



Great Lakes Sacred Essences™ Newsletter

No. 5

May-August, 2008

Join us for...

Sacred Essence Coffee, Tea and Conversation

At these midweek get togethers, we'll talk kids, Spirit, healing and fun. (Bring your knitting!)

Wednesdays (**May 28, June 4 & June 11**)
8:30 to 10:30 a.m., at Merri and Robin's



Art Fair Open House

During the Ann Arbor art fairs, Merri and Robin will be hosting an open house on Thursday, **July 17, from 10 a.m. to 9 p.m.**, with a potluck meal at 6 p.m.

Their neighborhood is within walking distance of downtown Ann Arbor and has *free* street parking available. So, whether you use their home as a launch for your visit to the art fairs or as an oasis after it, consider dropping by for a spell.

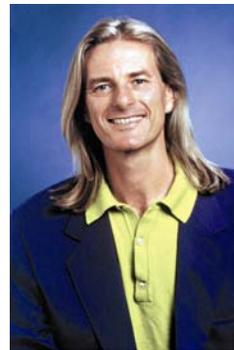
They will have cool drinks and delicious snacks. Their beautiful gardens will be available for rest and contemplation. Their home will be open for relaxing and nurturing fellowship. And flower essences will be eagerly waiting to offer their supportive and balancing gifts.

Stop by for a sweet summer respite, whether you make a foray to the art fairs or not!



You Are Cordially Invited to An Evening with Ian White

Merri Walters and Robin Grosshuesch will be welcoming Australian flower essence maker Ian White to their home on Friday, **June 27 from 7 to 9:30 p.m.** Ian White is the founder of the Australian Bush Flower Essences. He is a fifth-generation



herbalist and has practiced as a naturopathic healer for 30 years. Ian writes books, publishes articles, appears on television and radio, and travels the world, teaching about natural health and vibrational medicine.

Ian White will be teaching about "The Healing Power of the Australian Bush" and he promises "a very entertaining, practical presentation" about the Australian Bush Flower Essences.

A few openings remain for this special opportunity. The fee is \$50 per person, all of which will be donated to Ian in support of his work. To register, mail your payment and a note including your name and phone number to: Great Lakes Sacred Essences, P.O. Box 7566, Ann Arbor, MI 48107.

This is sure to be an enriching, enlightening, fun-filled evening!

They're here!

Individual Flower Essences from the Great Lakes Sacred Essences Collection

Merri Walters has co-created these flower essences with intuitive guidance from Nature and with the support of her husband, Robin Grosshuesch. The entire collection numbers over 200 distinct essences. They are primarily from the Great Lakes Region, with others from sacred sites throughout the United States and Canada. The essences are of various forms of nature, including flowers and plants, bodies of water, celestial events, gems, and landforms.

These essences are highly potent and pure, as you will discover when you work with them. One reason for this is the quality of the ingredients—for example, vibrant, “alive,” spring water provides the base for the essence, while organic brandy is used as the preservative.

Another reason for their high potency is the conscious care with which everything is done—for instance, throughout the process, utensils, ingredients, and work space are energetically cleared and grounded. From field to inventory shelf, each step is done with prayer and focused intention.

And finally, these essences are remarkable because of Merri’s openness and receptivity. She does not choose to make an essence, she responds to Nature’s request; and she is intuitively guided by Nature and attuned to Spirit, who tell her how to make the essence in the optimal way. Flowers invite her to their side; waters beckon her to their shore; sacred sites lead her to their exact location.

Not knowing why, she has been told by Spirit with quirky preciseness where, how,

and when to make an essence, only later to learn that a significant celestial event had occurred during that very time. There is an exactness and specificity in how these essences have presented themselves on our behalf— they offer emotional healing and support in this place and time.

Individual essences from the Great Lakes Sacred Essences collection are now available for purchase in 1-oz stock bottles, priced at \$18.50 per bottle. (Please note: these are *stock* bottles of the essences, not dosage bottles.)

Our Big Summer Project is to present the individual essences on our website so you may learn about and purchase them there. In the meantime, however, you may initiate an order by phone or email.

If you’re interested in learning more, or would like us to send you a list of all of the essences together with a brief description of their qualities, please contact us. We’ll answer your questions and get you what you need.

Great Lakes Sacred Essences
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Presenting...

Basic Starter Kit

36 Stock Essences intuitively selected
by Merri Walters

\$633

(plus applicable shipping & handling fee)

Autumn Alpine	Healing Poverty Mentality
Strawberry	
Baby's Breath	Divine Timing
Bearberry	Holding One's Ground
Black Canyon Juniper	Co-Dependence
Cedar	Relationships
Chickweed	Cross & Crabby
Chicory	Selfless Service
Dandelion	Sunny Determination
Green Ephedra	Addiction
Hoary Puccoon	Obsessive Behavior
Jupiter~Full Moon	Birthing/ Life Dreams
Lake Superior Hue	For Depletion
Lake Superior Sand	Purification
Lake Superior Storm	Sensitives
Lilac	Releasing Tension
Lupine	Divine Order
Makah	Connection
Mars	Empowerment
Meadow Bright	Healing Family Patterns
Monkshood	Balances After Arguments
Montana Prairie	Release
Moss	Recovery
Motherwort	Self Care
November	Balances Nervous System
Lavender	
Ochlockonee River	Reconnect To Life
October Pear	Keeping On Task
Prickly Pear	Feeling Defeated
Rabbit-brush	Focus/ Plans/ Projects
Sacred Tree Circle	Laughter & Play
Selenite	Past Lives
Sipapu	Birth Trauma
Spotted Jewelweed	Catalyst When Stuck
Sugar Maple	Pacing
Tall Wormwood	Forgiveness
Viburnum	Boundaries/ Protection
White Water Lily	Grounding for Sensitives

"This Is Our Work"

We're launching a blog! Initially, Robin Grosshuesch will be the primary contributor, sharing personal reflections and stories about the making of the flower essences. Soon, others in the project will join in, as well.

www.sacredessences.com/blog

3 Ways To Help Us Grow

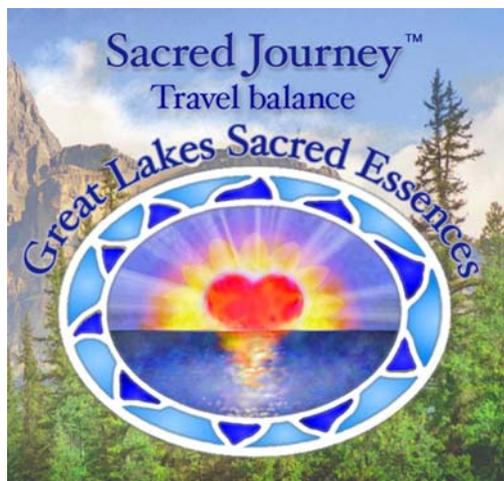
1. Sales: We are expanding out into the wider community to promote Flower Essences healing. If you could see incorporating essence sales into your practice or business, or know someone who may be interested in this, please contact us and we will be happy to have a conversation. We can be reached at 734.663.3160 or info@sacredessences.com.
2. Newsletter: If you know of someone who would appreciate this newsletter, please let us know and we'll make sure they receive a copy. Or you can send them to our website, where they can view and subscribe to it.
3. Website: Consider setting the Great Lakes Sacred Essences website as the homepage on your web browser. Every time you launch your web browser, not only will you be able to enjoy the slideshow of flowers, the website will register a hit—for which we thank you in advance.

www.sacredessences.com

Upcoming Class

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

**To register or for more information call
734.663.3160**



September 20th: Sacred Journey™

Whether we're embarking on the travel adventure of a lifetime, traveling to see family or friends, or commuting to work—and whether we're undertaking a vision quest, trying something new, or experiencing inner expansion—each of us is on a journey.

This class features the combination essence Sacred Journey™, which encourages balance and protection during travel and expansive journeys. It grounds and revives one's energies in new places while encouraging intuitive judgment and action.

Each class in this ongoing series explores the many facets of the given topic – physical, emotional, and spiritual – and teaches how the individual essences in the combination offer support for personal healing. In addition to pertinent handouts, each participant receives a 4-oz. bottle of the featured combination spray.

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

Registration: 12:30 – 1:00 p.m.

Teaching: 1:00 – 4:30 p.m.

Newsletter

Great Lakes Sacred Essences **Combination Essences**

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

Open Heart™ - encourages hearts to open and expand to their full, loving potential.

Sacred Breath™ - opening, clearing and protective support for meditation, prayer and spiritual growth.

Sacred Home™ - clearing and focusing support for doing house cleaning with love, clarity and joy.

Miracles™ - helps open one to the faith, gratitude and trust that empower miracles.

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

Radiant Life™ - encourages inner strength, self-esteem and confidence for the courageous human within.

Sacred Journey™ - enhances grounding, protection and intuitive judgment during travel and expansive journeys.

Essential Clarity™ - supports focus, attention and cognitive clarity while encouraging inner peacefulness.

Abundant Life™ - supports prosperity, gratitude, and sharing while helping change patterns that keep one in stress and worry over survival issues.

Essentially Fluess™ - protects, balances and supports the emotions and etheric body.

Sacred Season™ - supports harmony during holidays and other gatherings throughout the year.

All combination essences are available in sprays (4 oz and 2 oz) and tinctures (1 oz).

**Call (734) 663-3160 or visit our website to order:
www.sacredessences.com.**

Great Lakes Sacred Essences

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Flower Essence Testimonial!

Soon after I purchased a starter kit of flower essences, I had the chance to use it with my 10 year old daughter. She was going through one of those phases when nothing reached her.

“Nobody understands me. Everybody is against me. I never get what I want. Always, everybody else is right. I guess since nobody around here loves me anyway, I may as well leave.”

You get the picture. This went on and on. Whatever I would say or do, it only seemed to make things worse.

I finally had a brilliant idea. My kids use the flower essences a lot and freely help themselves, but no one had touched the new starter kit yet. So I suggested to her that, to collect herself, she find a quiet spot, ask the angels for guidance, and pick the essence or essences from the starter kit that felt right to her. I had turned all of the bottles around so she could not read the labels.

After a while, she came and asked me, "What is obsessive?" She had picked Hoary Puccoon! * She took 5 drops pure, directly from the stock bottle. Her mood had already started to change, just from focusing on the essences, but it kept changing for the better pretty quickly. It was amazing. I could hardly believe it.

She calmed down and has never since gotten back into that pattern. And she took the essence only once!

G.G.

* Editor's note: The label for the Hoary Puccoon flower essence reads "Obsessive Behavior." Hoary Puccoon helps the mind release fretful, critical, negative, self-defeating thoughts.

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. If possible, we will include your ideas in our next newsletter!



The stems and leaves of Hoary Puccoon are covered with white hairs, giving the plant a hoary appearance. 'Puccoon' is a Native American name given to several different types of plants used in the making of redish pigment.





Spotlight on...
Sacred Journey™
Travel Balance

The intuitively selected *Flower Essences* and *Essential Oils* in this blend encourage balance and protection during travel and expansive journeys, grounding and reviving one's energies in new places while encouraging intuitive judgment and action.

Flower Essence Combination:

Lake Superior Sand – supports one's ability to adapt to something new while encouraging deep personal transformation & growth... purifying, releasing the old, moving with the wind.

Scarlet Paintbrush – especially helpful in situations of exhaustion, loss of sleep, changing time zones... enables the energetic body to ground on new soil & attract reviving energy.

Yellow Yarrow – helps protect the energetic field from toxic radiation from cell phones, air travel & other forms of geo-electric pollution.

Rocky Mountains – imparts enthusiasm & new-found energy when facing something big, challenging or new.

Sweet Pea – encourages the leap of faith necessary to try new things & experience other cultures openly.

Jupiter Return – helps one's energetic body balance the expansion of travel... offers a sense of clear personal boundaries & protection during group travel.

Hepatica – helps one make clear decisions & find one's way in new places... helps one move ahead with confidence... supports focus & clarity on the journey... ignites drive, will & determination to set goals & move toward them, finding one's path.

Beach Pine – helps one let go of a preconceived agenda, trust in intuitive guidance & gracefully make adjustments in plans accordingly.

Rose Paintbrush – helps activate the strong destiny forces within that can awaken self-motivation to meet the fellow soul-mate travelers who will bless one's journey.

Black Canyon Sage – helps one feel Divine protection while grounding one with an ability to connect to inner peace, guidance & clear, rational judgment in new or challenging situations.

Essential Oils (highest quality, healing therapeutic grade; organic or wildcrafted, as available):

Cananga [Indonesia, wildcrafted] – calming... eases anxiety, nervous tension, stress.

Dansy Tangerine [USA] – soothing to the mind & emotions... especially calming to children.

Himalayan Cedar [India, organic] – enlivens spiritual awareness... relaxes analytical mind... centers inner self & creates harmony.

Scotch Pine [Hungary, wildcrafted] – eases fatigue... stimulates circulation... restores mental activity... boosts immune system.

Ginger [India, organic] – settles motion sickness... stimulating & comforting.

Opoponax [Kenya, wildcrafted] – very grounding... helps bring one back into one's body at times of challenge or change.

Featuring the essence...

Lake Superior Sand

a purifier..... refines & redefines.....
transforms, recharges and gives way to something greater



Lying on the sand, you will be cleansed.



Sand has always been used as a purifier,
and there is a reason for this.
Sand is really infinite tiny crystals,
and each crystal holds its own matrix of electromagnetic purity
so that Water, as it passes through the Sand,
is electrically recharged or ionized and cleansed.
Lying on the Sand you will be cleansed.
Lake Superior Sand, like other sands,
is a gift from the Rock People ~
the giants who have allowed themselves to be worn down over eons.



The gift Sand gives to us is transformation.
It is especially helpful with long term issues
where we have been trying to make the changes for a long time.
Sand moves with the Wind, with the Water.
It cannot be stuck.
As it has been smoothed by the Water,
it is now used to smooth and sand out our rough edges.
We can then drop the weight from our emotional bodies
and allow it to be sifted through this deep sand deposit
as it recharges our emotional and physical bodies.

Lake Superior, deep and wild and free
~ with only about 100 ships daring to work on this,
the largest fresh water lake in the world ~
is ever crashing against the shore,
ever tumbling these rocks smoother and smaller
until finally we have Sand, soft and perfect.....
tiny crystals to comfort our feet, to mold to our bodies,
to hold the warmth of the Sun close to our every curve.

Sand refines and redefines.
It is the Rock Kingdom's water element.
With all the properties of Rock,
it is fluid,
shifting effortlessly with the tides, with the wind, with the weight of the foot.
Sand teaches refinement.....
that on this path
we are constantly asked to hone, to move, to give way to something greater.
As the once-powerful mountain becomes the infinity of fluid Sand,
we are purified beyond conception
and brought into something much greater.



I am of the highest form of Love there is.....
immense Truth
to undertake in my being here at this Water.
There is a surrounding of Love
in each of us.....
a profound journey from rock to dust.
So, too,
have humans journeyed in the soul plane.
Here amongst the Colors
we are complete and full of the Life Force.
We are those that hide great wonders
and distant memories of greatness.
The Wind is our helper,
the Water our protection.
Humans need our cleansing
to smoothen the rough edges
and bring purity and innocence to their hearts.
The mind will clear and open,
as to a starry night.
Colors unfold the wealth of the cosmos
in all its finer elements.

I hold all in my presence
and yet I am small.
Sand helps
when there is a need to do things immediately and quickly.
It is a feminine mover of Love,
and its Truth is undeniable.
When Sand moves,
its strength is unstoppable.
Sand is a gatherer.
And this essence
in humans, if used as such,
will bring those together
who are tenaciously strong of heart and mind.
We all could use Sand in our morning prayer.
To be blessed with Sand
is to ask for a pure and open day.

