

Essence



Winter 2019-20

Emotional Healing

Daniel Mapel

Essences at Weleda Field

Julie Bowman

Following the Starlight

Sally Arthurs

Woodside – Bach Connections

Jan Stewart

Emotional Needs in Childbirth

Natalia Montes Viviani

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 Echinacea is by Julie Bowman. See her article on page 11.

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



Welcome to our Winter Edition

HAPPY NEW YEAR EVERYONE! And with a new decade commencing as well, it's a doubly powerful new start for us all. As we go to print, the lunar eclipse on 10th January is aligned with so many planets in Capricorn: Jupiter, Ceres, Mercury, Sun, Saturn and Pluto working together and heralding a powerful shift within all of us. Saturn and Pluto are exactly conjunct this month, something that only occurs every thirty-seven years. Together they can build something mighty in place of what was old and just 'not working' for us. The pressure for this has been building for at least the last year, and is very significant for the UK as a whole. We all need a strong foundation underneath our feet, and although many of us might have been going through a deep and at times painful process, the shifts occurring this month will make it all worthwhile!

In our magazine this time we have a wonderful mix of essences on display: stars, flowers and also animals. We have a special contribution from *Susan Raven*, well-known in the field of elemental communication. And with the Gathering fast approaching, *Jan Stewart* thought readers would find the history of our venue, *Woodside*, of interest, especially with its link to Dr Bach. We will be posting regular information about the *Gathering*, particularly in connection with the redwood trees to be found there. A key focus will also be the group essence we plan to make that weekend, and you can find more information about that on the page listing the Gathering's speakers.

There are various essence workshops coming along this year (keep an eye on our **Facebook** pages), so let's hope the fabulous essence energies on offer bring us all a positive new direction!

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 14/02/20



We welcome our New Members and Friends

Advanced Practitioners

☼ *Shoko Utsumi, Netherlands*

Practitioners

☼ *Holly Andrews, Suffolk*

Friends

☼ *Katherine Ziff, USA*

New Membership Certificate

From 31st 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.

New BFVEA Website

Developing this website has been a great deal of intense work for the committee, but we are pleased to say that the end is in sight!

We aim to make it live after the Gathering, some time in April.

We know it will be worth waiting for!

Advertising in ESSENCE Magazine

We have a new policy from 1st January 2020 for those wishing to advertise in this magazine, with a reduced price for BFVEA members.

Back Cover Full Page advert:
£50 (£40 for BFVEA members)

Half-page advert (internal):
£25 (£20 for BFVEA members)

All adverts must be fully formatted and print-ready (PDF/JPG file) or we charge an extra £20 to format it for you. All adverts must be essence-related – for essence products or courses/workshops, and UK essences must be members of BAFEP.

Adverts are free if accompanied by an article suitable for the magazine.

For more information, contact Helen on editorialteam@bfvea.com

Gathering 2020

Two months to go, so don't forget to book your place! Come just for one of the days to try it out if you haven't been before. All welcome for essence-filled joy and sharing!



BFVEA NEWS

CPD – Continual Professional Development – Reminder

As you know, CPD is part of our obligation as practising therapists, and to help you with this we have created a fantastic resource – our CPD Handbook – which we recommend all of you read or re-familiarise yourself with. This easy-to-read, well-illustrated handbook gives you lots of examples, and you can access it on the current website by logging into the Members' Area (bottom left purple box on the home page) and then paging down to the CPD section.

We only ask that you achieve **10 points** to qualify for renewal, and there are many ways you can do this.

Now that **BFVEA** renewals are only four months away, it is a good time to check whether you need to do more for your development for the 2019/2020 period, and which areas you should focus on.

The login/password for the Members' Area was given to you on your cover letter when you joined, but if you no longer have a note of this please contact Lucy on membership@bfvea.com.

Within the next month we will email members with a filled-in CPD summary form as an example of what you need to show us, or your peer audit group, when you renew, as well as an example of a matching document to keep in your portfolio which describes what you gained professionally from each activity. It is up to you to keep this account for any time you may be audited.

With only **10 points** needed as your minimum, we hope that you will find doing CPD inspiring rather than arduous!



Emotional Healing with the Wild Earth Animal Essences

Daniel Mapel

*Daniel Mapel has been creating the Wild Earth Animal Essences in the USA for nearly twenty-five years, and they have been distributed in the UK since 1997. These vibrational remedies of wild and domestic animals are made in a ceremonial process, and no animals are captured or harmed in their development. In this article, Daniel talks about the **Healing Path** set which is one of the deepest gifts that he and the animals offer through their co-creative work.*

THE HEALING PATH ESSENCES grew out of my deep personal inner work when recovering from being sexually abused as a child, and then working as a counselor with similar survivors of abuse for many years. Healing my trauma was a very difficult and powerful process, yet slowly and gradually over a span of several years I moved from a life of addiction, fear and suffering into one of freedom, finally coming to a place of deep communion with God. Each piece of anger work or authentic grieving that I did about what happened to me when I was small allowed the burden to lighten little by little, and eventually I found again that which I thought had been lost forever: an intimate union with my Source, whether one calls this Spirit, God, Goddess, or the great Unnameable.

As a counselor I saw this transformative process happen again and again with others and it got to the point where it was just so obvious: *if we are willing to embrace our shadow, we will be led back home to God.* And then we find that what was once a life of separation and suffering has been transformed into a life of Union and Oneness. I've seen it happen with so many people, and to me it is the most amazing thing on the face of the Earth!

A Hawaiian spiritual teacher once said, *"You think you have many problems, but you actually only have one problem: you think that you are separate from God."* And, of course, we 'took on' that feeling of separation when we were little. We came into the world completely filled and shining with the light of the Divine, but that light was not seen or mirrored back to us in the way we needed it.

The resulting, and often repeated, hurt caused us to simply and very wisely shut down in order to survive. For some of us the hurts were smaller than others, for some of us they were deeply traumatic. But, as Gloria Steinem once said, "We do not need to engage in a competition of suffering to take our own suffering seriously."

Sure, there are others who have been hurt more than we have, but using that awareness as a way to minimize the emotional reality of our own past suffering is not useful. This fact is true: *we must open up to our own unresolved emotional wounds, embracing and releasing our pain, if we are ever to be free.* And the Healing Path Essences are here as an additional set of tools to help us to gently navigate that pain, providing support for us to move through our woundedness and separation into a state of Holy Communion. It is the hardest journey of all, the most difficult thing in many ways, but when this inner work is done authentically, with the loving support of others, success is guaranteed. The most amazing miracle of all miracles is that we are then rewarded with the most glimmering prize: *we are blessed to find our deepest self*, which is none other than the great eternal Light of the Divine, that has always been and shall always be.



The Healing Combinations

The animals and I co-created the *Healing Path Essences* as a way to provide profound support and nurturing for those who are moving through each of the natural stages of this emotional journey. Each essence is a combination formula of individual animals from the Wild Earth Animal Essences range. The general sequence of the Healing Path is:

Inner Work -> Healthy Anger -> Grieving Heart -> Letting Go -> Gratitude -> Wild Freedom -> Communion with God

Each of these represents a natural step in the emotional healing process, and this path is useful to follow whenever we have any unresolved emotional issue, whether from the recent or the most distant past. The Healing Path supports us in moving more easily and effortlessly through the process of facing the difficult feelings that have been locked inside, enabling them to be expressed and released safely, and then allowing one to move into a new life. This path is especially effective when one is already very aware of the unresolved hurt, and the person with whom they have this particular unresolved issue. So, we begin with **Inner Work**, which provides powerful support for the start of the journey inward, when we need to access our courage and come into a state of readiness for what has to be done and then *take that first step*.

This formula includes:

Lion Cub - Nurtures courage and fearlessness

Elephant Calf - For feeling safe and supported

Hippopotamus - For embracing deep feelings

Bat - For navigating through our darkness

Raccoon - For unmasking the truth.



One can begin by taking *Inner Work* consistently (3-4 times per day for several weeks), whilst taking time each day to reflect on the specific person from the past that they still feel hurt by, and noticing what feelings are present. Doing this consistently will cause feelings of unresolved anger and sadness to naturally arise, which is good, as this is actually the whole point! It is *necessary* that these old feelings come to the surface after being locked inside for so long. If and when anger arises, one can then take the second essence in the set, *Healthy Anger*, in addition to *Inner Work*. This essence supports one in feeling, accepting, and expressing one's natural anger in a healthy way. This formula includes two animal essences:

Badger - For being comfortable with anger and expressing anger appropriately

Gazelle - For feeling safe with being angry.

Embracing, accepting, and releasing the anger we have locked inside is a vital step in the emotional healing process. Yet underneath anger there is always sadness. The emergence of this sadness is a good and important thing, and marks a precious and important moment. Here we have the opportunity to forever release with our tears the pain we have been carrying, and when we do, we are lighter, freer, and able to connect with the Divine in an even deeper way. **Grieving Heart** is the powerful essence for this step and includes:

Wild Horse - Nurtures the healing heart

Hippopotamus - For embracing deep feelings

Gazelle - For feeling safe while grieving.

Going Further Along the Path

These first three essences of the Healing Path embody the most important stages of our healing work and the most necessary thing we will ever do. For when we fully embrace the pain and move *through* it, we are forever freed from the suffering and burden of the past and are then free to live the life of our dreams. We can serve the world in an unhindered way, using the unique gifts that we have come to share.

As we release the anger and pain we are carrying, we are able to have a different relationship with the past. Letting Go provides powerful support for fully releasing the old feelings and beliefs of the past that no longer serve, and supports us in handing over control of our lives to the Divine. This formula includes:

Seal - For letting go and trusting

Dove - For peace in the heart as one lets go

Jellyfish - For surrendering to Spirit.

As we let go of the past, we begin to enter and deepen into a new life that can be filled with gratitude, freedom and communion. The three combinations that support us for this are:

Gratitude provides powerful support for cultivating and expressing appreciation for all the many gifts in one's life. This formula includes:

Buffalo - For deepening thankfulness

Wild Turkey - For cultivating gratitude

Praying Mantis - For devotion to Spirit.

Wild Freedom for fully celebrating and living life with freedom and liberation. This formula includes:

Wild Horse - Nurtures the free and wild heart

Dolphin - For joy, playfulness and freedom

Mallard - For acting with inspired joy

Sparrow - For dissolving any lingering worry.

Communion with God provides powerful support for experiencing oneness and unity with the Divine. This formula includes:

Dove - Nurtures peace and calm in the heart

Eagle - For connecting with the Divine

Tiger - Quiets the busy, thinking mind

Great Blue Heron - For serenity and connection

Deer - Nurtures gentleness and awareness.



Thus, as we travel the Healing Path, we move from a place of suffering and disconnection from Spirit into a new life of joy and communion, and we do this by having the courage to face our unresolved emotional suffering and move through it. It is the most difficult and also the most spiritual work we can ever do, for in so doing so we let go of the past and make that vital return to the present, knowing ourselves as one with Spirit. And it is a wondrous and beautiful thing that the wild animals of our precious Earth are here in loving support of our coming home to our True Self. In so doing we can then serve them and all beings in loving return.

Daniel

For nearly twenty-five years, Daniel Mapel, M.A., has been developing the Wild Earth Animal Essences in the Blue Ridge mountains of Virginia, USA, where he lives, with his family, in harmony with the cycles of nature – and with black bears, foxes, coyotes, deer, bobcats, and eagles as their backyard neighbors.

Daniel is an international workshop presenter who travels from Argentina to Japan sharing his gifts, and he is known for his gentle way and open heart. He is sought out for his unique ability to help others connect deeply with themselves and the animals. For more information about the Wild Earth Animal Essences, please visit Daniel's website – www.animalessences.com or contact Healthlines, his UK Distributor, on www.healthlines.co.uk

Wild Earth Essences Seminar – Healing the Inner Child 25-26th April 2020

This weekend workshop, to be held in Salisbury, will allow participants to learn and work directly with the Wild Earth Animal Essences; to receive guidance for their lives from the animals; and to take new steps on their healing journey as they connect more deeply with their inner child.

For more information, please contact Rowena Fairbairn on rowenergy11@gmail.com



Making Essences at the Weleda Field

Julie Bowman

This article is based on a talk given at the Gathering in 2019

MY JOURNEY WITH THE WELEDA COMPANY started many years ago in 1984. The land in Ilkeston, Derbyshire that is now owned by Weleda was previously owned by the Steiner School organisation. My children attended a local Steiner school that has particularly close links with Weleda, and so I have visited the gardens over the years, attending plant study days as well as the open days. I love their products and the ethos behind them.

There are thirteen acres at Weleda, all given over to biodynamic gardening. The gardens are full of interest and have a very pure feel to them. I love the variety of plants and flowers; the garden is never still and has a beautiful sacred feel to it, which comes out of the fact of how the whole garden is treated. Specialised composts are used that have a positive balancing effect on the soil and plants, impacting on the whole. I am always in awe and feel very privileged to have this opportunity. Honouring the nature spirits is all part of the ethos at Weleda and it shows. The sense of community is strong, and it is obvious how much the staff love their work. However, things started to change at Weleda when UK legislation clamped down on some of their types of products. Many of the medicines were discontinued, and now they only make a fraction of what they did before. There is also no pharmacist there now, which is a sad state of affairs. It was at this time that I strongly was pulled to co-create essences with the plants there. Looking back, it would seem that the plants were really wanting to work and be used.

My Weleda Work Begins

The pull became really strong, so I approached the head gardener who I knew personally. I also attended a plant study day, which confirmed my instincts. However, co-creating essences is a very different system to the gardening process at Weleda; for me, I must do this work when I am guided to, and using a calendar would be counter-intuitive and detrimental to the way I work.

As a result, it was not altogether surprising that some people at Weleda found my approach to be very confusing and difficult to accept. Fifteen years ago



Calendula

I might have questioned myself more, but these days I fully agree with what I am being led to do. However, I do understand and respect others' viewpoints; when people have worked with a system for decades it is not always easy to get your head around a different method. It's a standing joke there that I just have to 'sit on the naughty step'!

The first essence that I was led to do was *Calendula*. When I asked the Weleda staff if I could make a flower essence I was told that nothing was happening that day – by which they meant that bio-dynamically it was a 'blank'. Yet after I had made the *Calendula* essence I discovered that there had been a partial Solar Eclipse that day, so this 'blank' designation made me smile. *Calendula* is all about bringing the sunshine back in, and it is now part of my Sunshine Lift combination.

The next was *Poke Root*, which is all about dealing with extremes and getting the balance right. This was followed by *Belladonna*, which is for people who have a distorted view of themselves and so may be useful for anorexics and people endlessly 'beautifying'.

Yarrow stops aura leakage and helps deal with childhood traumas. It's very protective and directly works on the chakras, strengthening any work that is being done there. I took this to a family event to help protect me.

All these essences have proved themselves to be excellent teachers, and the next one, *Echinacea* really stood out in this regard. When I took it, it set off all my triggers and I experienced deep traumas rising up from my past. It's an invaluable essence for when your moral integrity has been shattered. I felt totally battered and bruised and emotionally out of sorts. *Echinacea* helped me to really 'settle' and centre myself again, and, taking it with the subsequent

essence *Angelica Seed* – which gives you the vital space to reflect and take stock – I was able to see the bigger picture and put things into perspective.

The last of this little series was *Mullein*. This essence gave me a feeling of peace and brought me back into alignment, reconnecting me with my inner light. All the above essences were made within the space of twelve days, a real roller coaster!! But I could see how they all connected for me, and how there was an underlying meaning to the order in which I made them.

The Next Set

All went quiet until the following year when *Blackthorn* was birthed. For this essence I was given the song 'Bridge over Troubled Waters':



Blackthorn

*When you're weary, feeling small
When tears are in your eyes, I'll dry them all
I'm on your side, oh, when times get rough
And friends just can't be found
Like a bridge over troubled water
I will lay me down.*

And these words summed up the state you are in when needing this essence, where you feel in a dark place and things are festering underneath. *Blackthorn* brings renewal and a sense of calm to the inner self. Given the state of the world at the moment, it is not surprising that *Blackthorn* needed to be birthed.

The essence *Pulsatilla* came next and this is a heart healer, protecting the heart but still allowing it to open. I was so emotional when this was being created, yet I found that it enhanced my inner strength and helped me stabilise. I also experienced part of my soul return from a past life.

Making *Rosemary* after that was a really funny experience. I was being challenged again by the people at Weleda on when I should and should not be creating essences, and was reminded that flower essences should only be made on the 'flowering' days of the Biodynamic calendar. All that came into my head during this challenge and other challenges at the time were: "*Remember who you are, just remember who you are, the whole of you, the total sum of you.*" Apart from this experience, I also attended a Steel Eye Span concert which was the first band I ever saw and it was also held at the same venue in Leicester, my birth place. I love the way spirit put things into place, all connected with remembering how far I had come, the key gift of this essence.

I woke bolt upright early on Good Friday morning and knew I needed to be at the field. I put the bowl by the Scurvy Grass at 6am, and was instructed to leave it there overnight. And guess what? It was again a blank day according to Weleda's calendar. Only after the birth of the essence did I realise it had actually been a full moon in Libra that day. The essence is about seeing the beauty in yourself and going deep to appreciate that. It helps you to gain a deeper understanding of who you are and to accept the gifts that you have for the world, knowing your true value.

I have named all these ***The Field Essences*** as that is what the place is called, and they are part of my Lotus Holistic range. And the essences are still being birthed, each with its own story. I have twelve available now, and there are more besides that are still being explored, and that are slowly revealing what they are about. I am still in the process of understanding their nature and the extended journey they are taking me on.

Extending My Work

Recently I was asked to have a stall at the Weleda Open Day, and I spent the day in the beautiful gardens talking about the Field essences and the other essences that are in the Lotus Holistic Range. It sparked loads of interest and enthusiasm regarding essences generally. I spoke to people about the sea essence combination and the land and water honouring and healing work that they are doing. I also now run workshops at Weleda.

There are regular talks and tours held at the site, as well as the 'plant study' days. For these we go to a particular plant, taking in impressions and then drawing and sharing what we discover, which is fascinating. Then we get the scientific

books out and look at what uses the plants have. One particularly interesting study day was about the Marsh Mallow plant, of which I'd recently made an essence. It has the most beautiful soft leaves, and the essence softens any rigidity and hardening of the personality that has come out of trauma. It works from your centre, leaving you feeling more connected to your heart. Weleda use Marsh Mallow in one of their products, and it has just been given recognition by the Eczema society.

All in all, the journey at Weleda has been extraordinary, interesting and expansive. It is also very humbling and I have certainly learnt so much about myself. I am so happy to be continually doing this beautiful work, gaining great insight along the way.

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.

www.weleda.co.uk/the-field

The Biodynamic Process

Weleda work is done via the Biodynamic calendar, the movement of Sun and planets, and in particular the cycle of the Moon. They have 'blank' days where no planting is done; they have days where they sow seeds; and they harvest on 'flowering', 'leaf' and 'root' days. The gardeners also make their own preparations which improve the fertility of the soil, and a special preparation for the compost. Part of the process is to put cows' manure into a cow's horn, then bury it and leave it. When it comes out it is put into a big vat and goes through a stirring process which 'homeopathises' it, again done on certain special days. Trials of this in India where the soil had been severely depleted resulted in a massive difference in the plants that were produced. Everything is seen as being interconnected and having an impact on the health of our food.

www.biodynamic.org.uk



Following the Starlight

Sally Arthurs

Childhood Wonder

I have been fascinated by the stars for as far back as I can remember. As a child I would sit watching the sky and it almost felt like I was waiting for something, though this was just a vague, indescribable feeling. I remember at around ten years old coming home from a late Christmas Eve service and being absolutely blown away by the stars I could see. I could also make out pathways through the stars and I remember stopping dead in my tracks just staring at the sky, much to the frustration of my mum who was trying to get me quickly home to bed!

As I got a little older my dad noticed my fascination and he would then try to point out some of the constellations to me – the Big Dipper – Orion – Cassiopeia – but I just couldn't make anything out and it really used to frustrate me no end.

I asked him about the pathways I could see, the pulses of energy between different stars that created brief channels of connection. As I've studied this since I've realised that these aren't always between the same stars and the phenomenon comes in waves. But my dad didn't know what I was talking about so I presumed it must just be my imagination.

When I was about eighteen I tried taking an astrology workshop and again that real frustration came back – so many variables, and so many ifs and buts to confuse me. I just couldn't get my head around it at all! I never lost my love of a dark starry sky but I gave up on trying to take my passion any further.

My Connections Deepen

I discovered essences in the early 1990's and this led me on an intriguing path, training in many therapies and expanding my spiritual awareness. It was then that I began to become aware of the stars' pull once again. It was only the winter sky I understood, however, as in summer it barely gets dark enough in Scotland to see stars at all! I was constantly pulled to three stars in particular and would always feel comforted when I found them. I used to point them out to my children when they were young and they would often shout, "Mum, there are your stars!"

It was as part of this spiritual path that I was introduced to meditation and crystal skulls. During one of these meditations I was given the name 'Orion'. With the now immediate access to internet and research I couldn't quite believe that what I had

been looking at all these years was Orion's belt! That experience opened me up to looking more deeply at the stars, yet, as before, I just couldn't make sense of the star maps I looked at in books or online.

This is where things began to step up for me. I would find myself being drawn to a specific star or sequences of stars, seeing them over and over again. I would begin to take notice of how it looked, the particular energy I could feel from it, and what configurations the stars around it made. Then I would trace it from the stars I already knew. When I discovered what I was looking at, it generally blew me away, as the 'stories' and information around the star would fit perfectly with whatever I had been sensing, and working on, and this would open up a whole new perspective on what I had been doing. This is still how I navigate the skies!



An Essence is Born

Fast forwarding a few years, I had been co-creating flower and gem essences for a while but had been adamant that I would never have my own range. However, I was being drawn more and more to create a channelled star essence. Part of me was still resisting and I wasn't really following the guidance I was receiving. I was constantly looking for more confirmation of what I was 'supposed' to do about this.

But the feeling persisted, and I eventually committed to making the essence with the star that had been calling to me. This was Arcturus, a beautiful and very bright golden star located in the constellation of Boötes. The easiest way to spot it is by tracing the curve of Ursa Major's (the Big Dipper's) 'handle' and continuing on across the sky. I often see the star beaming out rays of green and red light.

Having identified and confirmed that I would co-create an essence with the energy of Arcturus, I put everything out of my mind and presumed that on the next clear night I would find a perfect spot outside and sit with a bowl of water strategically placed to capture this essence. However, I couldn't have been more wrong! Three days later I woke with a crazy incessant urge to make the essence that day. I remember it so vividly. It was one of the wettest and dullest days you could imagine. I had to have the lights on as it was literally dark indoors. And so, not surprisingly, I had a running inner dialogue in my head in which I kept trying to rationalise all this and put it out of my mind. How could I possibly make a starlight essence in daytime – indoors?

Yet although barely out of bed, and still before breakfast, I was guided to go fill my essence-making bowl with water. I was continuously asking internally what I should do next but it was such an overwhelming experience that it overrode all thought. The minute I sat down with the bowl I felt what I can only describe as a torrent of energy rushing from me into the water. It was literally pouring through me. The whole process took about twenty minutes and I was then guided to bottle the essence and to leave it to settle for three days before trying it.

I knew something had definitely taken place and yet there was a part of me that couldn't quite accept that this water carried the vibration of Arcturus. However, it was fascinating and enlightening watching others work with the essence and then feed back to me about its signature. I quickly noticed that each person reacted to a different facet of it. Working with the essence of Arcturus allows us to open to new possibilities and to be receptive to personal healing, as it often highlights the root of our current emotional issues. Several people who have used the essence have gone on to add them to massage blends for their clients, as using the essence topically seems to be an excellent way for it to be absorbed in a gentle manner.



Arcturus

Arcturus was mentioned in the writings of the psychic known as the 'sleeping prophet', Edgar Cayce. According to Cayce, the Arcturians (the energetic beings associated with the star) are a 'fifth dimensional life-form' and are 'highly advanced in the art of healing'.

The Process Continues

A month or so later the supergiant star Betelgeuse within the constellation of Orion came into my awareness and I knew that this would eventually become an essence too.

Like before, I questioned everything in my own 'best' way, trying to make sure I was picking up the guidance properly. I had presumed that the process would be similar to that of the first essence. I can now laugh at that presumption. Instead, it was brought into being within me on a plane flight, where I had a totally different view of the stars of Orion from the window. As I connected to the energy of Betelgeuse the information flowed into me right at that moment and I was told that I had to download the essence into water within three days, channelling it directly into the mother tincture bottle.

The essence of Betelgeuse has qualities that connect us back to ourselves, allowing us to see our connections to others and beyond. It helps us look at our

entanglements of energy and see what is beneficial and what no longer serves us. This gives us the clarity to adjust our connections accordingly.

There are now nine Starlight essences in existence and each process has been unique. There was one that was brought through directly into the bottle again. This time I had to leave the water without alcohol initially. I was directed to a specific self care and energy ritual for myself each night and then afterwards I had to sit with the bottle and gently invert it a few times. This essence was of the star Vega, in the constellation of Lyra. It assists us first and foremost with our orientation in our present reality. It allows us to zoom in on any issues and at the same time to expand our view on this so that we are able to see the bigger picture, and our place within it. Eventually, when I 'saw' that it was ready, I could add the alcohol and seal the process. For another essence, Regulus, I had to set up the bottle and leave it for a week before channelling the essence into the water and adding it to the bottle.

I can honestly say there is never a dull moment when it comes to making these essences, and, thankfully, I have learned to trust the process without challenging it (too much!) There is another essence coming into my awareness from the ether now and I look forward to seeing how this process unfolds in due time. One thing for sure is that I am prepared to expect the unexpected!

We are all aware of how much the moon and the sun affect us and we are also aware of astrology, how we are influenced by the stars and planets that were in position at the time of our birth. The Starlight essences help us engage the part of us that is influenced by specific stars, often not just from this lifetime, and they bring us new perspective on ourselves and our place in the world.

Sally

Sally Arthurs is a BFVEA Advanced practitioner in Flower and Vibrational medicine and supports others on their emotional and spiritual journey. Sally's essences are BAFEP registered and are called EeeShel Trinity Essences. You can find out more about them via: Telephone no 07880861977 Website: <https://sallyarthurs.com>





Communicating and Co-creating with the World of Nature Spirits

Susan Raven

"Every single atom is in communication with every other atom connected through wormhole structures in the vacuum. Everything is highly organised, this is why Life can emerge... there is an agency making beings everywhere in the great co-ordinated dance."¹

An increasing number of talented and brave scientists are beginning to use the term 'beings' in their discourse, and this marks a major step towards mending a very significant link in the chain between the worlds of spirit and matter. Whether one uses a current term like 'vacuum' or 'zero-point', or one uses a more traditional word like 'ether', this vast, malleable, highly conductive and conscious realm is now being discussed openly. Our cultural history in the West shows us that from the 17th century onwards knowledge of the ether was made to disappear, along with the elementals and nature spirits who inhabit it. For those who are new to the subject, let us look with a clear and un sentimental gaze at what an elemental is. An elemental can be described as a nexus of subtly primed consciousness and vitality working at the junction between spirit and matter. And a nature spirit? A nature spirit can be described as an organizing intelligence within and behind physical nature that oversees the order and measure of material form, and the setting of limits to matter. These hard-working beings are programmed and created by a sublime hierarchy of advanced consciousness, and their task is to carry out the instructions emanating from a realm of archetypes and formative forces. There are many steps down from the realm of the archetypes, and the great philosopher, scientist and seer, Rudolf Steiner, described the elementals as the last reverberation of the Cosmic Creative Word that underlies all existence. He described how the living cooperation of the elementals of earth, water, air and fire is the very substance of the etheric, or life body, of the Earth.

In the world of theoretical physics we have terms like 'etheron' and 'graviton', which attempt to define a unit of quanta, and while these terms do sail



close to the definition of an elemental, to say that they are the same thing is to limit our view of creation. The elemental kingdom and its inhabitants are just beyond the ability of our modern sensors to detect but they are not beyond our human capacities to detect. In his many lectures on the subject, Dr Steiner described how we can develop the capacity to enter this supersensible, quantum realm if we learn how to awaken our dormant organs of perception. However, the major hindrance to entering the supersensible dimensions today is our insistence on mind-controlled reductionism. We think and explain and philosophise our way to something but we cannot get to the essence - the intelligent being of the thing - this way. A higher qualitative understanding is needed.

We can no longer rely on a competitive display of factual data. We need to gain new capacities born out of a devotion to the Wonder of Creation.

We have to learn to:

- Move from words and concepts to an unbiased, reverential form of observation.
- Cultivate a mood of deep respect and gratitude and then petition the being behind the form to reveal its wisdom.
- Spin a thread of pure attentiveness to the nature being, then nurture and develop this thread into a substantial and repeatable line of communication.
- Diagnose and interpret the fine nuances of sensing, feeling and symbology received from this world.

A human being has the ability to become a highly tuned instrument of diagnosis, yet if we choose to enter into dialogue with the Living Book of Nature, we have to be prepared to meet a constellation of beings who know more about us than we do. They can read the minutiae of our soul and can bring us to our knees with their insight. This work is not for the faint-hearted, the fragile or the fanciful. At the Biodynamic Research Institute in Darmstadt this methodology of communication has been developed over many years, and the improvement in food quality and seed selection is a testament to the efficacy of their reverential dialogue with the nature spirits.

While there are, of course, some master-seers who work alone, this is not a solo journey. It is about the power of the group to compare, collate, collaborate and to find the next key question. Above all it is about the wielding of the power of Love. Love is the new science, Love is the new magic, Love has always been the purest carrier wave to truth and wisdom in our world... and beyond.

Susan

References

[1] Nassim Harramein

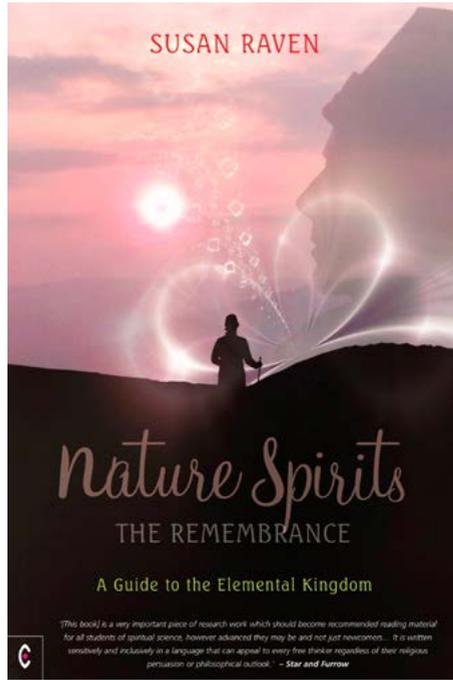
Book your own Susan Raven workshop!

Do you have a group of practitioners in your own area whom you feel may be interested in attending a workshop? Here is an outline of the criteria needed if you would like me to run a course:

- 1. A minimum of 9 participants - maximum 15*
- 2. A venue with plenty of access to plants and trees*
- 3. A classroom with space enough for 9+ people to freely perform gestures and movements.*
- 4. Fee - £95pp for a weekend workshop*

Susan Raven is an experienced workshop facilitator and a long time student of Anthroposophy. She has worked with the methods and exercises prescribed by Rudolf Steiner for seeing into the supersensible realms and she has also trained with Dorian Schmidt, director of the Biodynamic Research Institute. Susan is also the author of the book 'Nature Spirits: The Remembrance: A guide to the Elemental Kingdom', featured in the Cygnus magazine, Nexus, Star & Furrow and Caduceus. For details of her 'Communicating and Co-Creating with the World of Nature Spirits and Elementals' workshops, Levels 1 - 3, please go to www.susanraven.com/events.

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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)

We will be co-creating a 2020 Peace and Joy essence so please bring 3 things with you - an essence bottle (with preservative in it if you wish), 2 small items from nature, one which brings you Peace and the other which brings you Joy.

Each of us who wish to, will share our 'story' about the items we have brought with us and then place them close to the bowl of water, for the water to absorb their fabulous energies.

The water will be left to 'settle' during the weekend on a table in the conference room. The Mother essence will be shared out to anyone who would like to take a bottle home with them.



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 sessions and 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



Woodside – Some Bach Connections



Jan Stewart

As we look forward excitedly to this year's Gathering, to be held again at the Woodside Hotel and Conference centre, Jan gives us a fascinating account of the history of this building.

WOODSIDE is usually described as an Edwardian Mansion. However, it was actually built during Queen Victoria's reign in the same year that Edward Bach was born, 1886. In fairness, it had many Edwardian characteristics such as large, airy, elegant rooms with high ceilings. Outside, thirty-two acres of land, adjoining Lord Leigh's *Stoneleigh Abbey* estate, provided peace and privacy. There was also a six-roomed lodge at the main drive entrance, plus stables, a saddle room and coach house.

The Cay Family

The first owner of *Woodside*, James Randles Esq.,¹ soon sold it on to The Reverend Henry Cunliffe. It then became the home of the Cay family, in 1889, and remained so until 1941. Albert Cay (1846-1903) had been born in Hong Kong, where his father, Robert Dundas Cay, had been appointed registrar of the colony's Supreme Court. His mother, Isabella Dyce, was the daughter of a doctor (sufficiently famous to be a Fellow of the Royal Society), and sister of the Scottish artist William Dyce. We know little of Albert's childhood, except that his mother died in 1852 when he was six years old. By 1879, at the age of thirty-three, he was working as a 'manufacturer of coinage'. In the same year, he married Annie Jaffray, the daughter of Sir John Jaffray, 1st baronet,



Albert Jaffray Cay

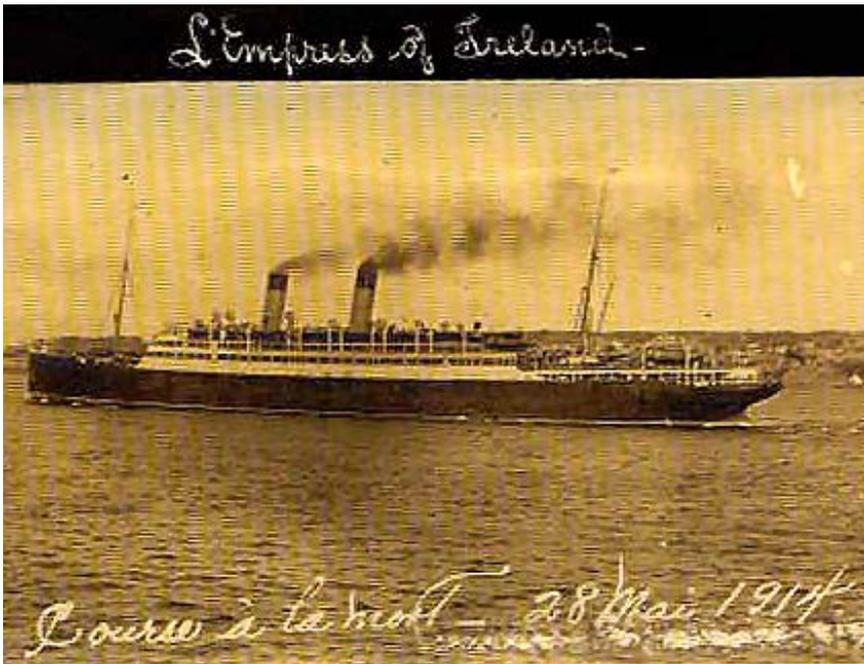
philanthropist, founder of the Birmingham Post and Birmingham Mail newspapers and, in 1888, High Sheriff of Warwickshire. The couple moved into an elegant property at 13 Pakenham Road in Edgbaston and, in 1880, their son, Albert Jaffray Cay was born. It is Albert Jnr. who provides the links with the Bach family.

Katie Cheape

By the time the Cays moved to *Woodside*, Albert Snr. had become a manufacturer of flint glass – then, a type of affordable, pressed-glass dishware; now a synonym for lead crystal and the term used for optical glass and any clear, colour-free glass used for containers. The family income was such that Albert Jnr. was able to attend Rugby Public School and went on to Cambridge in 1898. He achieved a BA in 1902, a year before his father died. In 1907, he married Catherine Beatrice Cheape in Edinburgh. Catherine, called Katie by family and friends, was described as ‘a splendid rider, an excellent shot and fond of all outdoor sports.’² This was not surprising as her father owned *Wellfield*, a large country estate in Fife, as well as a ‘shooting box’³ in England. Similarly, her maternal grandparents owned *Bentley Manor*, Redditch, Worcestershire and were renowned for their hunting activities.

It may or may not have been welcome news for Albert’s mother, Annie, that her new daughter-in-law had been married before and already had a ten year-old daughter. Katie’s first husband had been an American citizen, Charles Lee Robert, son of multi-millionaire Christopher R. Robert. Charles had been educated at Oxford and, as well as his privileged background, his attraction for Katie may well have been that he was Master of the CC Beagles during his University years.

When their daughter Dorothy was born, in 1897, the couple were living in Maidenhead, but the marriage did not last. One reason could have been difficulties with Charles’ father. Between 1886 and 1896, the latter had built a magnificent castle called Pepperidge Hall, on Oakdale waterfront, New York, furnished in a French style for his second wife, Julia. It was the backdrop for several silent films, including ‘*Dead Men Tell no Tales*’ – an ironic title for, on 2nd January 1898, Christopher Robert died from a bullet to the head, under suspicious circumstances. The official verdict was ‘suicide while temporarily insane’⁴ However, shortly before, he had made a will leaving his considerable fortune to Julia. The couple then began having relationship problems and, just before embarking on a cruise to Europe, Christopher decided against the venture and left the ship, taking Julia with him. Further curious facts were



that the pistol used was ‘a cheap affair’ and unlikely to have been owned by Christopher.⁵ Furthermore, there were no powder marks around the entry wound, as normally seen in suicides. Close friends additionally confirmed that he had shown no signs of mental health problems.⁶ Fortunately for Julia, an investigation upheld the suicide decision and she quickly moved to Paris.

The Empress of Ireland

The stress over the circumstances and scandal of his father’s death must have brought great strain on Katie and Charles’ marriage. Additionally, he may not have been an easy person to live with, for he married twice after his divorce from Katie – once to Lucy Victoria Stanley in 1908 and, in 1918, to Katherine Morgan, a well known German opera singer living in Switzerland. In contrast, Katie and Albert Cay Jnr. seem to have found happiness in the short time they were together. The couple bought a ranch called *Thunder Ridge* in Invermere, British Columbia, Canada. In 1914, Katie was staying there when she received a message to return to England as her mother was seriously ill. She travelled to Quebec and, on 28th May, boarded an ocean liner called *The Empress of Ireland*. Amongst the other 1,476 passengers were Marion Adie and her husband, Percy, a wealthy silversmith. They were returning from a business meeting in New York with Mappin & Webb Ltd.,

famous silversmiths who sold Percy's goods. Just as Katie was anxious to reach her mother's home, Percy and Marion were probably eager to be reunited with their five-year old son, Anthony, who had not travelled with them because of his age.

Leaving Anthony at home was a providential decision for, as *The Empress of Ireland* set sail, fog descended and, in the early hours of 29th May, it was struck by a Norwegian coal carrier and sank within fourteen minutes. There were just 217 survivors, including Percy and Marion but not Katie, whose body was never recovered. Her husband, Albert, was said to have been broken hearted at the loss. However, Katie's mother survived until 1919 and Anthony Adie was to marry Anne Bach, youngest daughter of Edward Bach's relatives and closest friends, The Reverend Charles and Winifred Bach.

Yeomanry Connections

For Annie Cay, further tragedy soon followed her daughter-in-law's death. Albert Jnr. had become 2nd Lieutenant in the 1st Worcester Yeomanry (Queens Own Worcestershire Hussars) in which his maternal cousin, Sir John Henry Jaffray (3rd Baronet) was also a lieutenant. Bach had had a five-year term of engagement with the same regiment between 1904 and 1908, before he began medical training. Whether Bach knew Albert during his yeomanry years is unknown but his best friend, Maurice Hobson, certainly did. Maurice, who was younger than



Maurice Hobson

Bach, had been in the 1st Worcester Yeomanry since 1908 and had achieved the rank of Sergeant. When he and Albert Jaffray Cay sailed for Egypt, on 11th April, 1915, he had the important role as the regiments' Staff Quartermaster, supervising stores and distributing supplies and provisions.

The two saw much action together – an attack on Chocolate Hill and Hill 112 in Turkey, in August, 1915; and trench warfare at Chocolate Hill and Green Hill until November. They were then evacuated to Mudros on the Greek island of Lemnos until New Year, when they returned to Egypt. Their regiment's role was to help defend the Suez Canal from Ottoman troops by patrolling the

Katia area of the Sinai Desert. On 23rd April, 1916, the Worcester Yeomanry was protecting a group of Royal Engineers digging wells at an oasis called Oghratina. In a bizarre coincidence, dense fog, again, acted as the harbinger of another Cay tragedy. In extremely low visibility, the Worcester Yeomanry found that they could hear but not see the sound of well pumps operating nearby. Investigations revealed sixty Ottoman soldiers whom the regiment successfully attacked. However, in the retreat, they came under fire from a large enemy force of around 3,000 men, concealed in the mist. The Yeomanry commander had orders to retire if attacked but did not wish to leave the engineers defenceless. It was a noble but deadly decision, for his small regiment was almost wiped out in the ensuing two-hour battle. Maurice, Albert Cay Jnr. and Sir John Henry Jaffray were amongst the nine officers and 101 other ranks who were killed. Albert's brother-in-law, Leslie Cheape, a captain in the First Dragoon Guards died alongside them. Albert was just 36 years old; his cousin (Sir John Henry Jaffray), 23; his brother-in-law, 33; and Maurice Hobson, 27.

Thus Annie Cay suffered the tragic loss of both her only son and her nephew; Edward Bach his best friend from whom he had been inseparable in his youth; and Bach's sister, Mary, the man she hoped to marry. The men, like many others killed in World War 1, have no known graves but are commemorated in the Jerusalem Memorial. Those visiting *Woodside* can also find Albert's name on the Kenilworth memorial – an obelisk at the top of Abbey Fields, overlooking Abbey End and the main street down Warwick Road. Maurice Hobson is listed on two Moseley memorials – that of St. Agnes Church, where the Bachs and Hobsons both worshipped, and Moseley Ashfield Cricket Club's – founded by Bach's father Walter (who was also lifetime President) and where the Hobsons and Bachs also socialised and, occasionally, played cricket together.

Jan

References

- [1] 'Esquire' is the title given to a commoner considered to have achieved the social position of a gentleman.
- [2] Worcester Journal, 6 July 1895.
- [3] A 'shooting box' is a small property that is mainly used during the shooting season.
- [4] 'Death of C.R. Robert; At the request of His brother, Frederick, Chief Mc Cullagh Orders an Investigation' NY Times, 28 January 1898.
- [5] *ibid.*
- [6] *ibid.*



Eight Emotional Needs in Childbirth – and the essences that helped me nurture them – Part 1

Natalia Montes Viviani

The 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 in this article I share my experience of giving birth naturally earlier this year and how I helped myself with my own Patagonia Essences.

There is no right way to be born. I am convinced that every birth is sacred, no matter what type of birth we choose or end up having; we are all sacred portals for the mystery of life. When the time came for preparing my own child's birth, I was lucky in having an amazing midwife who offered us a home birth from the very first appointment. If she hadn't been so confident about it, I think it would have never crossed my mind to give birth at home without anaesthesia, simply because I thought it was reserved for others, for women who are stronger, maybe more connected, than I feel myself to be. So we made the decision to try a home birth, and then we did research through lots of reading and watching documentaries – even one of orgasmic delivery. I did yoga and went swimming, and even ate a lot of dates, but, even so, we were still faced with the same uncertainties: what if my waters broke early? what if there needed to be an induction? what if...?! So many things were beyond our control. Yet along the way I discovered that I could cultivate my inner world by nurturing eight particular qualities that would be useful in any context.

Here in this article I would like to share the first four of these:

1. Confidence to Face the Unknown

No matter how much we prepare, visualize and set expectations, there are always lots of doubts about how the experience will go. If we cling to the idea of being in control, the situation can become terrifying and even paralyzing, which also makes us more vulnerable to the fears that others project on us. But, if we build a sense of trust within us, this uncertainty becomes part of the adventure, adding flavour to those last weeks. We have the option to enter into a more receptive state, perceiving each message our body gives us and waiting – if that is the decision we've made – for our baby to signal

that the time has come. A wonderful flower essence to work with at this time is *Orquidea Amarilla* (*Chloraea* sp.). The essence of this orchid native from Chile facilitates a state of *pronoia*, the belief that the universe conspires in our favour. Having confidence in the unknown feels a bit like that; fears may visit us but we know they are simply 'ideas' and the feeling that develops then is more like playfully waiting for a surprise. *Orquidea Amarilla* fills us with faith, opening the throat chakra to receive with openness what the Universe has in store for us.

2. Instinct

Instinct for me is the voice of the body, and our body knows how to give birth. It knows exactly what needs to be done at each given moment; we just have to remember how to listen to it. In energetic terms, instinct is associated with the lower chakras: it is the wisdom that 'comes from below.' Essences reinforce our ability to hear the body clearly, and facilitate us in clearing layers of fear, unnecessary information, trauma or beliefs that may be keeping us from trusting our inner voice. The first chakra helps us stay present in the body, and I've seen that it also helps our little ones in their transition, guiding their incarnation. A wonderful essence for this is the crystal *Crysoprase*.

Another essence that I felt drawn to very strongly during labour was *Green-Backed Firecrown* (*Sephanoides sephaniodes*), a tiny hummingbird which connects us with the body in a very powerful way, bringing awareness of each and every muscle. For me, not having any anaesthetics apart from the natural chemicals that the body produces – because yes, there's plenty of those! – was like having a clear image of every bit of my body, and of my little one's, to know exactly what had to be done at every given moment. Even if using an epidural, keeping this connection going helps guide our baby on their route, and keeps our bodies updated about the transitions that happen with childbirth.



Finally, the essence of *Tepual* (*Tepualia stipularis*), a small tree that grows in northern Patagonia, helps to maintain a sense of security and integrity in our intimate space. *Tepual* is very important before, during, and also after childbirth, especially if it was traumatic at some level or for those who have experienced some kind of sexual abuse in their lives, helping to restore a sense of safety and protection.

3. Intuition

Intuition, on the other hand, is linked to the higher chakras. It's about those certainties that we 'receive from above', those things we simply know even if we can't explain them. But to do this we must firstly strengthen our third chakra, and in that realm I love *Pico de Loro* (*Chloraea bletioides*), a native orchid from Chile with mysterious black and white petals, which helps us filter energetic messages from others, leaving their anxieties out of our field. This makes emotional room for our inner voice to be heard.



Another must-have for me is *Persicaria* (*Polygonum persicaria*), a wild weed which helps to awaken our ancestral wisdom. *Persicaria* sparks that subtle intuition within our body that links us to our ancestors, and to the entire human race. While giving birth I am all women giving birth; I am Earth Mother giving birth to humanity and we are governed by the certainty of not being alone in this. We participate in the creative heart of the Universe, and we know what has to be done and we let that voice lead the way.

4. Strength

No matter what type of delivery you end up having, a dose of both physical and emotional strength never hurts. To take some pressure off, I imagined during labour that if I completely lost control, the medical team would still manage to get the little one out and keep us both safe. Of course, it is certainly fortunate



to have so much medical support available. But isn't it much better to feel that we are fully present and empowered? The Guayacan tree has one of the hardest woods in the central area of Chile and it's that feeling of firmness that this essence awakens in us. *Guayacan* essence (*Porlieria chilensis*) helps us find support for looking at discomfort with integrity, bringing us perspective to prevent getting overwhelmed by the circumstances. Another great strength is

the one that emanates from the heart, which keeps us aligned in the purpose during labour. *Emerald* essence keeps us connected with this fundamental love, awakening a strong sense of hope and optimism that keeps us going. In the second part of this article, we will explore the next four emotional qualities that I found to be essential for childbirth, exploring the essences that helped me throughout the process. Thank you for reading!

Natalia

*This article is to be continued in the Spring 2020 edition of ESSENCE magazine. Natalia Montes Viviani is the International Chair of the BFVEA and is currently based in Bristol, UK. Her Patagonia Essences range can be obtained from www.patagoniaessences.com
Illustration: www.mamichamaternidad.com www.instagram.com/Mamicha.maternidad*



"I look forward to the birth of my baby with faith and trust in my body"



“Where the sun shone,
everything glittered
and sparkled as if
diamond dust had
been strewn about;
and the snowy
carpet of the earth
seemed covered with
diamonds from which
gleamed countless
lights, whiter even
than the snow itself.”

THE SNOWMAN
HANS CHRISTIAN ANDERSEN

