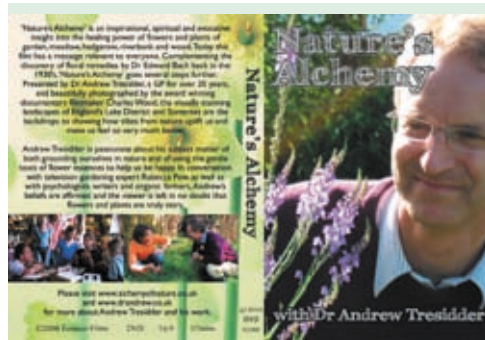
Blue Hyacinth (Ilminster Essences)

After using so many vibrational tuning forks all at one, many people feel "floaty". *Blue Hyacinth Alc* is both grounding and draws the energy body right in, affirming boundaries of "self". Other grounding "vibes" that can be called in are *Camellia Bud* – and



Camellia Bud (Ilminster Essences)

if you want that feeling of being hammered down! – *Clerodendron* ●!



NATURE'S ALCHEMY - 37 minute DVD

- is the introduction to the Alchemy just waiting for us in Nature!

-an inspirational, spiritual and evocative insight into the healing power of flowers and plants of garden, meadow, hedgerow, riverbank and wood. Today this film has a message relevant to everyone. Although complimenting the discovery of floral remedies by Dr Edward Bach back in the 1930's, 'Nature's Alchemy' goes several steps further. Presented by Dr Andrew Tresidder, a GP for over 20 years, and beautifully photographed by the award winning documentary filmmaker Charles Wood, the visually stunning landscapes of England's Lake District and Somerset are the backdrops to showing how vibes from nature uplift us and make us feel so very much better.

Andrew Tresidder is passionate about his subject matter of both grounding ourselves in nature and of using the gentle tools of flower essences to help us be happy. In conversation with television gardening expert Rebecca Pow, as well as with psychologists, writers and organic farmers, Andrew's beliefs are affirmed and the viewer is left in no doubt that flowers and plants are truly stars.

Please visit www.alchemyofnature.co.uk and www.drandrew.co.uk for more about Andrew Tresidder and his work.

This film will be shown at
The Gathering Conference 2009

Copies of the DVD are available from Andrew Tresidder, Yarn Barton, Ilminster, TA19 0SB for £9 post paid (UK).

As I listen to a piece of music . . .



Daffys/PAM LEVACK-MOIR



Narcissi, Sue & Simon's/BETH LUCK

As I listen to a piece of music, which gently reminds me of an all embracing love away from the turmoils and anger on this earth, I believe,

at the very core of my being, that it somehow washes away all toxins and disease.

Its clarity of voice gives me renewed hope in a world that doesn't seem to listen.

As I listen to the silent sound of the music of the Daffodil Harmonious blends of spiritual music resonate in my soul, and I know,

I just know.

Pam Levack-Moir

Meditation: Life's Great Power

by
Cynthia Alves



Walking Through/JO(E)

'meditation'. Indeed, Ynana Yoga – the yoga of the mind – includes many branches and teaches skills that even in our open-minded Essence family would sound like science fiction. Most of us are still needing to learn to 'walk', to become proficient in the basic skills that are the foundation for all other development and exploration. Here's how you can tell if you are 'walking' yet: Do you on most days devote at least twenty minutes to cultivating inner stillness? No? Time to walk! Actually, that's more than metaphor, since one of the means, and especially helpful for children, is walking meditation. Many people's experience of meditation involves a very busy mind: visualisation and imagination. With foundational abilities gained first, our 'journey' type meditations – 'running!' – become more powerful and enjoyable, and safer.

FOUNDATIONAL? I'm referring to focus, presence, non-judgemental observation, ability to allow the mind to quieten, to relax and let go / surrender, and compassion. Plus integration of what we gain from 'practice' into all daily moments. These are skills and abilities that help us to calm our thoughts (words, images etc.), to become aware of the constant creative font of inner stillness, even through a 'raging storm' event or situation. To be able to notice precisely what we are feeling and thinking in any moment – rather than be swept away by the flow, and to disengage from any stream of thought or feeling that is harmful to self and others. To actively choose inner peace, even in the face of the most disturbing situation.

Being able to 'at will', or 'at imagination' position our awareness from the deeper self is connecting with a wider, deeper consciousness, to the level of awareness



MY THEME FOR speaking at The 2009 Gathering will be on the importance and power of meditation for anyone involved in any way with Nature's Essences. 'Meditation' is a vast umbrella

term for a huge array of means of consciousness expansion and connection. For all its vagueness, 'meditation' does universally describe power of the mind – which is our most creative aspect. By my plethora of superlatives, you can tell I'm talking about something I see as *Big and Important*. The skills and practices are doorways into a deeper, wider ocean of ability. The depths and qualities of consciousness that into-the-quiet meditation brings us make the difference between - an adequately made Essence and a deeply connective form of life force harnessed; between a competent practitioner and profound assistance; between managing OK through life and strong, clear sailing even through the most challenging of times.

We have varying ideas and experiences of

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'where' distinctly individual consciousnesses are connected, can communicate directly – all forms of consciousness. We are abiding in Being, while active in doing. To accept things as they are so we can move on, promote justice and balance rather than resistance: This is relaxing into life, unbinding the threads of our fears that hold us tense and contracted, and in a separated, limited consciousness. Plus improved health, ease in relationships, clarity in life.

These and other benefits of meditation, with its attendant relaxation, are well researched. As our abilities develop, the keys of meditation also lead us to know a deeper self, so that we really do know we have nothing to fear. Our sense of self, of what "I am" expands beyond identifying with body, place, life stories, what we do, so that we become decreasingly dependant on external, worldly aspects for inner peace.



Early morning meditation/JO(E)

I HOPE I HAVE given you a tempting taster that encourages you to explore, learn and practice more. If you enjoy individual training in a heaven-on-Earth setting, come to study with me in Porlock. At the March Gathering I will be talking about meditation in relation to our abilities as makers, givers and receivers of Essences. In the meantime, there are several pages on my web site about meditation, including details on essences that help us to develop meditation skills. Their descriptions can also give us fresh insight on the nature of meditation, and the abilities we can develop. Looking forward to seeing you in Wales! ●

For articles and info Contact:

www.lifepower.org.uk

HOLIDAY FOR HEALTH & WELL-BEING



**Dance the Flower
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Learn and practice the healing
art of Jin Shin Jyutsu®
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(one hour from Geneva)

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Dances for energy & regeneration. This session focuses more specifically on Jin Shin Jyutsu® and the dances that touch on the safety energy locks.

4 - 10 July

Bach Flower and Nature dances + Jin Shin Jyutsu®

2 - 8 August

Bach Flower and Nature dances + Jin Shin Jyutsu®

15 - 16 August

Dance Your Bliss, a collection of dances from all round the world on the theme of love, gratitude, fulfilment and abundance.

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1462 Yvonand, Switzerland
00+ 41 24 426 38 87

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Gorse



DEBORAH DEITHRICK

Latin name – *Ulex europaeus*

Other common names – Furze, Whin

Ogham name – Onn

Traditional symbolism – fertility; creative inspiration; strength

a famous delicious sweet 'marzipan' scent, though this seems stronger in the sunshine and in midwinter, the cliff top gorse near my home bears little smell at all.

I made *Gorse* essence out on the cliffs of North Cornwall one freezing mid-January afternoon. I had visited the site last autumn and found out that this was to be the place to make *Gorse* essence. It took me many months to return - not fancying making the bracing windy walk across the cliffs in midwinter. There is always an important sense of proper timing with the making of essences, crucial to the imprinting of the pure energy signature. So I climb the steep and arduous cliff path in the raging winds, stopping to catch my breath atop the cliff. The views are stunning in both directions, you can see jagged coastline stretching out before you; to Padstow in the south-west, and up to Morwenstowe to the north-east. The site is round the next headland so I wrap my coat tighter around me and trudge onward against the gales. When I reach the spot I am surprised to find shelter from the winds, a moment of tranquillity. Beneath us

GORSE IS A MEMBER of the pea family, fabaceae; an evergreen spiny shrub which varies in size according to location and soil conditions but can grow up to 3 metres tall. Native to much of Western Europe, it is a sturdy plant which seems to thrive in a variety of locations - from windy sea cliffs and open moorland to hedgerows and patches of wasteland (hence its name from the Anglo-Saxon *gorst* - a waste). Its seed can lay dormant in the earth for many years before germinating. Although the typical flowering season would be considered to be from April to October, the amazing thing about gorse is that it can be seen in flower at any time of the year. Even in bleak midwinter when all the other plants are resting, it is not unusual to see the bright yellow of the gorse flowers shining through the mist. They bear

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the bright winter sun glistens and glimmers on the crests of the rolling white waves, churned up by the winds below. The large area covered by the gorse bushes glows yellow in the sunlight, beneath the flowers a mass of spikes and spines and sinewy brown trunks. I sit a while and rest out of the wind and marvel once more at the sheer beauty of our coastlines, where the endless motion of the sea meets the ageless rock; and wonder at the qualities of the plants which live in such places.

Gorse Essence Profile.

Essence: The energy of *Gorse* appears to focus awareness in the present, the moment right now.

It acts like a switch, changing one's focus immediately: upon using this essence consciousness is pulled clearly but not sharply, into focus. In this, one's awareness is placed more directly upon the immediate present. A settling is experienced as the energy body realigns sending surplus energy threads, particularly those of a mental nature, down into the earth. A



SAHRA SMITH



DEBORAH DEITHRICK

rooting is experienced and one begins immediately to take a simple pleasure in wherever one may be at that moment in time.

Indications: When one is feeling 'blue'; feelings of malaise, discontentment, gloom or sluggishness. Often no clear reason can be perceived for this. Though there is a tendency that if unchecked, these feelings can develop into the state of finding that whatsoever one turns the mind upon is perceived in a negative or paranoid way. The longer these thoughts or feelings continue, the more of a permanent energetic imbalance occurs. ●

www.AwenEssences.co.uk

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Everyday Essences

(PART 2)

by
Elly Yule



a two tone lolly. Place first smoothie half way up in the mould, add 2-4 drops of your chosen essence/s, (I add our *Happy Fairy* essence to ours) add second smoothie, and then freeze. Now you have pure fruit nutrition with the magic of essences!

One of my clients puts our *Well Woman* essence into her soups/stews/casseroles when she is getting over cold or other illnesses.

Each year I make four small Christmas cakes to give to each section of the family, into these go both our *Festive Harmony* and *Festive Fun* essences, they really add to the specialness of this annual family tradition.

HERE ARE A couple of other yummy recipes for you to try (do use organic ingredients if you can):-

IMPORTANT: *Please note that if you are prone to allergies, you can have an allergic reaction to flowers as to any foods. Proceed with caution when trying unfamiliar flowers, some are poisonous so please do not use any that you are not sure of. If you would like a list of safe edible flowers, just contact me and I'll e-mail/post you a copy.*

Please remember to use flowers that have not been sprayed with chemicals.

✿ FLOWER BUTTER ✿

These pretty butters are a wonderful accompaniment to afternoon tea (add essences to your fairy cakes mixture, I add our *Fairy Drops* essence to ours) or a dinner party.

Ingredients:

One pound of Butter

Half a cup of chopped good quality clean flower petals

(or if you like a lot, do remember that the flavours will intensify)

Method

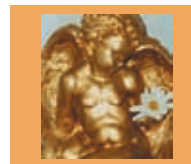
Soften butter to room temperature.

Add chopped flower petals and gently mix.

Form into a roll, place in a freezer bag and freeze.

Slice to use a disc or two whenever required.

You can also make herbal butters in the same way using marjoram, thyme, mint etc.



★ JOY COOKIES ★

These delicious cookies go perfectly with a cup of tea or coffee. As well as being healthy, the vibrational essences in them really help you to feel uplifted. A good gift idea particularly at Yuletide/Christmas, I also like to make them as a gift for someone who has had a bad day or a difficult time of it. **Joy Cookies** are always welcome!

Ingredients:

4 oz softened butter

4 oz golden caster sugar

Grated zest of 1 large orange

2 tbsp runny honey

1 free range medium egg beaten

4 oz large whole rolled oats

2 oz self raising flour

Large pinch of salt

GRASSDANCER *Angels of Joy* vibrational essence

Method:

Pre-heat the oven to Gas Mark 4/350f/170c.

Lightly oil a baking sheet.

Beat the margarine and sugar until light.

Stir in the orange zest and honey.

Gradually beat the egg into the mixture.

Add 6 drops of *Angels of Joy* vibrational essence.

Stir in the oats.

Sieve the flour with the salt and stir into the mixture. (It will be quite stiff).

Roll tablespoonfuls of the mixture into balls and place 2 in/5 cm apart on the baking sheet. (Do not flatten the balls).

Bake for about ten minutes or until golden brown, turning the baking sheet from front to back after five minutes. The cookies will still feel slightly soft in the centre.

Cool on a wire rack.

As a gift they can be presented in a gold box (which you can buy from your local chocolatier/department store. Line the box in greaseproof paper, close and tie with ribbon, attach your own home made card (with the full list of ingredients) **et voilà!** A lovely gift for someone.

After opening, the cookies need to be stored in an airtight container (they will keep for several days).

Other cookies I have made are:- **Peace Cookies** using our *Avebury PEACE* essence and **Love Cookies** using our *Love Potion* essence. I have also added essences to cake mixtures, casseroles and soups. Have fun experimenting!

Enjoy! ●

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www.GrassdancerEssences.com

Elly Yule is Owner/CIO of GRASSDANCER
Vibrational Essences

WE ALL KNOW how wonderful we feel in a short space of time after taking essences, so let's take that wonderful feeling and share it throughout our home and environment.

Today we are looking at using essences in food; I hope you enjoy experimenting as much as I do! For several years I featured Essence Food recipes in our free monthly e-newsletter, these proved a big hit with our subscribers, so I hope you enjoy them too.

SUGGESTIONS FOR ESSENCES IN FOODS

As well as occasionally adding herbal tinctures to our foods in order to maintain our immune systems, I also like to add essences. This is a great way to get essences into your kids or other family members who may be resistant to taking them. (My husband doesn't even know that I do it, he can't taste them, yet he gets the benefit!).

Obviously I use the essences from our own range of Grassdancer Essences, but you can experiment with whatever essences you have to hand and match them to your recipes.

😊 HAPPY LOLLIES 😊

These home-made ice lollies are a big hit with children. The quickest way I make them is to use **Innocent Smoothies™** (I use the pineapples/bananas/coconuts and cranberries/raspberries ones), it creates

'Butterfly and Sea Essences - An Introductory Guide'



by Erik Pelham

reviewed by Carolina Read

THIS IS A UNIQUE and fascinating book introducing us to the world of Solar Colour beings – in the forms of Butterfly and Sea Essences. Erik Pelham channelled these Essences over many years of working within the energetic side of the Aura-Soma® colour care system, at their base in Lincolnshire. Beyond the colour essences that Aura-Soma products are known for, he shows us how light, as Cosmic rays, is channelled into solar colour energies that are expressed through the butterfly kingdom. In a similar

way, cosmic ray energies pass through the Oceans and affect the sea creatures which each vibrate the light at different frequencies. Through detailing these effects and applying them to their influence upon our subtle bodies, the 126 essences were developed that currently make up the Butterfly and Sea essence range.

The book takes us through each of these essences and relates their colour frequencies to potential healing benefits, with a thorough section given to how to select, use and keep the Essences. There are beautiful pictures interspersed throughout the text, and a very comprehensive Index, all of which adds to the interest that this book inspires. The next step is to try the Essences themselves – certainly the book makes you want to do so! They can be purchased through Aura Soma® Products Ltd www.aura-soma.net (tel: + 44 0(1)507 533581)

This book is recommended to all those interested in understanding more about light energies and the marvel these Kingdoms can offer us in healing in vast and gentle ways. Erik Pelham shares with us a truly heart-felt journey and a body of work that is ever more relevant to the Aquarian times of change and awareness into which we are now moving. ●

*'Butterfly and Sea Essences -
An Introductory Guide'*

Trafford Publishing www.trafford.com - £14.99
ISBN 1-4251-7516-3; (262)pages; paperback.



Moss Essence Magic

by Jan
Stewart



Red Moss/WIKIPEDIA

I HAVE MADE ESSENCES since the 1960's. It is always a special activity but, occasionally, it is extraordinary and life changing. So it was with my Moss Essences. In January 2005 I was scheduled to hold a workshop on essence making and wanted students to have their own plant specimens. I had two choices – to purchase seasonal plants, such as Winter Pansies, or to use something from my garden. Even as I weighed up the options, a vision of moss came into mind. I have always had a strong affinity to tree mosses. As a sad, lonely child in the slums of Lancashire, I found solace in a song called Linden Lea which describes the longing to return to the peace of a country orchard "by the oak tree's mossy moot". It is, therefore, not surprising that I spent my student years studying the ecology of an oak wood whilst regularly sitting by Janet's Foss, a magical, mossy, woodland waterfall in the Yorkshire Dales. As a young lecturer, I helped save

threatened Cornish woodland; and I have retired to a wooded, mossy garden by Ilkley moor. So for our workshop I chose ground moss, carefully selecting samples with fruiting bodies and concealing them in paper bags.



Wistman's Wood/WILD_DARTMOOR

Essence makers use various methods to achieve their definitions. I like to go straight to the heart of our connections with a plant. On the word "go", my students opened their bags, peeped inside and wrote down the first words that came to mind. Common responses included - green, watery, soft, cushioning, cooling, as well as balancing and uplifting. We then looked at moss's 'signatures'. Their green colouring offers obvious links with the heart chakra and, since most need damp conditions to grow, these plants would also have strong connections with the Water element and the sacral chakra. Interestingly, however, mosses, themselves, have no roots, anchoring only by special

Janet's Foss/ALAN TALLGUY



hairs called rhizoids. Being under the influence of Saturn, they would emotionally impart limitations, control and responsibility as well as encouraging endurance, patience and perseverance with wisdom, stability and success.



Mosses on Sweet Chestnut tree, Buckland Hall/ANNA ZEE

HISTORICALLY, the traditional herbalists found moss treatments cooling, softening, flow containing, ache easing and energy/spirit uplifting. Ground Moss ointment, for example, was an ancient remedy for weakness and pains in the sinews and lassitude. Culpeper found tree mosses cooled, bound, digested and mollified. Moss also has traditional uses for cushioning and absorbing. In World War 1, Sphagnum Moss was widely used for wiping and dressings wounds. Some traditional cultures still use moss in nappies and Western gardeners line hanging baskets with the plant to prevent excessive water loss. After adding to our

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list, the aspects of moss that we personally identified with, the essences were made by boiling - adding a Fire element. Meditation and dowsing confirmed our personal definitions and we went home clutching our cherished new products.

TRIALS ALWAYS FOLLOW making and I quickly realised that my own essence was so remarkable and different that I wanted to make more. I was particularly drawn to tree mosses which the ancients believed contained both their own healing energies and those of their supporting tree. Selecting individual trees was a joy, as was gathering prime, closed spore-capsuled specimens to capture the full plant energies. All were made during full moons, ensuring the highest Water and Earth element content. There then occurred the most extraordinary event. On the 22nd June, 2005 there was a 'lunar standstill', when the moon appeared greatly enlarged due to a low position in the sky. At 10p.m my husband and I observed the phenomenon from the top of Ilkley moor and, on returning, I was guided to leave my moss Mother Tinctures out in the unusual atmospheric energies. The next morning I knew the essences were different for, although the bottles seemed untouched, their labels appeared to have been licked by a rather rough tongue. Only the *Sycamore Moss* essence (for 'prioritising') was untouched. Whoever or whatever sampled them I do not know ... but they definitely added something special to their qualities and led me into a new generation of essence making. Details of these essences can be found on www.stewartessences.com. But beware, for they are both magical and life changing! ●

Note:

This article first appeared in the Health Lines Newsletter, August 2008.



Here Nikki Marianna Hope (formerly Nikki Hamburger) who feels passionately that "Painting is Fun - whether you are 0 or 90 or more!" - describes her background in painting and outlines the "Fun With Paint" Plurkshop (workshop) she will lead at The Gathering Conference.

THE COLOURS I use "choose me".

I consciously have no "mind concept" of the outcome of my paintings,

I allow them to grow, evolve ...

... and paint themselves with myself as the technician.



On her web site Profile page, Nikki describes her life journey in painting:

AS A CHILD I was taught to be right handed and now enjoy experimenting by painting with my left hand, either on it's own or



LEFT HAND / 28.10.2005 RIGHT HAND / 28.10.2005

together with my right hand, or with two canvasses next to each other the one on my left painted by my left hand and the one on my right painted by my right hand (see canvasses shown **ABOVE**).

OIL ON CANVAS - I love the "living" feel and interaction as the canvas bends beneath the brush stroke then bounces back again; between us we enjoy the "dance" of creating. When I run out of canvasses I paint on anything I can lay my hands on, working in whatever medium comes to hand be it pen, pencil, crayon, felt tip, charcoal, water-colour, acrylic, oil or a combination. They all have their own unique energy and expression.

I have been drawn to paint since I was a small child and studied Art in evening classes when I left school, my tutors encouraged me to apply for an Art scholarship and we prepared a portfolio; it transpired that my parents would be obliged to pay towards Art College, they felt this was inappropriate. I married and became a mother to two wonderful children. Within three years the marriage "fell apart". As a single mother, with two small children, struggling to earn a crust - there was no time for painting.

Over twenty years later I started painting in earnest again. I learned from Ho Sung, an inspirational teacher and artist who took me back to basics. He taught me how to really "look" at things instead of just "seeing" them. Over time I progressed to using paints, a frustrating period of exploration as I learned how to work with different types of paints,

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papers, hardboard and finally canvasses.

At last I could begin to express the energies that were bombarding me from inside.

My lessons ceased abruptly when my car "died" in 2002. I continue to paint at home. From time to time I hear Ho's words ringing in my ears - if I was feeling out of sorts he would encourage me to "paint what you feel" - when painting a tree "let your brush move in the direction that the tree is growing".



Whilst learning with Ho, I studied Tai Ch'i and other martial arts with Quincy Rabôt, another inspirational teacher. I found many similarities between Art and Tai Ch'i. I use a brush in the same way that I use a sword; listening to them and asking how to blend with their energy so that we might PLURK (PLay and woRK) together. I continue to Plurk with martial arts and am currently a student of Peter Ralston's unique system of "Cheng Hsin".

WEB PICTURES Some of my artwork can be seen on www.kkiart.co.uk.



To get a flavour of "Fun with Paint" click on *Exhibitions*, then *Fun with Paint Day at Fernhurst*, go to *Recalling Fernhurst* with photos and scroll down the page to find the photos.



The Gathering Fun With Paint Plurkshop

PLEASE WEAR clothes and socks/ shoes that you're happy to get some paint on; although this is not the intention - it can happen! The floor will already be covered with plastic backed "decorating sheets", so no worries about spilling water or paint, or leaving coloured foot prints around!



Small aprons, and loose fitting hand, knee, elbow and foot protective plastic coverings are provided if you are unsure how your body will react to the acrylic paint, or you choose to keep clean.

Choose the piece of material you would like to work with, it can be tiny, medium or large. Pick up a few tubes of paint. Choose your space in the room. Lay the material on the floor. If the floor is too low for you, let me know and I'll provide you with a table to "plurk" on. Close your eyes for a moment and allow yourself to choose a colour by "intuition". When you pick the tube up it will be the colour your "intuition" knows you



need to be working / vibrating with at this moment in time!

Take a minute or two as you allow your mind to "free flow" and choose whether you wish to squeeze the paint directly onto your hand, knee, elbow, foot or just simply into the container provided.

Gently squeeze the paint out from it's protective tube. Watch as the colour is released to the light; see how it glistens: moves; how the light reflects on it - become absorbed into the experience. Allow yourself to "feel" the intensity of this one to one reaction; the colour, movement or stillness of the paint and yourself.

You can just "sit" with this sensation, or maybe choose to place some colour on your material. How does your "mark" look, are you surprised by it, hate it, love it?

Perhaps one mark is enough,

Would you like to make another "mark"? Now you will begin the whole wonderful process again, with a difference, this time you may be combining your first colour with another, or perhaps using the same colour again. Maybe applying it with your elbow or foot - how does that feel?

You can just "sit" with this sensation. How does this combine with your first mark? Are you surprised by it, hate it, love it, does it need something else?

Perhaps you'd like to add a third "mark". Or start again with a new piece of material?

Maybe experiment by adding a little water to the paint, watch and enjoy the process as paint and water blend to a different consistency. Does this change it's colour slightly? How does it glisten and move now? How does it feel as you place a new "mark" on your material? Observe how the spaces in between the colours look.

Perhaps you would like to mix two colours together - Would you like to share your

experience with a friend? You are welcome to do so; or maybe several of you would like to place your "marks" on one piece of material to create a group "painting".

Or maybe you're a dancer and would like to paint your dance with your feet? or an acrobat and choose to dance on your hands?

"Paintings" are hung up to dry, as we use acrylic paint this is a quick process.

- you are free to take your "plurk" play and work experience home with you.

Now it's time to get cleaned up! Some cloths and a bucket of warm water will be provided to rinse off paint from your hands or feet before you leave the room.



FOR THE EVENING workshop at Buckland Hall, please feel free to "bring a bottle" half filled with water to absorb the energies of your own individual experience and create your own unique Mother Essence.

Depending on the demand for my individual attention, I may also chant or drum during our *Fun With Paint* time, as feels appropriate. ●



To contact Nikki, please ring on 01428 644984.

Elemental Infusions - The Wheel of the Year

by
Sahra Smith



THIS IS THE FIRST part of a four-part article based on Sahra's *Wheel of the Year* set of Elemental Infusions essences. She plans to run a workshop based on this series at The 2010 Gathering Conference.

BETH LUCK

For the whole-life effect of man is to get in direct contact with the elemental life of the cosmos, mountain-life, cloud-life, thunder-life, air-life, earth-life, sun-life. To come into immediate felt contact, and so derive energy, power and a sort of deep joy. This effort into sheer naked contact, without an intermediary or mediator, is the real meaning of religion.

D.H.Lawrence

Wheel of the Year (Northern Hemisphere) - An Introduction

THE WHEEL OF THE YEAR is an ancient symbol. The four seasons are represented, however when one really studies these set seasons, one finds that there are transition periods within the Earth's natural cycles. So the wheel is now divided into eight. Each segment is a six week period. It is solely associated with management of the land, for survival. The focus of these celebrations is on the Earth Goddess and Plant spirits. At the Wheel's centre is the Sun.

The three following celebrations are within this Wheel, and all lie in the Northern aspect, and are associated with the Element of Earth.

The New Year

There is magic and mystery in this period of time.

The concept: that the darkness creates and brings forth new life.

Samhain (31 October/1 November) is known by the general public of today, as Hallowe'en - this being the time when the veil between our world and the Shadow lands is at its thinnest. It is the time to create good communication with your Inner self - and re-link with the past.

Autumn colours bring the last brightness before the deep winter slumber. With the harvest collected and stored, we begin to slow down, withdrawing into the warmth of our homes and the secrets of our lives. This period is the ideal time, for reflection, repair and restoration, not only of our physical lives but our spiritual ones too.

Yule/Winter Solstice (21/22 December) - the days are short and the nights long. All is resting and rejuvenating, gathering energy for the great renewal, which will eventually come. Although the outside world appears lifeless it is full of growth and activity. During Yule our ancestors welcomed the spirits of holly, ivy and mistletoe into their lives, in the belief that it re-affirmed their connection with the natural cycles of the world around them bringing them closer to the spirits on



which their future relied. A welcome break to what can be a very trying period of time.

Imbolc (1st February) - Spring lambs begin to emerge into the cold world and with them comes hope and the lengthening of the days. Under the bright but weak sunlight birds sing to attract new mates. The first buds can be seen forming in the hedgerows and on the trees. Snowdrops push their tiny heads up through the solid earth. Our spirits are lifted to be bathed in the yellow energy of daffodil, forsythia, crocus.... And spring has begun.

The next issue will cover the Eastern aspect, which is associated with the Element of Air.

ALL OVER THE WORLD people will be acknowledging aspects of these celebrations. I suggest that taking the essence over a 72 hour period will not only enhance the experience but will also recognise the importance of numbers $7 + 2 = 9$ (9 being multiples of 3). Three is auspicious for many reasons - it is not only the witch's magic number but also

the Faeries' wishing number too.

So, by starting to take the associated essence the afternoon before the celebration day, and continuing to take the essence until the afternoon of the day after the date, will energise the connection.

Drumming and chanting can increase the power of the essences and deepen your grounding allowing you to relax and enjoy the experience.

Take the essence in which ever way feels right for you, dowsing, intuition, on pulse points, in water or add it to your favourite tittle. Take as much, or as little of it as you like. After all the time of celebration is about extravagance and overindulgence. If you feel that you need to keep taking it, continue to do so. ●

e-mail: Sahra@thecrystallady.co.uk
www.thecrystallady.co.uk

Where in the World?



Arboretum near Wellington, New South Wales, Australia

Photo: Beth Luck

Beth writes:

" rather like Wellington in Somerset, UK, this Wellington is a country town with a thriving community. About 40 kms from the town there is the arboretum - 100 hectares of beautifully marked trails and well labelled trees. You were encouraged to drive your automobile along these tracks (ideal for the lazy tree hugger). Another main difference is that there are a great many kangaroos boinging about - going g'doing .. g'doing ..g'doing .. all over the arboretum.

This is probably the best arboretum I have ever been to to drive around - a haven for birds and wildlife. It is volunteer-run and funded by donations alone. On the way out we all put extra money into the honesty box.

There are over 600 different eucalyptus trees here and several interesting patches of out of State plants. Initially we thought to learn a few names, but the latin names (unpronounceable and forgettable) did not gel, - though I think we gained a few names of the local trees."



A lone tree by a rock water hole, Opalton, Mid West Queensland, Australia

Photo: Fran Kallaway.

Water hole - on the edge of the Lake Eyre catchment basin. Water still has over a thousand miles to travel until it reaches Lake Eyre itself.

It is one of many small, permanent water holes in the area. For 100 miles in every direction from this tree there are opal mines which, like the water holes, occur unpredictably.

The Opalton fields are a reminder of how things can change in far Western Queensland. Discovered in 1888 they were not worked until 1893. Three years later there were 500 - 600 men on the fields but the inevitable problem of water (which had to be carted over 20 km) ensured that when the price of opals dropped the field was abandoned. Of the fifty or so mines left, only about 15 are still mined by a few hearty souls in the area.

SO, where in the World are you? - send us a postcard/photo, please!



British Flower & Vibrational Essences Association
12th Annual Gathering Conference 2009
 www.bfvea.com

Friday 6th - Sunday 8th March 2009
Buckland Hall, Bwlch,
Brecon Beacons,
Powys LD3 7JJ, Wales, UK

Non-members are most welcome

Full programme - subject to change

FRIDAY

Registration: 16.00

17.30 Conference opens:

WELCOME - Jan Stewart

17.35 Meditation - Carolina Read

17:45-18:30 - Nature's Alchemy
 - Dr Andrew Tresidder

18:30 - 19:00 - Join the committee for a drink!

19:00 - DINNER

20:30 - Fun With Paint Plurkshop
 - Nikki Marianna

SATURDAY

Pre--- breakfast Meditation - Cynthia Alves

07:30 - 08:50 BREAKFAST

09:05 - 09:50 Bailey Essences
 - Arthur Bailey Memorial Lecture

09:55 - 10:40 Erik Pelham
 - Spiritual Unity of all Essences

10:45 - 11:15 COFFEE

11:20 - 12:05 White Hawk
 - The Passion Police

12:10 - 12:55 Debbie Sellwood
 - The Birth of Purely Essences

13:00 - 14:00 LUNCH

14:00 - 14:45 - to be announced

14:45 - 15:45 Members' AGM /alternative: walk with Rhonda Fleming

15:45 - 16:15 COFFEE

16:20 - 17:05 Cynthia Alves
 - Being with Life

17:10 - 17:55 - Time to 'be' /View the Arthur Bailey Display

18:00 - 18:45 Anna Jeoffroy & Philip Salmon
 - Clearing Relationship Issues through Heart & Sacral Chakras

19:00 DINNER

Belly Dancing for all! - Cathie Welchman

SUNDAY

Pre- breakfast Meditation - Cynthia Alves

07:30 - 09:00 BREAKFAST

09:05 - 09:50 Cathie Welchman
 - The Flower Hunters of Hawaii

09:55 - 10:40 Dr Andrew Tresidder
 - Light Touch Supported Reflection

10:45 - 11:10 Committee Meeting/COFFEE

11:15 - 12:15 Carrie Thomas
 - Flower Secrets/Sex in the Garden

12:15 - 13:15 LUNCH

13:20 - 14:05 Ann Callaghan, Indigo Essences

14:10 - 14:55 Julian Barnard, Healing Herbs

15:00 - Thanks/ Closing Dance/ Afternoon Teas/ Good-byes.

The Gathering Officer, Jay Carpenter,
 tel: +44 (0) 1579 349365

e-mail: gatheringofficer@bfvea.com

Quietly
The Light returns
Brightening the
morning,
The blackbird sings,
The evening sky
Heralds the promise
Of longer days
to come,
Roots stir, shoots push,
Deep earth
breathes again
And I give thanks
As quietly
The Light returns



Imbolc/Candlemas

Ronnie Williams - 2nd February 2009

"The blackbird sings ..."
- drawn by Bluebell, age 10 years.