



Dec-Jan  
2010



# The Healing Spirit



No. 12

First Light Flower Essences of New Zealand Newsletter

**Dear First Light friends,**

What a wonderful end to our year with The Sacred Plant Medicine of Aotearoa book launch on December 6th at the Rose Centre. We were blessed to have Dr. Rangimarie Turuki Arikirangi Rose Pere CBE, CM, Spiritual Patron and Guardian in Perpetuity, fly up from Waikaremoana especially to be with us for this occasion and to officially bless and launch this 'waka of sacred knowledge'. 160 people attended this magical evening. Tickets sold out and it was literally standing room only. Twenty two First Light flower essence practitioners had the honour of being formally presented with their Diploma of New Zealand native flower essence therapy by Dr Pere. Congratulations to you all. Thank you to Shirley and Aunty Wai, Karen Hunter, Christina Earl and the whanau that kept the waiata going during the book signing. Door prizes went to Grace Saxton from Nelson who won a box of Orchid essences, Lisa Er who won a set of combination essences and Joli Linder of Auckland who won a weekend course of her choice. Thank you to our volunteer helpers on the night. Chris Griffiths, David Forte, Lesley-Lydford-King, Carl Hamblyn, Steve Lydford, Lynda Earl and Hazel Moran.

The five day Medicine Woman Training and 2009 gathering at Tauhara in October was another wonderful event with over 55 people attending. What an amazing 5 days! Enjoy the holy-day season. We look forward to sharing 2010 with you.

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

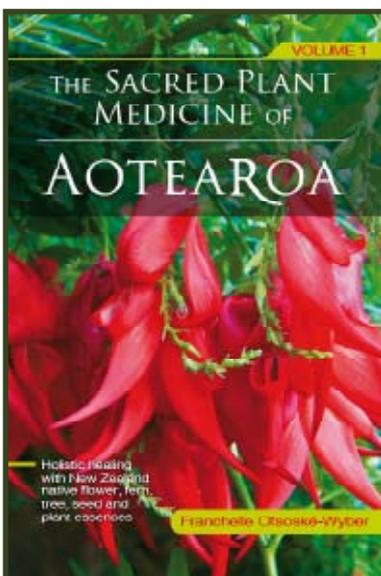


**The Sacred Plant Medicine of Aotearoa Volume One**

A groundbreaking 472 page book on the ancient ethnobotany of Aotearoa, fully contextualised to meet 21st century requirements. This definitive ethnobotanical reference book restores the ancient teachings of indigenous medicine that are the basis of the sacred plant medicine of Aotearoa

**RRP NZD\$69.00 + \$6.00 P&P within New Zealand**  
[www.nzfloweressences.co.nz/purchase.html](http://www.nzfloweressences.co.nz/purchase.html)

## Plant Profile ~ No 84 Kakabeak



The glorious red flowers of the Kakabeak grace the cover of Franchelle's new book – in part because Kakabeak is the essence of completion, fulfilment, wholeness and stability, allowing us to move to a new level of awareness. Kakabeak is the world dancer – we can join in the dance of life, ready to step out in a fully transformed state, feeling on top of the world. This is the perfect essence to help us complete the year and all the demands of the Christmas season, having learned the necessary lessons along the way. We can then move into 2010 with all its new challenges and possibilities.

Kakabeak essence in a therapeutic role will help if you:

- Suffer from exhaustion, no 'get up and go'
- Feel the weight of the world on your shoulders
- Want closure but feel that circumstances prevent it
- Feel drained by unfinished business
- Feel regret at the way a relationship ended
- Worry about something you said or didn't say
- Feel unprepared for a new phase in your life
- Suffer from jet lag or travel sickness

**By Lesley Lydford-King - First Light registered Teacher**

## Our People ~ Flower Power Making a Difference in India



I come from a long line of women healers and matakite both Maori and Irish. My grandchildren and friends call me a witch. I think this is because its hard to define what I do and actually I like the word. Witches were women healers, women who listened to the magic healing qualities of Papatuanuku and worked within that sphere. In any case I do not have a clinic or practice in the ordinary sense but live within the communities where I happen to be and heal the people who happen to come to me. My belief is that most people know the cause and sometimes the cure of their disease and that healers merely facilitate that process. I have lived and travelled around India and South East Asia for many years, currently I am living in India with a small guiding business especially designed for women travellers.

**Dianne Sharma-Winter**  
d.sharma.winter@gmail.com

I had the privilege of leading Whaea Rose Pere onto the marae at Awanuiarangi campus in Whakatane when she came with news of the First Light Flower Essences. It's a moment I have never forgotten.

Here was this stunning Mana Wahine whose karanga bounced off the far hills even as she was stepping from the car! Her korero that day planted a seed in me that continues to flower even today.

The Flower Essences came back to me recently at a time when my whanau was dealing with the effects of methamphetamine. One of my mokopuna went through an incredibly traumatic time and was eventually removed from her mothers care. My concern was that the child was supported on every level during this time, physically, emotionally and spiritually. I also felt very strongly that there were karmic issues involved in this situation. The child was having night terrors, crippling headaches and a constant cold, which she said she had ever since she started to feel unsafe in her whanau, also obviously and most immediately there were grief and abandonment issues.

While working with my moko to select her essences, we used tarot cards and the soul path formula. Selecting essences in this way, one day she said that she thought she had drowned in a previous life and that's where her nightmares came from. (The child was conceived within a month of the death of my husband by drowning) I gave her Nat Mur and #78 Akeake.

She loved the essences and after some time would begin to select her own.

Now her headaches and night terrors are a thing of the past, her art has flowered and she is the top student in her age for the area she lives in.

My three other mokopuna love to select essences using tarot and the flower cards. We start with their soul year and path and they "pimp it out" from there usually using the flower cards. The Orchid Collection #121-128 arrived during the school holidays when we were all together and the children selected their own essences and made their bottles up. Then we would pack lunch and head out to walk in the bush. Everywhere we went, fantails and birds would appear to dance and dive over the heads of the children. "That's because we have Flower Power, eh Grandma?" said one of them.

I am now using the flower essences in India where I live, plants thrive on them and birds come to dance on the leaves, the little autistic girl next door comes every day to spray my garden with flower essence water and then squats where she thinks she is out of sight, opens the lid of the spray bottle and drinks the rest!

## The Sacred Plant Medicine of Aotearoa Book Launch

Thank you so so deeply for the magnificent treasure that you have offered... I absolutely love it...my heart sings with immense joy, resonance, inspiration and gratitude when I read this book...unleashing a 'knowingness' deep inside and a strong strong thirst to learn more .....it calls to the depth of my spirit in remembrance..never have I held such an empowering book.....it is Aotearoa. It was an enormous priviledge to be there at the launching evening....I felt deeply honoured, touched and absolutely elated that such a precious jewel has been launched into the cosmos....Hari Om....thank you...with all of my heart I thank you, Tony and Dr Pere for your enormous and selfless service.....may you all be totally supported in your work, in every way.....Jo

Thank you both so much for a special evening.A beautiful group of people all together and all with the same love and healing intentions. I can see why you love Dr. Rose what a gorgeous, strong, loving, fun lady, she bought tears to my eyes when she was speaking and laughter to my soul. I shall cherish your book Franchelle and look forward to reading (and learning) from it over the summer. Nikke

Several people asked for the recipe for the Ginger Slice that was served at the book launch. Enjoy!

### Lesley's 'First Light' Book Launch Ginger Slice

100g butter, 3 tbsp sweetened condensed milk, ¾ cup brown sugar, 1 tsp ground ginger, 1 packet round wine biscuits, crushed, chopped walnuts and crystallised ginger

Warm together the butter, brown sugar, ground ginger and condensed milk. Stir into the walnuts, ginger and biscuit crumbs. Press into a flat baking tin and place in fridge.Ice when set with lemon icing – icing sugar, juice of ½ a lemon and a little water to mix.

# What's Happening ~ 2010

## January

### **Prana Blue Moon Festival**

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

**Speaker:** Franchelle Ofsoske-Wyber

**Dates:** January 1st and January 2nd

**Time: 3-5pm both days Bookings:** [www.prana.co.nz](http://www.prana.co.nz)

## February

### **NZNF 101 & 102 - Auckland**

New Zealand Native Flower Essences No's 1-36

**Date:** 27 & 28 February

**Venue:** TBA

**Tutors:** Franchelle Ofsoské-Wyber & Tony Wyber

## March

### **NZNF 101 & 102 - Tauranga**

New Zealand Native Flower Essences No's 1-36

**Date:** 6 & 7 March

**Tutor:** Lesley Lydford-King

**Ph:** 410- 6011 or 021 1112700

**Email:** [steveandlesley@slingshot.co.nz](mailto:steveandlesley@slingshot.co.nz)

### **NZNF 107 & 108 - Forrest Hill**

New Zealand Native Seed Essences No's 51-62

**Date:** 20 & 21 March

**Tutor:** Lesley Lydford-King

**Ph:** 410- 6011 or 021 1112700

**Email:** [steveandlesley@slingshot.co.nz](mailto:steveandlesley@slingshot.co.nz)

### **NZNF 103 & 104 - Christchurch**

New Zealand Native Fern Essences No's 37-43

**Date:** 27 & 28 March

**Venue:** Canterbury College of Natural Medicine

**Tutors:** Franchelle Ofsoské-Wyber & Tony Wyber

**Contact:** South Island co-ordinator Kay Lloyd

## April

### **NZNF 103 & 104 - Auckland**

New Zealand Native Fern Essences No's 37-45

**Date:** 10 & 11 April

**Venue:** Auckland

**Tutors:** Franchelle Ofsoské-Wyber & Tony Wyber

## May

### **NZNF 109 & 110 - Forrest Hill**

New Zealand Native Plant Essences No's 63-84

**Date:** 22 & 23 May

**Tutor:** Lesley Lydford-King

**Ph:** 410- 6011 or 021 1112700

**Email:** [steveandlesley@slingshot.co.nz](mailto:steveandlesley@slingshot.co.nz)

## NZNF 101 & 102 - Tauranga

New Zealand Native Fern Essences No's 37 - 43

**Date:** 15 & 16 May

**Tutor:** Lesley Lydford-King

**Ph:** 410- 6011 or 021 1112700

**Email:** [steveandlesley@slingshot.co.nz](mailto:steveandlesley@slingshot.co.nz)

## June

### **NZNF 105 & 106 - Auckland**

New Zealand Native Tree Essences No's 44-50

**Date:** 26 & 27 June

**Venue:** Auckland

**Tutors:** Franchelle Ofsoské-Wyber & Tony Wyber

## August

### **NZNF 107 & 108 - Christchurch**

New Zealand Native Seed Essences No's 51-62

**Date:** 14 & 15 August

**Venue:** Canterbury College of Natural Medicine

**Tutors:** Franchelle Ofsoské-Wyber & Tony Wyber

**Contact:** South Island co-ordinator Kay Lloyd

**Ph:** (03) 9818288

**Email:** [kay.lloyd@paradise.net.nz](mailto:kay.lloyd@paradise.net.nz)



### **DON'T MISS OUT - BOOK EARLY MEDICINE WOMAN TRAINING, RETREAT & GATHERING 2010**

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

**Date:** 15,16,17 October 2010 **Venue:** Tauhara Retreat Centre

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

**Date:** 17, 18, 19 October **Venue:** Tauhara Retreat Centre

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

## Dr. Dolittle's Corner ~ with Marj Marks

Sometimes when working with an animal, the issues, symptoms or behaviours may seem little changed. A blend of essences which I find helpful when there appears to be a degree of 'stuckness' includes #78 Akeake which addresses shock held at deep soul level, #77 Clematis, for protective white light which supports and uplifts, for personal evolution and liberation from fears and #79 Fragrant Fern, the hope essence, "light at the end of the tunnel", for inner strength and guidance. This blend could be a follow-up from essences which were selected according to the animal's personality, the situation and duration of the 'issues'. Four drops are given four times daily either directly in the mouth (if done with ease), or drops put in water or on food. It is important to also take into account practical issues such as a correct and natural diet, shelter, company, exercise, training, medical conditions and maybe parasite management.

**By Marj Marks Registered Veterinary Nurse and registered First Light practitioner Ph 09 426 3096  
email [sunnyjak@hotmail.com](mailto:sunnyjak@hotmail.com)**