



Great Lakes Sacred Essences™ Newsletter

No. 3

September - December, 2007

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Upcoming Classes

Pre-registration must be received one week prior to class. To register after this point, call first for availability.

For a registration form or more information call Wendy at (810)772-1990.

September 29th: Focus - In our fast-paced culture, focus is crucial for us to remain grounded and productive. In this class, you will learn how flower essences can support your daily journey of staying physically, emotionally, and spiritually focused.

(\$125 pre-registered/\$150)

Registration: 12:30 – 1:00 Teaching: 1:00 – 4:30

October 21st: Abundance and Gratitude – Money plays but one role in leading a life of abundance and gratitude. In this class you will learn how flower essences can support you in healing physical, emotional, and spiritual patterns that get in the way of living a life of abundance and gratitude.

(\$125 pre-registered/\$150)

Registration: 12:30 – 1:00 Teaching: 1:00 – 4:30

November 10th: Essentially Fluess™ - No one wants to have the flu yet many people experience the discomforts of this illness each year. In this class you will learn about flower essences and a multitude of other holistic remedies to help you and your loved ones minimize the effects of the flu.

(\$125 pre-registered/\$150)

Registration: 12:30 – 1:00 Teaching: 1:00 – 4:30

Great Lakes Sacred Essences

Essence Combinations

Now Available

Essentially Fluess™ - protects, balances, & supports the emotions & etheric body in ways that deter & lessen illness.

Sacred Season™ - supports spiritual & emotional harmony during holidays & other gatherings throughout the year.

Sacred Renewal™ - provides energetic restoration & recovery from stress, exhaustion, or overwork.

Open Heart™ - provides support for healing broken, wounded hearts & restoring them to their full loving potential.

Sacred Breath™ - provides support for meditation, prayer, and spiritual growth by opening the breath, clearing negative vibrations, & forming strong, protective energies.

Sacred Home™ - provides clearing and focus to shed negative energies around household tasks. Enables one to do needed cleaning with an attitude of love, clarity, and joy.

Miracles™ - supports us in transcending limiting thought patterns of fear, futility, and over-analyzation and aligns us with the courage & belief necessary to experience miracles.

Sacred Circle™ - provides harmonizing support for groups on a common path, such as families, classrooms, or work communities.

Sacred Journey™ - Provides support and balance through the blessings and challenges of life's inner and outer journeys.

All combination essences are available in sprays (4 oz and 2 oz) and tinctures (1 oz). Also available is a beautiful hand-bound book with photographs and comprehensive writings for each essence in the combination. **Call (734) 663-3160 to order.**

The First Eight Classes: Reflections on Teaching

Through the first eight classes in the *Great Lakes Sacred Essences* series, I have found myself in awe, over and over again, as each class unfolded. The topics have been huge archetypes—healing the heart (Open Heart™), enhancing positive possibilities (Miracles™), prayer and meditation (Sacred Breath™), along with others—and as the time approached to teach each one, I witnessed the same energy that attempts to disrupt essence making and other spiritual work presenting itself as chaos, illness, minor crisis, and no time to prepare or even think about what would be taught in class. There is, it would seem, always ample excuse to cancel, and I know that no one would think ill of me if I did.

Yet in all of this, it is important to understand that the teachings are not ego-motivated. They belong to spirit. They are spirit-initiated Angelic voice. The chaos can be seen as the illusions of the dark forces trying to divert energies, attempting to dissuade the ego into believing that it can't do the spirit work asked for and that the ego is “needed” to take care of the interfering crisis. Robin and I have encountered this energy *so* many times during our many years of spirit work to the point that now I laugh at its silly presence. This, of course, is perfect: the dark relies on bluff and our fears, and it cannot hold any force in the face of laughter and resolve. So I *will* continue to be a medium for the “Great Spirit” that teaches through me.

The classes have been for me powerful, joyful, and awesome in the way they move from spirit... through my heart... to you. My blessings to you who have come to support this powerful, important work, for all your encouragement, love, powerful questions, and devotion to grounding the energy of flower essence healing here amongst the Great Lakes and on our dear mother, planet Earth.

Be well.



Merri

Testimonial for the Sprays!

Merri has always said that children are naturally drawn to the essences. Intuitively, this made sense to me but two incidents this spring with my seven-year-old son, Ryan, convinced me!

I usually keep the sprays on my bookcase near my bed. For a couple weeks I looked for my Rest and Renewal™ to no avail. I figured it was somewhere around the house and would show up when needed. Eventually I mentioned it to my husband only to learn that Ryan kept it by his seat in the car and would spray himself each morning before going to school. Seems wise given the stressful conditions of school life!

The second incident made my heart smile. We were headed down to Arkansas to visit my parents. Travel in any form has its challenges so I decided I would take all of the sprays “just in case.” The car was packed and the kids were buckled in. I went upstairs to gather my sprays and none of them were there! So I proceeded to search the other usual locations throughout the house. Again I came up empty-handed. I was getting frustrated and decided perhaps I wasn’t supposed to take them with me. As we pulled out of the driveway, the refreshing smell of Open Heart™ wafted from the back seat. I turned around to see Ryan with his mischievous grin. He had all the sprays in the back seat!

He did not know my plans to take them. He did not know that I was inside looking for them. On his own, he had gathered them and stowed them away for the trip....And what a blessed trip it turned out to be!

As Merri says, “kids ‘get’ this work.”
Blessed be the children.

Judy Sauer, 2007

Announcements

We Have a Website!

Our website is up and running. Visit www.sacredessences.com to learn more about our products, classes, and flower essences.

Attend Six Classes ... Select a Free Tincture!

Once you’ve attended six classes, we invite you to select a free tincture of your choice.

Share Your Story

If you have an essence story to share or a creative way to use the essences, we’d love to hear from you so we can include your ideas in our next newsletter for the support of the entire community!

Newsletter in Two Forms

Starting with this issue, our newsletter will be published in two forms: **hard copy** mailed out and **online** version sent via email. As a special feature, the online version will include the full write-up – with pictures! – for one of our flower essences. Due to its length, we will not be able to include this full write-up in our hard copy mailing. If you’d like to subscribe to our email version, contact us in any of the following ways:

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Spotlight on...

Miracles™

Supportive Essence for Enhancing Positive Possibilities

Miracles™ helps to open the mind's perceptions to allow the energy of Miracles to permeate one's physical reality..... releases what stands in the way of manifestation..... grounds one in the Faith, Gratitude & Trust that empowers the Miracles..... supports the heart's Vision and Belief.

In spray form, **Miracles**™ blends **Flower Essences** (to balance the emotions and etheric body) with wild-crafted or organic **Essential Oils** (that add harmonizing effects) and prayer-intoned spring water. In tincture form, the same **Flower Essences** are held in prayer-intoned spring water with a touch of organic brandy as a preservative.

The **Great Lakes Sacred Essences**™ included in **Miracles**™ are:

- Winter Pansy** – enhancing Universal connections to the forces of Light... expansive... releasing mental inflexibility & the ego's need to “know” or “figure out”... opens the mind to miracles.
- Starry White Flower** – for feelings of failure & futility of past efforts... helps one recognize the wisdom gained in struggle... offers optimism in tough situations.
- Greater Celandine** – to better see & experience the miracles of one's life... for feeling cheated, abused, or unsupported... opens eyes to focus on bounty.
- September Strawberry** – especially for those with sensitive hearts... blesses the heart with courage to do new things... strengthens knowing & helps one stay in one's heart when challenged.
- Blackberry** – manifestation... helps one to awaken dormant talents & one's own ability to channel the miraculous.
- Western Bistort** – releases one's fear of success, power or actualization of heart vision... supports powerful manifestation, helping one to create the structure to hold great dreams.
- Rainbow Falls** – helps to release one's fear and anxiety around challenging situations... gives one the courage & faith to transcend the “impossible.”
- Glory of the Snow** – brings perspective, trust & decisiveness to the mind caught in an inward spiral of worry, questioning or doubt... helps one to believe & stop second-guessing the miracle offered.
- September Cherry** – for letting go of preconceived ideas about how things should be or happen... helps one focus & hold faith to the miracle.
- September Crab Apple** – helps you stay in your heart while releasing fears that you can't do it... you can... you are supported in your holy missions... stay focused, believe and expect a miracle!

Essential Oils (organic or wildcrafted):

- Red Manderine** [Italy] – calms emotions... aids the heart in releasing its struggle... anti-spasmodic for cardiovascular & digestive systems... moderates the nervous system & calms the sympathetic system... very gentle.
- Gingergrass** [France] – relaxing, uplifting, invigorating, clarifying, centering... soothes mental stress & anxiety... opens sinuses... aphrodisiac.
- Dwarf Pine** [Italy] – balances hormones, purifies thoughts... promotes positive attitudes, focus, love, sharing, self-confidence... warming, soothing... extensively used in Europe at medical spas... for mental, emotional fatigue.
- Jasmine Sambac** [India] – releases fear & guilt... purity, connection to Angels.
- Spikenard** [India] – harmony of mind, body & spirit... roots one's thoughts in spiritual principles... grounding spirituality into physical structure.
- Zinziba** [South Africa] – soothes heated emotions... helps to release feelings of vulnerability... reduces trapped feelings brought on by anxieties.
- Balsam** [Peru] – warming, opening, comforting... quiets negative thinking & refocuses thoughts... helps one center in abundance & love.
- Rose Otto** [Bulgaria] – encourages confidence, enjoyment, love & trust... exceptional oil for treating grief or anger... restores heart, allowing love to flow.

Great Lakes Sacred Essences

Winter Pansy

enhancing Universal connections to the forces of Light... expansive...
releasing mental inflexibility & the ego's need to "know" or "figure out"...
opens the mind to Miracles

Blossoming brightly on January 6th,
these Pansies are indeed a gift of the Magi.



Snow began Thanksgiving weekend and lasted till Christmas,
and now during a brief January thaw
flowers are showing in many parts of the garden.....
and here Pansies on Three Kings Day.

In some traditions
this day is celebrated as the 12th day of Christmas ~
the day of gifts honoring the Gold, Frankincense and Myrrh
brought by the Shaman from the East to honor the Christ child.
With flowers blossoming in Michigan's coldest month,
there is certainly Magic afoot here.

Pansy's Spring and Summer flowers
will often stretch their season into the cool Autumn days

but never into Winter's snows.....
and certainly not to be seen in January.



This essence holds the Magic
of that which could not be but is.
The Pansies bloom in Winter
to anchor the Great Mystery and Magic
into the heart and souls of the skeptical, analytical personality.
This essence first helps to reduce tension around one's need to know
and allows for a softer, more open purview.
Miracles can be defined
as occurrences that are beyond our perception of what is possible.
To a human being three hundred years ago
an airplane ride or a telephone call would be inconceivable.....
but today they are status quo.
Winter Pansy opens our hearts and minds
to embrace, accept and look for the miraculous and the joyful possibility in our lives.....
much as the Magi followed a star to find the Christ child.
Their knowledge of Astronomy, Astrology and Alchemy
helped them
to both find the child
and to offer appropriate gifts of Gold, Frankincense and Myrrh

Great Lakes Sacred Essences

to enhance the Strength, Harmony, and Spiritual Development of the child,
allowing for protection as well as a strengthening of his connection to the stars.

Winter Pansy is offered to us on this Three Kings Day
like the gift of the Magi
to enhance our own Universal connections,
blooming in the season when Dark dominates
and Inner Light seeks
to connect with the sparkling Stars of Winter's expansive Night heavens.
States of mental inflexibility with a high need for rationalization
can be met with the essence of Winter Pansy.
The essence helps the mind connect to the wisdom of the heart
and releases the ego's need to "know" and to "figure out."
As one begins to trust the voice of the heart,
intuitive abilities increase
and one begins to open to not only what one already "knows" to be true
but the wondrous possibility of what could be.

