



Feb - March 2010

The Healing Spirit



No. 13

First Light Flower Essences of New Zealand Newsletter

Dear First Light friends,

The year began very powerfully with a Blue Moon in Cancer and the Sun in Capricorn. The Blue Moon is an energy that will suffuse our next eight year cycle at First Light. This potent astrological combination provides an opportunity for each of us to work as part of a greater human family and in a much more dynamic manner with Papatuanuku - the earth and all her progeny. The year began with a joyous confirmation that we are all one tribe, one family and we all have one home. It is a celebration of who we are - Ngati Ra. This focus and energy will colour everything that unfolds during 2010. With such an auspicious start to the year we hope you have returned from the holiday break re-charged and eager to embrace the opportunities and challenges that 2010 brings.

Our core group of First Light volunteers have returned home from the Christmas break. They went to all points of the compass; to China, the South Island, Coromandel, Hahei, Hamilton and Waiheke Island. Upon their return last week they set to work helping us plant out lots of native trees and plants. Since Christmas our Matata plants have been covered in beautiful red orange flowers and Fairy Bouquet Orchid is about to flower.

This year we will also be teaching in Wellington starting with Flowers 101 & 102 on 29 & 30 May. Contact Wellington co-ordinator Sandra Stanislawek phone 04 528 9296 email sandra.stanislawek@gmail.com. On the 13th & 14th of March we will be in Christchurch with a stand at the Body, Mind, Spirit Expo. We will be giving two talks there so check out the program online for more details. We've had enormous response to Franchelle's book The Sacred Plant Medicine of Aotearoa Volume One and Franchelle is busy working on Volume Two and Volume Three. All the very best for 2010.

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



"Just one more river to cross and one more mountain to climb!"

Volunteer helper extraordinaire
Chris Griffiths on top of the Harris Saddle within Mt Aspiring National Park.
This is part of the Grand Traverse which combines the Greenstone Valley and Routeburn Tracks at the base of New Zealand's Southern Alps.

Plant Profile ~ No 51 Broadleaf



One of the wonderful seed essence family members - Broadleaf gently works on the level of the DNA and helps to shift and release negative or limiting past life or ancestral patterns affecting one's physical, material and financial relationships. This essence helps one to create better relationships in these areas of the life. Helps one to develop a sense of reverence for not only one's own body but also for all of nature and for the earth. Broadleaf assists in sowing the seeds for better, more positive patterns for physical living.

A marvellous essence to start the year with!!!!

Broadleaf can help with the following:

- Releases blockage of patterns at a physical level
- Releases patterns of physical inaction and inertia
- Helps one to feel a sense of belonging
- Helps support a healthy relationship with one's body
- Releases one from the fear of death
- The release of karmic blocks and negative patterns around security and structure
- Helps support improved patterns of material and financial wellbeing
- Helps one to live in harmony with nature

By Ali Coomber

Our People ~ Flower Power Shows the Way in the South Is.



Spirit leads the way and what a journey so far! In my early 20's I met a westerner ordained in Tibetan Buddhism and received fantastic education in both eastern and western mysteries. My 2 children went to a Rudolf Steiner school. Involvement in that community meant nature spirits and nature's rhythms were celebrated in festivals and our home life. I studied Biodynamic agriculture 12 years ago, and teach workshops at our local community gardens here in Nelson. Bach Flowers, herbs and homeopathics were my medicine kit when the children were growing up. Coming to the New Zealand First Light Flower Essences feels like a natural progression. I am really excited to be connecting with the plants of Aotearoa and amazing people in the First Light family. I have worked as a counsellor and group facilitator for 20 years, mostly with trauma and addiction issues, and the First Light essences are a huge support for me, my clients, friends and family.

Ana Dorrington Dip NZNFE
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Case Study

A woman in her late 40's has been coming to me for childhood trauma counselling. Her primary traumas are abandonment/feeling unwanted by her parents (physical/survival trauma) and several episodes of sexual abuse trauma when she was 13.

She spent most of her childhood living with her grandparents until they died when she was 13, resulting in heart-felt trauma. She has been re-experiencing this old pain because her 3 year old grandson is being abused growing up with an alcoholic parent. The despair and exhaustion she is feeling due to 'the system' failing to resolve this has blocked her progress. Enter the First Light essences!

The first bottle contained the Fern essences #37-43 for aura cleansing and her Power Flower #9 Koru for helping to learn from past mistakes and make sense of her situation. She used this combination for 10 days and rang asking for more. In the second bottle she continued with #41 Prince of Wales Feathers to assist with self respect and fear of judgement, #43 Plumed Maidenhair Fern for a sense of direction, #70 Hen and Chickens Fern for emotional strength and asserting herself, #75 Whau for releasing the old and for personal transformation, #77 Clematis for freedom from disempowering situations and to uplift and bring light and positivity, #67 Red Rata for receiving guidance from her Guardian Angel and #82 Golden Tainui for overcoming regret, rising up from the past and being open and ready to move forward.

She says "I feel a lot calmer and more relaxed. I won't let myself get caught up in other people's dramas, I can see problems a lot more clearly because I'm not so stressed all the time. The essences are my 'helpers.' The aura cleansing has enabled her psychic skins to repair and strengthen, so she can protect herself from letting in negativity. Without all the chaos in her energy field, she is tuned into herself more, hearing her own truth and now sets boundaries with others, which is improving her confidence, esteem and self care.

I am grateful to the First Light essences which have assisted the way forward for this client.

Dr. Dolittle's Corner ~ with Marj Marks ~ The Case of the Two Rabbits

A lady asked for essences for her two rabbits. She had had one rabbit for a year from the SPCA and decided to get him a friend, who she also picked up from the SPCA. The lady wanted the introduction and interactions between the two rabbits to be as smooth as possible. Adjustments also had to be made for living with other animals. The newcomer appeared more dominant and confident than the other one, so a wire division was set up dividing the two bunnies. First Light essences #4 Marlborough Rock Daisy, for a sense of self and security, #6 NZ Jasmine for perseverance during change, #37 King Fern for the trauma that can be associated with moving physical location and changing home environments, #75 Whau, for endings and letting go, #77 Clematis for overcoming fear and feeling protected, #78 Akeake for shock, sudden changes, #79 Fragrant Fern for safe transition and sense of peace and #84 Kawakawa, for starting afresh a new situation without fear, were added to each rabbit's water and food, 3-4 times daily. The two rabbits quickly made good friends and the division was removed within two weeks. No aggression was noted at any time. It is of course possible that the transition for both of them could have gone easily, without essences. However, the rabbits' backgrounds were unknown and working with the essences was a positive and pro-active way of bringing harmony to the new relationship. **Marj Marks Dip NZNFE Registered Veterinary Nurse**
Ph 09 426 3096 email sunnyjak@hotmail.com



What's Happening Workshops and Events ~ 2010

FEBRUARY

NZNFE 101 & 102 - Auckland

New Zealand Native Flower Essences No's 1-36

Date: 27 & 28 February

Venue: Devonia Hall

61 Victoria Rd Devonport

Tutors: Franchelle Ofsoské-Wyber & Tony Wyber

MARCH

Body Mind Spirit Festival Christchuch

First Light Stand

Date: 13 & 14 March

Speaker: Franchelle Ofsoske-Wyber

Speaker: Anthony Wyber

NZNFE: 101 & 102 - Mt Eden

New Zealand Native Flower Essences No's 1-36

Date: 13 & 14 March

Tutor: Lynda Earl

Ph: 376 8699 or 021 438 432

Email: lyndae@ihug.co.nz

NZNFE 103 & 104 - Christchurch

New Zealand Native Fern Essences No's 37-43

Date: 27 & 28 March

Venue: Theosophical Hall

Tutors: Franchelle Ofsoské-Wyber & Tony Wyber

Contact: South Island co-ordinator Kay Lloyd

Ph: 03 9818288 or 027 2528678

Email: kay.lloyd@paradise.net.nz

NZNFE: 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

NZNFE: 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 021 111 2700

Email: steveandlesley@slingshot.co.nz

Womans' Midlife Wellness Retreat

Date: 10 - 21 March

Speaker: Franchelle Ofsoske-Wyber

Saturday: 1-3pm

Venue: Wellpark North Shore Campus

Contact: Wendy Jowsey

Email: wende@death2spam.net

APRIL

NZNFE 103 & 104 - Auckland

New Zealand Native Fern Essences No's 37-43

Date: 10 & 11 April

Venue: Devonia Hall Devonport

Tutors: Franchelle Ofsoské-Wyber & Tony Wyber

MAY

NZNFE: 103 & 104 - Mt Eden

New Zealand Native Fern Essences No's 37 - 43

Date: 1 & 2 May

Tutor: Lynda Earl

Ph: 376 8699 or 021 438 432

Email: lyndae@ihug.co.nz

NZNFE: 103 & 104 - Tauranga

New Zealand Native Ferns Essences No's 37-43

Date: 15 & 16 May

Tutor: Lesley Lydford-King

Ph: 410 6011 or 021 1112700

Email: steveandlesley@slingshot.co.nz

NZNFE: 109 & 110 - Forrest Hill

New Zealand Native Seed Essences No's 51-62

Date: 22 & 23 May

Tutor: Lesley Lydford-King

Ph: 410 6011 or 021 111 2700

Email: steveandlesley@slingshot.co.nz

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

Ph: 04 528 9296

Email: sandra.stanislawek@gmail.com

JUNE

NZNFE 105 & 106 - Christchurch

New Zealand Native Trees Essences No's 44-50

Date: 12 & 13 June

Venue: Theosophical Hall

Tutors: Franchelle Ofsoské-Wyber & Tony Wyber

NZNFE 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

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

MEDICINE WOMAN TRAINING, RETREAT ANNUAL GATHERING 2010

with Franchelle Ofsoske-Wyber

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

Venue: Tauhara Retreat Centre

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