



Great Lakes Sacred Essences

“Flower Essences from the Heart of America”

No. 8

Newsletter

August 2009

New Essences

Three new combination essences are on their way!

Dealing with the stages of women’s lives, the new combinations—Rising Moon, Full Moon, and Moon-a-pause—will be introduced at the Women’s Series of classes that will be taught by Merri Walters.

To learn about the Women’s Series, see page 3.

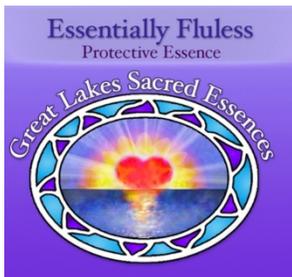
Gift

It’s important to Merri Walters and Robin Grosshuesch that each newsletter feature an individual flower essence. This time their gift is the section on October Pear essence. Learn about this miracle flower on page 8.

Essentially Fluess

On September 26, Merri Walters will present **“Essentially Fluess: How to take care of yourself, your children and your community.”**

In this class, Merri will review the keys to staying healthy and describe ways to help you regain your balance if you do have the flu. Many of these options will be available for you to see and experience,



including flower essences, essential oils, homeopathic remedies and herbs.

You will receive written materials that include advice, recipes for helpful remedies you can make at home, and reference lists for everything that’s covered in the class. You will receive a 4-oz. bottle of the combination spray, Essentially Fluess.

And most important, you will be empowered!

The Essentially Fluess class will be taught at Merri’s home on Saturday, September 26 from 1 p.m. until 4:30 p.m.

The fee is \$150 (\$125 if you register by September 21).

For more information or to register:

734.663.3160

info@sacredessences.com

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Upcoming Classes and Events

Here, at a glance, are the classes and events we will be hosting this fall. All are at Merri Walters and Robin Grosshuesch's home unless noted otherwise.

Rising Moon	September 12
First class of the Women's Series.	Saturday, 1-4:30 p.m.
Essentially Flueless	September 26
How to take care of yourself, your children and your community.	Saturday, 1-4:30 p.m.
Full Moon	October 10
Second class of the Women's Series.	Saturday, 1-4:30 p.m.
Morning Tea	October 21
You're invited to a Fall Open House!	Wednesday, 10 a.m.-Noon.
Moon-a-pause	November 14
Third class of the Women's Series.	Saturday, 1-4:30 p.m.
Holiday Bazaar	December 5
Enjoy this annual winter festival and visit our display at the lower school campus of the Rudolf Steiner School of Ann Arbor.	Saturday, 9 a.m.-4 p.m.
Winter Open House	January 2
You're invited for an evening of community and fellowship.	Saturday, Time to be announced.

Love Notes

I love your essences. They have been a great help for my family and myself.

L.B., Ann Arbor MI

I want to thank you for your excellent essences. I took Sacred Journey with me [on vacation], and I was in some unhealthy locations but I believe this essence changed the energy. I came home in a state of gratitude... The essences were my allies. Thank you.

B.A., Petaluma CA

Your website is beautiful. I hope it reaches many people.

G.B., Gregory MI

As soon as I sprayed the essence, it was like... Dawn! I felt a release, a happiness, a return to *me* and to the divinity in me.

C.B., Camden NJ

Thank you. I have never before experienced such personal service when I ordered something! I feel the miracles already occurring!

B.P., Davis CA

Your essences rock... they're good!
So many blessings to you.

A.S., Boise ID



Women's Series

Beginning in September, Merri Walters will present a 3-part Women's Series of classes. The purpose: to explore how to reactivate vital "woman power" in a balanced and wise manner. To do that, Merri will weave the following themes throughout the series: understanding imbalances, restoring innate healing wisdom, reclaiming the knowledge of women as healers, and remembering the Grandmothers' secrets.

She will be discussing the use of flower essences, herbs and natural practices with an emphasis on how they can benefit women's health — to regulate menstrual cycles; to enhance or calm down fertility; and to prepare for and support pregnancy, child birth, and other creative processes that involve feminine energy.

Merri Walters is organizing these classes around the three major stages of women's lives, so you may find one of more interest to you than the others. That said, keep in mind she is creating these classes as a unified series, so attending all three will be of benefit.

Merri welcomes, even encourages, mothers and daughters to attend together. The first class, in particular, would be a good one for that.



Illustration by Luke Lussenden

The Three Classes

Rising Moon, September 12, 1 - 4:30 p.m.

Rising Moon is the challenging stage of the young woman. The monthly cycle begins, along with its mood swings, cramping and headaches. It also brings feminine empowerment. The challenge? To balance, stabilize and maintain the energies.

Full Moon, October 10, 1 - 4:30 p.m.

Full Moon finds feminine creative energy at its peak. Fertility, pregnancy, birthing, mothering, jobs, and other creative endeavors in the world: they all converge during this stage. *Full* indeed!

Moon-a-pause, November 14, 1 - 4:30 p.m.

Feminine creative energy transitions to the wise-woman phase of life. Yes, on the one hand there's menopause, hormone imbalances, hot flashes, memory loss, weight gain, and concerns about maintaining vitality and getting sexual energy flowing. Yet on the other hand, there's the wisdom of the ages.

Place, Time and Fee

The three Saturday classes will be taught at Merri's home from 1 p.m. until 4:30 p.m. You may arrive early to get settled. Registration begins at 12:30 p.m.

The fee for each class is \$150. If you register early, by the Monday before, it's \$125.

For mothers and daughters co-attending, the fee is \$225 (\$180 with early registration).

A new combination essence will be introduced at each class and become available for sale at that time. Each person attending the class will receive a bottle of the new combination essence as part of the class.

To Register For a Class:

734.663.3160

info@sacredessences.com

Combination Essences

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

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

Sacred Breath™ - opens, clears and protects, offering support for meditation, prayer and spiritual growth.

Sacred Home™ - brings an attitude of love, clarity and joy to household tasks, creating a space that radiates health and balance.

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 self-esteem, inner strength and confidence.

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

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

Abundant Life™ - helps change patterns that keep one in stress and worry over survival issues.

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

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

* **EMF Balance™** - helps one adjust to the electro-magnetic fields in the environment, such as from computers and cell phones.

Tincture, 1 oz	\$25.00
Spray, 2 oz	\$35.00
Spray, 4 oz	\$42.00 (the best value)

To order, visit our web site at sacredessences.com or call 734.663.3160.

** EMF Balance is not yet on the web site. To order it, please contact us.*

"Where Can I Find Your Products?"

"Where can we find your products?" is a question we frequently hear. You can find our products at the following locations in Ann Arbor:

- [Crazy Wisdom Bookstore](#) carries a selection of our environmental sprays.
- [Falling Water Books & Collectibles](#) offers sprays, tinctures and stock essences.
- [Head To Toe Therapies](#) stocks several of the sprays and tinctures.
- [Indigo Forest](#) holistic Family Center has a selection of sprays and stock essences.
- The [School Store](#) at the Rudolf Steiner School of Ann Arbor has sprays, tinctures and organic soap.

In addition, [Palumba](#) mail-order company carries our sprays on its web site.

And you may order from our web site, or initiate an order by e-mail, phone or mail:

sacredessences.com
info@sacredessences.com
734.663.3160

Great Lakes Sacred Essences
P.O. Box 7566
Ann Arbor, MI 48107

Office Hours

Our office hours are Mondays and Wednesdays from 10 a.m. until 2 p.m.

But that's not the whole story.

While we make sure the office is staffed during those hours, feel free to contact us at other times, too. We check phone messages and e-mail every day. We fill orders daily, too. We can also arrange to be at the office by appointment.

These articles first appeared in our April newsletter. So many people found them helpful, here they are again!

A fun way to learn about Flower Essences

Do you want to experience what a flower essence feels like? Do you wonder what they are and how they are made?

Gather a group of friends and invite Wendy Mauntel of the Great Lakes Sacred Essences project for a fun and fascinating journey of discovery.

Wendy's presentation includes the following:

- History of flower essences, including Dr. Edward Bach and his pioneering work,
- The story of the Great Lakes Sacred Essences project,
- Demonstrations of vibrational and energetic medicine,
- Hands-on experience of flower essences,
- Questions and spirited discussion,
- "Play" with the flower essences, and
- A chance to purchase flower essences that can improve your life.

All for no fee and no charge. Yes, that means for *free!*

To learn more or to schedule a date:

info@sacredessences.com
734.663.3160

"I want to get the word out and bring essences to as many people as possible."

Meet Wendy Mauntel

"Everyone has a story," said Wendy Mauntel as she sat down for her interview. Here is what she shared.

Wendy Mauntel, one of the earliest members to join the Great Lakes Sacred Essences project, has extensive experience as a health-care professional. She was "trained, certified, registered and licensed" as a respiratory therapist and began her career at "what was then the cutting edge," as an ECMO specialist at the University of Michigan hospital. She helped to pioneer a last-chance, experimental treatment that gave premature babies in desperate shape a chance to survive. She later worked in intensive care, critical care and neonatal units in a succession of hospitals in southeastern Michigan.

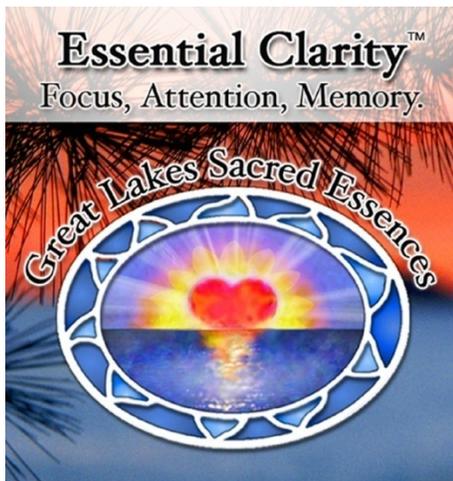
Then Wendy was derailed by a personal healing crisis that left her "very sick, exhausted and dying." Her doctors were stumped. Desperate, she sought help from Merri Walters, a holistic healer, even though she had "no earthly idea what *that* meant" or what homeopathy was. "Within 12 hours of the initial treatment, 80% of the symptoms were gone." In less than a year, she had left conventional medicine—and "fired" her doctors.

Next, Wendy dived into alternative medicine, apprenticing with a holistic physician, attending Johns Hopkins University, and studying elsewhere, too. She became a naturopathic doctor and certified master herbalist. She also became certified in Reiki, healing touch and energetic medicine.

Currently, Wendy practices as a holistic healer. She sees herself as a Holistic Health Educator, with a passion to teach and empower people.

Flower essences have played an important role in her own healing, and she wants to "get the word out and bring essences to as many people as possible."

Spotlight on a combination essence . . .



Essential Clarity™: for Focus, Attention, Memory

The intuitively selected flower essences and essential oils in the Essential Clarity™ environmental spray support focus, attention and cognitive clarity. They encourage a greater sense of organization, self-esteem and inner peacefulness.

Flower Essences:

December Thyme – blossomed on winter solstice under 5 inches of snow... relaxes an over-active, agitated mind or body... calms one to experience a freer flow of higher mental and spiritual forces, allowing for inspiration, clarity and a sense of peace.

Two Hearted River – helps bring one back into the heart and the flow of Divine intention when energies are being drained by over-commitment or dual agendas.

Sugar Maple – for over-work, stress or worry... helps restore mental focus while teaching the valuable lesson of pacing that honors rest and play as well as production.

White Water Lily – offers those with a dreamy psychic nature a sense of protection and trust in the physical... helps one to physically, mentally and spiritually ground on the Earth plane, into the here and now.

Hoary Puccoon – for conditions of constant fret, excessive compulsive worry or behavior, negative thoughts, and recycling events and conversations... helps the mind release its addiction to over-analyzing and critical, self-defeating behaviors.

Lupine – inspires a sense of Divine order that helps one face challenging tasks in an organized manner... aids in clearing chaotic or dysfunctional patterns that separate one from one's innate joy and productiveness.

October Pear – from pear trees in October that miraculously blossomed while also bearing fruit... helps to center one's energies on achieving a clear goal, reminding one to keep first things first and stay focused with one's time and actions... releases self-doubt and fear of actualization while encouraging devotion to clear plans, efficiency and success.

Desert Plume – supports defining one's goals and organizing tasks... enhances self-confidence while imparting clear personal authority to be decisive and act from defined intent.

Rabbit-brush – helps one integrate both the "Big Picture" and the little details of a project... for feelings of being overwhelmed and worried over big projects... helps one set blueprints for success.

Tangerine – encourages the fun and passion that keep one focused and energetic while taking care of the details of practical and mentally challenging tasks... helps one focus on details with accuracy without losing sight of the larger picture.

Agawa Bay – inspires one's commitment to stay with it and complete one's projects, offering closure and the freedom to move on without the stress of unfinished business.



White Water Lily: Photo by Merri Walters

Essential Oils *(of a therapeutic grade, the highest quality; organic or wild-crafted, as available):*

Pink Grapefruit [USA, organic] – helps one feel connected and inspired, promoting both self-confidence and group awareness... for feeling sunny, light, cheerful, radiant and energetic toward projects... strengthens nervous system... balances emotions and brightens dark moods.

Amyris [Haiti, wild-crafted] – calming... reduces stress, anxiety and nervous tension... relieves anxiety while improving mental clarity.

Litsea Cubeba [China, organic] – reduces stress while improving mental clarity... focusing, uplifting.

Gingergrass [France, wild-crafted] – relaxing, uplifting, invigorating, clarifying, centering... soothes mental stress and anxiety... reduces stress.

Scotch Pine [Hungary, wild-crafted] – eases fatigue... restores mental activity.

Vanilla [Madagascar, organic] – reduces stress while improving feelings of self-esteem and security... gives one a sense of peaceful presence while elevating one's general mood.

Pink Pepper Tree [Kenya, wild-crafted] – warming, uplifting, peppery... for encouraging awareness, warmth, vitality and emotional stamina... helpful for keeping grounded and secure during times of change... stimulating, strengthening and motivating... adds “spike” and interest to the blend.

Our Flower Essence Feature . . .

October Pear, one of Great Lakes Sacred Essences' Miracle Flowers, is a core essence in the Essential Clarity™ blend.



Pear trees, generally less gnarled and more upright than apple trees, may live 100 years or more. They can reach heights of 50 feet, though pruning often keeps them no taller than 10 to 20 feet. With more than 5,000 pear cultivars listed by Europeans, the 'Bartlett' has been identified by some as the most widely grown pear in the world.

Pear blossoms, though low in sugar, are abundant with pollen that bees find highly attractive. As cross-pollination is very helpful in setting the fruit, having honey bees in the neighborhood is a boon to pear orchards.

October Pear

October 13, 2005

helps one to stay focused with one's time and actions...
assists one in overcoming self-defeating behaviors

Pears are Spring-flowering trees. They tend to flower about the same time as, or earlier than, apple trees in the spring. So it was a surprise to find this urban pear tree budding out and flowering in October in Michigan!

October Pear essence brings support
when we need to re-examine our priorities
and center all our energies on achieving a clear goal.

In our active days

there are many tasks that seem to call out for our immediate attention
and a myriad of responsibilities that take our time and life energy.

Without a clear plan to achieve truly important objectives

and the self discipline to stay on task,

it is possible to find ourselves floundering, backtracking and lost in unimportant detail.

This flower essence

reminds us to keep first things first

and to stay focused with our time and actions.



October Pear essence also helps to address deeply repressed emotions that hold us in patterns of failure and self sabotage because of an underlying belief that we do not deserve success and fulfillment because, ultimately, we are not worthy.



October Pear flower essence helps to release the conditioning and the personal wounds that keep us locked into self defeating behaviors. As we peel off the layers of self doubt and fear of actualization we can refocus on our goals, devoting ourselves to clear plans that efficiently direct our energies to achieve success.

