

# Essence

Spring 2020

Gathering Diary

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Embracing Hawthorn**

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**Tapping into the  
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**Energy Advertising**

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**Essences from South  
Carolina**

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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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*The above photo of Capachito Andino is by Natalia Montes Viviani. See her article on page 26.*

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



# Welcome to our Spring Edition

**S**PRING IS HERE, and the flowers remind us of all that we love and all that is important to us, as new life blooms and the weather becomes more clement. Yet we have been, and still are, facing a most challenging time. We are having to dig deep both emotionally and practically, to find the resources to cope with the unusual demands being made on us. We need our knowledge of essences, and their power to help and transform us, more than ever.

We hope that the articles in this edition inspire you and energise you, reminding you of the eternal power of nature as you immerse in the authors' experiences, and give you some food for thought too!

For further inspiration we have also included a 'Gathering 2020 Diary', where I report back from the wonderful time we had in mid-March as many of us met again at the Woodside Hotel in Kenilworth. The Gathering, as all will attest, is an uplifting experience, where so much wonderful support and knowledge is shared. But this year was unusual, not the least because its timing was perfect – concluding just the day before mass gatherings of this sort were seriously discouraged – but because of how much deeper the nature of the experience.

A communal intention to overcome fear, to work together in unity, can bring about great changes, and we look forward to seeing the (perhaps as yet) hidden benefits of what the world is going through in 2020.

May you find both peace and joy as the year progresses.

*Helen* [editorialteam@bfvea.com](mailto: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 15/05/20

## News from Brazil

We were delighted to have Rosana Souto join us at our recent Gathering. She is much admired for her pioneering and inspirational work on essences in Brazil, and is currently focusing on helping people with autism. As for many places, Brazil is experiencing an increase in the occurrence of this condition, and some scientists predict that numbers will rocket in years to come. Rosana's essence research on this is proving highly interesting, and she will be sharing her results with us at a future Gathering.



## New Membership Certificate

From 1st May 2020 your current membership certificate will become invalid, as we are going to provide every renewing member with a brand-new electronic version. The new design will specify that it applies only to the year ahead, so when you renew this year you will receive one that is valid from 1st May 2020 to 30th April 2021.

## International Essence Awareness Week

Ronnie Williams has led this event for many years but now wishes to hand it over, so Sharon Keenan has stepped up to take this forward. Normally we would hold IEAW in September, but we're going to give it a miss this year and, instead, work on recreating it in a new form. We are planning to run it in February 2021 . . . If you have any thoughts or suggestions about it, please contact Sharon on [Sharon.essence@gmail.com](mailto:Sharon.essence@gmail.com)

## New BFVEA Website

Due to the amount of work involved, this will be delayed slightly to the summer. Dawn White and Debbie Sellwood are beavering away on getting the content exactly as we would wish it to be, and hopefully you will all be pleased with the result!

*Now is the time to be working on your CPD! See page 6 for details*

# BFVEA NEWS



## Renewal Time!

Our subscription prices are staying the same as last year:

**UK Members: £65 International Members: £70**

**UK Friends: £28 International Friends: £35**

Your membership subscription expires on May 1st. Please go to page 8 for helpful information on preparing for this. Let's make it a smooth process for all concerned, especially for Lucy, our very hardworking Membership Secretary!

## Committee Role Needing Filling – Please Help!

Chris Philips is standing down as Data Controller for the BFVEA, so this role needs to be filled as quickly as possible, as it is a requirement by law that every society have one. The role does not take a great deal of time, however, so please consider volunteering for this!

## Crystals Needing a New Home

Tony Richardson says: *"I have too many crystals. I am more or less retired from my work as a crystal healer now, and many of them are telling me that's time for them to have another home. If, when reading this, you feel drawn to them, please contact me (see below) and I'll ask them if any of them want to come to live with you instead! I do believe that it is important to let the crystal choose you, not the other way around..."* [tonyandstella@ingleside2.plus.com](mailto:tonyandstella@ingleside2.plus.com)

## We welcome our New Members

### Advanced Practitioners

🌸 Linda King – East Yorkshire

🌸 Michelle Nilson – Ireland

🌸 Brenda Sweetman - Hertfordshire



## BFVEA Renewals, the Easy Way

Lucy Hunter – *Membership Secretary*

The BFVEA member's subscription expires on May 1st, so I thought I'd give you a quick guide to what we need from you. As you can imagine, with the number of members that we have, processing your renewals takes a lot of my time and energy and you being considerate and efficient about it would be much appreciated!

So here are the key things to remember when you receive your Renewals letter:

1. Apart from payment, we only need an up-to-date insurance certificate and either a CPD summary form or Peer Audit CPD form to renew your membership.

**Please send these to me at the same time to save me having to chase you for either one.**

2. This year we will include our bank details on the renewal letter, so that you may pay by BACS as soon as you wish. **Please write the name we know you by in the reference field** to make spotting your payment easy for our Treasurer.

3. You can also pay by cheque, or by card via a Paypal invoice which I will send on request.

4. **If we do not hear from you by May 31st** we will delete your records, and you will have to submit all your original documents, including application form, to re-join.

We know that members can often feel a bit daunted or burdened by doing CPD. We have a wonderful guide to it available in our Members' Area on the website home page (contact me if you do not have the login/password), but it is really very simple, and here on the opposite page we present an example. Please understand that:

- **You only need 10 points to qualify for renewal.** We have sent out the list of point allocations in the recent email, and will again include it with your renewal letter shortly. Please email me if you are unsure. Anything that helps you professionally can be included.

- **You only need to send me the CPD summary form, or the Peer Audit form** (if you do your CPD-checking in a group).

- However, the onus is on you to **keep notes on your CPD in your 'portfolio'**. For each item you will need to write a paragraph about how that activity has benefitted you. If you are audited, you will need to present these notes.

In these virally-challenged times, those of you who like to go over your CPD in a group may switch to Skype/Zoom/Facetime if you wish. Please get in touch if you would like help making this happen.

And remember: **don't put off until tomorrow what you can do today!** Get your Renewals over with and I won't be chasing you with emails or phone calls!

*Lucy* membership@bfvea.com 07500 979114

### BFVEA CPD Summary Form

Name: *Flora Fiennes*

CPD Period: *2017-18*

**Guide to Filling in the Form**

- Please keep a copy of the form(s) and any supporting evidence in a separate portfolio/document.
- You only need a minimum of **10 points** for BFVEA renewal.
- **Please only enter points for which there is evidence in your portfolio/document.**
- \* For clarity you may wish to number each piece of evidence according to numbered activity
- **Only send a copy of this form to the Membership Secretary if you are not part of a peer audit group.** Otherwise, show the form to your peer group during your meeting.
- For additional items, please add to the table (if inserting electronically) or photocopy extra sheets.

CPD OBJECTIVES for the period: *Including MYMOP records in my client notes. Making, defining and trialling a bluebell essence. Learning more about making essences.*

*	Description of Activity	Date (or period)	Hours/days	CPD Points	Evidence in Portfolio YES/NO
1	<i>Completion of 10 MYMOP records</i>	<i>May 2017-18</i>	20	10	<i>Yes</i>
2.	<i>Making a bluebell essence</i>	<i>May '17</i>	6	3	<i>Yes</i>
3.	<i>Learning more about making essences.</i>	<i>May 2017-18</i>	4	2	<i>No</i>
4.	<i>IT Course on Designing a website</i>	<i>Oct-Dec 2017</i>	20	10	<i>Yes</i>

Total CPD hours/points for the year: *50 hours/ 25 points*

Which OBJECTIVES did you manage to achieve? *All of them*

Briefly summarise the most important PROFESSIONAL GAINS you made from CPD during the year.

*I now feel competent in making MYMOP records and the strategies developed will improve my consultation skills. Making, defining and trialling an essence helped develop my plant observation skills and understanding of plant signatures. Creating a website made me think about acceptable wording for all my advertising materials and how to use legal phraseology.*

CPD OBJECTIVES for Next Year: *Build up my collection of MYMOP records as data for the efficacy of the treatments I am providing. Attend Plant Consciousness weekend. Complete data holding permission forms for all clients, past and present.*

I confirm that this is a true and accurate record of this year's CPD.

Signed: *Flora Fiennes*

Date: *1st May 2018*



## Gathering Diary 2020

**O**UR WONDERFUL GATHERING ORGANISER, Dawn White, did us proud yet again, putting together an amazing variety of presentations and experiences for us to enjoy. Yet there was something a bit special about this event, and it seemed to stem from the group essence we made under the guidance of Nikki-Marianna Hope. She had the idea a year ago, not knowing what would be happening in the world when spring 2020 came around! The essence was a merging of both the **Peace** and the **Joy** represented by the different personal items we all brought along, many of them gifts of nature such as feathers, flowers, shells and pebbles. Intense emotions flowed out amongst us, beginning the much-needed process of transforming our minds away from fear and towards a higher, much more positive state.

The idea of 'connections' also became an important theme. Jenny Howarth said there were *"so many threads coming together magically"* as the different speakers bared both their souls and their work and all was woven into a greater whole... Amy Murphy-Watts gave us a fascinating insight into the correlations between the natural world and the human world, in particular regarding the internet, and talked of trees' similar inter-connectivity through their roots: the *Wood Wide Web*. We all held hands during Lesley Oates' talk, forming an unbroken link around the whole room. The 'current' was so strong and beneficial that we didn't want to let go! We also had Woodside's glorious redwoods watching over us. These trees are now two hundred years old, but Karen Reid heard one of them say: *"My spirit is as old as the hills, the sky; we walked the earth before people and will be here long after. We are the timeless ones."*

We learned about so many interesting things in this Gathering: Saskia Marjoram's process for making her hydrosol sprays in her copper stills, one of which she set up outside near the trees; Dr Andrew Tresidder's highly valuable tools for energy integrity; and Rafe Nauen's Constellation Therapy, which allows people to undergo some amazing shifts within their inter-personal dynamics. Sharon Keenan introduced her exciting new essences, made in the heart of a city, that are powerful tools for adapting to stressful environments, and also contain some hidden benefits...

We were taken on some fascinating journeys too. Firstly, Lesley Oates described her Cornish pilgrimage down to St Michael's Mount. She brought some beautiful pebbles from the shoreline there for us to enjoy and take home with us, and we sampled her 'Pebble (*Pilgrimage*)' essence. I felt its power to ground me in strength and new maturity... Jenny Howarth's journey with the goddess Verbeia followed the River Wharfe from muddy spring to wide river estuary. In drifting along on her essences, I had a sudden, and very useful, inspiration about my own work!

Sam Cremnitz shared his emotional journey in coming to terms with his nature as an introvert, yet also talked about the wounded nature of the Divine masculine within humankind. We were particularly inspired by his use of creative visualisation. Erik Pelham opened our eyes to the many gods and goddesses of the various planes of Earth and Sun, and we had a chance to experience one of his God Elixirs for ourselves – finding out just how powerful it was, and how it linked wonderfully with what Sam described. We all felt how important it is now for the 'masculine' to be healed and to be expressed in a more positive way in the world. (*See page 35 for the advert for Erik's upcoming workshops*).

Tony Richardson also shared his healing journey with us, reminding us of the importance of our own specific gifts, when people choose us to be their therapist. The connection between client and therapist lies at the heart of things... And Anne Patterson afterwards reminded us to "*put the heart on the throne of your life*", another powerful motif for our work with essences. Anne described her life working deeply with the spirits of plants, and took us on a guided journey to meet our 'plant ally'. We all work with nature intimately, every day, yet to come face to face with a being from this realm is always a privilege, and we all went away stronger as a result.

Our final gift from the weekend was, of course, the **Peace and Joy 2020** essence. We all gathered round as the essence came into Being, sensing as a group something "*deeper than silence*", as Nikki described it. It was a wonderful conclusion to a weekend where, through deep communion **together, we all experienced something quite beautiful.**

*Helen*

*If anyone would like a bottle of our group essence, please get in touch with Nikki on [nikki@kkinaturally.net](mailto:nikki@kkinaturally.net). She only needs £5 to cover the cost of bottle and postage.*





## Embodying Heart, Embracing Hawthorn

Juin Gibson

*"Somewhere in a cardboard box, in a cupboard or a garage, there's a photograph of Juin aged around eighteen months. She's sitting on the grass in the garden and there are red tulips and daisies on the lawn. She's listening to the tulips and their conversations with the daisies too, as they scatter their voices through the blades of grass across the lawn.*

*"Juin has been listening since she was old enough to sit there. And quite probably before that too. She knows that all the best conversationalists are skilled listeners. So, she's honed that listening, before she even knew that's what she was doing. It quite probably helped that she grew up in a relatively silent household, both of her parents being profoundly deaf."*

Lindsay McLeod

**T**HERE IS AN AREA OF MY HEART that still holds the experience of being a small and frightened child. It feels clumsy, distorted and out of its natural shape, having been trained since childhood in the art of separation. A dark art, really, when taken to its extreme. As strong feelings move through me, this part has become skilled at repressing or suppressing, rather than expressing in the myriad of ways available to me. And so now, when I look deep into this region, I find the tatters of grief, excitement, disappointment, guilt, shame, and other feelings so bent out of shape I can hardly recognize their origins.

*This is when I turn to Hawthorn.*

Hawthorn knows that my heart has bent itself out of shape in this zone with some kind of idea of staying safe. Paradoxically, of course, it has had the opposite effect. Hawthorn knows the power of vulnerability, knows that paying attention to my whole self is where true and lasting safety lies. When I turn to Hawthorn, it reminds me of this deep bedrock of true heart strength and courage, and it resonates within me until I return this gift to myself.



Hawthorn reconnects me to the heart of the world and to my Self. For the world is calling out for us to reconnect ourselves to 'all that is', to the world and to ourselves. And never more than when we see that Hawthorn grows so abundantly and generously, not fussy at all about its location, calling out its reminder to us incessantly.

It is said that when an individual is in need of a plant, it will be close by, calling out to us, making it easy to find the medicine we seek. Clearly, Hawthorn is calling to us all, everywhere, its May blossom inviting us to know that we are joined on multiple levels and through all the seasons.

In calling us to come back to our own hearts and also to the heart of the world, Hawthorn resolves in a flash any tendency we might still have of seeing the plant world as 'other' in some form. By connecting with other-than-human beings we draw ourselves into greater embodied presence with all that is alive on Earth. And at the same time, begin to more fully realize that life imbues every single thing that surrounds us.

When we bring our embodied presence and attention fully to our environment, we begin to see the ways in which everything has intelligence, consciousness, and meaning. We begin to weave ourselves back into the direct, moment-by-moment experience that we are fully a part of it all. This perception is most known about in our hearts due to their huge electromagnetic fields, sixty times larger than those of our brains, so subtle and refined as to hear the songs of everything around us, and then sing our part in that chorus too.

### **Body Harmony and Plant Connection**

Some thirty years ago I became aware of an inner desire to return to a more conscious embodiment, which would allow me to integrate my most subtle awareness with the humdrum physicality of my day to day life. At that point ***the system of Body Harmony*** came into my life to meet this intense need.

Ever since then, ***Body Harmony*** has been the most useful and integrative tool in honing my relationship with plants, as it brings me into ever more refined awareness of my body's 'antennae', thus linking me to the information that they are receiving from the surrounding environment. I'm in a physical body, and it itself is the vehicle I use to live my life here on Earth. ***Body Harmony*** keeps my use of this vehicle grounded in the same way that plants are, obviously, grounded through their roots. We can have all sorts of spiritual insights, but until they're made real by experiencing them in our physical bodies, they remain conceptual and much less useable.

My long-time friend Lindsay McLeod has practiced and taught ***Body Harmony*** for nearly thirty years, and she puts it like this: *"All of the different bodies that*

*we have, such as emotional, psychological, mental, psychic, dreaming, and so on, are all nested, like Russian dolls, within our physical body. So, when we have access to information which is firmly seated in our physical tissue, and which speaks in the language of sensation, we can be sure that it is fully grounded, and at the same time have a connection to all of the other levels of our being."*

Together we are offering a **two-day workshop** in the village of Holne on the edge of Dartmoor, just prior to Beltane. Our intention is to share the tried and trusted tools of deeply embodied awareness with an intimate group of individuals. We'll be crafting a space where each person can hone their own unique ways of relating to their embodied selves and, through this magical container for their souls, with the environment around us.



We'll be visiting with Hawthorn on Dartmoor and learning about our unique, personal relationship with our own deep heart and with the heart of the world. The experience of the deep listening the workshop will invoke is something that creates new neural pathways and new physical references, so that we can bring the depth of change that we experience back home to our day-to-day walking in the world.

You are warmly invited to join us.

*Juin*  *Lindsay*

*Juin is a Flower Essence practitioner/maker and a tutor. She makes the **Wildheart Alchemy** range of essences and works with plant energetics. She often works with a five-element model and is currently compiling an 'Essences and Acupoints' manual.*

*Lindsay McLeod is an International **Body Harmony** teacher currently based on Dartmoor, where she spends much of her time listening to the land and its inhabitants.*

*Coming Soon!*

***Embodying Heart, Embracing Hawthorn***  
**Weekend Workshop**

Two days of immersion into the terrain of our hearts and the heart of Hawthorn in the beautiful landscape of Dartmoor.

This will be an experiential weekend, exploring through Body Harmony bodywork and intuitive plant perception.

*For more information and bookings contact Juin Gibson  
on 07969 452008 or juinsgibson@gmail.com*

Venue: Holne Village hall, Holne, Dartmoor, Devon

## 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 2020

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.





## Tapping into the Collective Consciousness

Muriel Pichard

### **HAVE FELT A SENSE OF THE EARTH'S COLLECTIVE CONSCIOUSNESS**

permeating my psyche since early in my childhood. It made me feel that together, as a people, we could go further, each developing our own individual abilities and following the call to create the most significant thing we could. By tapping into the positive aspects of ourselves, we could transmute the whole – each of us like a drop in the ocean helping shape a world built on unity rather than division.

We all come from this collective consciousness; we all have it within us. Speaking personally, when I feel 'separate', there is a sense that I have forgotten where I came from. When I 'tap' into this collective consciousness again, I no longer feel isolated. Still alone perhaps, but not lonely. I am in tune with myself and my tribe. I see and feel what unites us rather than what separates us. I can be physically alone, and yet, still connected to this ever-present consciousness, permeating all life around me and within me. And I feel vibrant and alive. In this state I can be creative and hopeful, flowing with Life rather than going against it. I stop resisting and can accept and surrender to what comes my way.

### **Why Should we Do This?**

I feel it is important to tap into this collective consciousness because it is in balance. It is always there behind everything, a point of equilibrium. There is also a lot of loneliness in the world. For seven years I lived in a co-housing community in Dorset, and in the week-end retreats that we ran to introduce the concept to others, I met a lot of people who came in search of 'connection'. They were looking to interact with others who shared similar interests, who wanted to gather together to create something more than they could do and be on their own. Whichever way we create community, the potential to produce something 'bigger' by interacting and by bringing different talents and skills together is huge and heart-warming, holding so much joy and potential.

I feel that tapping into this collective consciousness brings us back into the heart when we have become dissociated from it. When we work together, when we 'play' together, when we rally at times of sorrows and shocks, we are tapping into this collectivity.

I remember our dear friend, Steve Johnson, saying during one of his wonderful seminars: "We don't have to do it on our own." I can so relate to this and I guess many of you may resonate with it too. A lot of our journeys of exploration require that we do them solo at times, each on our own pilgrimage, and yet I have seen in my own journey, and those of many travelers I have met, this deep need to gather, share and feel part of a 'tribe'. I have fond memories of being with my friends of the community round a fire outside, how it felt warm and natural, and that brought joy to our hearts. I remember these deep 'sharings' taking place, each with a potential to create something new, nurturing and life giving. The beautiful people who came to join us during these weekends were so touched by the simplicity and authenticity of these gatherings. In this space, in these moments, we all felt one and yet heard each other's individual journeys with deep compassion and empathy.

My time in this community was transformational. During it, I reflected a lot on what 'home' meant for me and I realized that above all else, beyond where I lived and who I shared my life with, it was feeling part of this collective consciousness. We currently see a lot of old structures collapsing in the world, with all the distress associated with it. In the midst of all this pain and chaos, there is also a huge collectivity emerging, wanting to create a different experience of Life where respect is key. Respect for our beautiful Earth, respect for our fellow travelers, each on their own particular path. In this landscape we do not focus on our differences, but instead value them, learn from them, and grow from them whilst sharing at the same time a similar longing to feel whole.

In a nutshell, I do feel that, more than ever, it is important to hold our vision of a world where we can thrive through living in harmony, and by tapping into the collective consciousness my deep sense and hope is that we can create that. My own journey drew me, perhaps subconsciously, to animals, to the environment and the plants and trees within it, all emanating something about connection, inter-dependence and connectedness. Out of all the essences that I have co-created with Nature, fifteen came out last year, all part of the Atlantic Essences range, divided into three categories of Flower/tree essences, Animal Essences and Environmental Essences.

Two of them in particular relate to collective consciousness and I am delighted to introduce them to you now. They are: *Dolphin Together* (an animal essence) and *Big Chief* (an environmental essence)

### **Dolphin Together**

This essence was prepared in Brittany on a bright sunny day at sea, co-created with my sister, niece and a group of bottlenose dolphins.

When this big group swam over to join us, we felt like children, totally in awe of their energy, lightness, and harmony with their natural environment; so totally at home there!



We could see the dolphins clearly through the water and watched them as they played and jumped in the air, following the boat at great speed and with acute precision. Their energy then changed, becoming far more intense, as they swam off at great speed, chasing the fish. At that point we started making the essence and I was the last one holding the bowl when one of the dolphins called me out to the front and, looking straight at me, transmitted the following message:

*"We are here, we are part of this, we are actively participating in this process."*

And then it continued: *"It is time to gather. Together, we are strong, we go in the same direction, knowing exactly our individual contribution to the whole and performing it with total consciousness, aliveness, lightness and sheer inner knowing and determination. We are all part of a collective consciousness."*

An essence of **togetherness and joy**.

## Big Chief

This essence was prepared near a massive rock on Branscombe Beach in Devon.

I had not expected to make an essence on this particular trip, but this magnificent and imposing rock spoke very loudly to me. It faces the ocean like a sphinx and holds the energy of an Indian Chief. The words that came to me were strong indeed:

*"People and things can be eradicated, but the wisdom can never go..."*



The Pinnacle, Branscombe Beach

I was told that, more than ever, it was important to be anchored to the Earth and to hold a higher vision; that there was no place for guilt, but instead it was

the time to face one's truth and actions and to take responsibility for them, bearing in mind that responsibility in this sense is the **ability to respond**. The potential was there for us to tap into our leadership qualities, and assume a role of protection towards oneself and one's clan.

I was very struck by this encounter and went to see the rock again exactly a year later. The resulting essence that I produced is a mix of the two connections. The messages that came then were similar to the first time, but there were also aspects that seem to me very relevant to the current times. Firstly:

*"The dark and the light are still necessary in this world, until a time where the darkness will no longer be needed."*

Thus, more than ever, it is important to hold our vision and not let ourselves be affected to a level where we can no longer respond positively. There was something gentler about the energy on this second visit; the rock felt very soft on the outside and very solid on the inside:

*"There is no need to close off on the outside. No need for external protection. The protection is: Truth, and to be yourself. The softer, the gentler one is on the outside, the more one is protected."*

The essence of the rock is there to help us feel strong in the face of adversity and to know our path. It brings about a real clarity of mind and total centredness.

There are two other essences in the animals set which tap into collective consciousness but in a less direct way: the **Atlantic Puffins** remind us of the quality of joy, even and especially in the midst of adversity, and the **Stallions Herd** speak about compassion and courage.

It feels necessary for me to mention them since their messages seem to be very potent; with everything that is currently happening in the world it is very easy to forget to tap into the inner joy that is our birthright and that enables us to more easily face what is happening in our personal lives and in the world, and to be of service. And for sure there is a massive opportunity for us to have, feel, and deepen the quality of compassion in our hearts and to find our true courage.

*Muriel*

*Muriel loves everything about Essences and has been practicing with them for over twenty years, sharing her knowledge of them through courses, retreats and workshops in France and the UK. She has recently developed "The Atlantic Essences", a range of Environmental, Animal and Flower es-sences, having the Spirit of the Wild Horse as their guardian.*

*For more information please visit [www.theatlanticesences.co.uk](http://www.theatlanticesences.co.uk) and/or contact Muriel at [info@theatlanticesences.co.uk](mailto:info@theatlanticesences.co.uk)*

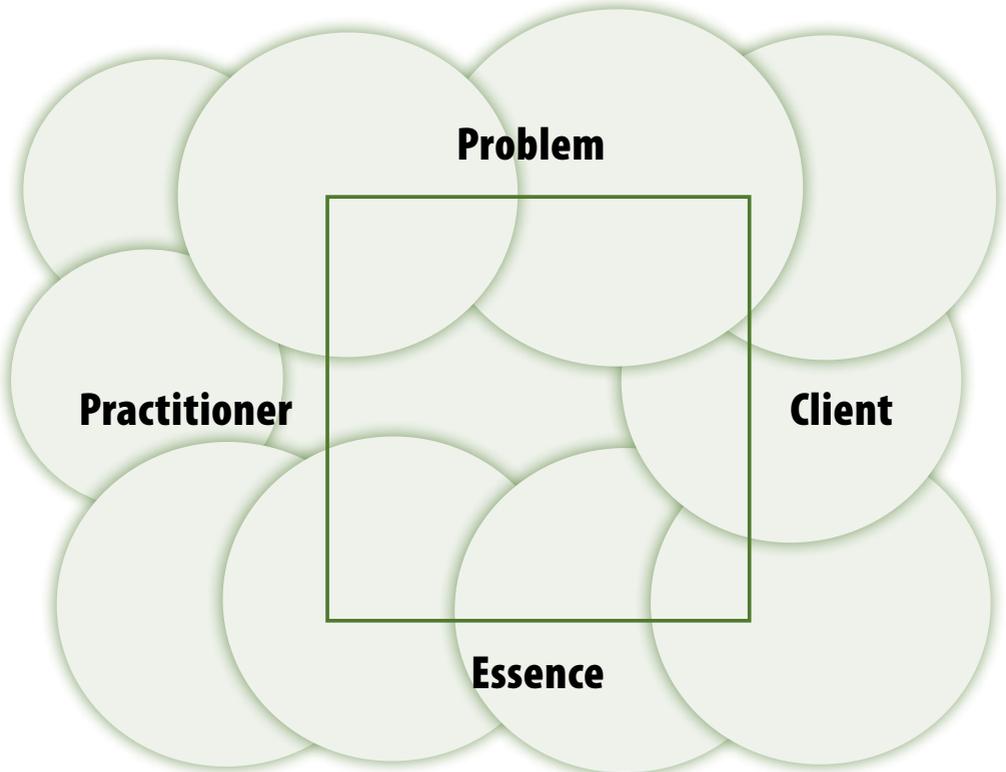


## Congruity

Tony Richardson

**T**HIS CAME TO ME IN A DREAM, and it was made very clear that I needed to share it with other essence practitioners.

When a practitioner is working with a client, there is a need for congruity of four elements – the practitioner, the client, the problem and the essence. Imagine a square – all the sides have to be equal for it to be a square, and so it is in this case.



(It is, of course, possible that the essence will be a blend of essences. For clarity, I'm referring to it as 'essence', not essence(s))

Not only do the Client and Practitioner lines have to be the same length, but so do the Issue and Essence lines. So, in this process, we are looking to match the essence to the issue (OK, that's obvious) and we also have to match the client with the practitioner. And it is a square, not a rectangle. Everything has to have exactly the same 'value'.

The essence must be equal to the problem or the level of the problem being addressed at that time. Not less than the problem, or it won't be adequate to deal with it. Not more than the problem, or we over-correct (though happily, I don't think that's an issue with essences, but it's still worth bearing in mind)

My first thought was to challenge this diagram; to make sure that it makes sense. Firstly, ***The Essence being equal to the Problem*** seems straightforward.

***The Practitioner being equal to the Client?*** I think this can be accepted. As practitioners we want to help everyone we can, and we open our hearts and our doors to all. We never (well, hardly ever) turn a client away. And yet, when we stop to think about it, we know that there are some clients with whom the rapport, the understanding, is a lot less than others. If there isn't complete congruence, then the healing will be less effective, we may speculate.

***The Practitioner is equal to the Essence.*** Many practitioners make their own essences (though I don't know of one who only uses their own range). And the essence maker is still a part of the essence – though only a small part, perhaps, as when we make an essence we try to only put the energy of the flower into the bottle. However, I believe that we can never be totally excluded from the final essence. I'm sure that when it comes to the Bach flowers, we all have our own preferred maker, and this extends to other essences. Almost all of my essences I have purchased from the maker, usually at the Gathering, and I can feel their energy in the bottle (or maybe that should be, 'behind' the bottle) when they are in my room. The question 'Which essence should I use?' is normally first answered by a maker's name, and then by the precise essence.

***The Practitioner is equal to the Issue.*** Again, there are some issues with which we will deal more effectively than others; where we can understand the client better, empathise better.

***The Client is equal to the Issue.*** The issue must be the one that is dominating the client's life, the one that has brought them to see us. For the moment, we must see the client as being defined by their issue.

***The Client is equal to the Essence.*** The essence must be one that will work for that client. So the question of the essence maker comes into our decision-making process once again.

If any of these statements isn't true, our square becomes uneven; the angles are no longer square, and we are trying to work with a distorted picture. This means that if the client comes back for more help, should we find that the same essence is indicated, then this shows that some aspect of the problem is more ingrained and so needs more attention, but other essences used in the first blend will not be needed as the client has moved on with other aspects.

What about the practitioner and client energies? Obviously, they cannot be identical – the people are different. But they must be equal. If the practitioner energy is greater than the client energy, then the client may be disempowered, and it is vital that the essence unlocks the client's own energies so that they can communicate their issue effectively. If the practitioner is pitching their words and energy at the correct level for the client, the client will be more receptive and possibly become more aware of things that may be contributing to their problem. It's the difference between going to a GP and saying "I have a problem – solve it for me," and going to an holistic practitioner and saying "I have a problem – help me solve it." And if the client energy is greater than the practitioner, then they may not thoroughly take in what is being said, and the advice they are being given. Which means that the practitioner has the task of balancing their energy to that of the client, of not overpowering them, and of not allowing themselves to be overpowered. Easier said than done!

All of the above is true, but is it the whole truth? Is it just my truth (Stella, my wife, is the most beautiful lady in the world), is it true for some people and not others (Star Wars is a great movie) or is it an absolute truth (two plus two makes four). If you don't agree with what I've written, please say so. If you find you can't accept it, and feel the truth is something other than this, then let us move forward together towards a greater truth. Many of you reading this have far greater experience of essences and healing than I do, and I will value your views.

*Tony*

*Tony qualified at a crystal healer, and his wife, Stella, introduced him to Flower Essences. He has been a regular at BFVEA Gatherings, and has made many friends in the Essence community. His healing work has led him to explore Sound (principally drums and crystal bowls), and a variety of Shamanic techniques. Nowadays, he sees Crystals as being the centre of his work, but by no means the limit.*

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## Energy Advertising: What is it and how are you already doing it?

Rachel Singleton

### **WE ARE ENERGETIC BEINGS IN AN ENERGETIC UNIVERSE.**

This much we already know – or at least we do at some level. We have all heard this said enough times and can ‘get’ the concept intellectually. However, I wonder how many of us are living the truth of this, because the full implications of this understanding are truly transformative, and nowhere is that more obvious than in the realm of energy healing work. In every moment of every day, as an energy being in an energy universe, we constantly transmit an energy frequency – whether we are conscious of it or not. This transmission goes out into the universe, interacting with and broadcasting to all the other energies around us. This happens without us having to do anything about it and without us being able to stop it...

However, what we have choice over is the quality of our transmission, and it is this that is at the heart of *Energy Advertising*.

### **We are all Energy Transmitters**

Our overall energy transmission goes ‘up’ and ‘down’ all the time, varying in frequency according to our mood: we will literally transmit a higher or lower frequency depending on how we are feeling in the moment. Another way to think of it is as colour: our auric field will be brighter at some times (associated with higher frequency energy states of love, peace, acceptance, congruity and gentleness) and darker at other times (associated with lower frequency energy states of confusion, negativity, insecurity and resentment). When we are at peace within ourselves and our world, the energy that emanates from us is balanced and flowing, richly coloured and bright. This energy is naturally attractive to others, as it speaks to something very deep within: the oneness, flow and harmony at the heart of all Life. People naturally resonate with us when we are like this and they are drawn to us because it puts them back in touch with this in themselves, with their own flow and beauty. By contrast, when we are feeling frustrated, stressed and at odds with ourselves, we unwittingly transmit an energy that is edgy, unstable and disturbed. This can be repellant to others because it is out of harmony with the flow of our true nature, and people instinctively avoid this.

But what does this mean in practice? Surely, we cannot just arbitrarily change how we are feeling or thinking? No, we cannot. This would be inauthentic and forced. And this is not what any true understanding of universal energy is pointing towards. It is much more natural and beautiful than this.

Before I come to 'how' we can lift an energy state and transmit vibes that are more attractive and flowing, I first want to share with you something of my own journey.

## The Neon Sign

A few years ago, I began to notice that my practice was very quiet some times and very busy at others. At first, I thought these fluctuations were just part of life. But they left a real hole in my income – and my self-esteem – when they happened. It seemed that my business was stumbling along but never really took off. I began to think that I maybe wasn't advertising enough or correctly, or that I wasn't 'manifesting' properly. I got lured into reading books on attracting money and was hooked by courses that promised to solve all my marketing problems and guarantee my income stream. I tried doing more advertising, and I tried doing better advertising. I tried having social media accounts to connect with my colleagues and customers, and I tried sending out more newsletters, then less newsletters. I put my prices up then I put them down.

But none of these impacted the underlying pattern.

So, I started to look at what lay behind all this. I realised that during those times when business just fell away I tended to be physically unwell, or feeling very hurried, pressured and overwhelmed, or feeling at my most insecure about myself and my work. I was in a low energy state and I noticed that a quiet practice and a low energy state invariably went together. I also noticed that there was another side to the pattern. As soon as I started to feel better within myself and have more energy, and reconnect with the beauty inherent in my life and work, my clients and customers would miraculously return.

I began to feel like I must have a neon sign above my head that I couldn't see but others could. In those times when I was feeling down and uncertain, unwell, or unfocused, that neon sign was saying to the world at large: **CLOSED FOR BUSINESS**. However, as soon as I regained my sense of self, and rediscovered my confidence and commitment, the neon sign would start flashing a single word: **OPEN**, and then work returned.

Initially, I felt stumped by this realisation. After all, I couldn't help my emotions, could I? When life brought me challenge or distress, I couldn't help the worry, despair and suffering that accompanied it. Similarly, I couldn't help it if I had

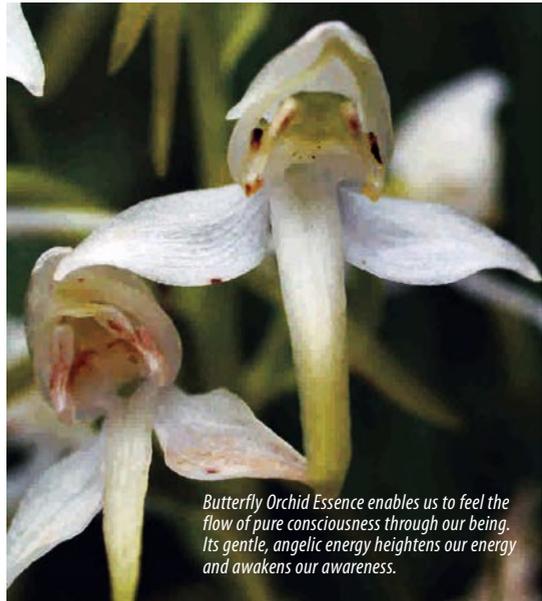
a chronic illness that sometimes wiped me out for days. Nor could I help the fact that I might get panicked about money to the point of being incapable of doing anything constructive.

But then the penny began to drop. Actually, I could help some of this. My work fluctuated not because of what I was doing, what was going on or what was showing up in my world. I know this because there were times when I sailed through profound difficulties and had no problem at all, and at other times, when nothing was ostensibly wrong, I nevertheless would feel stuck and frustrated in myself. It wasn't about what I was doing or what was happening; it was about how I was being. What if, rather than focusing on external circumstances and problems, thinking that I needed to fix my life out there, I turned my attention inwards and became aware of the quality of my energy transmission in the living moment. What if I resided in this moment, in Grace, whatever it brought me? What if I trusted the unfolding wisdom and beauty of my life exactly as is? What if I let myself be an energy being in an energetic Universe, carried by the flow, responsive and aware?

### **Becoming Aware**

The energetic reality we live within is one of constant motion and infinite possibility. We are a living part of this creative force, in communion with it at all times. Life is not something 'out there' happening to us; Life is in our very being, happening through us.

At any given moment, we cannot change what life has brought us, but we can look at how we are 'being' with this and how we are responding.



*Butterfly Orchid Essence enables us to feel the flow of pure consciousness through our being. Its gentle, angelic energy heightens our energy and awakens our awareness.*

Butterfly Orchid Essence - Energetic Flow

For example, is it the best use of my consciousness to get defensive or feel rejected when someone ignores me? Maybe this is a habitual response that I find myself helplessly falling into, over and over again, because of something that happened when I was five years old and that wasn't my fault. And yet,



*Alpine Forget-Me-Not Essence helps us to relax into the energy of the Divine, of the Universe, of Spirit, of Consciousness. Here, we remember to let go of control and allow What Is to be.*

something about this kind of thinking does not satisfy. Over the years, I find this kind of thinking leading me down a rabbit hole of helplessness, pain, anger, hurt and frustration, and I never seem to move on. Is this really my highest energetic response? Is this the response to which my wisdom points? Is this the only choice available to me in the living moment, unscripted and fluid as this living moment is?

Perhaps it is not. Perhaps there is a way of being here that is closer to Grace. Can I find it in myself to stay gentle even in the face of being ignored, put down or dismissed? Can I stay 'grace-full', listening into my inner wisdom? And, if so, what would be the effect of this throughout my energy-field? What transmission would I broadcast if I let go of over-thinking? What would happen if, instead, I stayed present and open?

### **What has this got to do with Advertising?**

Much of the time we think that advertising is about things that we need to do out there in the world. This can be a source of stress and pressure, especially for healing practitioners: most of us don't feel comfortable having to 'sell our wares' in this way.

In actual fact, our living awareness of our state of being, in the here and now, is our true advertising tool. Being in Grace is our natural state. Simply noticing if our current way of responding to something – right now – is working out for us helps us to unhook from habitual low-energy responses (and transmissions). We can check in, hit the pause button and feel for a more congruent version of ourselves. What really feels good for us here? What feels true and wise? Exploring this leads to new places and new possibilities. We begin to get an eye for what is and isn't wisdom within us, what is and isn't a high energy transmission. And we don't have to do anything with that: our new glimmer of awareness does the work for us.

Next time you are feeling uncomfortable or down or stressed, or your work isn't going right, consider these questions: How I am inhabiting this living moment? How am I responding to this situation? Is there the potential for me to inhabit and live this moment differently? You will quickly start to get a feel for when you are stepping away from Grace and when you are moving towards Grace. And you will find that you – and your life – get infinitely better when you allow that Grace to fill you.

The real advertising that we are doing all the time, consciously or unconsciously, is transmitting an energy frequency. The quality of this can be such that it is true to who we are – authentic, at ease and harmonious – or just a load of noise. People will feel this. They will pick up on this. Placing our attention here, we get to focus on how we are being in the world and to deeply transform our world from the inside-out. You can still advertise, you can still go on Facebook and Instagram – if this feels right for you to do – but you will be doing it from a different place within: not out of pressure or because you have to, but because this is one of the ways in which you choose to broadcast truth and harmony through your world

*Rachel*

*If you would like to know more about Energy Advertising, please do get in touch on 015394 37427 or [admin@lightbe.co.uk](mailto:admin@lightbe.co.uk)*

*I offer one-to-one mentoring for practitioners and business owners, as well as online Group Mentoring as a space to explore this, and other topics, with like-minded practitioners.*

*My website, for more details – [www.rachelsingleton.com](http://www.rachelsingleton.com)*



## Eight Emotional Needs in Childbirth – and the essences that helped me nurture them – Part 2

Natalia Montes Viviani

*The first part of this article appeared in the Winter 2019-20 of ESSENCE*

**T**HE YEARS WORKING AS A VIBRATIONAL ESSENCE PRACTITIONER supporting pregnant and puerperal women emphasized what I already sensed: that each birth is unique and although there is much that we can plan, there is always a large amount of uncertainty – where we have no choice but to surrender and trust. Here I share my experience of giving birth naturally earlier this year and how I helped myself with my own Patagonia Essences.

In the previous article we explored the first four out of eight emotional qualities that I found to be vital for childbirth: Confidence to face the unknown, Instinct, Intuition and Strength. Here we will start with a quick note on how I took them and some ideas on how they can be used, then continuing with the following four qualities, understanding what we mean by them and the essences that helped me foster them, many of them part of the Elemental Set (they all can be found on our website).

The essences named can be used alongside other essence ranges and many of them are amazing during pregnancy too! In my case, little Leon found his time to come at exactly thirty-seven weeks and I was lucky enough to have planned ahead and have a bottle of essences ready to use specifically during labour. I would normally recommend using them as often as needed from around thirty-eight weeks of pregnancy and especially when contractions start. Apart from taking them orally, it's a good idea to put them in a spray or aroma diffuser to help to keep that energy in the room and for other people who come in. I also had asked a friend of mine who supported us to put them in the water I was drinking (with a reusable straw, good thing to have if you want to stay hydrated without changing positions all the time) and we added a big dash of them directly into the birthing pool as they filled it. They can also be used topically in the chakras or points where most needed or during a massage mixed with some oils.

## 5. Communication

During labour there are many things that we'll need and not-need. The hormones of childbirth, the anaesthesia used, if any, and all the intensity of the moment will definitely lead us to some level of altered state of consciousness where words and specific concepts can be difficult to access (in fact I highly recommend hiding the clocks and giving another person the task of counting time between contractions or reading documents to facilitate this process). We turn more to our emotional side and this is beautiful because it allows us to act as a portal to help this soul that has chosen us through their transition.

This 'emotional' thinking will, in fact, be our ally during the first months (or years) after birth, helping us decipher the messages from our little one. However, asking for a glass of water or getting someone to put our socks on because we're cold can be quite a challenge! *House Wren (Troglodytes aedon)* was, for me, an essential essence in my blend. Not only does it help you to quickly find the precise words to get the message across, but it also allows you to find the humour in things, which is especially important if you are having a vaginal delivery, since the sphincters open better when we are relaxed. I also recommend it for birth partners so they don't take things personally if you're not exactly being an example of politeness when asking them to call the midwife quickly!



House Wren

## 6. Peace of Mind

Something key that I learned whilst preparing for childbirth is to differentiate between pain and suffering. Pain is physical and inevitable to some extent. Suffering on the other hand is more mental; it refers to when we feel scared, lonely, disrespected and so on. With internal work and good support, suffering during labour is avoidable. 'Peace of mind' doesn't mean that nothing affects us and we are completely free from fear, although I think this is also possible. We all have a primitive brain that, from very ancient times, tends to anticipate and look for what could go wrong, and does so to keep us safe. So instead of getting upset when your mind starts telling you horror stories, my invitation is to acknowledge that it's doing part of its job, give it a big **thank you** for that, and leave those thoughts symbolically in a safe place to attend to them later if necessary.

*Torrent Duck (Merganetta armata)* essence gives us this mental clarity. Its effect is similar to the practice of meditation, waking our inner observer and allowing us to distance ourselves from our thoughts and emotions so as to select which ones we want to nurture and which ones we'd do better to release. In my case, I needed *Torrent*



Torrent Duck

*Duck* very strongly when I had the first painful contraction and a shadow of doubt approached: 'Is it better to go to hospital? Maybe I won't be able to cope'. I was terrified about what could happen if I allowed that negativity to take over, so I took a step back and said to myself: 'Well, let's wait a couple more contractions to see how I feel then', and the thought left just the way it came. All contractions after that one were far more tolerable; yes, with pain, but without suffering.

## 7. Sensuality

Childbirth is sexual and perhaps the greatest expression of our power as women, the original creative act. To some, the process of labour can seem anything but sexy, so that's exactly why we couldn't leave this point out of the list. One of the reasons why home birth is so recommended is that it makes it easier for women to feel comfortable and relaxed in their environment (just as there are women who feel much more relaxed in a hospital, this is very personal). The cervix is a sphincter, such as the anal and urethral sphincters, and like them, we need to feel comfortable in a private safe space, with low lights and with the minimum observation and intervention for it to open (Just imagine how would it feel to try to open your bowels whilst surrounded by strangers yelling at you: push!).

It is very similar to when we make love, as the same parts are stimulated and for this reason many women experience some level of pleasure while giving birth. Why not aspire to this? Whether or not we have the luck of an orgasmic birth (in my case it was not, although there were pleasant moments), nurturing this sensual connection with our body is key during the whole process. *Chilean Flamingo (Phoenicopterus chilensis)* is the essence of sensuality and it's a great ally during childbirth because it helps us understand that sensuality comes from within, from the pleasure of being in this body just as it is. It invites us to marvel and enjoy without guilt. Whatever type of birth you end up having, it is key to reserve a space to delight in the wonder that our body has created and exalt our senses. This is also a key factor for bonding.

## 8. Bonding



"When you feel the smell of your baby's head, you'll immediately fall in love," a colleague told me while I was pregnant. The truth is both yes, and no. So many times in my practice I saw new moms who confessed that they were not so in love, that they wanted to run away, that they had to look at their young at night to remember that it was true. Birth is a massive change that we experience at

many levels, all at the same time; it should not surprise us that it can take a while to integrate all this new information. My invitation is to embrace ourselves with deep love and honour those processes, that there is no right way to transition into motherhood, nor a universal way to love our new-born.

I have seen that by working on our internal capacity to accept ourselves, we inevitably end up overflowing with love and care for our baby. It helps to focus on the present, on small things rather than on the big fantasies to which we aspire as a result. I felt particularly nervous about this, not because I doubted my love but rather because of a fear of the deep commitment that becoming a mother means. *Capachito Andino* (*Calceolaria andina*) is the essence of motherhood par excellence in the Patagonia Essences range; it



Capachito Andino

helps us to take care of ourselves so we can then take better care of others. During childbirth it connects us with our maternal instinct at its best, with that irrational mammalian love that helps us stay on track in times of pain, fear or uncertainty, knowing that we are in charge of another life and that we would give everything for it. Another must-have for me was *Violeta de Magallanes* (*Viola magellanica*), which activates our sense of touch, the most basic element of bonding. It invites us to **feel** via focusing our attention back on the body whilst simultaneously calming the mind. This connection invites us to then put everything aside and focus on those precious first moments of skin to skin contact with our little one.

In sessions with my clients I always emphasize that essences remind us of our true nature. They don't add or change anything but instead help us to access our capacities that lie forgotten about behind layers of fear, beliefs or traumatic experiences. During labour, essences help us to reconnect with what we already know and by connecting us to our innate ancient feminine wisdom, they help us to reclaim childbirth as a natural, deep and empowering creative act.

My dream is that more women have access to such a simple and profound therapy, one that I believe can certainly help reduce other more invasive interventions, as I'm sure they helped me and my son during this profound life transition. I hope you enjoy them!

*Natalia*

*Natalia Montes Viviani is the International Chair of the BFVEA and is currently based in Bristol, UK. Patagonia Essences range can be obtained from [www.patagoniaessences.com](http://www.patagoniaessences.com).*



## Geography, Spirit, and Culture: Flower Essences from the South Carolina Lowcountry

Katherine Ziff

### ***The Middle Passage: An Imagined Resonance by the author***

*When the captives were forced to leave Africa and loaded onto boats – their bonds with family and home broken – they wept. And the West African water spirits accompanied them, comforting them and inspiring strength and bravery amidst sickness and death. There were many such captives. The water spirits of the Carolinas heard their tears fall into the waters of the Atlantic and felt their vibrations as a great earthquake. They heard, and they rushed to meet the enslaved people in the middle of the great ocean.*

*As the women, men, and children left the ships in Charleston, separated from their families and now from each other, they wept. Their hands were bound and they could not wipe their tears, and so the water spirits dried their tears for them. They comforted them, gave them hope. They came in great numbers to give strength and connection to the new land.*

### **Geography and Culture of the South Carolina Lowcountry**

The South Carolina Lowcountry was and still is (though to a lesser extent) a place of tropical maritime forests, vast salt marsh habitat, ocean, and waterways teeming with wildlife. The temperate winters and hot humid summers support the southern *Live Oak* (*Quercus virginiana*) draped with *Spanish Moss* (*Tillandsia usenoides*), some trees said to be as old as 1,000 years.

With the beginning of the transatlantic slave trade in the 1600's people of Africa were brought to the New World as cargo to drive a new international economic engine. Plantation economy crops of indigo, rice and the premium Sea Island cotton created great wealth in the Lowcountry. Enslaved Africans brought with them familiarity with a landscape of waters and forests as well as the engineering skills for rice production and harvest. They also brought a religious philosophy grounded in the West-Central African landscape, in which the natural world of flora, fauna, earth and water co-existed with an invisible domain of nature based spiritual beings and their powers.<sup>1</sup>

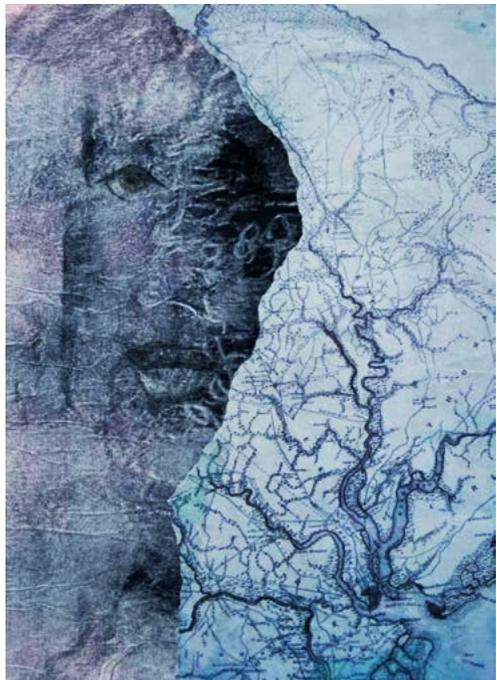
Ras Michael Brown describes how enslaved Africans brought their religious/spiritual and cultural understandings of nature to the Carolinas and made

dynamic and creative use of their concepts, in particular the nature spirits known in the Kikongo language as *bisimbi*. Thought to inhabit springs, estuaries, rivers and rocks, the *bisimbi* were known as a source of other-worldly powers, able to ensure community, material and spiritual survival, connection with ancestors and prosperity.<sup>2</sup> They were most closely connected with the watery environs – sea, rivers, marshes, estuaries and springs – of the coastal Carolinas.

### Meeting the Water Spirits

In July of 2012 I returned home from my residency training with the Flower Essence Society professional practitioner program and the next morning woke up with the unlikely thought of coastal South Carolina and the flowers that bloom there. (My husband Matthew and I had visited there once in 1987 and the landscape had made a deep impression upon us.) Seeking to link deeper with these ideas coming to mind I reached for my journal and wrote about *Gardenia jasminoides* and *Camellia japonica* arriving centuries ago to the USA through the port of Charleston, South Carolina. I made notes about the possibility of my exploring the history of the Lowcountry and listening to nature there by making art and I thought I might create a small collection of South Carolina Lowcountry flower essences but was unsure of how this could possibly come to pass.

Three years later my husband Matthew suggested that we visit Beaufort, SC again, and we decided we would go. Located on a tidal river, Beaufort is among the Sea Islands between Charleston and Savannah. Before our trip I had dreams of flowing water and foot bridges above rivers. I re-read old tales of the Lowcountry ‘mermaid storm’ of 1893 – a reference to beliefs that the giant destructive storm was caused by a doctor keeping a mermaid penned up in a shack behind his home. When we got there I made some touch drawing art.<sup>3</sup> One image (pictured here) seemed to



'speak' to me: "I am the being which spoke to you through dreams. I am of the sea and its estuaries, marshes, feeder rivers, streams, springs, that are all the realm of the waters of the saltwater sea. I open connections and I close them... Help me to see the river as it was – a beautiful river bringing mysteries, magic, and comfort to all who knew it. The beauty, depths, richness of the grey river, the beautiful living river system. I am a nature spirit of the waters."

## **Making Flower Essences in the Lowcountry**

It has been five years since that visit, and eight since the idea of making essences with the flowers of coastal South Carolina came to mind. Since 2014 Matthew and I have visited Beaufort ten times. My work in Beaufort and the Sea Islands resulted in a collaboration with an art gallery on St. Helena Island, The Red Piano Too,<sup>4</sup> to bring a collection of Lowcountry Gullah art to a museum in North Carolina. And I have worked with the guidance of nature to create seven Lowcountry flower essences, completing them in January 2020 on our final visit to Beaufort for a while.

Lowcountry history features human bondage in the service of great wealth built upon agricultural labor in a landscape of beauty and abundance. Out of this region of complexity, richness, tragedy and creativity originate flower essences offering simplicity, clarity, support, and transformation: *Cherokee Rose*, *Gardenia*, *White Camellia*, *Camellia japonica* 'Chloe Pink', *Sea Oxeye Daisy*, *Spanish Moss* and *Star Jasmine*. Here is a summary of what I have learned from three of the flowers whose essences seem less well known:

**Cherokee Rose** (*Rosa laevigata*) flower essence enables intuition and creativity. With continued use the essence brings awareness of, and action supporting, connectedness of all people and assists those engaging in multicultural bridging.<sup>5</sup> *Rosa laevigata*, a sturdy climber that has naturalized throughout the American south, is named in remembrance of the forced relocation of Native Americans from their lands in the USA: it is said to have sprung up where tears of the Cherokee women fell.<sup>6</sup>

**Sea Oxeye Daisy** (*Borrichia frutescens*) flower essence is made from its cheerful, sturdy and small yellow flowers. The flower essence helps one withstand demanding or harsh environments, while remaining centered and able to grow and express oneself freely. I feel that it is especially helpful for children living in difficult circumstances. Known also as Marsh Muckle, the plant grows at the edges of salt marshes and can withstand saltwater inundation. Its traditional folk use it for colds and is taken as a tea of the leaves.

**Spanish Moss** (*Tillandsia usneoides*) flower essence brings receptivity to angelic communication and healing, especially in the dream state. The essence

provides clarity in receipt of angelic energy and information, brings sweetness of dreams, and supports clarity of dream messages. It seems to work in a subtle manner by preparing the nerve endings to receive angelic energy.



Spanish Moss is an epiphytic flowering plant in the Bromeliad family and grows in profusion from trees in semi-tropical coastal areas. The flower is tiny (no more than 5 mm across) and trumpet-like, with three green petals. It is nearly invisible amongst the long, thick, wavy strands of ‘moss’. Known as Green Moss in the Lowcountry, its traditional folk use it for high blood pressure and is taken as a tea or worn in the soles of the shoes.

Embarking on an effort to understand the history and culture of the Lowcountry landscape guided the way to making flower essences there. The endeavor, which unfolded over several years in multiple directions according to no particular plan of my own making, brought a gift from Nature – a collection of flower essences from the Lowcountry.

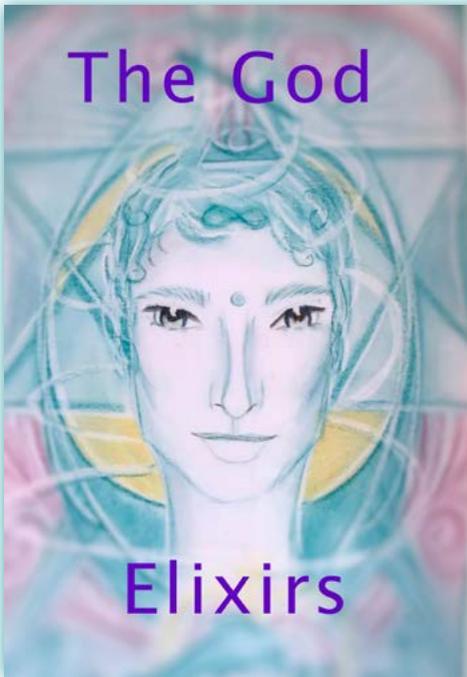
## *Katherine*

*Katherine Ziff is a flower essence practitioner and maker as well as an exhibiting artist. She teaches about flower essences for the United Plant Savers medicinal plant conservation certificate program, and she is the instructor for the flower essence module at the Integrated Healing Arts Institute in Harmony, North Carolina. Katherine earned a PhD in counseling from Ohio University and is the author of Asylum on the Hill: History of a Healing Landscape, published in 2012 by Ohio University Press. She is retired from clinical mental health practice.*

Katherine may be reached at Briarwood Studios Flower Essences, 68 Briarwood Drive, Athens, Ohio 45701 USA. Email: [katherineziff@aol.com](mailto:katherineziff@aol.com)

## References

- [1] Brown, Ras Michael. (2012). *African-Atlantic cultures and the South Carolina lowcountry*. New York, NY: Cambridge University Press.
  - [2] Ibid.
  - [3] Originated by Deborah Koff-Chapin, *Touch Drawing* is an intuitive and contemplative way of knowing. I think of it as a knowing of the heart. It is done by rolling water-based oil paint on a board, floating a piece of tissue on top, and making marks with hands, fingers, wrists, fingernails. For more information see [www.touchdrawing.com](http://www.touchdrawing.com)
  - [4] <http://redpianotoo.com/>
  - [5] <https://www.pegasusproducts.com/shop/rose-essences/rosa-laevegata-cherokee-rose-white-enhanced-healing-ability-2/>
  - [6] <https://www.northerncherokeenation.com/the-legend-of-the-cherokee-rose.html>
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Erik Pelham is once again returning to Chester to share his amazing knowledge and insights. He will be presenting 2 workshops:

18th September 10am to 5.30pm – An introduction to the First 3 Gods.  
£60

19th to 20th September 10am to 5.30pm – The coming of the Divine Gods and their Integration with the Divine Goddesses.  
£120

Tina Symes is our organiser and can be contacted by email: [tinasymes@btinternet.com](mailto:tinasymes@btinternet.com)

Location: Gladstone Library Chapel, Church Lane, Hawarden CH5 3DF

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