

Essence

Winter 2021-22



Holy Grail Essence

Iona Leigh

The Goddess Circe

Jan Stewart

Essences and Sacred Art

Julie Ferris

Essences in Puerto Aysen

Natalia Montes

Australian Bush Essences for Teenagers

Ian White

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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Welcome to our Winter Edition

HAPPY NEW YEAR EVERYONE! We hope that 2022 brings you lots of positive transformation and fresh hope for the future, not least through the continuing use of the wonderful essences we know and love!

We have three returning authors in this edition: **Ian White** taking us more into the *Bush essences* that can help our youngsters in their trials and tribulations; then **Julie Ferris** into a specific use of the 'The Avatar in You' oracle cards she showcased previously; and, finally, **Jan Stewart**, sharing her knowledge of another powerful goddess with us. We would like to introduce **Iona Leigh**, essence producer and soon-to-be accredited **BFVEA** course tutor, in a piece where she presents two key *Findhorn essences*. And we also have **Natalia Montes**, providing us with an inspirational story from Chile. So altogether, lots for you to enjoy, we hope!

However, I'd like to put out a loud plea for you to think about how you could write for us this year. ***Please think about how you could share your work and your passion for essences with the readers of our magazine.*** We want to be able to keep producing it every quarter, as we know you all appreciate it as a great resource and way of enjoying all the different developments in the world of essences.

Articles do not have to be purely about essences and vibrational therapy: we are open to any complementary topic. ***We'd love to hear from you!***

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Copy date for our next issue is 11/2/22



Australian Bush Essences for Teenagers

Ian White

Having covered the various needs of 'tweens' in his previous article (Autumn 2021), here Ian hones in on the essences that are key for that rather challenging group, our teenagers.

I can still vividly recall endeavouring to finalise the Bush Essence blend, **Adol**, aimed particularly at adolescents, all those years ago. It was the most challenging formulation of all the combinations I have made. I can remember thinking the best option would be to include all sixty-nine remedies in the one bottle for teenagers! Knowing that this wasn't feasible, the next step was to determine which of those sixty-nine could be eliminated. There is such a good argument for each of the essences in association with teenagers that it was very difficult. In the end **Adol** contained eleven flower essences and I couldn't eliminate any one of them. Some of these essences were mentioned in the previous article, but here I would like to go through the ones contained in **Adol** Essence in more detail and give my rationale for why they were included in this combination.

The Chosen Essences

There are many situations where a teenager can have feelings of shame and embarrassment, as they are generally very self-conscious at this age. Coming into his or her sexuality is a huge change, so **Billy Goat Plum** is needed to address this. One of the pivotal aspects of puberty is the breaking away from the family – especially the parents. **Boab** essence is so important at this time by virtue of it clearing the emotional family patterns and all the related ensuing beliefs that are passed on from generation to generation.

Bottlebrush helps people move through major life changes and the associated overwhelm that often accompanies them. During the process of teenagers finding their own identity and breaking away from the parents a lot of conflict can occur, as they often haven't developed good communication skills by this point, or these can be easily overridden by the effects of surging hormones. **Bottlebrush** is particularly excellent for addressing unresolved, possibly long-term, issues with the mother, as it 'brushes' out the past and allows the person to move on. As extra support for this emotional area,

Dagger Hakea can help with feelings of resentment, bitterness and holding grudges against those whom they have been very close to, especially family members, who often bear the brunt of the teenagers' resentment.

During my workshops when teaching about **Five Corners** Essence, I ask the participants to raise their hand if they had ever experienced a lack of confidence or low self-esteem. Only the compulsive liars keep their hands down. Everybody, I would say, has gone through a period like this, but it is most likely to occur when you are a teenager. This beautiful flower essence is a wonderful enhancement for self-esteem, confidence, and self-love - things we can all do with more of. Ultimately, one of the most important things we can do for a teenager, or anyone, is to help them feel good about themselves. **Five Corners** is THE remedy for this, particularly to help a teenager overcome a crushed and 'held in' personality. It is also the remedy to help clear the negative beliefs held in the sub-conscious that can sabotage a teenager's goals.

The **Flannel Flower** plant almost begs to be touched and felt since the petals of this flower resemble the sensuous texture of flannel. This essence can help teens that are uncomfortable with emotional intimacy, as well as physical contact and touching. It is excellent for males, allowing for a gentleness, softness, and sensitivity in touching, and can also help any young person maintain their personal boundaries. This essence will also assist them to totally trust and express verbally their innermost feelings, especially boys, who can go through several years where they stop speaking and revert to grunting! **Flannel Flower** also brings, to both boys and girls, a renewed enjoyment in physical activity. This is particularly useful for previously sporty girls who suffer from being criticised and even ostracised by their peers who view such activities as being uncool. Unfortunately for some girls this can be enough for them to stop their sports. **Sturt Desert Rose** can be used in conjunction with the **Adol** essence to help them to be true to themselves and not give in to such negative peer pressure.



I think **Kangaroo Paw** was the first Bush Essence I considered for teenagers in the **Adol** combination; it addresses the very core emotional issues most teenagers are working through. This essence is for those who are 'green' and socially inept – not knowing how to properly interact with other people around them. Nearly every teen goes

through this phase. They can be very insensitive and miss the cues and needs of other people around them. Of course, they can be very self-centred as well. There is also the awkward, gawky experience teenagers often have in entering the world of dating and relationships. It really is THE teenage remedy.

Red Helmet Orchid is for helping the bond between a teenager and their father. It can also clear unresolved father issues manifesting as a rebellious attitude to authority figures. Many teenagers grow up without a father figure present, which for girls can lead to stopping education at an early age, and teen pregnancy. For boys, obviously they grow up without a role model on how to behave properly with women and being a mature, loving, balanced male generally. There is also an increased risk of these boys joining gangs that can then lead to problems with the police and a greater chance of harm to themselves. In a critical thirty-five-year study on empathy, the researchers found a crucial factor to the development of this quality was the presence of a loving father in a child's, especially a boy's, life.

The essence **Southern Cross** is for those people who tend to feel that they are a victim – that life has been unfair to them or that they have been hard



Southern Cross *Xanthosia rotundifolia*

done by. This essence helps a teenager to learn the critical lesson that it is they who create all the situations that happen to them in life and that they can change their situation by changing their thoughts. A common phrase that these teenagers use is *"it's not fair"*. If they take this attitude through into their adult life, then they are likely to attract other people who are negative whilst positive people will avoid them. There are a lot of bitter and twisted adults with very unhappy lives because they were never able to, or wanted to, remove themselves from this victim mindset. The earlier in life one can change this pattern the better it will be.



Sunshine Wattle *Acacia Terminalis*

Teenagers who have had a difficult time in the past and who are still stuck there need **Sunshine Wattle**. They bring their negative experiences of the past into the present. They see life as being grim and full of struggle, where they only see bleakness, hard times and disappointment continuing into the future. In the positive mode these teenagers will be able to see the beauty, joy, and excitement in the present and optimistically anticipate the future.

The essence **Tall Yellow Top** is as important for teenagers as it is for tweens. This remedy is for alienation, where there is no feeling of connection or sense of belonging, whether that be to their family, peers or community. Often as a

consequence of this alienation the head, or intellect, takes over from the heart. As many people have often been in this state for some time, *Tall Yellow Top* will often need to be used for longer periods, sometimes for up to six weeks without a break. This essence may also help loneliness and will help a teenager to reach out to others for support. In surveys carried out on high school students it is commonly found that over 50% feel isolated, lonely, and not part of a group. Be patient with the results from this essence if it appears to be a little slow in showing results, as it is working on a deep level and on very deep issues. The outcome is well worth waiting for.

Using Adol Essence

Many parents, after purchasing the **Adol** Essence, reported that their biggest challenge was having their teenagers actually take the drops. As you know, essences are generally very easy to take for non-teenagers, simply putting seven drops under the tongue twice a day. A combination of rebelliousness and being spaced out, the latter common amongst teenagers, seems to be the problem here. Quite a few parents have resorted to putting the combination in an atomiser and with eyes firmly shut opening their teenager's bedroom door, giving it a quick spray of **Adol** Essence and quickly closing the door again so they wouldn't be too horrified by what they saw inside!

I hope this article and the Bush Essences can be of great benefit to both the parents and their teenage child or children.

Much Love, Light & Respect

Ian White

Founder and CEO – Australian Bush Flower Essences

Websites: www.ausflowers.co.uk

www.ausflowers.com.au



Extra Bush Essences for Modern Issues

Even in pre-Covid times teens generally were spending a very large amount of time on their phones and computers. However, lockdowns have resulted in the level of time spent on these technologies sky-rocketing. Fortunately, we have **Mulla Mulla**, a major component of the **Electro Essence** combination, both of which offset this exposure. When there is an addiction or dependency to being on social media, gaming and so on, then I recommend **Monga Waratah** for three weeks followed by another three weeks on **Monga Waratah** combined with **Bottlebrush** for breaking habits, and **Boronia** for obsession.

Bullying has changed dramatically for this generation of teenagers. In the past, it would basically occur in the playground or to and from school. Now, with the advent of cyber bullying it can be 24/7. I advise parents to google their child to see what is being said about them, as often their children won't tell them. Most teenagers have experienced bullying at some time, however, one who doesn't have friends is more likely to be picked upon. **Dog Rose** will help the shy and anxious teen while **Kangaroo Paw** can be used for a teen who doesn't have friends because they are socially awkward or immature. **Fringed Violet** can offer psychic protection, and **Emergency Essence** will help to ease the pain and anguish of someone being bullied, even to the point of them feeling suicidal. The bully can often be trying to ease their own feelings of inadequacy and low self-esteem by picking on someone they consider weaker than themselves. Use **Five Corners** for this. If the bully is enjoying inflicting pain on and being cruel to their victim, then consider **Rough Bluebell**.

Blended families are very common today and probably deserve a whole separate article. However, I suggest **Slender Rice Flower** (shown here) for group harmony; **Dagger Hakea** for resentment, which can be directed at the parents for splitting up and also the step-parents involved; **Southern Cross**



for feeling like a victim in this new blended family; **Bauhinia** to help them to be more open to the new family dynamic and finally **Sturt Desert Rose** for any feelings of guilt that they are responsible for their parents separating.



Case Study: The Fusion between Flower Essences and Sacred Energy Art

Julie Ferris

There are many gateways you can enter to access sacred energy. Some will draw you in naturally. But just like on a plane where your nearest exit may be behind you, there are gateways that are not in your immediate line of vision. In this case study I combine two gateways; two portals to access energy for healing and transformation.

The First Gateway

I am an intuitive guide and energy healer. Seven years ago I channelled thirty-two Cosmic Symbols, one each night for thirty-two nights. At that time I had no idea where they had come from or what to do with them. So I put them to the back of my mind. Finally, two years ago, after increasingly persistent nudges from a friend and my guides, I took action and painted thirteen symbols. I made time to connect deeply with them and was told that I had channelled them from various star systems. Embedded with Light Language they are gateways to access sacred energy. Their vibration is so high it creates a shift in a person's energy that facilitates their healing and awakening. This was a revelation for me and I felt a duty to share what I had been gifted. My paintings were made into Giclée prints and I started to sell them on Etsy and at wellbeing shows.

The Second Gateway

My first exposure to essences was the faithful Bach's Rescue Remedy over ten years ago. It did the trick but I didn't ask why or how. Then, three years after a shocking and life changing bereavement, I was at a Mind Body Spirit Show talking to a lady on the Bach Flower Remedies stall. As often happens with the right person, before I knew it I had opened up about my young son and our bereavement. In that moment it all became too much and I broke down. This white-haired down-to-earth lady immediately thrust a cup of water into my hands, vigorously shaking drops from a bottle into it and said, "Drink this." I did and the effect was immediate and palpable. Since then I have done courses in the Bach and St Germain ranges and now wouldn't be without my trusty bottles of essences.

Combining the Gateways for Healing and Transformation

My intuition told me that combining my Sacred Energy Artwork with the right Flower Essence had the potential to be incredibly impactful. The energy combination could:

- Increase the healing potential
- Reach more people
- Give clients options
- Open people to different ways of energy healing.

So I channelled flower essence combinations for each Sacred Energy Symbol. Then I decided to do a case study. The fundamental question that I wanted to answer was: *In what way does the combination of Sacred Energy Art and Flower Essences impact on a person's whole-body system and to what degree?*

The Case Study Process:

the *What*, the *Why*, the *Who*, the *When*, the *How*

I had my two gateways – my thirteen Cosmic Symbols and flower essence channelled combinations – so I had the *What*. As for the *Why*, I had a duty of care to explore whether combining two gateways would be too overwhelming. If this were the case I would need to consider support options. And now for the *Who*. I was fortunate that a talented St Germain Flower Essences practitioner was happy to make up my channelled Flower Essences. As for participants, I wanted volunteers who were experienced essence practitioners with a willingness to explore the energies of my Sacred Energy Art. Through a contact I was able to do an online presentation to members of the BFVEA, all of whom were advanced essences practitioners and graduates of Sara Estelle's diploma. Their input during my presentation was invaluable, assisting me to tighten and focus my feedback questions.

The volunteers are the most crucial part of the trial. In my experience it is key to inform them clearly and honestly about what is involved at every stage. I offered them a gift at the end of the trial to thank them, and prepared an information pack, covering practicalities and support. For the *When* of the case study process, although I decided to run the trial for four weeks, had specific junctures for recording feedback, specific dosages, and daily meditating with the Symbol, I recognised that we are all unique. For this reason I added flexibility into the mix. Participants could alter the dosage or frequency if they needed or felt drawn to. I requested that they record any change and any reasons.

This quote, from a volunteer, highlights how crucial this flexibility can be:

'I was told that I didn't need the essence anymore after the 3rd week as the release work that needed to be done was complete for now. I continued to meditate on the symbol for a few days as I felt it helped me to sharpen my intuition and fill my energy body with light. I stopped using the symbol around the 3rd week of June as I could actually call upon it when needed and would see it as a 3D representation in my energetic field.'

Finally, for the *How*, I decided to ask the volunteers to select the Symbol that resonated with them, though if they wished, I could select it intuitively for them. I used open-ended questions for the feedback rather than a numerically based format to allow for more detailed input.

Entering the Gateways: The Results

Volunteers experienced powerful results. On the whole there seemed to be a synergy between the energies of the Symbol and the essence, working in tandem to effect transformative change. Some volunteers felt the energy of the art to be stronger and easier to feel in their whole-body system, and that of the essences, more subtle, though still strong. The Symbols took the essences to another level, as the two gateways were fused. This strong feeling of the energy and benefits in the body gave a sense of motivation to continue to meditate with the Symbol and to take the essence. In time some participants incorporated the Symbol into their energy field and could call upon it when needed. This experience was as strong as having the art in front of them. During the trial volunteers experienced a mixture of tearfulness, tiredness, aches and pains, and emotional upheaval as significant energetic shifts were taking place. These volunteers were ready to release what was needed for these significant energetic shifts, therefore they were not overwhelmed. All in all the Symbol chosen was the right healing focus for all participants. The Symbol chose them.

First Case Study: Using the Release Symbol

Sacred message of the Symbol: 'Go into your space. Cleanse yourself, raise your energy upward. Release any density that lingers.'

Flower essence mix: 30ml tester bottle, mixture of St Germain and Bach Flower Essences: Piper, Pau Brasil, Rosa Rosa, Saint Germain, Chestnut Bud, Wild Rose, Cherry Plum.

Challenges pre-trial: Family trauma, trapped soul, anger, deep sadness around the harming of Mother Earth.



Mid-trial feedback: "I felt the Symbol's energy so strongly in my system! It was amazing to feel that amount of energy pouring through! I think my energy field incorporated the symbol and every time I looked at it I had different visions and thoughts coming in. I felt very expanded and very 'lit up' from the experience afterwards."

I feel really excited to share that while I was meditating on the symbol many times, I saw my brain lighting up and feeling very clear. I also saw the symbol as a 3D representation spinning in my body to clear any residue in areas that felt trauma. I felt it especially in my brain and my sacral chakra. I had been asking to clear some trauma from my sacral chakra and this symbol truly helped me to do so. As I progressed the symbol seemed to release more and more from the areas that needed it.... Almost in smaller doses so it would not overwhelm my system. I also cried a lot as a form of release this first couple of weeks."

End-of-trial feedback: "I was feeling quite happy in myself and freer in my energy field.... Felt clearer and more energized and more intuitive as well. Physically I was challenged during this time with aches and pains and I feel that this symbol and essence helped me in the area tremendously. Mentally much clearer. Spiritually I felt a lot of light inside and around me and it continues even when I feel very tired or frustrated with things on the outside. I have released things that have been blockages and trauma for lifetimes."

Second Case Study: Using the Purpose Symbol

Sacred message of the Symbol: 'See what is in your heart and you will see through what is not meant to be. You will see the path that lights up for you.'

Flower essence mix: 30ml tester bottle, mixture of St Germain and Bach Flower Essences: Scorpius, Arnica Silvestre, Lotus do Egito, Lirio da Paz, Elm, White Chestnut.

Challenges pre-trial: Stress, anxiety, overwhelm, left pressurised job and seeking clarity for a more soul aligned path.

Mid-trial feedback: "I love the feeling of the energy that comes through with the art. I usually feel much more grounded, calmer, more connected, clearer, aligned and energized afterwards.

"The first few days I was feeling the energy mostly in my throat, mouth, and jaw – these were also the areas I felt when I held the bottle of essences. Then the energy started to flow down into my heart and the rest of my body and finally into my legs and feet.

"On day two I got a message to 'let it flow' and to release the potential. On day three I got the feeling that a channel was being cleared between my head and heart. I started to feel a physical vibration in my body just below my heart and above my solar plexus. Other messages I got were to stop trying to figure it out in my head and to let the energy flow into my body and just feel it. To let go and surrender. I have been feeling like I am going through a big process



and that I need a big release. The word 'breakthrough' keeps coming into my mind. I need to break through something big."

Finding the Symbols, entering the Gateways

The 13 Cosmic Symbols form part of The Avatar in You Oracle cards. These are a 44-card deck created for both children and adults. *(Please refer to the Autumn 2021 edition of ESSENCE magazine for more information).* Embedded with the

powerful sacred energy of the Cosmic Symbols and five new Healing Rays, these cards are unique. Each card is an energy blueprint, a gateway to access sacred energy, goddess power, knowledge, and connection, and to communicate needs and suggest solutions to help uniquely gifted people and their loved ones navigate the human experience.

The Symbols are also in Giclée Print form, each mounted and signed, accompanied by its sacred message. A sacred transmission complements each Symbol; a channelled audio message to deepen your interaction. The accompanying Flower Essence is made on request. I hope you will connect with them. Much love and light as you explore new gateways.

Julie

SPECIAL OFFERS

We are offering all ESSENCE readers a **40% discount** on The Avatar in You Oracle cards, (price after discount: £75) please email admin@theavatarinyou.com. Go to <https://www.theavatarinyou.com> for more information about the cards.

We are offering a **25% discount** until the end of February 2022 on the Cosmic Symbols Giclée Prints. Please enter discount code GATEWAY11 at checkout <https://www.etsy.com/uk/shop/SoulSenseWellbeing>. Go to <https://www.soulsensewellbeing.co.uk> for more information.

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Goddesses and their Flower Associations: 2. Circe

Jan Stewart

Circe, also known as 'the dark goddess', is a sorceress from Greek legends who lived on the island of Aeaea. Traditionally, Aeaea is considered to be either one of the islands near to the Italian coast or Mount Circeo, an isolated promontory only connected to the mainland by a low saddle of alluvial deposits so that, from the sea, it appears to be an island.

Circe, whose parents were Helios, the sun god, and an ocean nymph called Perse, was infamous for her ability to turn humans into beasts. Indeed, when the Greek hero Odysseus visited her island she changed all his companions into pigs, though he himself was saved from transformation by a protective herb called Moly, given to him by Hermes (a Greek god of commerce, eloquence, invention, travel and theft who also served as herald and messenger of the other gods). Moly is described as a herb with a black root, white blossoms, and magical powers. Its surviving Botanical connection is in *Allium moly*, a decorative member of the protective and healing Onion family.

Odysseus persuaded Circe to return his co-sailors to human form and they all lived on Aeaea for twelve months during which time Circe bore Odysseus a son. As he left to continue his journey, Circe advised him to block his crew's and own ears with wax so that they could not be lured on to the rocks between Aeaea and Scylla by the Sirens, two sweet-singing bird-women infamous for causing shipwrecks. Despite such efforts Odysseus was, unfortunately, still able to hear the music but he saved the ship by ordering his deaf crew to tie him to the mast so that he could not steer off course.





In modern classifications of living things the Sirens have animal rather than plant connections – the Sirenidae being three species of aquatic salamanders that resemble eels. The *Circea*, however, are a genus of the Evening Primrose family (Onagraceae) whose one British member is Enchanter's Nightshade (*Circaea lutetiana*). Enchanter's Nightshade occurs in damp woodlands of the Northern Hemisphere and has one of the strongest connections with the number two of any plant, having paired opposite leaves and only two sepals, petals and stamens in its flowers.

The 'two' connection would indicate that the plant is ruled by the Moon. Two is also the number of polarity, male/female, positive/negative. It is connected with generosity, peacekeeping, sensitivity to others, emotionality, harmony and balance; also the need to counteract docility and ineffectuality and to counteract stress by creating space and peacefulness. There are also other 'signatures' to be found in its fruit, which bends down and is covered in hooked bristles that catch on passing animals to aid dispersal.

My own *Enchanter's Nightshade* essence helps create a 'new you' by promoting fundamental behavioural changes in a magical way. It captures Circe's lesser-known skills of compassionate healing, which she used to counteract confusion and inaction, divert from danger and oppression and transform primal, chaotic or destructive urges into positive drives. The essence does this by creating the union of opposites within us, helping us to integrate our shadow rather than projecting it on to others. It resolves any inner conflicts and can heal rifts with people, even enemies. Finally, *Enchanter's Nightshade* effects spiritual purification and unity so that we feel reborn, balanced and whole – a powerful, enchanting essence for those who really want to change and move on to new ways of being and new horizons.

Love and blessings,

Jan www.stewartessences.co.uk

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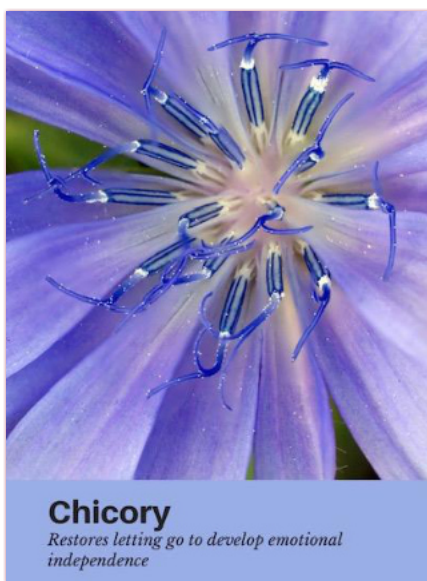
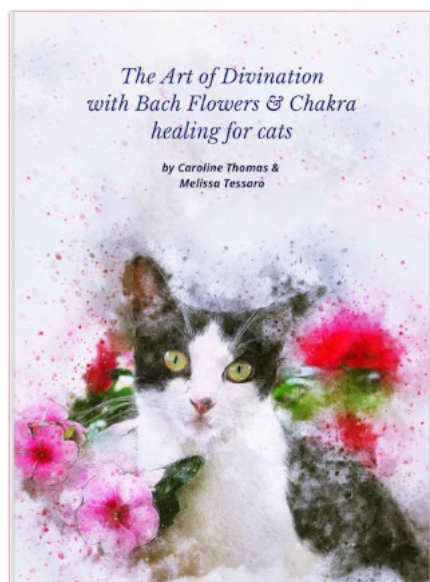
Oracle Cards III: The Happy Cats Box Set

Caroline Thomas

As any cat lover will know, cats are notoriously difficult to medicate, but fortunately seem to recognise instinctively what they need when ill, especially if left to their own devices. To help, Melissa Tessaro and I were inspired to co-create a card deck designed to encourage cats to manage and direct their own treatment. It took many months to craft and covers every possible troubled behaviour scenario which may arise in one of a cat's nine lives.

The deck comes as part of *The Happy Cats* box set containing two books, a pendulum, 21 Dowsing Charts for energy healing, 38 Bach flower cards, 7 Bach group cards, 12 Meridian charts for correcting energy flow and 15 cat psychology charts to discern what your cat is feeling energetically (such as the meaning of 'meow').

At its simplest, you can simply lay the cards on the floor and allow your cat to choose one. Don't force the situation, as your cat will pick up on your energy. Once your cat has given you some indication of its chosen card, simply allow your cat to sit on or close by to benefit from its energy. If your cat gives you no clues, your input may be needed by using a pendulum to select one of the many



Chicory

Restores letting go to develop emotional independence

dowsing charts included in this set. You can also select cards for your cat based on what you feel they may need, just as you would if you were choosing an essence for yourself. However, if in any doubt, I do wish to emphasise the importance of seeking the assistance of a vet.

Caroline

The set can be purchased for £75.00 at https://www.etsy.com/uk/listing/804124113/divination-tools-happy-cats-boxset-2?ref=shop_review

Happy Cats Box Set – Review

This pack is beautifully presented and illustrated. It is also practical with spirally bound books, allowing the pages to lie flat for easy copying and reading. The durable surfaces on both pages and cards would also help them easily survive the effects of inquisitive paws, noses, etc.

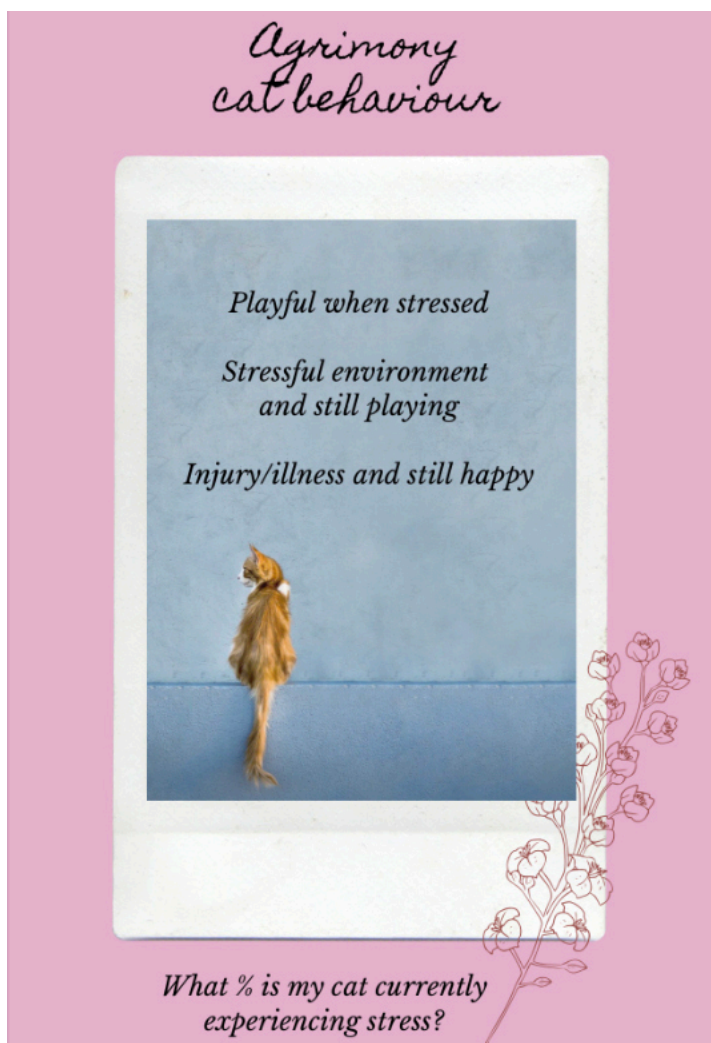
On useability, the pack's strength and weakness lies in the amount of information and instruction it contains. Just allowing your cat to choose their treatment seems an easy option. However, the number of cards included (85) makes laying them out individually prohibitive. A useful strategy, with limited space, would be to group the cards into sets then move forward from there.

The books and activities also rely heavily on dowsing for both diagnosis and healing and the detail on this skill plus the inclusion of so many healing modalities is also a mixed blessing. Indeed, the materials might overface a complete beginner or a therapist who has never used a pendulum. In contrast, a competent and confident dowser might find the activities a fun way of extending their knowledge and skills. The books could also form a useful part of a course on feline therapy and, even human healing, for there is a certain amount of 'run over' in some of the general information that is included.



So, is this pack for you? We think your inner therapist will appreciate the range of options Melissa and Caroline have put together. As essence therapists you will enjoy the feline symptoms indicated on the Bach flower cards and those who have just dowsed for Yes/No responses could well be truly amazed at the range of pendulum possibilities you have yet to explore. But you (or your pendulum) will know whether you are ready or not for what could be an absorbing learning experience developing happy cats.

Suzanne Thomas and Jan Stewart





The Snowdrop

*She pushes up against, the frozen solid ground.
Where snow and ice exist, all about and all around.
Nature's onward cycle, just gently begins again.
With little seeds so hidden, deep within the den.*

*Such dainty stems unfurl, enclosed within the kernel.
Where life force does emit, jumping any frosted hurdle.
No obstacle too great, for one with such a will.
Searching ever upward, to break cold and crusted sill.*

*Despite the stacking odds, there is a simple way.
For drop of white, to crack clean through, and sway.
Aligned with universal force, progress is slow but sure.
Amazing for one so fine, delicate and demure.*

*No chance the Earth does have, with its winter soil.
With such determined might, such struggle and such toil.
The self it needs to actualise, to bloom above the surface.
To strive to be the one, to flower first in springtime furnace.*

*Such spirits it does lift, for brighter times to come.
Clumps of dancing belles, sing with hearts of joy and fun.
Much pleasure to be had, sat amongst the drift.
In barren times and richness, abundance and plain thrift.*

Simon Blackler

www.alliesofnature.co.uk



In Search of the Holy Grail

Iona Leigh

Iona is the Scottish producer of the Findhorn Flower, Gem and Element Essences. Here she presents two of her favourite Combination Essences to inspire your inner practice in 2022.

I am sure we would all agree that the last two years have presented many challenges and obstacles for us all. Our subtle energy bodies are always changing and adapting due to 'life' and the ways in which we engage, react and relate to the things going on around us. Yet sometimes it is easy to forget that we are responsible for our own well-being, and in this way the real essence of the Holy Grail – or 'health' as Dr Edward Bach stated – is when we are aligned to soul purpose. Here in Findhorn, much of our daily spiritual practice is focused on living an authentic life, where we align to spirit and the higher plan for good.

We aim to bring the highest vision into our own lives, creating a ripple effect on all those around us in our family, community and ideally for all humanity! The Findhorn Essences have been a great part of our community culture here and we use them during full moon meditations, at community rituals such as weddings and during the Celtic festivals.

My mother joined the community in the 1970's and was inspired by founder Dorothy Mclean, who she trained with in connecting to the divine deva and angelic presences within the nature kingdom. Twenty years later, my mother began making the Findhorn Essences for herself and thirty years on, we have forty-nine flower essences, seven gem essences and seven element and esoteric essences.

Go with The Flow and Holy Grail are two of our most popular Findhorn Combination Essences, providing us with liquid drops of consciousness to help us understand, integrate and enjoy freedom of movement between our subtle bodies — physical, emotional, mental and spiritual.

Go With The Flow: For being Easy-going

The key question to ask yourself for this essence is: *do you desire to be more in the flow of life force?* The limitations we hold within us can restrict our ease of movement and hold us back from the joyful flow of life. Maybe you have sensed that you have resistance to change or growth, which may in part be due to rigid or stuck patterns in your body or mind. And maybe 2022 is the year you really



wish to overcome this! ***Go With The Flow*** could be the catalyst to help purify and clear any stagnant energy or rigidity in your emotional behaviour.

This combination essence helps us to move forward in life with ease. It includes the potent, wild Scottish flowers of: Hazel, for perseverance and to make difficult things seem easy; Holy Thorn for self-acceptance without limitation; Ragged Robin to release blocks and allow life force energies to flow and finally Sycamore to make energy flow smooth and effortless.

One particular client (Ms James, UK), after a few days of taking *Go With The Flow*, found that life offered her an interesting lesson. She says: *"This happened after I had expressed interest in a Community Yoga class that my next-door neighbour was going to start in our local park that evening. Just two hours before the event I received a message from her, saying that due to the rain it could not go ahead but could we hold it in my flat as her house wasn't suitable and she didn't want to cancel?? I would have normally been knocked well off course by this but I found myself saying 'yes'. I then hoovered, set the space with candles, sacred space mist and relaxing music and before I knew it, I was holding a ladies yoga class! Go with the Flow essence allowed me to be easy-going and simply trust."*



Holy Grail: for Synthesis

The key question for this essence is: *do you desire to create balance between heart and mind?*

If you are feeling ungrounded, or disconnected from your body or your environment, the Findhorn **Holy Grail** essence can support you in regaining your centeredness — keeping you strong, flexible and focused. Its aim is also to help you express your full potential through synthesising heart, body and mind. This combination was made from four individual essences, working together to integrate subtle bodies and bring down our intuitive inspiration and wisdom. The Scottish flower essences in this combination are *Globethistle* for strength, and *Lady's Mantle* for integrating the rational and the intuitive mind; plus *Balsam* for tenderness and overcoming feelings of separateness, as well as *Rose Alba*, which supports us in connecting with our authenticity and inner power.



Ms Bentley, a client who used this combination essence, said: *"I was guided to take Holy Grail as I had become ungrounded and felt that my energy had gone from my body. I was moving home and I had so much to do. However, I had been unable to focus my mind...wandering from this job to that job and not getting anything productive done! I had taken **Go With The Flow** first, which helped me to connect with my energy bodies with ease, and then on taking **Holy Grail** I found that the spiritual/physical/mental/emotional bodies became more balanced."*

Recently, I spoke with another lovely lady in consultation who asked: *"I just feel regularly disconnected from the source, so how can essences help?"*

I replied: *"First of all, take a moment to ground yourself, try to imagine your feet are tree roots drinking in the earth energies of life force, the waters underground and all the space and air beneath the earth in cavities below. Then, imagine drinking in this powerful, infinite mother Gaia earth energy before taking an essence of your choice, as you hold this image of a healing flow of golden life force in your mind's eye."*

So many essences can help us to ground our energies, especially when we use them in conscious practice. Clearing your physical work and living space by dropping your favourite essences in the top and bottom corners of your room, cleaning, clearing and purifying in preparation for connection can really help and bring you inner support. Why not sing, chant, ring bells, play a drum or even play a piece of inspiring music to shift any stagnant energy. Once the space feels clear, find a place to sit and connect as you take an essence for the day or week ahead, setting a clear intention for yourself.

This wonderful life force or 'source' is within, around, above, below and always there to support and guide. Some call it Spirit, some call it Awakening, others call it Universal Love Light Energy.

Eileen Caddy, the founder of our Findhorn Foundation Eco Village said: *"All we need to do is make space to listen to the 'voice within.'"*

In these moments of dedicated connection, we hear our own inner truth, the universal truth, and feel that embodied sense of deep, deep wisdom. May the season ahead be filled with inner light!

Love from *Iona* and all of us here at Findhorn Essences.

Iona is a BFVEA member and also a BAFEP producer.

The essences can be obtained at www.findhornessences.com





Essences in Puerto Aysén: Restoring Hope in one of the last corners of the World

Natalia Montes and Catherine Savaria

The word 'Aysén' comes from the name the first settlers and immigrants gave to this area of southern Chile: 'Ice End', due to the enormous icefields and which, as pronounced in Spanish, sounds Aysén. With only 27,000 inhabitants, Puerto Aysén is a very isolated town that can only be accessed by the sea or through Argentina, crossing the Andes. Being there feels literally like being at the 'end of ice.'

In a country where most of the population and resources are centralized in the capital, Santiago, and where public health services have very limited



resources, small hospitals in isolated areas like Puerto Aysén face great challenges. Yet it is also in places like these where great miracles happen and this is the story that we, Cathy and Natalia, want to share with you today.

Biophilia

How are these instances born? What makes a such a deprived and isolated place become a byword for innovation, creating integrative health proposals within an area that generally has a much more mainstream view of public health?

Need definitely plays a big role here but there's probably a deeper impulse within the inhabitants of this town, one that has to do with a strong awareness of their connection to nature and the untameable elements they are subject to in their everyday lives. And here lies the beauty of this story, because it wasn't just one creative individual that brought the idea or had the contacts to make this happen; instead, the initiative came directly from

the residents of Puerto Aysén, who requested, insisted and finally managed to integrate the use of vibrational therapy in their hospital.

A lot has to do with conscious and unconscious communication with the intelligence of the planet. We can consider the Patagonian territory as having great difficulties in terms of interconnection but at the same time blessed by the purity of its landscape, which is in itself healing. The term *biophilia* defines, and has been studied as, the healing effect of nature. We are also aware of the restlessness and feeling of separation we get when we're immersed in cities for too long. However, for Puerto Aysén, the scarcity of medical technology and the unequal access to medical treatments has probably generated disease in itself. Although it is a geographically beautiful and healing territory, its inhabitants still face high rates of mental illness and suicides.



Where Paths Meet, introducing Cathy

It was in this context that the Patagonia Essences team came into contact with Catherine Saravia, who had trained with us as a therapist some years before. Cathy came from the sphere of conventional medicine, as a doctor trained in Cuba, but she could sense something much deeper behind each symptom, which moved her to seek the means to address diseases from their origin as a way of healing the whole person. A symptom tells the story of our deepest pains and has so much to do with our intrinsic human nature.



This led her to train as a neural therapist, expanding her knowledge of what she had learned so far in the scientific world. Neural therapy gave Cathy a framework from which to integrate memory, life history and emotions as a fundamental part of our overall health. These three areas are recorded in our cells and influence our physical experience continually. They are regulated by our autonomic nervous system, which is where neural therapy works. It was here where the use of vibrational essences started to play an important role, helping to move and integrate what had been touched on during the sessions.

Understanding that there are connection networks, and that these networks consciously and unconsciously influence our lives, took Cathy down the path of *family constellations* as a way of accessing the memories of the family, making its conflicts visible for the client and offering new routes for healing those wounds. With this also came the recognition of the importance of ancestors, who not only bequeathed us their challenges and wounds but also the knowledge of natural medicines, of healing dances, songs and the communication with the invisible worlds.

All of these learning processes were accompanied by the wisdom of the vibrational essences that lead one along the path of self-mastery and of the recognition of our inner medicine, innate and inherent to the gift of each life. In this way this doctor's medical practice becomes a humble companion to the personal and unique journey of self-mastery. It is a new paradigm for health where the person who consults is not a *patient* (a passive spectator of their health/disease process), but the owner of their power to heal and transform. Allowing space to the processing of old stories becomes then a fundamental part of healing the symptom of the present.

Integrating Complementary Medicine into the Public Health System

The Complementary Medicine Polyclinic was born in a public hospital in Puerto Aysén in 2015, thanks to the request and commitment of the hospital users themselves. Cathy was the first medical professional in the region to be hired by the hospital to perform complementary medicine with the provision of vibrational essences as therapeutic support.

We then began to work together with the Chilean Government as providers of this powerful natural medicine and the results were astonishing. The vibrational essences were a reminder of the internal magic and the power of self-healing that is born of re-knowing ourselves. They are also an invitation to discover and confirm that emotional well-being is a vital part of overall health.



Maria's Story

So many moving stories were born from this experience. One of them is the case of Maria, a local woman who came to the polyclinic due to pain in one knee that made her daily activities impossible. She also had a diagnosis of osteoarthritis and anxiety, for which she took daily doses of analgesics, antidepressants and anxiolytics to help her sleep, needing regular visits to the doctor.

Maria was a housewife and devoted herself full-time to her home, her husband and her children. For the first time in a medical context, we began to talk about her life and history, what she enjoyed doing and also her dreams. As she began to delve into other aspects of her life, she realised that she was totally disconnected from her passions and was very angry with her mother for the repressive education that she had given her. Her mother was also angry with her own mother for her lack of affection and for having forced her to marry her father. There was an inherited pattern, where women have had to forget their dreams and surrender without questioning. Unconsciously, she was reproducing this pattern with her own adolescent daughter.

Maria took, among others, the essence of the yellow-flowered *Capachito Andino*, which helped her to open up to a more loving image of motherhood. *Chocolate* was another moving forward essence, to help the clarity of the heart be heard strongly, which her mind quickly recognized with absolute certainty. Another important essence on this journey was *Eufrasia Antartica*, a miniscule white flower with a yellow centre, which helped her recognize without guilt that 'Maria' who she was in essence, had been forgotten due to imposed beliefs. She started to remember herself in her purest sense.

During the first month of taking the essences Maria discovered her anger and the repetition of the patterns in her clan. Yet she was also able to find compassion towards her mother and started making some changes with her daughter. She began to revive the desire to study, even though that still felt like a distant dream. The knee pain had also intermittently subsided and through observation she became aware that when she was really feeling the anger towards her mother and herself, she experienced greater physical pain. The mineral essence of *Paine Granite* was of great help here, allowing her to recognise her boundaries in a more timely way. The humble red flower of *Gota de Sangre* guided her along the journey from anger to pain and then to compassion, facilitating the understanding of her grudges and resentments, enabling her release them without guilt.

Her anxiety about future plans, which seemed so established as part of her personality, quickly eased with the help of the bird essence *Whimbrel*, and accompanied by *Plain-mantled Tit-spinetail* to help her integrate all that she was learning and find the inner stability she really needed. The following month she came to the consultation with the news that she had signed up to finish her secondary studies. She was still anxious, and had fears about whether



Rufous-tailed plantcutter

she would be able to do it, yet still had been able to make the clear decision to try. In the months that followed her self-confidence strengthened, freeing many self-limiting beliefs that were transgenerational in the women of her family tree. A magical bird essence here, that helps to open up and elaborate in dreams the work done by family constellations, is the *Rufous-tailed Plantcutter*.

Thanks to the essence *Torrent Duck*, Maria remembered again how to dance along with her thoughts yet find the inner stillness to stop and contemplate. *Flor del Bigote* orchid essence also accompanied her as a guardian of her own space, from whom she got the message: '*recognize your power*'. Maria finished her studies and continued with a cooking course, recognizing that being a mother and housewife was not her only purpose in life. She began to work on what she had studied and had the courage to create new boundaries with her husband, who initially refused to allow her to do anything outside of the house. Her knee pain completely disappeared as she became aware and responsible for processing anger, stepping out of the victim role to heal her old attachment to ancient toxic patterns from her maternal lineage.

Maria's biggest treasure was the recovery of her dreams and in finding the strength to make them come true. By the end of the process she had also re-connected with the knowledge of her maternal grandmother, who had been a healer. Maria began to recognize medicinal herbs and use them, so it was no longer necessary for her to use drugs to support her well-being, as the doctor who treated her had also indicated.



Flor del Bigote

Just Gratitude

As therapists we all know the power of Flower and Vibrational Essences but there is still always a level of enjoyment when we see their wonderful effects on those who had not previously accessed them. Like María, there were many stories of transformation that the inhabitants of Aysén were experiencing, regaining their sense of hope in a very particular way, where power was no longer placed in a doctor who brought his wisdom from the outside, but in the inner wisdom of its inhabitants, a wisdom subtly enlivened by the essences of its own land, which generously and patiently cares for those who live there.


We wish to keep working on bridging the gap between conventional and complementary medicine. In a place with limited resources such a subtle and effective therapy definitively made itself heard, bringing relief not only to those who directly benefitted from it but also for the whole hospital, which, due to increased wellbeing in the users and their families, had its medical resources considerably freed up.

Our Mother Earth, mirror of the cosmic mother, always accompanies us and brings us the medicines that help us remember that we are gods and goddesses in human body, and that vibration transforms everything.

Catherine and Natalia

Catherine Saravia Galindo lives and works in Chile, offering holistic medicine consultations in Spanish. More on her and her work can be found on her Instagram @catherinesaraviag and @unalomechileterapias.

Natalia Montes Viviani is the International Chair of the BFVEA and is currently based in Bristol, UK. Her Patagonia Essences range and courses can be obtained from www.patagoniaessences.com.

A serene autumn scene featuring a calm lake in the foreground, partially covered with a layer of white snow. The sun is low on the horizon, creating a bright, hazy glow that reflects on the water and illuminates the scene. The sky is a clear, pale blue. In the background, a line of trees with vibrant orange and yellow foliage stretches across the horizon. In the foreground, the snow is textured with small mounds and footprints. To the right, a large tree with thick branches and dense autumn leaves frames the top and right sides of the image. The overall atmosphere is peaceful and contemplative.

*I hope you realize that every day is a fresh
start for you. That every sunrise is a new
chapter in your life waiting to be written.*

Juansen Dizon



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