

Essence

Autumn 2019



The Beauty of Collaboration

Ann Callaghan

A Very Elemental Experience!

Julie Bowman

Natures Essences 2

Jan Stewart

Meeting the Oak

Davyd Farrell

Harnessing the Fire

Helen Ward

Magazine of the British Flower and Vibrational Essences Association

Quarterly Magazine of the British Flower and Vibrational Essences Association

*Raising Awareness of the Use of Essences in the UK and Overseas
Setting the Benchmark for Essence Therapy*

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Above image is a *precursor* for 'Meeting the Oak' – see Davyd Farrell's article on page 21.

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Opinions expressed in this magazine are not necessarily that of or the Editor or the BFVEA



Welcome to our Autumn Edition

HELLO EVERYONE! In the last magazine we introduced a theme of 'the power of the elements', and here we continue on with that. We have an article about fire and the essences we can use to help us access it and channel it well, and also a fascinating account from Julie Bowman about how the elemental energies played such a big role in the conference she spoke at recently. Truly 'the elements in action'!

Ann Callaghan of Indigo Essences has provided us with a very inspirational article on a group essence made earlier this year, where some very unexpected guests turned up. A wonderful example of co-creation on all fronts! We have other articles from Davyd Farrell and Jan Stewart, passing on their knowledge and experiences of working with the amazing plants around us.

We are very fortunate in our regular contributors, but we would also like to make a plea for more of you to come forward. We get good feedback about the magazine – how interesting and idea-provoking it is – but we need to keep the new material coming in! We would love our new members to contribute, perhaps telling us about their own path to becoming essence therapists. We particularly would like to explore more of our connection to the natural world through future articles – communicating with nature spirits, working with the Earth and the elements in various ways, and how essences 'call' to you.

Please think about sharing your knowledge in this way! Many of you have unique things to tell us all about. Articles don't need to be that long or even well-polished, as we can help you get it in shape. Please get in touch with me via the email below.

Helen editorialteam@bfvea.com

To submit an article or advert, contact us on the email above. Author's guidelines can be found at <http://www.bfvea.com/resources/authorsguidelines.pdf>

Copy date for our next issue is 02/12/19



BFVEA NEWS



IEAW is over for another year!

We held our annual International Essence Awareness Week 2019 from 14th to 21st September, in the window between the Pisces full moon and the auspicious Autumn Equinox. It was a wonderful week of many essence lovers and practitioners sharing their passion via in-person meet ups/workshops and via social media.

Thank you so much to all who joined us in spirit, took part, contributed to and shared our posts. We have loved seeing all of your comments and watching how widely our photo challenge was shared this year.

A big thank you in particular to Saskia Marjoram of Saskia's Essences and Ian White of the Australian Bush Essences for sharing their wisdom of how essences can support us and help us stay grounded and clear during these changing and challenging times. We hope you will enjoy watching the interviews and integrating their wisdom - just copy the link below or visit the home page of www.bfvea.com

It's important to keep our passions high and the spirit of sharing alive, so let's keep sharing and keep doing the inner work so that we can affect the outer world and support nature in the ways that are so needed.

Sara

Chair of the BFVEA

<https://bfvea.com/ieaw-interviews-2019.php>



COREP Corner

Jan Stewart and Debbie Sellwood

ESSENCE SOCIAL MEDIA has recently raised some interesting aspects for therapists. In July, for example, Jackie Stewart kindly shared a discussion about advertising standards and testimonials that occurred with students on her BFVEA accredited course. She had confirmed with the group that, since testimonials are adverts, they must also meet ASA and MHRA standards so must not make unapproved or unjustified claims about essences.

One student, however, pointed out that Facebook's new review function means that people can upload testimonials about you or an essence treatment over which you have no control. So, for example, someone might claim that your essences have helped them recover from cancer. Jackie asked whether, in such a case, the practitioner or the person who wrote the review would be held responsible for the claim.

It was a good question and Sue Lilly kindly advised that a post saying 'essence x helped me recover from cancer' would be fine, but if the producer or therapist shared, copied or boosted the post they would be breaking the law. She also recommended explaining to anyone making such a post on your page the legal problems it would create and asking them to remove it.

Advice on all advertising issues can be found in the November 2018 Best Practice and Advertising Guide in the Members' section of the BFVEA website. Co-incidentally, there was an enquiry on Facebook about essences that might help someone with prostate cancer. Lesley Oates kindly reminded us that essence therapists *always treat the person* not their condition.

This is the most important tenet of our therapy.

As Bach himself said:

'We all know that the same illness may take us quite differently. If Tommy gets measles, he may be irritable – Sissy may be quiet and drowsy – Johnny wants to be petted – little Peter may be all nerves and fearful – Bobbie wants to be left alone, and so on ... if the disease has such different effects, it is certain it is no use treating the disease alone...let it be made quite certain

that, whether it is being run down, or not quite oneself, whether trying to prevent a disease, whether it is a short illness or long, the principle is the same, **TREAT THE PATIENT**; treat the patient according to the mood, according to the character, the individuality, and you cannot go wrong!¹

The practice should also prevent controversial posts on your Facebook pages!

Jan and Debbie

[1] Barnard, J. (Ed) (1998) *Collected Writings of Edward Bach* London: Ashgrove Press, pp.4-7.



We welcome our New Members and Friends

Advanced Practitioners

- 🌀 Eleanor Rose Little, Bristol
- 🌀 Fiona Dilston, Edinburgh
- 🌀 Emma Dixon, Dorset
- 🌀 Joanna Cameron, Essex



Magazine Subscriptions

ESSENCE magazine is free to BFVEA members, and is open to all on a yearly subscription basis. Subscribers are known as 'Friends of the BFVEA', and receive issues quarterly, in January, April, July and October.

Special Offer for 2019/20

In the UK: £28 (Student subscription £23)

Overseas: £35 (Student £30) Overseas payments via Paypal only.

Back copies from the past year can be obtained at £5.50 each for UK subscribers.

UK Friends can pay via cheque, BACS or credit/debit card via Paypal (there is a small additional charge when using Paypal to cover the fees.) Please contact Helen on friends@bfvea.com for more information, or if you wish to unsubscribe at any time.





The Beauty of Collaboration: Creating a Very Special Essence

Ann Callaghan

We were delighted to have Ann join us at the Gathering this year. Here she presents an article based on her talk, and we are sure that you will feel as inspired by it as those of us attending back in March!

IN FEBRUARY 2017, I joined Sara Turner's Essentially Flowers Graduate Retreat in France. Eleven people took part in the weekend, all gifted healers and essence makers from diverse backgrounds. We have a multitude of talent and deep wisdom between us, and this diversity brought unique and powerful qualities to the experience that we shared that weekend.

Our Shared Purpose

Most of us know in our hearts that there is a better way to live on this planet, a way that supports all sentient beings to live a free, abundant and peaceful life. The old structures of government, banking, education and health care are collapsing. The time is ripe for a new way of being to emerge.

So we came together with the theme 'Dreaming in the New World' and posed ourselves the question: *What do we want this New World to look like, how do we want it to feel, personally and collectively?*

To give us some focus, we firstly looked at all aspects of our lives on a personal level using a very simple form of the Feng Shui Bagua as our guide. Individually we 'felt' into each area of the Bagua, and realized that some areas were easier, flowing better, in our lives than others. Some were stagnant or difficult and not in alignment with our vision for a



new world for ourselves. We then looked at how that area of the Bagua was represented in our homes on a physical level. Very often a difficult area of the Bagua is mirrored in our homes by clutter, rubbish or inappropriate items.

An example of this could be finding a cactus plant in the 'love' area of someone who is having trouble in relationships. The cactus gives off spikey, protective energy that is not conducive to intimacy and is better placed in an area you want to protect. We discussed the stagnant areas and things that we could personally do to improve them.

We then looked at the same areas on a macro level. How is Love in the world now? How is Wisdom in the world now? How is the idea of Helpful Friends in the world now? And so on. This became a very emotional experience as we felt into the collective pain of living in the old-world paradigm of fear and lack. We wrote and drew our impressions of the 'old' and later that evening burnt the papers as a way of releasing these outdated energies.

The following day we looked at our Bagua in light of a new paradigm, one that describes a world filled with love, abundance, support, freedom and endless energy. We connected deeply into this, both on a micro and macro level, and really imagined what that world would feel like and what it would look like when all sentient beings are loved and cared for by all.

The Making of the Essence

It was then that we realised an essence was calling to be made. We each formulated intentions for a new world version of the areas that resonated most with us individually. That afternoon we walked out into the beautiful

land surrounding the retreat centre to focus our energy, combined with and helped by the nature spirits of the place, to bring the essence into being.

We stood in a grove of trees, placed a bowl of water in the centre and waited for a sign that the



essence was ready to be made. I asked several times but got "not yet". Then suddenly we heard the unmistakable sound of a flock of cranes approaching and the essence said "now!". The cranes approached and stopped their journey to circle above us, one flock joined by a second, smaller one. It was

a profoundly moving experience. We stood transfixed, each one of us deeply touched by the connection with the cranes.

Traditionally known as bringers of good fortune and harbingers of spring,



the cranes also brought the energy of focus, direction, renewal and joy. The other important aspect they brought us was that of 'co-operation without competition'. It is thought that cranes fly in a 'V' formation because it is aerodynamically easier to cover long distances in this formation. The lead and wing positions are the most tiring, so the cranes swap over frequently. Each bird gets a chance to lead as well as follow.

Bringing the Essence out into the World

In line with the theme of collaboration we decided to each release the essence into our own essence ranges under our own labels. By doing this we've learnt that although there are common themes in the essence, our own particular resonances come through strongly in our own version of *Dreaming in the New World* – the natural name for the essence.

Some of the key benefits of the essence are as follows:

Clutter clearing: I gave the essence to two life-long hoarders, who both started to clear the clutter from their houses almost immediately after starting the essence. This seemed to be a common response to taking the essence, coming through in several of our versions.

Free flow of finances: This has been one of the strongest responses, both personally and also from feedback in several of our versions of the essence. One of my clients told me that every time she takes the essence, money arrives unexpectedly. Another client lost her job, got very panicked about finances, took a dose of *Dreaming in the New World* and got another, more suitable, job within a week. In her case the essence worked on both finances and career.

Identifying and clearing blocks to progress: In Japan a group of eighteen people worked with the essence for nine months. They all had copies of the Bagua, which they dowsed over each month to find the area of their life where blocks existed. They then took Dreaming in the New World with the intention of releasing that specific block. The feedback I've had is that most participants thought initially that their blocks were in the Money or Love areas, only to discover that there were other underlying blocks that needed attention before changes could be made. The responses have been very positive, with participants finding new homes, new jobs, new partners, resolving family issues and so on.

Words from my Fellow Collaborators

Sally Arthurs: "My aspect of the Bagua was fame and reputation. My intention was: *'May we stand strong in our integrity and be known for our authenticity. May we follow our soul purpose and empower others to do the same.'* Looking back I seem to have followed my own guidance without consciously attempting to. I loved the fact that the people who have used my essence also seem to have followed this theme."

Jane Harris: "My intention for the essence was *'to bring about a kinder and softer world. A more 'feeling' world; a more tolerating world. To take the right steps to completely heal.'*"

Caitriona Hicks: held the intention *'You are wise beyond words, you are supported beyond measure, go within and trust your innate wisdom.'*

Jenny Howarth: (attended via computer link) "Since starting to use it, just occasionally over the past year, my throat feels clearer and my physical voice has, I am sure, strengthened. My clearing and decluttering picks up whenever I use it."

Sharon Keenan brought in the energy of love and says: "This essence helped me access what I can only describe as a 'Miracle Frequency', which took me from financial doom to abundance. It feels as if it opens the heart and aligns it with a flow of generosity/abundance rather than fear and lack. One client who began taking it has manifested her life-long dream of living in Wales and is now also doing her Soul work of helping women recover from Domestic Violence."

Christine Martin brought in the intention: *'You are supported and encouraged to make those changes your heart desires'*, and says: "The couple of women who have taken Dreaming In the New World have said they have stood up and moved on, going out of their comfort zone."

Rebecca Millar (attended via computer link): "Prior to 'attending' the weekend I had been searching for a new definition of 'business', because I felt the word to be too patriarchal. I then discovered Charles Eisenstein and his idea of a 'Gift Economy'. I love this idea and it is this energy that I brought to the weekend, that of being able to be supported by our passion by the creation of a new 'gift' economy where an item or service is not deemed to have more or less value than another, enabling us to create a society without extremes of rich and poor."

Feedback from a client of Rebecca's: "Upon taking the essence, I began to feel into the energies of the world I wish to create and be part of. I feel that this essence deeply supports us in releasing what we no longer need so that we can allow in what is required to help take us forward to help create the new world."

Rebecca has also made a combination essence called Fresh Start which includes *Dreaming In The New World* for space clearing and creating fresh, new, inspired energy.

Michelle Nilson: "My aspect of the bagua was 'Helpful Friends', and this was the mantra that came through for this aspect: *'May we feel and know the support of beings that are here to help envision and manifest a new Earth into being. May we feel gratitude for all the help (seen and unseen) that we are receiving in our sacred work here on Earth.'*"

Sara Turner: "My Dream for the New World is one where the nature beings and elementals are visible to us and co-create with us. So, you can imagine how very, very special the cranes' participation in our ceremony on Sunday was to me." Sara also held the financial part of the bagua and focused on all healers and heart-centered business owners knowing their true gifts and thereby their true worth.... thus being naturally able to magnetise their part of the matrix.

Conclusion

I've taken part in group essence making before but the outcome this time was very different to anything I've previously experienced. I think this is partly because most of us were already experienced essence makers or practitioners and we were very clear about our intention before the essence came into being. The other key difference is that those of us with existing essence products have released the essence as part of our own range. What we are seeing is that each version of the essence is slightly different, as it reflects the over-lighting frequency of our own particular creative energy alongside the collective intention of the essence itself.

Since *Dreaming In the New World* was made in February 2018, we've brought in a second, very powerful essence which also looks like it will be released in combination with other essences from our own individual ranges. This is called *Walking in the New World* and focuses on bringing this new world vision into being in a very balanced, feminine way.

Essences made collaboratively have the potential to be very wide-acting as they reflect not only the general intention of the essence but also the particular spheres of experience of the participants. I look forward to continuing this exploration and collaboration, and indeed another retreat is planned for France in 2020. Please contact Sara Turner (website below) if you feel called to take part.

Ann

After graduating as a classical homeopath thirty years ago, Ann initially specialised in the treatment of children. In 1998 she started the Indigo Essence range as a way of supporting both children and adults through the turbulence of the breakdown of the old paradigm. The Indigo Essence range is available from Ann's website and several distributors worldwide, see below for details.

***Dreaming in the New World* essence is available at the following websites:**

Ann Callaghan:	www.indigoessences.com
Sally Arthurs:	www.sallyarthursemotionalwellbeing.co.uk
Jenny Howarth:	www.yorkshirefloweressences.com
Caitriona Hicks:	www.caitrionahicks.com
Sharon Keenan:	www.sharonkeen.com
Christine Martin:	www.essenceforchange.com
Rebecca Millar:	www.rebeccaveryanmillar.com
Sara Turner:	www.saraestelle.com



'Some of the group hanging out in the kitchen - Chris Martin, Sally Arthurs, Elizabeth Lawless, Catriona Hicks, Ann Callaghan, Michelle Nilson and Jane Harris.'



The Nature Spirits & Humans Conference: A Very Elemental Experience!

Julie Bowman

I WAS VERY FORTUNATE, in May this year, to take part in the Nature Spirits & Humans weekend, held at the Eastwood Hall conference centre. The organiser was Stephen Roberts, an Anthroposophist from Sheffield, who had the vision of bringing together some of the leading people who interact with the elemental worlds, with the purpose of *'recognising and co-creating with the world of nature intelligence.'*

I met Stephen last year at an open day at Weleda Gardens, a special place to me and where I have made many of my flower essences. We kept in touch and he asked if I could help at this brand-new conference. This was exciting enough but things really escalated when one of the four keynote speakers dropped out and I was asked to take their place! Apparently, Stephen has a friend who is very psychic who helped confirm that I was the right choice out of various people he knew working in this field. However, I was still very nervous, as there were to be about 170 people attending, a very big step up for me in terms of public speaking. So I had to check in with my own spirit helpers as well to make sure it was the right thing for me. They helped me realise that my experience talking at the **BFVEA** Gatherings was invaluable, and that the time had come for me to take my message to a bigger audience!

Because the theme of the conference was elementals of all sorts, Stephen decided to ask each of the key speakers to 'hold the energy' of a different basic energy – fire, earth, air and water. The speaker who had dropped out was to have held WATER, and so this became my role, with Stephen requesting that I talk about my Sea Essences. I had both presented at a Gathering and written an article about these in the past, though my range has grown considerably since then.

The Elements Activate

I was really impressed by the Eastwood Hall conference centre, both for the scale of its facilities and lecture rooms and so on, but also the beautiful and extensive grounds it's set amongst. The weather had been very variable in the lead-up to the event, but then we were hit by incredibly heavy rain, which

really delayed some people getting there. This wasn't that unusual, you could say, but on arrival on the Friday the computers also went down, surprisingly, and everyone had to be checked in by hand. I was happy to be part of the team helping out with that. So there was already a feeling of things being somewhat unusual...

The atmosphere was really wonderful and supportive and there was a lot of excitement throughout the whole event. We had workshops we could choose between, as well as the main talks, with the rain still hammering down all through the Saturday afternoon. Marko Pogačnik had opened the event with a talk entitled '*The Human Being's Elemental Self and Our Co-creative Role in the Earth's Evolution*' and then we had Susan Raven discussing our communication with the elemental kingdom and Kartsten Messei presenting 'transforming the Earth through our relationship' with them. Tanis Helliwell did a talk entitled '*Nature Spirits are Real*' and my favourite session was her workshop where she helped us meet our personal fairy! I can also really recommend her book, *Summer with the Leprechauns*.

So this was all wonderful and informative and we still had plenty of time for networking. But then things got more interesting in an elemental sense as the water in the whole conference centre mysteriously went off late on Saturday night and stayed off throughout the rest of the night! It came on again at 7.45am on Sunday (not a moment too soon!) but then half an hour later the ceilings flooded, because so many people had gone to breakfast not realising they'd had left their taps on! Everyone did their best to cope with the challenge of all this but there was still a lot of fear in the air. To me it was all about **the water spirits waking us up and making us think!** My talk was only an hour after the flood so everyone was certainly focused on the water element as I began!

Sharing my Journey

I felt very humbled and also very grateful to be there and really pleased to be sharing the story of my Sea essences and how they have grown. In preparing for the talk I was able to see more of how it had all unfolded and explain about the importance of the order in which the essences were created. People were delighted with the talk, which lasted for over an hour, and many said they understood essences much better. I read out part of Helen Ward's *Amazing Power of Water* article, and this helped people who were new to essences really understand how they work. I felt I was really 'grounding' essences through doing this talk and it was wonderful that there were lots of questions after. Even better, almost everyone took a bottle of my Sea Essences combination away to do Earth/Sea healing!

So, all in all, my talk was a great success, and though I was tired by the end, I also felt uplifted and conscious of what an honour it was to talk at such an event.



At the end of the weekend the workshop leaders came together to do a good recap, which was insightful for everyone. All the feedback was really positive and we were all buzzing from the conversations we had and the friendships we had forged with people from all over the world. We all felt the clear message from the elementals that *it was time for a firm connection to be made*. Everyone who attended went away feeling inspired and the feedback was so good that there are plans for a second conference to be held in 2021.

It made me feel really hopeful for our future. It has connected me with a considerable number of interesting new people and I also came away with a deeper understanding of how important our work with the elementals actually is and how they are so wanting to connect. Belonging to a wider family like this, so similar to the family we have in the BFVEA, is important to say the least.

Julie

Julie Bowman is a full-time therapist, working as a Reflexologist, Reiki Practitioner, and Essence Practitioner and producer, and is a member of both the BFVEA and BAFEP. More information on her essences can be found at www.lotusholistic.com. Contact Julie at Julie@lotusholistic.com or by phone on 01332-280021.

References

- [1] See article in the Summer 2017 edition of **ESSENCE**
- [2] Helliwell, T. (2011) *Summer with the Leprechauns*, Tanis Helliwell Corporation
- [3] See article in the Summer 2019 edition of **ESSENCE**



Natures Essences 2: Plant Water Tanks and Moats

Jan Stewart

BROMELIADS ARE TROPICAL PLANTS which belong to the pineapple family (Bromeliaceae). Some grow on the branches and trunks of rainforest trees. Others are popular house plants. In the wild, Bromeliads obtain water and food by arranging the bases of their overlapping leaves into a perfect water tank, the largest of which can hold nine litres (two gallons). The leaves collect and guide rain into the tank. When full it often becomes home to a few of the 250 different animal species, from frogs to insects, which are known to live in Bromeliad environments. These provide nutrients for the plant in their droppings and when they die.



Traveller's Tree

The safest source of this natural essence is an indoor Bromeliad house plant where it is less likely to be polluted. Outdoor Bromeliads should be flushed with fresh water for one minute, so that the old liquid flows out of the tank onto the soil below. Let the essence develop for twenty-four hours, then gently pour it into a bowl. Filter it into the bottle using acid-free filter paper before preserving then bottle it in the usual way.



Readers living in or visiting sub-tropical climates can similarly gather a natural essence from the Traveller's Tree (*Ravenala madagascariensis*). As its name suggests, this originated in Madagascar. It is similar to a palm tree but has banana-like leaves which can be 4-5m in length. The base of each is shaped like a huge cup that can hold up to one litre (1½ pints) of rainwater. Travellers are said to use the water as a source of refreshment – hence the plant's name. However, since one should never make an essence from liquid that you would not drink, flushing and filtering, as with the Bromeliads, is advisable. Both *Bromeliad* and *Traveller's Tree* essences are likely to have a nurturing quality.

Essences from Plant Moats

A protective essence can be made from water that forms moats around members of the Teasel family (*Dipsacus* spp.). These grow in Europe, Asia and northern Africa and are such prickly plants that the dried flower heads of the cultivated variety (*D. sativus*) were widely used in the past for carding wool and as clothes brushes for raising a nap on certain fabrics.

The paired leaves join at their bases to form a ditch around the plant's stem in which rain water accumulates. Moats are defensive structures which prevent small creatures from climbing upwards to feed on the leaves. They have long been called 'baths of Venus' – connecting the plant with the Roman goddess of love. Pour the water into your jug on a clear, sunny day by bending the plant over or using a pipette. Filter before adding preservative, bottling and labelling.

Jan

janstewart15@gmail.com



BFVEA Gathering 2020

WE INVITE YOU TO JOIN US at our next Gathering, to be held again at the Woodside Hotel and Conference Centre that was such a successful venue last year. We have our usual fascinating array of speakers and workshops, and an extensive 'market place' of stalls of essences and other products from various producers with us over the weekend. We will also have our usual Gala dinner, with a drinks reception in the lounge beforehand.

The conference is a three-day/two-night event and will run from **4pm Friday 13th March to 4pm Sunday 15th March 2020**. To book, use the form on page 20 or go to our website, www.bfvea.com, to book online and also to peruse the full programme of events. We have again included a **24-hour residential, all meals included** option.

The Woodside venue (*Glasshouse Lane, Kenilworth, Warwickshire CV8 2AL*) is set in 32 acres of wonderful grounds, and has a swimming pool and many other facilities we can use (gym, sauna, boules, croquet, mini-golf and more). Its location in Kenilworth is near Birmingham Airport and the M6/M42/A46 area, which will make it very accessible for most people. For more information go to: <http://www.sundialgroup.com/venues-hotels/woodside/overview>.

Like last year, we have installment payment options if you need them. Please note that all monies being made this way need to be received by the BFVEA by 12th February 2020 and the earlier you start paying then the smaller the monthly payments will be. For installment payments via BACS you will need to set up a standing order through your bank with the BFVEA bank account details. For more information please contact Dawn White on 07946 442002 or bfveanews@live.co.uk.

The Speakers

We have a wonderful mixture of presentations and workshops to offer you in 2020. Our broad theme is **Exploring the Many Uses of Essences**, and our speakers include:

Nikki Marianna Hope – Co-creating a Peace and Joy Essence (running throughout the weekend)

Saskia Marjoram – Essence Sprays

Rafe Neuen – Constellation Therapy

Maria Martin – Topical Applications of Bach Flower Essences

Lesley Oates – Journeying with Cornish Holy Well Essences

Bonny Casel – A Creative Exploration of Feelings

Amy Murphy-Watts – World Wide Web vs World Wide Wisdom

Sharon Keenan – Urban Essences – Connecting with nature in the heart of the city

Dr Andrew Tresssider – The Essence of Being

Sam Cremnitz – The Path of the Introvert and the Sacred Masculine

Erik Pelham – The Coming of the Divine Energies

Jenny Howarth – Travel with Verbeia

Anne Patterson – Journeying with the Plant Spirits

Please go to our website (www.bfvea.com) to learn more about the various sessions and their timings.



The BFVEA Gathering 2020 – Booking Form

Friday 13th – Sunday 15th March 2020

Glasshouse Lane, Kenilworth, Warwickshire CV8 2AL

Please complete the booking form, one form for each person attending – additional forms, please photocopy or go to **www.bfvea.com** Final booking date: **12th February 2020**.

Title Name

Address

..... Postcode

E-mail

Contact phone number(s)

RESIDENTIAL WEEKEND all inclusive: Single £330.00 Double/twin £300.00

NON-RESIDENTIAL WEEKEND full attendance

All meals including Friday supper and Gala dinner £255

Only including Saturday and Sunday lunches £190

DAY TICKET OPTIONS

Friday, no supper £42 Friday, inc. supper £62 Saturday, inc. lunch, **no** Gala Dinner £76

Saturday, inc. Lunch **and** Gala dinner £135 Sunday, inc. lunch £70

THE 24 HOUR TICKET

Includes dinner, bed, breakfast and lunch, **no** Gala Dinner: Single £180 Double £170

INCLUDES Gala Dinner: Single £210 Double: £200

50% deposit required for each person – final balance due by 31st January 2020

It would assist us if a post-dated cheque for the final balance be sent with the deposit. Thank You!

I enclose a cheque payable to BFVEA for £ Deposit Full payment

Signed dated Receipt: No Yes

(Receipt—an acknowledgement will be sent— receipts, if requested, available at the Gathering)

Dietary needs: Vegan Non-Dairy Non-Wheat Non-Vegetarian Vegetarian

Deadline for meal requests — 12th February 2020

Display space required: BFVEA Member Speaker/Exhibitor BFVEA Friend OTHER

Please send your completed form together with your cheque/s to:

Dawn White, BFVEA Gathering Officer, 59 Mill View Road, Tring, Herts, HP23 4EW

To pay for full residential/full non residential attendance by PayPal/Credit Card

or pay by BACS, please contact Dawn on bfveanews@live.co.uk

NB: No refunds for cancellations after 12th February 2020



Meeting the Oak

Davyd Farrell

PROBABLY MORE THAN ANY OTHER TREE the Oak is synonymous with the British Isles. It is perhaps the one tree that nearly everybody can identify, and it has a history that is intricately woven with the very fabric of these islands. It was, of course, a very sacred tree to our ancestors as well, and the Druids highly revered it.¹ In fact, it's very likely that the word 'Druid' is a derivative of the ancient word for Oak. Its modern name derives from the Anglo-Saxon word, 'ac', but in Irish the word is *daur*, and in Welsh *dar* or *derw*. The Sanskrit word *duir* gave rise both to this old word for oak and the English word 'door', which suggests that this tree stands as an opening into greater wisdom, perhaps an entryway into the otherworld itself.



'The Druid Grove' Knight, Charles: *Old England: A Pictorial Museum* (1845)

The connection to doors is an interesting one, as in Celtic traditions the Oak is known as the tree of the three doorways – to the lower, middle and upper worlds. But more of that later!

The Oak has been such a huge part of our own history that it's hard to know where our little island would have been without this immense tree. Its wood has been used to build weapons and navies that not only defended this island from attack, but also assisted in the building of the largest Empire the known world has ever seen. Many of our homes, and the furniture within them, have come to us from the Oak.

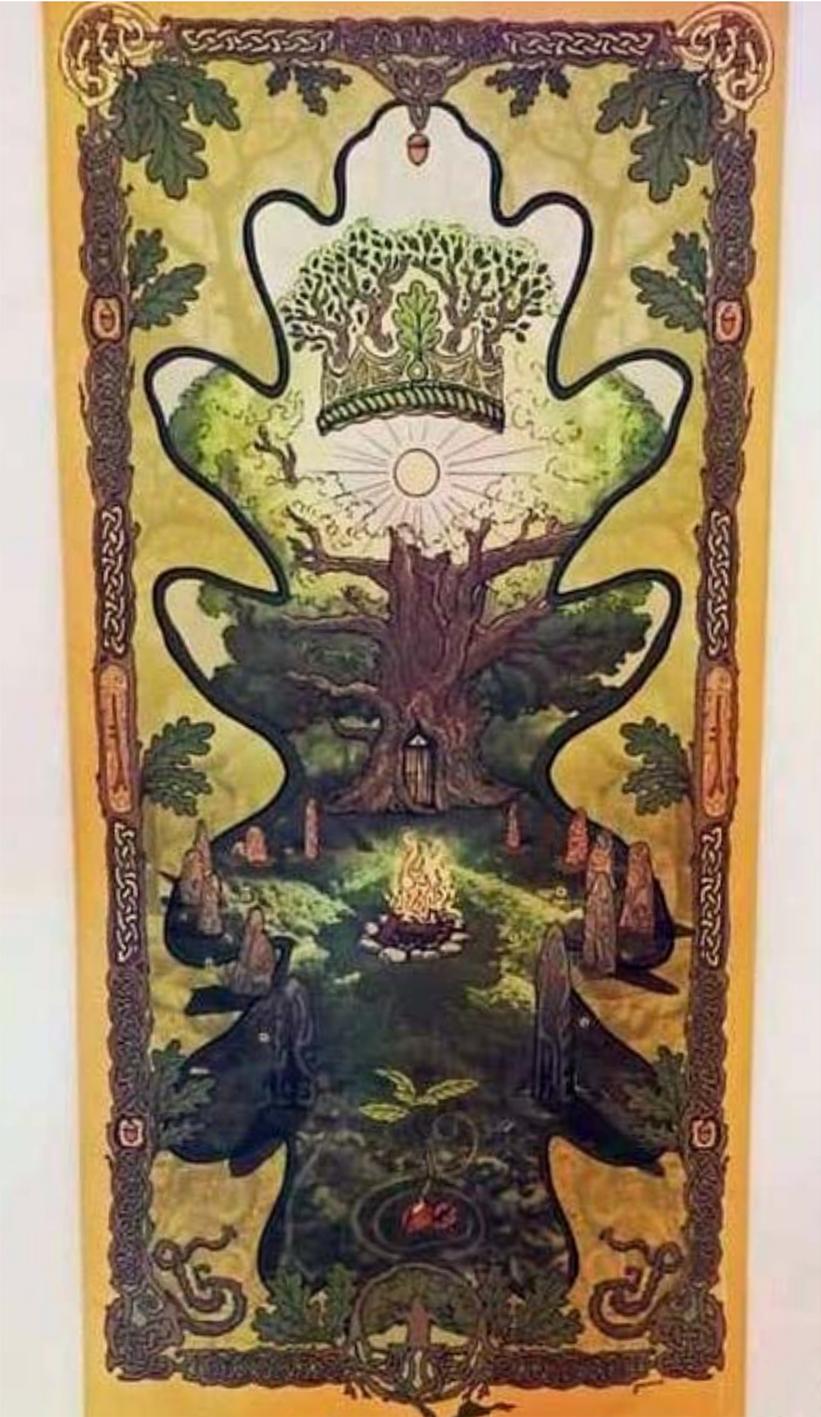
Going Deeper

Every year – as presented at previous BFVEA Annual Gatherings – my wife Emma and I run various plant diet and shamanic training programmes. We have both dieted with Oak before – in Ireland with my teacher Carole Guyett some years ago – but holding space with the Oak is very different, as we discovered when we ran an Oak diet initiation in the spring of this year.

During these weekends we fast and consume a special elixir that is made from the tree or plant itself. This elixir often takes a long time to make, as we try to include as many different parts of the tree as possible. This often means foraging the year round to gather the different components. Typically, the elixir will contain a combination of plant essence, hydrosol, decoction, infusion and tincture, and on this occasion we also made Oak Leaf wine and Oak bark decoction to add to the other medicines.

What was interesting about this retreat – and this was apparent right from the first session when we journeyed with the drum to meet the spirit of the Oak – was the number of people discovering that they already knew the Oak well. For them it was like meeting an old friend. Many of the participants on these retreats are already practicing healers, or plant medicine and nature people, so it shouldn't perhaps be that surprising, but this was the first time this had ever happened.

A large part of the reason we run these plant diet retreats is to make friendships and alliances with the plant spirits. We ourselves have been trained in this way by both Carole Guyett and Pam Montgomery and we work continually with our plant spirits in our healing practice. This is not some 'new age' idea but actually one that has been remembered by our teachers and brought back to us from the jungles of South America where the tradition exists to this day. We don't have a known tradition here in the same way but we do have a strong intuition that our Celtic and Druidic ancestors probably engaged in a similar type of activity. This would have been the training ground for an Ovate, who traditionally spent ten years learning the art of healing and plant medicine.



Designed and created by Yammick Dubois for the Oak Retreat

Even if we are not a healer, having a group of spirit allies to help look after and heal us is highly recommended in these chaotic and often degenerate times that we live in.

As the retreat weekend unfolded through a carefully designed set of different practices and sessions, we gave the participants multiple ways to make that connection with the Oak. We have found that certain trees and plants are more elusive and harder to connect to than others but not this particular one.

The Nature of the Oak

Dominion over the Celtic year is split between two 'King' trees – Oak and Holly. The Oak is known as the King of Summer, ruling over the first half of the year, beginning with the Winter solstice. We were running this retreat close to the Spring Equinox, so right at the height of the Oak's power. This power and position is relinquished every year at Summer Solstice when the mighty Holly takes the throne, so as to keep us safe and held through the dark void of Winter. At the Solstice the light starts to return and the Oak resumes his place as the King of Summer!

Druidry is a solar order and the Oak is a solar being – and a very realised one at that, as I discovered over the weekend. What the Oak showed me was that he is a King in the original and truest sense of the word, as his position is entirely an altruistic one. He doesn't want to be King to gain riches and power. The mantra of the Oak is: *'I am enough'* and he doesn't need the trappings of royalty. This is a Being that has mastered his own space and the three worlds that he inhabits – the lower world of the ancestors and our own shadow, the middle world of humans, plants and animals, and the upper world where the more refined and evolved beings reside.

This is why the Oak is connected to doors. He shows us how to heal and close all of our open doorways, or weak points, and achieve self-mastery. Indeed, his work here on Earth is one of a Bodhisatva. (*In Buddhism a Bodhisatva is a Being that compassionately refrains from entering enlightenment in order to reincarnate and continue to save and liberate others in their own cycle of death and rebirth.*) For not only is Oak 'enough' by himself but he is also able to hold and support hundreds of other species of animal and plant, and thousands of beings in total. An Oak tree is a community, a citadel, with many beings sharing the space – a very clearly marked space, as is the way of the Oak and all living under the guidance and protection of this King.

Many people on the retreat remarked right from the first cup of the elixir how they felt the middle part of their body or their trunk starting to expand, becoming more 'solid' and grounded as a result. The Oak is known for its deep roots into the Earth –

and thus the Lower world – but it also has its branches reaching for the stars, or the Upper world. The Druids knew that this tree was an antenna to the beings of higher vibrations and with its trunk firmly placed in the Middle world we can see that this tree has indeed a solid grasp of, and connection to, all three worlds.

The Oak offers us the potential to journey deep into the lower world and confront our shadows and our inner demons, whilst still being held in this world. In some occult mystery schools the route to the upper world of angels and ascended masters was via the Rainbow Bridge, which could only be traversed by the aspirant at the end of their seven-year Underworld initiation.² It is only when we have vanquished the main shadows from ourselves, however, that we can make and hold that connection to the higher vibrations. Yet in order to hold these high vibrations we need to have the deep roots, the solid trunk and the outstretched branches to the heavens. Oak shows us how.

The Oak teaches us many different things, but certainly after the diet weekend I aspire to 'be' the Oak – to live in the same way that he does. In this uber-fast technological age it can often be difficult just to hold our own space, but with the Oak as our guide and ally we can be helped to feel confident enough to cope until the moment that we become strong enough to be our own kings. This noble being will act as a grandfather does, putting its large comforting arms and branches around us and hold us until we can stand firmly by ourselves.

In these times I believe *we all need to be like the Oak.*

Davyd

Davyd comes from a strong Celtic background with ancestry from both Cornwall and Ireland. This connection forms an essential part of his healing practice. After a powerful wake up in Egypt in 2010 he then spent three years studying Tibetan Buddhism in both India and Tuscany. He has taken teachings, transmissions and empowerments from: HH Dalai Lama and other Lamas and Rinpoches. He spent five years studying under herbalist and plant spirit healer Pam Montgomery and is now a certified Plant Spirit Healer. In addition, four years was also spent studying the Yew Mysteries as well as training and studying in Geomancy, Druidry, and Celtic Shamanic Healing with David Leesley. Together with wife Emma he co-founded Plant Consciousness, which included the annual conference and now focuses on offering training programmes, healing, retreats and a plant essence range, to be found at www.plantconsciousness.com. He also co-founded the on online tv platform www.wisdomhub.tv.

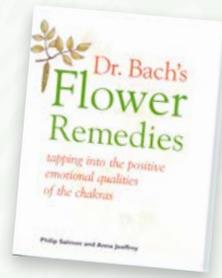
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[2] The Underworld Initiation, R.J. Stewart



Tribute to Anna



BFVEA member Anna Jeffroy Salmon passed away on June 20th 2019. Anna joined the BFVEA not long after it formed and had also been a tutor for the Bach courses at Ainsworth's for many years. Here are some words about Anna that four of our members wished to share with you.

Dawn White

"I first met Anna when I became part of the BFVEA education committee in 2000. Anna and her husband Phil allowed us all to meet at their house where we spent many hours setting up the criteria for BFVEA courses. Both Anna and Phil were already running reflexology courses so had very useful knowledge about how to set up courses like this and what issues we should be aware of. If you trained with Anna I'm sure you would have realised that she had a passion for flower essences and would always be ready to share this with those who wanted to know more. It was wonderful that Anna was able to join us at this year's Gathering, even though it was upsetting to see her so ill. We will miss you Anna."

Lynda Tarpey

"Compared to many BFVEA members my friendship with Anna was short. I met her in 2015 as a student on her Bach level 1 course. I only intended to do the one course, but I am now a qualified practitioner!

"This was typical of Anna. Whatever you thought you could or would do she inspired you to be more and better than you expected. She was not only a great tutor and mentor but a good friend. Her passion and enthusiasm for both flower remedies and people created a healing space for everyone who met her. Her determination and vision live on in her books and the hearts of her countless students. I, for one, will miss her knowledge, support, humour and tenacity. She was truly a force of nature and one for good."

Jan Stewart

"I first knew of Anna through her book, '*Dr. Bach's Flower Remedies (tapping into the positive emotional qualities of the chakras)*' which, at the time, seemed

to me to be a very interesting, new approach to using essences. Then, one day, I found myself at Buckland Hall trying simultaneously to fulfil roles as Chair and Gathering Organiser whilst, at the same time, helping my friend, Linda King, set out a large Petit Chartres Labyrinth in one of the rooms. Two people appeared and, sensing my plight, dropped their cases, rolled up their sleeves and offered to help. I remember feeling so grateful yet having to scurry off and leave them to it.

"It was much later when I found time to peep into the labyrinth room. Night was drawing in and the couple and Linda had just finished lighting candles around its edge. It was such a breath-taking sight that it was only by chance that I noticed that the mystery helpers were wearing name badges – which is how I discovered I was in the presence of the famous Anna Jeoffroy and Philip Salmon.

"Anna and Philip started our friendship as they meant to carry on – always there to encourage and help whenever need arose. They, of course, eventually married and found a special place in their new garden for their BFVEA present – a white David Austin rose called *Wedding Day*.

"For years the two were always linked in my mind. But I slowly got to know Anna in her own right and remember her most as a whirlwind of energy, enthusiasm and ideas. It is perhaps fitting that, the last time I saw her was, like our first meeting, at a BFVEA Gathering. I was unprepared to find her in a wheelchair with obvious breathing challenges but it was a great privilege, nevertheless, to see her still full of a joy for life and hope for the future. She was a great example to us all!"

Anita Whateley

"You do not realise how much you love and appreciate someone until they have passed over into the world of spirit. Anna had so much enthusiasm, love and joy for life. It makes me feel so sad to know that we will not meet up again and spend time together chatting about flower essences and other natural healing methods. It was such a joy to be in Anna's presence. Anna, you were a precious gift to our world and thank you so much for sharing your, love, light and uniqueness with all of us.

"EACH MOMENT WE SHARE WITH A FRIEND IS VERY PRECIOUS.

"Anna, you taught us many things, and especially the knowledge that each moment we spend together is priceless – nothing compares to it."

Editorial Team



Harnessing the Fire

Helen Ward

FIRE IS DIFFERENT FROM THE OTHER ELEMENTS. Whereas earth, air and water are made of matter, fire is a *process*, a transformation from one state to another, with the release of heat and light. It can range from little flames through raging wildfires, up to the most extreme version of all, the nuclear fires of stars.

Our bodies have to 'burn' in order to move us forward, physically and psychologically. Through fire we release who we are into the world: harnessing our creativity, and fighting to overcome our fears. Uncontrolled, however, it can run so fast, provide so much excitement, that we forget to look after our basic physical needs. We can 'burn out', so that the very thing we are trying to achieve gets undermined. If, however, fire is trapped or simply lacking, we can feel lifeless, despondent, inert and forget that rebirth and 'rising like a phoenix' is even possible. But there is always the opportunity of rectifying the imbalance, and finding a way to channel fire in a more useful way.

The Importance of Fire

A key question for channelling fire correctly is: *"Are we being the hero we wish to be in our lives?"* Our central fire, the Sun, wherever it appears in our astrological charts, points to this need to be the creator of our own destiny. It says: *'This is how I affect my surroundings; this is how I transform the world through my very Being.'* We all, in our own unique way, need to shine, to show who we are and acknowledge our life's purpose.

I had already planned to look at some essences relating particularly to this element, and this became more urgent when I began having regular dreams about fire. In one particularly dramatic dream there were fire tornadoes racing towards my house. In another I was saving things from a burning building. Then I dreamt that a young, delicate plant was growing in a pot, with one lovely flower leaning over the edge. But the pot was situated on top of an active wood stove, and I knew that if I opened the door and let the heat out fully then the flower would stand no chance of survival. A very clear image of the worrying power of this element within one's psyche...

The Essences of Fire

There are many essences for dealing with issues of Fire. The first I have chosen are the Bailey flower combination essences of *Fire Deficient* and *Fire Excess*, from their Acupuncture kit. Within *Fire Deficient*, the essence *Oxalis* loosens the grip of entangled emotions that depletes Fire energy. The other essences provide much-needed protection whilst the heart opens up to new possibilities, allowing apathy and joylessness to be a thing of the past. *Fire Excess* addresses issues of impulsiveness, aggression and impatience. It works to relieve the deep insecurity that is often fuelling the fire, and the essence *Firethorn*, in particular, calms any bottled-up emotions that have become really unstable as a result.



There are also essences channelled from 'pure fire' itself. Ian White's *Fire* from his *White Light* set was made in the intense heat and desert of central Australia, and links to passion, creation, and potential. It can open one to the moment when the soul originally chose this life, and thus motivate the fulfilment of one's highest destiny. Morwenna Brady also has a *Fire* essence

in her Elemental Wheel set, which is also about renewed passion and power, and, in particular, being the 'beacon of light' we would wish to be.

So, it is clear to see the fundamental qualities of this element, and how we can use essences to connect directly to its pure nature within us. Another way of channelling fire is to use a volcano essence. The one I'd like to mention in particular is the essence Nikki-Marianna Hope made of the Kilauea volcano on the big island of Hawaii. This is a place I visited myself some years back, and I was amazed by the earth tremors we experienced and the lava solidifying over the local roads, and the continual, unpredictable nature of an island undergoing a fiery emergence from out of the sea. The *Kilauea essence* helps one *'face up to and ride out challenges that crop up in your life, so that they can be beneficial and exhilarating, rather than frightening and overwhelming. It is good for when you have lost the 'Fire in your belly' and need to rediscover what is truly important to you; what makes your heart sing and invokes your passion for life. Useful for bringing out what has been suppressed or denied, particularly over the long term.'*

Crystal essences can also be particularly useful for the re-channelling of energies, as they work really well with the body's underlying matrix. The Alaskan essence *Fire Opal* is particularly useful as it *'releases blockages in our energy pathways to allow more Earth energy to rise up . . . it helps the body learn to store this additional energy rather than making it available for immediate use, so reserves can be built up, helping us move from "I have energy", to "I am energy"'*.

As mentioned already, a key facet of the process of FIRE is purification, for fire in the natural world is vital to the health of our landscapes – at least in moderation, a key phrase when one deals with fire energy! The Alaskan gem essence *Vesuvianite*, found on the slopes of the well-known volcano, connects us to the *'brilliant, purifying, energising aspects of fire'*. But, unlike the *Fire Opal*, this is not a vibrant red crystal but a gentle green one. Its essence combines the power of fire with an opening of the heart, grounding love from higher dimensions into physical form, and providing a new impetus for opening to deep heart-centred relationships. So, a beautiful example of how nature provides many things in one within its creations...

My Own Choice of Fire Essences

However, for my own purposes, my spirit guides suggested other essences to use as a mix! Firstly was Mulla Mulla, another Australian Bush desert essence, for recovery when one has been very badly affected by the energy of fire. Often this sort of experience results in a serious lack of vitality, as we have been 'burnt' by life and retreat accordingly. This one is very personal for me,

having, in the past, suffered such extreme eczema all over my body that I looked and felt like a burns' victim on all levels. It linked emotionally to the unsuitable work I was doing at the time, which left me constantly feeling unhappy, frustrated, afraid and very 'exposed' as a result. It was a trial by fire which resulted in me retreating from the world, and figuring out slowly and carefully who I was... Over the last few years my health has improved a great deal, but when one has had decades of problems it is not surprising if there are deep fears about moving more into the outside world, and showing more of who one really is...

The second essence, somewhat surprisingly, was *Green Tourmaline*, also from the Alaskan Gems. This helps us connect to what 'wellbeing' means for us personally, and I realised it would support that sense of delicate new growth that the dream about the pot plant indicated. The third and final essence, *Ignite*, is one of my own essences. I channelled it from an unusual, variable star that had suddenly amazed scientists by becoming over half a million times brighter. Thus, this essence switches on our creative fire enormously. It brings a feeling of certainty that fire is not only ours to command, it is our right to command it.



The Results

What really surprised me, when taking my essence mix, was the sheer speed with which fire energy can work when it is not being impeded. Within a couple of days I found myself sitting down and, seemingly without even deciding to, starting to generate on paper new ideas of who I was now becoming in the world. I gave myself a new, exciting 'job description' and an action list that I started implementing straightaway. A great result! Healthwise various positive things started happening for me, giving me a better balance of energy all round. However, things often turn out to be not as simple as that... Having got off to a great start I found that the 'bigger' things I had decided to do to drive myself forward began to seem daunting and extremely exposing. It became obvious that for all the incredible new impetus, powerful long-term issues were emerging from deep within. It's not easy to overcome patterns of a lifetime, as we all know. There will be resistance, and for good reason.

I realised I had to introduce a new essence to the mix to hopefully help me make that extra crucial step forward. I was guided to Karen Reid's *Golden Dragon Fire*,

and in taking a drop of it I saw that the 'orb' within, which should have been aglow with fiery new energy, had become washed out and insipid again. And then I had a sudden insight: my mother has been one of the fieriest, strongest people I have ever known, and I have felt pale and useless in comparison. I also found her personal brand of fire very scary indeed.

Golden Dragon Fire works with the incredibly strong patterns of response we put in place around ourselves for protection, like the dense brambles and briars that grew around Sleeping Beauty's castle as she slept. Made by merging the nurturing dragon energy with the essence of the fiery red Pineapple Sage plant, it brings us the comfort and support we need to cut through the prison of our old reactions and become who we really are. So now I had the full combination of essences I personally needed, I realised that I was fully set up to emerge from out of my mother's rather complicated shadow. It is an ongoing thing!



But the key thing that amazes, as always, is the power of essences to help us with our energy patterns and problems on all levels. As we play with FIRE in particular, we can receive the insights, inspiration and impetus needed to arise anew from out of the old life. I wish you all well with your own fiery endeavours!

Helen

Helen is a channelling medium and essence producer, a member of both BFVEA and BAFEP. Her website is listed below and she can be contacted on helenfward@aol.com.

Websites

Ignite (Embodiment essences): www.guidedessences.com

Green Tourmaline, Mulla Mulla: www.universalessences.com

Kilauea: www.kkiessences.net

Australian Bush White Light Fire: www.healthlines.co.uk

Morwenna Brady's Fire: www.morwennabrady.com

Bailey Fire Excess, Fire Deficient: www.yorkshirefloweressences.com

Fire Opal, Vesuvianite: www.alaskanessences.com

Golden Dragon Fire: www.rainbowsendessences.co.uk



Book and CD Review

Jan Stewart

The Essence of Meditation by Dirk Albrodt

Most readers will know that there are many benefits and uses for meditation, yet few of us find the time to do it. Indeed, sitting still and doing nothing for ten to fifteen minutes can in itself be a huge challenge in a busy life. And even if you achieve that, how do you control the mind enough to find that quiet inner space rather than mentally checking through your day's 'to do' list?

In the 1930's Edward Bach created a *White Chestnut* essence to help dissolve persistent unwanted thoughts. He wrote of it: *"For those who cannot prevent thoughts, ideas, arguments which they do not desire from entering their minds. Usually at such times when the interest of the moment is not strong enough to keep the mind full. Thoughts which worry and will remain, or for a time thrown out, will return. They seem to circle round and round and cause mental torture. The presence of such unpleasant thoughts drives out peace and interferes with being able to think only of the work or pleasure of the day."*¹

Now Dirk Albrodt has brought together details of 'Flower Essences That Transform Thinking', plus music by Peter Vantine to help us discover 'The Essence of Meditation'. Dirk's choices are an interesting mixture of Bach and his own essences arranged into useful categories. *'Shut Up Inner Voice'*, for example, naturally includes *White Chestnut*, but also four other Bach essences – *Pine*, 'for peace of mind', *Beech* for 'tolerance, empathy', *Chestnut Bud* for 'learning ability, maturity, understanding' and *Red Chestnut* to help 'Trust, confidence, let go worries about others'. He also suggests a trio of the Chestnut essences to 'catapult you out of... vicious circles and help overcome stagnation'.

In contrast, 'Look Who's Talking' suggests five of Dirk's own essences to free us from the inner voice that 'mirrors attitudes and beliefs of parents'. *Pear* is for 'Inner peace, motherhood'. *Rosemary* helps us 'Stand fast, masculine energy'. *Sunflower* is for 'Male Power', *Birch* provides 'Wisdom, patience, kindness, comfort, humor (sic) maturity and inner peace', whilst *Spruce* offers 'Serenity, purification, wisdom'.

For those who want to access and use inner knowledge Dirk then returns to Bach's *Cerato*, for 'Inner uncertainty, inner guidance and intuitive knowledge'.

THE ESSENCE OF
Meditation

Flower Essences That Transform
The Thinking



DIRK ALBRODT

He then adds his own *Lotus* essence, for 'Meditation, divine inspiration, spiritual liberation', *Sage*, 'to bring 'Wisdom, spirituality, wholeness', plus essences from three members of the genus *Artemisia* – *Mugwort*, *American Mugwort* and *Wormwood*. The latter can be used individually or as one of Dirk's trios which 'Brings you back to yourself, whether you are awake or sleeping. First, it lets you dream of who you really are, then live the dream'.

There follows a study of Bach's *Scleranthus* which Dirk calls 'The Unexpected Master Meditator' – a 'meditation teacher' essence. He also recommends his own *Spring Moon* which contains the energies of Wesak, the valley where Buddha was enlightened and the five-day annual celebration of the event. It is said to remove all obstacles that stand 'between you and a vibrant future full of enthusiasm, devotion and ecstasy'.

Finally, Dirk describes his 'meditative helpers' available in the *Mamboya Meditation Series*. They include combinations for *Mental Detoxification*, *Compassion*, *The Vision* (for when we feel we have lost our goal in life), *Awakening*, *Stillness*, *Bliss* and *Not-Me-Not-You* (for Trust in the Universe). Stop wanting to control everything. Try to bear, to be completely unimportant'.

Dirk's book is beautifully illustrated so you can simultaneously enjoy both an essence and its flower source. Accompanying the book is also a CD of ten solo piano pieces by Peter Vantine. It is simply called *Flowers*. In its creation, Peter and Dirk collaborated to translate the language of flowers 'into tunes which are meant to help us with the archetypal force within, the inner woman, the inner child, and all the others'. They also bring together that special effect on the human brain that both music and flowers can bring about – the reduction of stress, fear and turmoil. Used individually or together they offer an invitation to take the time to journey within, into the silence of your core self. A wonderful place to be – if only for ten minutes a day!



Jan

Albrodt, D. (2018) *The Essence of Meditation Flower Essences That Transform The Thinking* The Netherlands; Roggel and Flowers CD, Peter Vantine.

Dirk's products – essences, books – can be obtained from www.mamboya.com

References

[1] Barnard, J. (Ed) (1998) *Collected Writings of Edward Bach* London: Ashgrove Press, p. 40.



universalessences.com

The Survival Series A Foot in Both Worlds

In this time of rapid transformation from the old paradigm to a new level of consciousness, it can feel like we are walking between two worlds. On the one hand, we are experiencing expanded consciousness with enhanced extra sensory abilities. On the other hand, this sensitivity can make it difficult to interface with the old 3-D world. It is still necessary for us to be able to do the practical things involved in running our lives such as paying bills, doing the shopping, driving cars, etc. These combination essences will help us navigate between these two worlds until we are fully comfortable with our new abilities.

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