



Oct/Nov
2009



The Healing Spirit



No. 11

First Light Flower Essences of New Zealand Newsletter

Dear First Light friends,

As usual things have been very busy. Each day brings amazing connections with people from all over the world and all walks of life. Many thanks to Kay Lloyd our South Island training co-ordinator who did a wonderful talk on First Light Flower Essences on Thursday 3 September at The Herb Centre in Christchurch. We were in Christchurch in September to meet with the publishers for Franchelle's new book. Our Flowers NZNFE 101 and 102 workshop on the 18 & 19 September at the Canterbury College of Natural Medicine went extremely well with some new faces.

Marj Marks our resident 'horse whisperer' has also been busy. She gave a great talk on the essences to the Soil and Health meeting to about 40 people. Well done Marj. Also look out for Marj's editorial in the next issue of NZ Equine magazine.



Lesley and Steve's wedding

First Light is finding a natural healing role in Japan. Minako Hama our agent in Japan bought out a group of Japanese students from Tokyo to do the Flowers of transformation workshop. Some of the students did not speak any English at all. Our thanks to Shigeke for his excellent translation skills.

Medicine Woman at Tauhara is full again this year with over 55 people. Also don't forget to book December 6th in Auckland for the Book Launch with special guest Dr Rangimarie Turuki Arikirangi Pere.

Franchelle performed a blessing ritual in an outdoor ceremony at the wedding of First Light teacher Lesley King and First Light registered practitioner Steve Lydford at Devonport on Sunday 27th September. This is our first practitioner wedding. What a joy to be present at this very special occasion. Congratulations Lesley and Steve!

May the light of nature illuminate your path - Franchelle Ofsoské-Wyber and Anthony Wyber.



Plant Profile ~ No 11 Chatham Island Geranium



Chatham Island Geranium essence offers us the powerful energy of nurturing. It nurtures us and helps us to be open to the unlimited flow of nurturing energy as it moves into our lives in many varied ways. It is then our responsibility to send this gift back out into the world in our own unique way. This essence helps us to demonstrate genuine kindness and sympathy while maintaining a healthy emotional independence. It helps one to create an emotionally open environment for others. Helps one live according to one's own principles and need for freedom while maintaining positive relations with parental figures, home and family members.

Use Chatham Island Geranium if you experience:

- anxiety, worry or over concern for loved ones or others
- smother-love, emotional neediness, homesickness
- feeling threatened by a loved one's independence
- prone to touchy, sentimental, hypersensitive emotional behaviour
- over-reacting to family or emotional situations
- over attached to loved ones and fearful for their well-being
- stress about being a good mother, home, family issues

By Franchelle Ofsoske-Wyber

Our People ~ First Light Making a Difference in Japan



My name is Minako Hama. I work as an aromatherapist and First Light Flower Essences of New Zealand registered practitioner in Tokyo Japan. I started to study alternative medicine in 1995 by initially learning aromatherapy. After that I also became an aromatherapy teacher. I also work at a mental hospital as an aromatherapist. I use astrology as the basis of my counseling method.

With my client initially I always have to focus on the more peripheral everyday things in their daily life. I think that Japan is quite a unique culture. Normally people never speak of about their own personal things to each other, even if they are best friends. This is because Japanese culture thinks that we can understand without speaking. So most Japanese people hold in their feelings or opinions. But Japanese are also like other people and like other people they have worries, troubles and experience distress. However because in the Japanese culture we bottle things up inside ourselves speaking out about our problems is regarded as being humiliating. Consequently there is a culture of mental and emotional concealment.

People are accustomed to hide what is going on in their mind. They are very used to hiding their thoughts and feelings. They see this as normal. So consequently it is hard to find their main issue at their first appointment even though my clients speak to me seriously. At this first session I have to gently break through this wall in people that is part of the Japanese culture. It is a bit like breaking a walnut shell to get to the nut inside.

So in my counselling with First Light Flower essences I prescribe bottles to assist this process. For me the most important thing is to recognise their current reality and work from there. At the second appointment I can begin to find their main issue. The following case study is very typical for me in Japan.

Minako Hama First Light Flower Essences of New Zealand Teacher and Registered Practitioner
<http://ameblo.jp/hamaminako/>

Case study: Masako

My client married 2 years ago, she has no children and is working in a part time job.

1st appointment: Masako moved to Tokyo 2 years ago. Before that she took care for her mother who is paralysed in the whole of her body. She was also caring for her sister who suffers from anorexia. She always feared that she would be same situation in the future. She suffers from insomnia which also caused her to eat at night and has resulted in her putting on weight. She has also had nightmares over a long period. During the day she wanted to be completely alone, she could not even open the curtains. She was very felt nervous, and she was experiencing too much thinking all day long.

I selected #32 Ice Plant for her keynote flower essence relating to her date of birth, #34 Heketara from the moon degree from her natal chart. #37 King Fern, #38 Rasp Fern, #39 Shaking Brake Fern, #40 Silver Fern for aura cleansing.

2nd appointment:

After 3 days of taking the essences, she woke up sweating in the middle of the night. That quickly passed then she felt ease. She was able to open the curtains. She can feel cheerful for the first time. The racing thoughts in her mind disappeared and she was no longer constipated. She also started to sleep well. I prescribed the same essences for her again as she was making very good progress. same as 1st.

3rd appointment:

She has lost her excess weight as she has stopped eating at night - which had been due to her insomnia. I felt that her energy was very much changed. She was very cheerful. In her speech, she had always said 'I can not'. But now she uses more positive words.

And at this 3rd appointment I could finally find her main issue.

She started to speak about her husband and the situation of her marriage. The issues are the relationship with husband, relationship with husband's ex wife (who she was forced to look after through providing terminal care). There were also problems with the relationship with her husband's son, from the previous marriage.

Because she was married, she could not say 'no' to provide care for her husband's sick ex wife. Because she could not feel self worth due to her very hard daily life.

I chose #32 Ice Plant for her keynote, #34 Heketara from her moon degree from natal chart.

#37 King Fern, #38 Rasp Fern, #39 Shaking Brake Fern, #40 Silver Fern for more aura cleansing. I also added #47 Kauri and #55 Hangehange which along with #40 Silver Fern makes up the heart chakra triangle of essences as I thought it is now time to approach her past.

Now she is getting better. Masako's keynote flower essence relating to her birthday works really well for her. She can also feel freedom in her mind as well. She tried new things. She has now just started to study First Light flower essences herself. She is one of a class of students I have recently bought, she came to New Zealand to join the First Light Flower Essences of New Zealand course. It is her first experience of overseas travel.

What's Happening ~ 2009/2010



October

Medicine Woman - Healers Residential Retreat and Workshop and Annual Gathering.

Date: 9, 10 & 11 October

Venue: Tauhara Retreat Centre

Tutor: Franchelle Ofsoske-Wyber

Medicine Woman - Shamanic Residential Retreat and Workshop and Annual Gathering.

Date: 11, 12, 13 & 14 October

Venue: Tauhara Retreat Centre

Tutor: Franchelle Ofsoske-Wyber **Ph:** 09 817 6737

NZNFE: 109 & 110 - Auckland

New Zealand Native Plant Essences No's 63- 84

Date: 17 & 18 October

Venue: Devonian Hall 61 Victoria Rd, Devonport

Tutors: Franchelle Ofsoské-Wyber & Tony Wyber

NZNFE: 109 &110 - Tauranga

New Zealand Native Plant Essences No's 63- 84

Date: 31 October & 1 November

Tutor: Lesley King

Ph: 410- 6011 or 021 1112700

Email: steveandlesley@slingshot.co.nz



December

'The Sacred Plant Medicine of Aotearoa'.

Book Launch and First Light family and friends End of Year Celebration with:

Dr. Rose Rangimarie Turuki Arikirangi Pere, Franchelle Ofsoske-Wyber and Tony Wyber

Date: Sunday 6th December 2009

Time: 7pm till late **Cost:** \$25

Venue: Rose Centre Belmont North Shore Auckland.

Bring along friends and family for a night to remember.

Join us for this unique evening with special guests, live entertainment and food.

Bookings: Ph 817 6737 or email info@nzfloweressences.co.nz

Book early. Numbers limited



January 2010

Prana Blue Moon Festival

Dates: Wed 30th December to Sun 3rd January 2010

Workshop dates to be advised.

Bookings: www.prana.co.nz



February 2010

NZNFE 101 &102 - Auckland

New Zealand Native Flower Essences No's 1-36

Date: 27 & 28 February

Venue: Devonian Hall 61 Victoria Rd, Devonport

Tutors: Franchelle Ofsoské-Wyber & Tony Wyber

NZNFE: 109 &110 - Tauranga

New Zealand Native Plant Essences No's 63- 84

Date: 31 October & 1 November

Tutor: Lesley King

Ph: 410- 6011 or 021 1112700

Email: steveandlesley@slingshot.co.nz



March 2010

NZNFE 105 & 106 - Forrest Hill

New Zealand Native Fern Essences No's 37-45

Date: 27 & 28 March

Venue: Christchurch

Tutors: Franchelle Ofsoské-Wyber & Tony Wyber



April 2010

NZNFE 103 & 104 - Auckland

New Zealand Native Fern Essences No's 37-45

Date: 10 & 11 April

Venue: Devonian Hall Devonport

Tutors: Franchelle Ofsoské-Wyber & Tony Wyber



Dr. Dolittle's Corner ~ with Marj Marks ~ Death of an Animal Friend

Inevitably, if we have animals in our lives, we will go through the death of one or more of them. There can be a lead up time as we sense/feel it approaching and then we must play God and decide on the perfect time to put our friend "to sleep". Alternatively it can happen unexpectedly through illness or accident.

If there is time I like to give an animal friend essences #79 Fragrant Fern to assist the soul to pass over, #83 Kakabeak for a sense of closure of a cycle and also #117 Clutha River Daisy to assist their soul to go home/pass over. The dosage being 4 drops 4x daily, with any remaining drops being sprayed around the body or grave site, which can also be done in the case of unexpected death.

For significant animals and people connected to the one who is dying or has died, I give a bottle with a possible blend of #22 Manuka for painful emotional loss and fear of death, #40 Silver fern for heart felt trauma, #70 Hen and Chicken Fern for strength and courage, #75 Whau for support during major life events, #78 Akeake for possible shock, an emergency essence and #79 Fragrant Fern, "the soother of sorrow". This dosage bottle may be started prior to the "event" or afterwards and given 4 drops 4 times daily or intuitively.

By Marj Marks Registered Veterinary Nurse and registered First Light practitioner Ph 09 426 3096