

AQUARIUS FLOWER REMEDIES

Newsletter

June 2008



Simon writes

Spare Mother Tinctures

In April of this year I was passing by Ilminster, in Somerset, on the last leg of my journey home from five weeks of driving 5,000 miles to Bulgaria and back. Bulgaria is another story I hope to share with you in the future but since I was passing where my spare set of mother tinctures had been stored for four years, I decided to pick them up in order to sort through and review them. I wanted a few of the bottles to replenish dwindling stocks and also add to the spare set with recent essences I have made. Each flower essence producer has a unique set of mother tinctures that has been built up over many years. I have always thought that if the house burnt down, god forbid, at least my, at present, 19 years of work would not be lost. After a week or so getting back in the English way of life I opened the boxes.

Each bottle of mother tincture is marked, not only with the name of the flower, but the date, place and time of making. As I hold each bottle and read the label I can be instantly transported back to the making of the essence in its environment. Lots of memories are contained within these bottles. For example, the bottle of Bougainvillea was made one hot day in May at a Greek orthodox monastery on the island of Symi. The monastery of Panomitis is itself built on the site of an ancient temple dedicated to Poseidon, god of the sea. The Bougainvillea climbed up the walls of an internal courtyard, spilling its colour over the whitewashed walls. With such a beautiful scene, set in a powerful spiritual environment, a flower remedy had to be made.

Many of the bottles are marked with Threpwood Hill, the cottage in Northumberland where I started Aquarius Flower Remedies. The cottage is remote, with no road or electricity. In winter it was a case of parking the car at the bottom, putting on wellies and carry everything up the hill, this included food, wood, bottled gas and for a time two young children, both whom had been born at the cottage. From its elevated position you can look south to Hadrian's Wall and north to the Scottish border. Its 360 degrees of views means it enjoys plenty of weather; it is exposed to all of the elements.

Here I lived a semi self-sufficient life style for 19 years— wind and solar power, big organic vegetable garden and plenty of bees and hens. Surrounded by fields, my nearest neighbour was a ¼ mile away. I only had to step out of the front door to be surrounded by unspoilt nature. Many flower remedies were solarised in the garden from flowers I had picked in the surrounding fields and woods, or specifically grown to make into flower remedies. The vast majority of the Moon Flowers have been made at this location under the unpolluted Northumbrian night sky. Although I left the cottage some eight or so years ago, each time I hold these Moon Flowers in my hand as I prepare a bottle for a customer, I visualise the flowers and their location in the fields and woods surrounding the cottage.

Since leaving the North Tyne valley of Northumberland I have come to realise just how much Threpwood Hill has shaped me. If the car broke down I had to fix it, when the water pipes burst in the winter I had to repair them – there was no one else to help. Freedom and independence are two qualities that I strongly developed. It wasn't long after moving down to a much more densely populated Devon that I started to 'press buttons', annoy certain folk with my independent and free thinking nature.

I found that it's not just the essences but the bottles too that hold memories. I have made a fresh batch of Gorse this year so one bottle I replaced was the spare mother tincture of Gorse. It's a hexagonal bottle with an extremely faded label only I can read, dating back to 1989, the first year I

started making remedies. An experienced reflexologist in Newcastle called Margaret Duran gave me several empty bottles of this shape when she introduced me to the book 'Flower Essences and Vibrational Healing' by Gurudas. This inspiring book led me beyond Bach and into the process of making flower essences. I have no idea if she is still practicing or if she is still on this earth.

I have even noticed that the ink on the hand-written labels holds memories. Many are written in burgundy coloured ink that I bought in Glasgow. I have a vivid memory of the swanky shopping mall, complete with glass lifts and the piped music of Van Morrison. I was a proper country bumpkin. I went there with Linda, my first partner, the year Glasgow was the European City of Culture (1990). We left our kids with my mum and dad in Newcastle, headed north over the border, wandered the streets of Glasgow, visited the Burrell Collection and stayed in a cheap B and B. Linda is a poet and in her first collection 'Red' published by Bloodaxe, she included a poem about our lavish accommodation. She kindly agreed to let me print it here. (Staying on friendly terms with your X does have its uses!)

Bed and Breakfast in the City of Culture

Not-quite-spring-meadow curtains didn't meet,
fenced by a grey mesh of netted window,
receded out-of-focus tenement systems.
Quilt and sheets, wallpaper, carpet and chair –
seed-packet hybrid reds and pinks – shrieked
as shrill as the door-bell at 1 a.m:
a malt-mouthed Yorkshire drawl, *fucking* everything
fucking. We already had. Now forged into spoons
for morning tongues – salt, porridge, mint.

Things we didn't photograph but print
their images in my mind just as the way
our familiar bodies whispered a foreign language
in the dark dashed by the lobby light
beneath the door: our Esperanto
of lip and skin; suitcase, a bulky chaperone;
toothbrushes' tartan green and red coupling
on the sink, filmed with layers of other visitors' dirt;
one whose name in the register we shared, *France, Harrogate*.

Nothing good comes from too much thinking
our landlady told us, arms full of eggs,
in an East European accent more tempting
than the polyglot toast, marmalade
encapsulated in plastic. Derek from Oxford
reeled off numbers of motorways – M8, 74 –
like so many conquests. Under the table
I wrapped my second egg like a warm pink baby
in a paper napkin, stowed it in my pocket.

One find in the box of spare mother tinctures was a bottle labelled 'Cup and Ring Mound'. Heidi, my current partner, made it five years ago when we went to visit a friend, Lindsay, who lives in a remote Scottish glen. Amongst the Caledonian fairies, in the field opposite her cottage, is an outcrop of rocks covered in cup and ring markings. This form of ancient rock art comprises of a small circle, an inch or so in diameter, chiselled out of the granite in the shape of a tiny bowl. The vast majority of these cups have been compassed within a chiselled circle two to three inches in diameter. The solarising bowl was placed on top of one of the cup and rings and left in the sun for three hours.

Last year we eventually made in back to Glen Lochy and stayed a week with Lindsay. During our stay I read a detailed and well-researched book about the cup and ring markings that pepper the Perthshire hills. One of the author's conclusions was that the ancient people carved them to attract positive earth energy and deflect negative energies. I was pleased when the mother tincture came to light for it fills a gap in our repertory; we didn't have anything specifically for deflecting negative earth energies, sometimes referred to as geopathic stress or 'black streams'. This essence is perfect to add to our Protection flower essence combination.

When I first met Lindsay she was living a few miles from her current abode, in a cottage on a farm called Tombreck, on the banks of Loch Tay. Recently I got a phone call from one of our customers who just so happens to be 'woofing' (willing workers on organic farms) at Tombreck. She had been reading through our catalogue and wanted some blackthorn essence. Because of its protective qualities she suggested it be added to the Protection flower essence combination. Good idea, I thought, now I can enhance the formula not only with one but two more essences and one of those little magical coincidences.

Protection

working on our chakras and aura to protect us against the negative energies we encounter

Lloydia *lloydia graeca* is a miniature white Lilly which has a powerful influence upon the chakra directly above the head (soul star). One of the functions of this chakra is to screen all that enters our personal energy system. If we find we are being invaded by pollutants this essence will stimulate our filters, making them more active and efficient.

Borganvillia *borganvillia spectabilis*. When working with any of the chakras above the head it is important to stimulate the earth star, the chakra beneath the feet; this is done by borganvillia. The earth star connects us to the earth, not only to ground us properly but to draw the strength and protection of the earth into our aura.

Christ thorn *pallenis spinosa*. This common Mediterranean flower has thorny sepals to protect it against attack; this quality is transferred to the essence. Christ thorn activates the chakra midway between the soul and earth stars, the high heart which stimulates our natural ability to defend ourselves against external influences.

Yarrow *achillea millefolium*. Yarrow strengthens our aura to block the influences of radioactivity and negative thought forms that may be projected, consciously or unconsciously, towards us. It prevents us becoming too empathetic with the pain and suffering of others.

Pennyroyal *hedeoma pulegioides*. This essence not only acts as a repellent of negative thought forms but has the ability to cleanse the aura should they penetrate our defences. When we fail to look after ourselves properly holes frequently appear in our aura; pennyroyal repairs these energetic wounds through which negative energies can enter our being.

Blackthorn has strong protective qualities within the aura. Especially good for warding off dark, negative or evil energies.

Cup and Ring is an essence that deflects the geopathic stress of negative earth energies, sometimes referred to as black streams. Such energies can disrupt our natural rhythms and lead to dis-ease.

Protection is available in 30 ml. bottles. Normal price £6.95, on offer here for £5.00.

Feedback from someone wishing to remain anonymous

I have been taking a number of Simon's flower remedies for some years now and am happy to report on my experiences. Some do exactly what the brochure says – and are very helpful for occasional use – but what I want to talk about are the life-changing ones.

Years ago, following a series of traumas, I lost my previously normal good health. I felt generally below par, had very little energy, no stamina, and one of the worst symptoms was that I simply could not get warm. I was bitterly cold even on a hot summer's day, even wearing winter clothes. Work was a problem as I really only had energy enough for 4 days and felt quite ill by the 5th. I spent the weekends recovering from the week and always had to spend at least part of the holidays in bed. One of the hardest things was that nobody understood it.

I tried everything – doctors, healers, acupuncturists, homeopathy – but nothing worked. I think, probably like many other people, I was suffering from something not really understood or treatable by Western medicine or knowledge. I finally went to a medical psychic who could immediately see what the problem was – a totally blocked base chakra. She said this accounted for all the symptoms and suggested acupuncture. This had failed but at least I knew what to aim for and yes, Simon's root chakra remedy is the only thing I have had so far which gives me life-giving warmth and general life enhancement. It is also, surprisingly, very helpful for meditation and for me more so than all the other chakra remedies put together. I also find the earth star remedy very good and the Energy Boost which stimulates the meridians. Also vascillious for 'pull out all of the stops' times.

I am very grateful to Simon for his knowledge and enterprise in developing these remedies since they have made such a difference to me – but I also want to say if there is anyone out there reading this who has had similar experiences to me, take heart and keep trying. The understanding of these things is growing and you should be able to find help if you keep looking.

News from Marion at New Life Essences

It's on the cards! Making and working with essence cards. By Marion Davis of new life essences. www.newlifeessences.co.uk

I had been thinking of making a set of cards to correspond with my essences for some time. My first idea was to work out which essences corresponded to which cards for a tarot pack. But the correlation between the essences and tarot is not clear-cut. Then I began thinking about illustrating the cards with a picture and the information about the essence, but that didn't quite sit right either. Then I thought about how at exhibitions and festivals I would get people to scan their left hand over the bottles and pick one or more out. Those essences would be the ones their higher self had chosen and they needed the most, (or someone close to them needed). Or if they weren't would lead the conversation to the essence or essences they needed. I felt that this process should work the same way with cards. So I set about designing a back for the cards so they would all look the same on one side and copied and pasted info from my literature on to the other side and laminated them. A set of 72 cards was born. I then spread the cards out in front of people so that they are faced with the backs all the same and pull a card or cards with their left hand.

When people pulled a card and read the information on the reverse, it triggers all kinds of emotions, thoughts and feelings. I devised a workshop using the cards to experiment. And so far they have shown interesting results. In one case a woman picked out the card corresponding to the essence "power of love" which is for giving and receiving love and letting go. When she was asked to swap cards with someone else, initially she really didn't want to let it go, (this was without knowing what card she had picked), but when she did, she said it felt ok.

When people pull out a card and then they are shuffled again they would often pick the same cards twice. Sometimes people would pull out the same card as essences I had already suggested for them. What better confirmation of getting it right can there be? I have found that by using the cards not only do I not have to carry all the essences on me (which are heavy and bulky), it's a simple and affective way of working with people to get to the heart of their issues quickly and easily. It's also a non-threatening way of working with the essences, as