



Great Lakes Sacred Essences



December, 2012 Holiday Newsletter

Winter Solstice Prayer Circle



Robin and Merri open their hearts and home to all this winter solstice to join for a candlelight and Prayer evening to honor and usher in the Age of Life.

Friday, December 21 8:00-10:00pm.

We pray for Mother Earth, for the forces of Nature, and for the Enlightenment of Humankind.

We will start with a silent meditation. Please enter the house quietly and join us in a circle in the living room; an usher will guide you.

Around 9pm Robin and Merri will initiate a community prayer and we will pass around a prayer stick allowing those who care to voice their prayer or inspiration to speak.

When we all have had a chance to hold and pass the prayer, Robin will offer a blessing and we will remain together for informal community sharing.

Light refreshments, blessings, and joy to all!

If you cannot physically attend, we invite you to join us with your hearts and prayers from 8-10pm (EST) wherever you may be.

This will be a very powerful evening!

God Bless All!

Announcing a new combination essence: Guardian Spirit

In an age of uncertainty, when even our home Mother Earth feels unstable as she pelts us with hurricanes, tsunamis and volcanos, the human collective consciousness is filled with fears, vulnerability and worries. And as if that were not enough, it feels like the crazies are all coming out of the closets attacking the good efforts of peace promoting, loving people. Sometimes it can feel hard to feel safe or stable.

I see so many good, sensitive and hard working people going out every day, giving so much of their life energy to work for healing and peace in their sphere of the world just to be disempowered, attacked and overwhelmed. It makes me tired, but also gives me a fiery, righteous anger. Dark energies are pervading and penetrating into the heart and soul of the Life force to the point that our very best, most loving, clear thinking people are feeling a numb sadness, tired of trying.

I don't think I have to explain this to most of you — all you have to do is look at your own life and the lives of those you love, the projects and efforts you support, and you will have a strong sense of what I am talking about.

Last spring I was called to make a combination essence for protection. I knew at the time that I needed to send it out into the world, but I



wanted to try it myself first. I used up a 4oz bottle in a week. During that time I felt the energies around myself and my

family strengthen and stabilize. There were many things going on in both my own life and my children's lives, and all seemed to run smoothly, without a hitch. Sometimes we forget, however, to stay vigilant when things are going well. We want our vacation. I don't think I could have seen what was coming next, though I noticed everything's fast pace, the busy-ness and complicated scenarios, how there was no time to think, how confused and ungrounded everyone was getting.

I am now experiencing a wake up call like no other with a clarity and urgency unprecedented. The message is being repeated every day by almost everyone I talk to — client, friend, or family. There is a feeling that ranges from general worry to fear, feeling attacked and vulnerable. The most asked question around my office is, Which of the combination essences is for protection? Well — all of them really, but none specifically.

So, if you have been waiting for or needing this, I am back on the job. Somehow I will find a way to carve out the time to be of the best service I can. As a sensitive, I will stay alert and do my work — to heck with waiting till I have the time!

My prayer is that Guardian Spirit space clearing essence is there for you and your loved ones when you need it. May God hold you in his protective light in that light there can be no darkness!

Merri Is Back!

After a much needed break from my teaching I am excited to be offering the the following schedule:

New essence Birthing Class **Guardian Spirit**
January 26, 2013

The class will cover:

- * Our need for guardianship and how we step out of the circle of our innate protection
- * Feeling vulnerable in the age of change
- * Protecting mind body and spirit
- * Protecting/ clearing our space
- * Protecting family and loved ones
- * Dark spirits: why we are vulnerable and what to do
- * The power and the use of the Guardian Spirit essence
- * Transcending fear and trusting Angelic Protection

Every class participant will receive their own 4oz bottle of Guardian Spirit spray essence as a gift for taking the class.

Open Heart Goes to Hollywood



The GLSE office was contacted a few weeks ago by the Beauty & Fashion editor of *Us Weekly*

magazine (think checkout line at Kroger) Monique Meneses. She mentioned that while she was interviewing actress Sasha Alexander for a “*What’s In My Bag?*” spread in an upcoming issue, Sasha confided that one of her favorite products was Open Heart.



“It would be wonderful if you could send us a sample for a photo shoot.” With the essence on the way, we are on a mission to open the world to Open Heart.

The Future of Medicine: Great Lakes Sacred Essences in Henry Ford Hospital

For almost two years now, Henry Ford Hospital in Macomb, Michigan has been integrating Great Lakes Sacred Essences into their practices with exciting results. In conjunction with the Henry Ford Wellspring Holistic Services, nurses were trained to use the Open Heart and Calm down sprays as well as the Sacred Renewal spray and healing oil. The nurses were instructed to carry the essences on their person for easy availability.

The hospital units currently using the GLSE flower essences are: medical surgery (pre and postoperative care), oncology, oncology out patient, the birthing unit, joint replacement. Additionally, the 600 bed psychiatric care unit has incorporated the Black Canyon Juniper tincture into its care plan.

In a clinical research study conducted by Henry Ford Hospital, patients were asked to self evaluate their experience of pain, nausea, and anxiety before and after flower essence treatments. Results of this study overwhelmingly suggest that the patients' experience of pain, nausea, and anxiety were significantly reduced or even completely abated after the treatment.

Great Lakes Sacred Essences have also been integrated into the practices of several Hospice, palliative care, and home care agencies as well. The response from the caregivers has been decidedly positive as they learned to incorporate the power of the essences into their work with patients.

Moving into the future, it is inspiring to foresee a time when the healing power of Nature through flower essences will be used and acknowledged in mainstream medicine and incorporated into standard medical practices. A dream? Yes, but a darn good one!

A Sacred Season



When I was a little girl, my sister and I would practice the Christmas story over and over to present to our family on Christmas Eve. I

always procured the role of Mary – my name is, after all, “Merri.” My sister, a beautiful brown eyed Joseph, never complained. There were very few lines, not much action, and really very little story, the plot being a baby to lie in the manger at the end. It was the joy of dressing up in old rags and curtains that allowed us a chance to feel the Divinity of our roles, and that feeling was all we were really after.

This season is one of feeling, often strong feelings as the winter causes us to become introspective: memories both sweet and painful may descend and pervade our moods. We embrace the traditional holidays that surround the Winter Solstice, holidays that offer us light and warmth in a time of darkness and cold. But

with this holiday cheer, we often find ourselves too busy to attune to the message of inner light, too overwhelmed to open our hearts to the Divine that surrounds us in Nature.

Flower essences offer a soulful breath, a quieting of the frenzy, worry, and heartache that keep us away from the authentic peace and loving relationships we crave. There is nothing more magical in an essence than a reflection of this. But like the invisible feeling, the profound thought, the transformation of a moment of inspiration when you use the essence, you feel the miracle like a walk under the twinkling winter sky. You don’t have to explain it, to quantify or prove it; your body reacts to the emotional shift and you feel better. This is the essence of true peace and my deepest wish for you this season.

With love and gratitude,

Merri

