



April/May
2010



The Healing Spirit



No. 14

First Light Flower Essences of New Zealand Newsletter

Dear First Light friends,

Wanted - Office Administrator Extraordinaire

First Light is gaining momentum and our office is getting busier by the day! We currently have a vacancy for a part-time Administration Assistant who can work with us to achieve great things!

As a key member of our team, you will be responsible for ensuring that our customers receive outstanding service and that our business is well supported in all areas of administration. Working hours will be filled with variety and your duties will include processing and packing orders, organising events, dealing with customer enquiries, data-entry and copy writing.

This position would suit an adaptable and proactive person with a good work ethic and strong attention to detail. You would be confident in using a MAC computer and will have had exposure to using Excel. You are positive, highly organised, enjoy learning new things and love the idea of working with a committed team who are dedicated to making a positive impact.

We would love to consider you or somebody you know for this position!

Please send your CV or an email with a summary of your previous work experience to info@nzfloweressences.co.nz

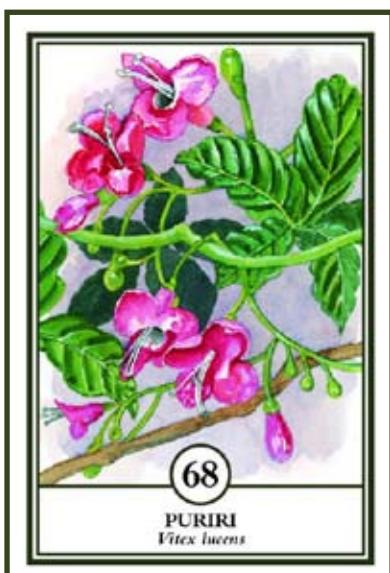


New Spirit Festival is coming up in May and we have a stand with complimentary New Zealand native flower essence consultations so see you there! We are in Wellington in May. Franchelle is giving a talk at the Oasis Centre on the 28th and we are running Flowers NZNFE101 and 102 workshop that weekend.

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

We had two fabulous days in March down at the Christchurch Body Mind Spirit Festival. We did two talks and had a chance to connect with our enthusiastic First Light helpers who set up and looked after the stand. They did a fantastic job! A big thank you to South Island co-ordinator Kay Lloyd, and to her band of helpers and dedicated First Light students Neil Hern, Awhina Young, Wendy May and Kiyomi Funaki.

Plant Profile ~ No 68 Puriri



The Puriri is a large tree with dark glossy leaves which produces beautiful pink flowers all year round and berries that range in colour from yellow to rich reds. It is home to the Puriri moth, a monster of an insect with a wing span of up to 15cm.

Puriri's gift to us is the Discernment Essence. Internal conflicts and confusion can be settled with this essence. It helps us to listen to ourselves and act on our inner advice and wisdom, rather than be swayed by others' opinions. It links to the Lovers Key in the Tarot deck and is the essence for making wise choices in relationships.

Use Puriri to help with the following:

- having to make a major decision in your life
- inner confusion
- co-dependence in relationships
- staying true to yourself no matter what others may think
- recognising what is true and valuable
- matters of the heart
- choosing between two potential partners
- to enhance the inner marriage of male/female polarities
- when you want to be totally irresistible!

By Lesley Lydford-King. Dip. NZNFE First Light Registered Practitioner and Teacher

New Zealand Flower Essences and Homeopathy in Australia



My name is Tamara Gurney. I am a registered Classical Homoeopath with my own private practice in Adelaide, Australia.

As a Classical Homoeopath I treat the ‘person’ behind the disease process. This means looking beyond what is currently presenting itself in the form of physical symptoms. With each patient I take into consideration what is happening on all levels of their being – physical/mental and emotional. I specifically look for emotional traumas and negative thought patterns and then use Homoeopathic remedies and our consultations to clear and work through those stored traumas to bring about harmony and balance.

Homoeopathy is a vibrational medicine that works with the body on all levels to bring about a healing response. This makes it extremely effective on a psychological level as well as physical. I combine energy healing to assist with this process when necessary and requested. I also work with children, specialising in behavioural problems, childhood diseases, skin ailments, vaccine damage, whilst also providing a safe and effective alternative to vaccination/immunisation.

In my 5 years of practice I have been blessed to witness and support many people on their journey to health and happiness.

To be able to watch someone go from total despair, anxiety, grief and anger to peace, joy and acceptance is an incredible honour. I am very appreciative to be in such a position to learn and grow personally with my patients. We are both the teacher and the student.

A few years ago I noticed a strong pattern in patients who were in a position either personally or professionally where they were being drained energetically and were unaware of carrying other peoples emotions/thoughts as their own. I was introduced to First Light essences by a friend shortly after this. I felt an immediate connection and placed my first order with the intention of putting together a combined essence for ‘protection and clearing of negative energy’. I have used the First Light essences in my practice ever since, with great success. They, along with Bach flowers are the only other addition to Homoeopathics that I will prescribe for my patients and myself.

I have put together a combination of essences from the Healers and Shamanic Collection including # 89 Black Shield Fern, # 95 Toothed Lancewood, # 108 Tarata, #109 Marsh Ribbonwood, #118 Silver Pine and #77 Clematis to form what I call ‘sacred space essence’. I add to this crystal elixirs of rose quartz, amethyst and smokey quartz. Along with the sacred space drops I have also put together a room/aura spray with the above essences and elixirs plus the essential oils of orange, vetiver, rosewood and frankincense.

I have my patients using the spray for their children’s bedrooms before bed, their offices/work place, before and after an energy healing, car, hotel rooms etc. The sacred space drops have been very effective for the above mentioned patients who are in an environment that is draining on them and for the person more inclined to take on board what is not theirs. For example – healers, nurses, mothers, people in demanding/abusive relationships, people stuck in past traumatic experiences etc.

I find the sacred space essence very effective in conjunction with Homoeopathics in clearing stored trauma and negative thought patterns.

Thank you Franchelle and Tony for all of your work in bringing to us these wonderful essences. They are a fantastic addition to my practice and I will continue to work with them in the future.

Warm regards, Tamara.

Tamara Gurney - Classical Homeopath

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Dr. Dolittle's Corner ~ with Marj Marks

Animals who live closely with a person or family often have a role as ‘caretaker’ of one of the members. They may share the burden of stress and emotions experienced by their owners. They may also mirror certain physical traits or conditions such as skin dis-ease and emotions such as anxieties and grief. It is helpful to know what is happening for the people as well, as where there is a close connection between humans and animals, the First Light flower essences can assist both. Some issues appear very complex and a course of First Light essences will help alleviate negative attitudes, fears and anxieties over a period of time. Sometimes people are surprised to know how seriously their pets take their role in the household and #28 Chatham Island Forget-Me-Not, #29 Mairehau and #30 Ngaio will help reassure animals of their job and responsibility in a balanced way. In many cases, I work with #37 King Fern for physical/security trauma and #40 Silver Fern for heartfelt trauma. It cannot be underestimated how deeply grief of our own personal traumas or an animal’s can impact on our animal brothers and sisters. The essences work in conjunction safely and harmoniously with other supportive measures.

Marj Marks Dip NZNFE Registered Veterinary Nurse

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Marj giving Chepi First Light flower essences

What's Happening Workshops and Events ~ 2010



APRIL

NZNFE 103 & 104 - Auckland -Devonport
New Zealand Native Fern Essences No's 37-43
Date: 10 & 11 April
Venue: Devonia Hall Devonport
Tutors: Franchelle Ofsoské-Wyber & Tony Wyber

Radio Interview - Planet FM 106.6
Date: 6 April - 7:20pm



MAY

NZNFE: 103 & 104 - Mt Eden
New Zealand Native Fern Essences No's 37 - 43
Date: 1 & 2 May
Tutor: Lynda Earl

NZNFE: 103 & 104 - Tauranga
New Zealand Native Fern Essences No's 37-43
Date: 15 & 16 May
Tutor: Lesley Lyford-King

NZNFE: 109 & 110 - Forrest Hill-Auckland
New Zealand Native Seed Essences No's 51-62
Date: 22 & 23 May
Tutor: Lesley Lyford-King

Public talk - Oasis Centre - Wellington
Speaker: Franchelle Ofsoske-Wyber
Date: 28 May
Time: 7-9pm
Topic: The Sacred Plant Medicine of Aotearoa
Contact: Wellington co-ordinator Sandra Stanislawek

NZNFE: 101 & 102 - Wellington
New Zealand Native Flower essences No's 1-36
Date: 29 & 30 May
Tutor: Franchelle Ofsoské-Wyber & Tony Wyber
Contact: Wellington co-ordinator Sandra Stanislawek



JUNE

NZNFE 105 & 106 - Christchurch
New Zealand Native Tree Essences No's 44-50
Date: 12 & 13 June
Venue: Theosophical Society Hall
Tutors: Franchelle Ofsoské-Wyber & Tony Wyber
Contact: Kay Lloyd

NZNFE 105 & 106 - Mt Eden -Auckland
New Zealand Native Tree Essences No's 44-50
Date: 12 & 13 June
Venue: Mt Eden, Auckland
Tutors: Lynda Earl

NZNFE 105 & 106 - Auckland
New Zealand Native Tree Essences No's 44-50
Date: 26 & 27 June
Venue: Devonport
Tutors: Franchelle Ofsoské-Wyber & Tony Wyber



JULY

NZNFE: 105 & 106- Tauranga
New Zealand Native Tree Essences No's 44-50
Date: 10 & 11 July
Tutor: Lesley Lyford-King

NZNFE: 101& 102- Auckland
New Zealand Native Flower Essences No's 1-36
Date: 24 & 25 July
Tutor: Lesley Lyford-King



AUGUST

NZNFE 107 & 108 - Auckland
New Zealand Native Seed Essences No's 51-62
Date: 7 & 8 August
Venue: Mt Eden, Auckland
Tutors: Lynda Earl

NZNFE 107 & 108 - Auckland
New Zealand Native Seed Essences No's 51-62
Date: 28 & 29 August
Venue: Devonia Hall
Tutors: Franchelle Ofsoské-Wyber & Tony Wyber



SEPTEMBER

NZNFE 107 & 108 - Christchurch
New Zealand Native Seed Essences No's 51-62
Date: 4 & 5 September
Venue: Theosophical Society Hall
Tutors: Franchelle Ofsoské-Wyber & Tony Wyber

NZNFE 103 & 104 - Auckland
New Zealand Fern Essences No's 37-43
Date: 18 & 19 September
Venue: Forrest Hill
Tutors: Lesley Lyford-King

CONTACT DETAILS

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Sandra Stanislawek Wellington Co-ordinator
Ph: (04) 528 9296 **Email:** sandra.stanislawek@gmail.com

MEDICINE WOMAN TRAINING, RETREAT AND ANNUAL GATHERING 2010

with Franchelle Ofsoske-Wyber

Enrolments now being taken

Date: 15, 16, 17,18, 19, 20 October 2010

Venue: Tauhara Retreat Centre

**Medicine Woman - Healers and Shamanic Residential Retreat,
Workshop and Annual Gathering**