

Satisfy Your Soul



# MOONRISE HERBS™

Quarterly Newsletter ~ Spring Equinox 2005

## The Gift of FLOWER ESSENCES

by Dayna Cryder

I adore violets. I feel safe and nurtured in their presence. Is it their sweet fragrance, delicate warming beauty, or perhaps the way they gently nod forward and then expose their sweet faces toward the warm sun? Could it be that there is more to this lovely flower than my tactile senses can interpret? There is more, much more than this in the world of the flowers. There is a language unspoken, a whisper of wisdom, healing and nourishment.

Uncovering and exploring this wisdom is what a man named Dr. Edward Bach made his passion during the last years of his life. Dr. Bach was born in England in 1886 and lived until 1936.

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FLOWER  
ESSENCE BOOKS

*Flower Essences*

by Michelle Small Wright

*Flower Essence Repertory*

by Patricia Kaminski and Richard Katz

*Bach Flower Essences for the Family  
& Bach Flower Essences for Animals*

by Helen Graham and Gregory Vlamis



Photo by Sam Camp

(The Gift of Flower Essences continued...)

Many years of his life were spent studying orthodox medicine. Through his work he began to feel that this type of practice with its focus on curing symptoms left out the importance of the individual and the causes of illness. Dr. Bach believed that the human body had the innate ability to heal itself and he sought to find something in nature that would activate this process without causing any harm to the person. Dr. Bach also saw what he believed to be a direct correlation between the health of the physical body and that of the mind, emotions and spirit. Furthermore, he suggested that harmony can be created between the mind, emotions and spirit, by addressing such conditions as fear, despair, anxiety and trauma, which can lead the physical body into balance.

During his quest to discover how the body and mind are connected in wellness, Dr. Bach began exploring the areas of immunology and homeopathy. Although he did make great strides in these areas, he still struggled with his quest to find the substance that could provoke the healing response he desired. As the story is told, Dr. Bach found the substance one morning in Wales as he walked through a field of plants covered in dewdrops. He realized that each drop heated gently by the sun would hold the healing properties of the plant. He then went on to gather the unspoken language of 38 different flowers and created one composite essence called Rescue Remedy, which is specific for any type of trauma.

So what is the language of the flowers that Dr. Bach helped us to understand? If we look, for a moment, at flowers the way we might look at individuals, we see that each flower, like a person, has its own distinct energy. Just as each of us reveals ourselves as a unique vibration of energy, so too do the flowers. All flowers have within them a specific healing and balancing energy that is able to address the amazing intricacies of the human psyche. Emotional, mental, and spiritual issues such as fear; trauma, despair, honesty, loneliness, grief, anger, insomnia, forgiveness, destructiveness, addiction, denial, grace, intimacy and body consciousness are just some examples of the range of experiences flower essences can assist us. When an essence is made of a particular flower or plant, the energetic print, that unique vibration of energy that is specific to that plant only, is captured. When this substance enters the body it vibrates at a specific harmonic frequency like a musical note might. This pattern of harmony calls out to the system and where there is discord, for example, grief, a vibration is set into place that causes the grief to resonate with the new healing frequency. It is also possible to use essences to provide the mind, emotions, spirit and physical body with frequencies that could be missing. Each flower's specific healing pattern acts in a harmonizing and restoring manner on imbalances in the emotional, mental, spiritual and physical body.

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## Dandelion Herbal Center

Guadalupe Hot Springs, Baja, Mexico

With Cascade Anderson-Geller, Jane Bothwell & Blue Moon Adventures

April 11-16, 2005

Herbal Journey to Provence, France

Join Cascade Anderson Geller, Kathi Keville, & Jane Bothwell

July 2 - July 16, 2005

Many more classes offered (707) 442-8157

www.dandelionherb.com • janeb@arcatanet.com  
4803 Greenwood Hts Dr. Kneeland, CA 95549



## THE NORTHWEST SCHOOL FOR BOTANICAL STUDIES

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## Irene's Cauldron

Yes! Spring is here! Blossoms of Daffodils, Plum, Tulip trees, Magnolias, Acacias and Hawthornes beautifully adorn my drive along the country roads to work. As I walk the woodland paths with my pup, spicy milk maids, adorable fetid adder tongues, vibrant yellow violets, elegant trillium and succulent stinging nettle sprouts greet us along our way. And as folks find themselves indulging in more outdoor activities, they are arriving each day at Moonrise Herbs for allergy and poison oak remedies.

At Moonrise Herbs we too are in bloom. If you have been to Moonrise Herbs recently you will have noticed many items have been relocated. The medicinal salves and oils have joined the supplements. The incense is momentarily spread throughout the store. All the essential oils have been moved next to the service window of our Scent Your Soul room. And our fill-your-own bulk shampoos, conditioners, aloe vera and massage oils are now located behind the red curtain. Our Pregnancy, labor, childcare and children's reading books are now next to the kids play area. Soon we will be moving our front registers. Why are we moving everything? Well, we are implementing something very exciting. Starting the first week of April, you will be able to purchase organic salad and soup! Little River Farms of Freshwater is going to be growing our greens and several other local farmers will be supplying our veggies! We will also be serving tasty nutritional condiments like

seaweed and immune sprinkles, nutritional yeast and Flax seeds. Jo, our wonderful culinary priestess, will be creating our delicious soups. A few soups to look forward to are cashew broccoli, miso soup with burdock root, wakame, daikon radishes, carrots and onion, a delightful gypsy soup and tasty tomato basil. The salad and soup bar will be open Tuesday through Saturdays from 11am to 5 pm. It will be all self serve in bio-degradable or recyclable containers. You will be encouraged to bring your own container with a discount of .25 cents applied to your purchase. Seating will consist of four eucalyptus stools over looking the Arcata Plaza.

To celebrate this incredible event we are having a

### Spring Sale!

Friday, April 15th and Saturday April 16th. Shop our sidewalk table for savings of 10-75%. Inside the store Bulk Tea blends and Bulk Herbs will all be 10% off. Enter our soup recipe contest for a chance to win a basket of herbal goodies, a Moonrise Herbs tee shirt, and a \$50 gift certificate! Come to our service window for a FREE dose of Serenity Elixir to enhance your FREE cup of tea!

So plan on coming down soon, and watch us shift and change. Delight in the fact that soon you can come to Moonrise to nourish your body as you Satisfy your Soul!



*Irene*

Certified Herbalist and Owner of Moonrise Herbs



## Upcoming Moonrise Class Schedule

### Astrology

Basic concepts and chart interpretation

Tuesdays March 29th – April 19th 7-8:30pm

with Tricia Reil \$75 includes your chart

Learn Fundamental astrological principals as you interpret your own chart. Tricia will discuss the traditional astrological meanings of the planets, signs of the horoscope and how they inter-relate. We will also discuss the significance of astrological principles as they apply in personal relationships.

### Authentic Movement

The circle holds everything

Monday, April 11 7-9 pm

A Free introductory talk with Sue Durham M.S.

Authentic Movement is an approach to self-discovery, conscious embodiment, and deepening relationship to yourself and others. Come learn about this safe, gentle, and transformative form.

### Herbs 101

Wednesday April 20th &

Wednesday, June 1st 7-8:30pm

A Free Presentation With Irene LewisThorne

Have you wondered just what the difference is between a tea and a tincture? Can herbs be taken every day? How should they be stored? Join us for a walk through the store, learn the basics on using herbs and have your herbal questions answered.

### Herbal Spa Day

Sunday May 15th 12-4pm

Officiate, Irene LewisThorne

\$25 per person, Come with a friend \$50 for both

Come treat yourself to an herbal spa day! We will make a lovely lotion and lip balm, plus do a wonderful facial and treat ourselves to an herb and flower footbath. You will go home with your own lotion and lip balm and recipes for everything. Each participant should bring a bowl for their feet and two towels. LIMITED TO FIVE "PAIRS" (10 PARTICIPANTS TOTAL)

## Celebrate our Salad Bar Opening!



### SPRING SALE

Friday April 15th and Saturday April 16th

- Sidewalk sale savings of 10 to 75%!
- 10% off on all Bulk Herbs and Teas!
- Enjoy a FREE dose of Serenity Elixir in your FREE cup of tea!

Enter your favorite vegetarian soup recipe in our recipe contest. If we choose to use your recipe for one of our new soups, You will win a basket filled with herbal goodies, a Moonrise Herbs tee shirt, and a \$50 gift certificate!

## Staff Herbalists Daily

*Seated Massage is available Wednesdays through Saturday from 2-4pm*

(The Gift of Flower Essences continued...)

Flower essences help to stimulate our inner transformation processes, encouraging all parts of the body to create dialogue and work together harmoniously. They do not suppress emotional or spiritual concerns. Instead they offer gentle guidance to those aspects of our selves that are so rarely offered true nourishment.

Flower essences are made by placing flowers in a crystal bowl filled with spring water and then allowing them to infuse in rich sunlight for a specified period of time. This process allows for the healing pattern in the flower to be released into the water in a very concentrated form. The essence is then preserved with brandy, vinegar or glycerin, diluted and bottled for consumption. Flower essences are most often taken internally by adding drops to water. They may be also be added to bath water or applied directly to the skin in drops, sprays or in lotions. Since there are many different remedies, often a person will feel drawn to take more than one at a time. This is appropriate, although it is suggested to work with no more than five at a time.

Flower essences are not drugs and do not impact the body's biochemistry. They are safe to use by themselves or in conjunction with herbs, homeopathic preparations and pharmaceuticals. Children and pets often respond favorably to the essences. The flower essences have no odor or specific flavor since they simply are meant to hold the energetic pattern of the flower. This differs from aromatherapy, where the olfactory response is a significant part of the healing process.

To get the most out of using flower essences it is important to be consistent. Depending upon the situation, essences may be ingested or applied between one and four times per day at a dosage of two to four drops. Auspicious times to take them are upon waking and before bed since these are times when the energy of the body is aware of transformation. For emergency situations they may be administered every fifteen minutes. Formulas are usually taken for seven to fourteen days, when a person is experiencing an intense stage of growth. They also may be taken for longer periods of time for deep changes. Using affirmations with flower essences can greatly enhance their benefit since this is a way to create a focus of intention for the energy that is transforming.

When choosing flower essences for yourself and others, use a method with which you are comfortable and skilled. A nice way to choose essences is by muscle testing or using a pendulum. With these systems we allow our rational dialogue to relax and are able to access our instinctual knowledge. You can also choose essences by accessing books such as *The Flower Essence Repertory* by Patricia Kaminski and Richard Katz. This is an amazing reference book, which contains over 130 descriptions of flower essences including the original English flower essences and many of those from North America.

It is said that within nature there is contained a pattern of healing (continued on page 6)

## *Zen Shiatsu* *Bodywork for the Soul*

Zen Shiatsu massage is a gentle form of acupressure that relieves pain and stress, promotes healing, and brings profound relaxation to your body.

Sandy Ferguson, RN  
(707) 822-8828

## Blue Otter School Of Herbal Medicine

Intensive 400-hour program for the serious student interested in practicing Native American energetic herbalism. Located in the mountains of Northern California our sessions run April - July.  
Instructors Karyn Sanders and Sarah Holmes

(530) 842-3784 [www.karynsanders.com](http://www.karynsanders.com)

(The Gift of Flower Essences continued...)



that responds and relates to every specific dysfunction that exists. The flowers have been infused with gifts that help to guide our understanding of the emotional, mental and spiritual bodies which allows a free flow of healing information between these aspects before dysfunction is made manifest in the physical realm of the body. Mimulus, Aspen, Rock Rose and Garlic help to provide strength and an understanding of

fears and vulnerability. Violet, Fawn Lily, Self Heal and Borage teach the wisdom of courage. Star of Bethlehem, Arnica and Echinacea are all invaluable remedies for both past and present trauma. Corn, Yarrow, and Poison Oak help to teach of aligning the body to the earth and creating personal boundaries. Dandelion, Honeysuckle, Fuchsia and Yerba Santa help to release grief that may be stored deeply within the body. While Holly, Corn, and Pink Monkey Flower speak to issues involving intimacy and trust.

Today, many other individuals have expanded upon the original work of Dr. Bach. Two companies doing some outstanding work include The Flower Essence Society and Perelandra. At Moonrise Herbs, you can find a complete selection of flower essences from the Flower Essence Society, including the 39 original English essences. We also carry a line of essences from Deva Flower Remedies, a company that produces combination essences for balancing stress, anxiety, immunity, allergies and birthing.

Flower essences have an important role

in complementary medicine. Nowhere else do we find the relationship between the emotions, mind, spirit and body defined with such eloquence. When we use flower essences for healing and balance we are given an opportunity to discover the vast layers that make up our whole self. One essence and understanding may lead you to another. You may learn that beneath anger lies fear, and beyond fear, rejection and beyond rejection, perhaps a long lost trauma. Uncovering the treasure of the balance between the emotions, mind, spirit and physical body is a process of discovery that nourishes, heals and protects. I believe that flower essences are an essential part of our personal, community and planetary well being. They help us to express and experience our unique potential rather than following external models that may not resonate with our true beauty.

And so the Violet speaks shyly at first, holding back her warmth and delicate beauty for what may become of her sensitivity. As she wonders if she will be lost within the crowd, the tender rays of sun sink down upon her and illuminate her petals. She raises her delicate smile and is seen in the reflection and as the reflection of all the other amazing flowers. She is safe here.

*Written by Dayna Cryder  
Certified Herbalist and Reiki Master  
She can be reached at:  
707-825-0646*



**Do you have a flower essence card?**  
Get a stamp every time you buy a flower essence.  
**Buy 12 flower essences,  
get the 13th essence for free!**