



# Pacific News

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## Dear Essence Beings,

Another full and busy year for us connecting with people around the planet who are benefitting from the essences! More people are doing the correspondence course and we have also trained over 60 new practitioners.

This year we are mailing out the fewest number of newsletters ever. It seems that many of our customers like to receive information online to save the forests and also to be able to receive information on a more regular basis than just once a year. So it looks like we will also move to that format. If you have an email address and wish to receive a monthly mini newsletter from us in the future please send us your email address or go to CONTACT on our website and sign up for our online newsletter there.

In January 2010 we will begin sending out monthly tidbits highlighting some of the individual essences and also offering monthly specials.

However if you are one of those people who do not use a computer but still want to hear from us please let us know because for you we will continue to stay in touch by ordinary mail.

The 18 Good Vibrations Book was completed this year and provides valuable information about the combinations and how to use them effectively. While most practitioners still like to create their own formulas for patients/clients the combinations are a great way to introduce someone to the benefit of essences. ( We are enclosing the self selection questionnaire for the 18 Good Vibrations so you can see what is resonating for you right now.)



## Highlights

<b>Important dates 2010.....</b>	<b>pg. 1</b>
<b>The Miracle and Mystery of Essences.....</b>	<b>pg. 2</b>
<b>Treat the Patient .....</b>	<b>pg. 3</b>
<b>Season's Specials .....</b>	<b>pg. 4</b>

Optimal Learning is still a best seller for children who are having learning difficulties and/or behaviour problems in school. Clearly it would always be better to try an energetic approach before a pharmaceutical approach to challenges like these.

Also the 5 element formulas are really appreciated and people seem to attune to them easily and are getting great results. Just this week someone told me that taking the Water essence has changed her life. Of course you know that I personally love the 5 elements and find it an incredibly useful framework to see what's really going on with myself and my clients.

And our flagship combinations – Balancer, Abundance, and Heart Spirit are still our best sellers globally. We are also noticing that the Balancer, Abundance and Heart Spirit Sprays are really catching on and we are offering them at a huge discount for Christmas giving so that even more people can enjoy the benefits of these essences in the spray format.

The website is now available in French, German, Japanese and English and in the new year it will be up in Portuguese and Spanish. Also apart from the meridian and chakra chooser there is now a symptom database with over 2500 entries. This database will continue to grow as we continue to learn more about each of the essences and combinations.

We now have more regular staff at Pacific Essences. Paula is a blessing who runs the office with love and efficiency. And after many years doing all our graphics and IT stuff Alan is on board almost full time.

Life is good as I trust and hope it is for each of you!!

Wishing you a peaceful and joyful holiday season and a healthy and abundant new year.

Love & Blessings

## Important Dates for 2010

### April 25 - 30

**Energy Medicine Training in Canada** at Soule Creek Lodge on the west coast of Vancouver Island. A 5 day retreat to explore the essences, traditional Chinese medicine and yourself. Give yourself a healing holiday in this magical pristine environment.

### October 2nd and 3rd

#### **International Flower Essence Conference – Lisbon, Portugal**

Check out [www.TheNewDimensionOfHealing.org](http://www.TheNewDimensionOfHealing.org) to register and to see who's coming and what we will be talking about.

# The Miracle and the Mystery of Essences

Having had the privilege and the blessing of making essences for nearly 30 years and using them for a few years longer than that I am often asked to explain how essences work. After all we are talking about substances which all look and smell the same but somehow have multiple different healing properties.

From the modern day father of flower essence therapy, Dr. Edward Bach, we learn that essences “treat the person and not the illness” From Bach’s writings it seems that essences correct emotional reactions like fear, loathing, shyness etc. and this leads to health and abundance – the fullness of life. While my own experience attests to this statement I have also discovered that there may be an easier and perhaps more encompassing explanation for how essences work and/or interface with human beings.

In two older than western medicine healing models – Ayurveda and Traditional Chinese Medicine (TCM) a network of energy is understood to be the precursor of the physical body and its functions. In Ayurveda the energy system is made up of the chakras and in TCM it is the meridian system which carries the energy around the physical. Both chakras and meridians comprise the energy template behind the physical and at the same time - within the physical. Both these ancient healing systems believe that before a physical illness occurs there is an imbalance in the energy template. And these imbalances are caused by stress, memories and the inability to digest our experiences.

At the heart of western medicine is the understanding that the physical body contains a variety of self-regulating mechanisms which serve to keep it alive and healthy. Known as homeostasis, it is the first principle described in any physiology text. Homeostasis is the complex system of checks and balances which maintain life, including the flight or fight mechanism in times of danger, the inflammation response to foreign invaders, detoxification of the blood via the liver, circulation of oxygen and nutrients to the cells via the blood, and control of hormone levels via the pituitary gland, not to mention the intricate and delicate balance maintained in every single cell in the human body 24 hours a day 7 days a week from birth to death. It is as if we all come “wired from the factory” with an auto pilot whose only motive is to keep us alive and in health.

Through the window of TCM we have the possibility of knowing another kind of homeostasis – multi-dimensional homeostasis which, from my perspective, is the key to understanding how essences really work. I made up this word so that we could include our thoughts and feelings and a conscious pilot at the helm of our activities and interactions and over which we could be so attuned to our physical reactions to any experience or situation that we would be able to respond in a more “en-lighted” way to the stresses of life. And flower essences help us to achieve this level of consciousness.

Some people say that essences nourish the soul. Indeed I believe this is so. The being who we are at the level of our essence (truest and most fundamental level of our being) is in and of itself perfect and eternal and vibrates at a perfect harmonious frequency. But the vehicles (bodies, minds, and emotions) we inhabit get cluttered and clouded by life experience and it becomes challenging to see through the clouds of dis-tress – worry, fear, anger, grief and excitement which we create for ourselves when we are not in balance. And it’s

as if the part of us that is real and eternal becomes lost.

The reason that essences are called essences is because they too are made from the most perfect and fundamental level of the plant. And it is the perfection of the soul of the Nootka Rose or the Lily of the Valley which calls to the soul in each of us and gently moves us to a place of being able to let go of the dis-tress and find new ways of being so that we can live in optimal health. And optimal health has to include harmony in all the layers of our being – the body, the mind and the emotions so that the soul inhabiting the vehicle is able to do the work it came here to do.

## A message from Nootka Rose...

*Let me take your cares from you.  
Let me show you that the thorns of life are part of the whole.  
I offer my beauty and fragrance along with my thorns.  
Life is like the rose –  
The thorns which you experience are a gift.  
You can choose to keep your wounds open and bleeding  
Or you can move forward into the Light.*

Note: one of our students calls Nootka Rose the Prozac of flower essences.



Each flower and sea and gem essence offers us a perfect frequency unique to itself that gently calls to an energetic pathway (chakra or meridian) to bring it back to harmony.

My first appreciation of these mechanisms was when I became a Touch for Health (Applied Kinesiology) instructor in the 80s. Simultaneously I was researching the healing possibilities of the first Pacific Essences®. Touch for Health for those who don’t know the system has a specific muscle in the body which is connected to one of the meridians of TCM. If the muscle relating to the heart channel is weak then there are specific corrections that the therapist does to strengthen the muscle – gently holding neurovascular holding

points on the head or vigorously massaging neurolymphatic points on the body. These physical corrections usually brings the specific muscle back to strength. Imagine my surprise and delight when I could correct a weak muscle by giving the client a specific essence to strengthen the muscle!!! This also triggered my investigation of what essences specifically vibrated with which specific meridians.

Now we have a repertory of 48 west coast flower essences, 60 gem essences and the first 24 sea essences in the world. And each essence is known and can be used for it's specific resonance with a meridian or chakra.

Each chakra and meridian has corresponding emotions and thought patterns as well as physical symptoms. For example excessive thinking or worry takes energy away from the Stomach's ability to digest not only food but thoughts and feelings and experiences as well. Essences like Sea Palm, Narcissus and Windflower restore the energy of the Stomach. Sadness and shock injure the Heart and over the long term can result in depression. Nootka Rose, Fireweed and Dolphin nourish the spirit of the Heart. Grief depletes the Lungs. Purple Crocus and Starfish play a frequency of creating space to mourn and at the same time support the ability to move forward in our own life path without hanging onto the pain of loss.

What is even more interesting to me is that when I use Kinesiology I get direct links to the energy imbalance and can interpret it immediately by what meridian or chakra is excess or deficient and when I douse for an essence I can begin to tune into a diagnostic profile for the patient by working from the essence back to the meridian or chakra with which it resonates.

I have a dear friend who makes essences from the Himalayas. Tanmaya was guided by the plant spirits to call them Enhancers because they were there to enhance what was already possible and positive within each of us. In fact I think this is how all essences work by filling up the empty, by providing a tonic or tonifying force to enhance a part of our being which is temporarily deficient, and by calling forth that which is possible within each of us. I also understand that the plants are conscious living energies who truly want to participate in the healing of human beings so that Mother Earth herself can be restored to equilibrium and vitality.

Through the elegant and ancient model of TCM we can appreciate essences more deeply and use them more effectively by becoming who we can be - human beings who inhabit our bodies and live on this planet in a more conscious and response-able manner.

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## Treat the Patient

It was Patch Adams, the famous American doctor who dresses up as a clown who is credited with saying: "Treat the disease and you will win some and lose some. Treat the patient and you always win." He was describing a principle of healing which I first learned through the teachings of Dr. Edward Bach, who administered his flower remedies using this same methodology.

Last month I was explaining this notion to my students in Japan. I asked for anyone who had tight or painful shoulders to come to the front of the room and we would select an essence for them. There are already essences which in their descriptions contain reference to tight and sore muscles and even more specifically to tension and pain in the neck and shoulders.

Five volunteers came up and much to the classes amazement each of the volunteers received a different essence. The essence selection was determined by asking each person how they felt about their tight stiff shoulders? How would they feel when they didn't have tight and stiff shoulders and then testing the 132 essences in the Pacific Essences repertory to see which essence(s) would assist them.

One woman said: "I am free." Using kinesiology she tested for Jellyfish

Another woman said: I am happy." The essence was Grass Widow.

Another student said: "I am flexible." And received Fuchsia.

By the time they got to the advanced class 4 days later none of them had any pain or stiffness in their shoulders.

What happened? We treated the patient and not the dis-ease/ imbalance.

Another evidence of the power of this method occurred when the forest fires were raging in the interior of BC. A friend of mine was evacuated with a number of her neighbours. She had taken her essence kits with her and all of a sudden thought that everyone would probably benefit from taking Fireweed. In fact when she first doused and then muscle tested it turned out that each of the people required a different essence to assist them in dealing with what was happening. Why???? – according to Bach the most efficient way to find the best possible flower essence for someone was to first determine how they were responding to the situation they were dealing with, whether it was a physical disease like measles or a stress situation like forest fires.



# Season Specials

**Gifts for family and friends!**

From November 15, 2009 to January 8, 2010

**Give the gift of Abundance.**

Buy 2 Abundance Programs at the regular price and get the third one free = 33% Savings.



**Give the gift of Balancer Abundance and Heart Spirit blended with complementary pure essential oils in the Gift Box Sprays.**

Buy 2 Gift Box Sprays at the regular price and receive the third one free = 33% Savings.

**Buy ALL the 18 Good Vibrations and receive 20% discount PLUS the 18 Good Vibrations Book free.**



**All 7.5 ml. Kits - flower, sea and gems receive 20% discount.**



**Give the gift of inspiration**  
Buy 3 one people dvds for the price of one = 67% Savings.