



Spring 2009 Newsletter

You may have noticed something different in the workshop line-up this year. For the first time ever, I have included visiting teachers, both to honor and develop *partnership* within the flower essence community and in response to your requests for developing your ability to see the patterns of disease as they appear in the personality and in the body. This spring we have two gifted teachers, Kate Gilday and Sheilagh Durkin, both outstanding practitioners and teachers. Please don't miss these events coming up soon.

The Uganda Animal Spirit Essences

Three years ago during a very challenging trip to Uganda, I had a near-death experience during which a male voice came to me and began giving me instructions to ensure the success of the trip and my own safety and health. The voice accompanied me throughout the trip and for a short time after and then receded. While in a wildlife park in western Uganda, the voice told me I was being *imprinted* as many of the animals were coming uncharacteristically close to the car or lingered during the day or evening right outside my room (imagine seeing two lions outside your room at dusk). This *imprinting* led to the making of a set of essences called now: The Uganda Animal Spirit Essences.

After some preliminary research, I began introducing these in classes with some consistent clear and compelling results. Taking the essences one can absorb the qualities of the animals, but also from the experience learn how the animal experiences through the senses. Below is a recent example which happened in California this year. What appears below is part 1 of a practitioner's experience. If you want to see part two just email us and we'll send you the text. In Part 2, the elephant teaches this practitioner about sensuality.

There are 8 animals in the set. Call Lindy for more information.

PART 1: Taking Elephant Essence

After taking the drop of essence, my awareness immediately went to my belly. It felt round, watery and very content. I heard the sound of mmmm... After a moment the energy from my belly shot up my spine making me feel lighter (as in less weight), then it went over my head and stopped at my mouth. Once I again I relished the watery feeling of chomping and slurping and heard the mmmm... sound. Then the energy went to my chest which grew huge, like a great barrel-chested man. As I sat experiencing this strange feeling, which happened over a couple of minutes, I began to notice my legs and feet. There was a flowing, fluffy, wispy feeling all around my legs; they began to feel big and squishy. This was the extent of my experience for the rest of the day. There were two remarkable things about it: one was that I felt so solid, safe and content, and the other was the intensity of the physical sensations I described. It was so strong I was sure I looked different.

That evening, as I was eating dinner, I felt a sudden opening from my chest to my arms as the same feeling I was experiencing in my legs flowed down my arms. Now I had four stumpy, squishy appendages. A short time later I took the dog for a walk. While I was walking more energy traveled up my spine and my neck felt massive, and as the energy traveled to my chest I had a few anxious minutes trying to breathe enough air into my cavernous-feeling chest with my actual little lungs. That worked itself out without event. Toward the end of my walk my knees started to hurt from the unaccustomed “weight” they were carrying. There were some odd muscular pains in my thighs from moving my new legs wrong, the extra bulk making quite a difference in how I needed to move. In reality I weigh about 140 and my knees and thighs don’t hurt when I walk. Something strange was going on here.

I went to bed with these strange feelings and woke often during the night struggling with the foreignness of my body. Several times I asked elephant to leave – it didn’t. I tried taking clearing essence and calling in the angel of clearing. The elephant was still there. When I imagined myself in my mind’s eye, I couldn’t see a female form; I had a female elephant body.

I got up in the morning having slept poorly, but feeling enthusiastic and energetic. I thought it was a warm 70 degree morning and was walking about with bare feet and a light cotton blouse. I had the kitchen door open - to let in fresh air - when my husband got up. He asked if he could shut the door because he wanted to turn the heater on – it was 63 degrees, after all, he said. I was stunned! In my normal life I am always the warmest dressed at any gathering – heck, I wear long johns in the summer! Not only that but on this morning I put on a silky, lacey camisole that I haven’t worn for years. Now

days I wear practical clothes, but I wanted the silky one today so I could feel it slide across my skin. And I didn't wear a bra (because it would get in the way of my breasts feeling the silky fabric); I don't remember the last time I went braless in public. My limbs, neck and chest still felt the same foreign feelings, so I knew the elephant was still with me, and that meant that this same creature was behind these other odd occurrences. Since my limbs felt swaddled in stumpiness, I could understand why I was feeling warmer than usual, but what do elephants have to do with feeling sensual I wondered? (Ask for Part 2 to find out).

The Delta Gardens Aster Set

This set is now in its third year of use with students and practitioners only. We have received many wonderful stories about its work with death and dying. This one comes from Sonia Todd, a flower essence practitioner from San Francisco.



A Magnificent Aster Story by Sonia Todd...

My mom has been very sick since May last year and in addition to this she had her youngest sister passed away from a grave illness, and soon after that her very beloved nephew committed suicide leaving Mom in total despair.

In September she was diagnosed with brain strokes , advance Dementia, and other complications from Diabetes and High blood pressure. All during those very difficult times I administered flower essences to help her cope with it ALL.

A time came when mom was not getting any better and she was refusing to take flower essences, something that was surprising to me because she has always loved her 'Gotitas de Dios, Gotitas de amor , Gotitas de Flor'' (Little drops from God, Little drops of love, little flower drops.) Her health was in such decline and she was refusing to eat or drink and went into various states of anguish.. and not knowing how to express her needs to us. It was desperate to all the family members as we were scrambling for ideas in how to help her eat and drink to no avail. I thought mom was going to die of starvation, and that was a scary thought, so I prayed for help. That is when I had the idea to get in touch with Jane Bell, and asked her to do a BER (Battle Energetic Release) on mom to see what she needed from us. In this work Jane accesses the Spirit of the person and asks what they need, and mom's spirit told her she needed the Purple Aster. Jane recalled that

mom puffed up like a dandelion and floated away only to come back and express her concerns for the family, that the family kept her here.....

I was amazed at the results Jane had with Mom and the Purple Aster from David Dalton's Aster set. This purifies the mental/emotional body of arrogance, and the illusion of superiority. Its also helpful for coming to terms with presumptions of spiritual entitlement, and for Karmic insecurity. Mind you, that at this moment I had no idea there was such an Aster set since I was so intensely focus on mom's care and helping family members cope with how rapidly mom's life was changing.

I ordered the Aster Set and was so happy when I received it. I held the little gray box in my hands delicately, and opened it whispering to the pretty labeled bottles to help me with mom. I gave them thanks for their medicine and a huge hug and gratitude I sent to David for creating these powerful beings that were my last hope to help mom.

So I went to Mom's bedroom holding the little gray box cupped in my hands and I proceeded to tell her that here in my hands I had a(she interrupted) she said ; I know what it is in that box, I need the Purple one right now." I had goose bumps and so much awe that she knew. She opened her mouth to take the essences just as a little bird would, and I observed in awe how much at ease her face turned at once. She was able to go to sleep and slept for the entire night, something she has not been able to do in months !!!

My Dad came in the bedroom at that very moment and he wanted to know what was in the box. He opened and looked at the essences and said that he would need them but later on not now. Wow!

This is pure magic, I thought. From that time forward I gave mom the Purple Aster and the Bushy White Aster that Purifies the emotional body of desires, eases lust, greed, and wanting. It also treats orientation toward materialism, and spiritual fears. Soon she began seeing people from her past who had died already, experienced fears of death and so on. Soon after all of that she started to eat again little by little, and at one point she fell and hurt her back and was taken to the hospital and that was the last time she was at home .

On February 18th she was sent to a rehabilitation center and it was there where I experienced the most grandiose and magnificent miracle of my life and hers as well.!! She asked me for the "pink one" in the box one of the days I visited and that is the Pink Aster that purifies the emotional body of anger , hatred, prejudice, blame. It eases resentment and is recommended for those who dwell on revenge. It is also great for the treatment of old rage in the psyche, and helpful for making amends with enemies. My Mom said, "Give me the pink one now please I need its help now!!" That day Mom began moaning in pain, the nurses were giving her strong pain medication and to their disbelief the medicine was not taking care of her apparent pain. Nothing gave her comfort. She was in agony and kept asking God to help her over and over. She held on to me for dear life, asking me to pray for her and sing to her. I don't know any Catholic prayers or songs and I asked God to help me remember one at least and to my amazement I started to sing, not just any song but her old time favorite! Who knew??

That seemed to soothe some of her anguish. "I need prayers", she would tell me over and over , and once again I thought this was her dying moment. My sister and I stayed the night with her sitting in most uncomfortable chairs but at the end it all seemed to be worthwhile. In the wee hours of the morning mom held her arms up high as if

taking off in flight, and her head and arms came off the bed a little and she took a deep breath and collapsed back on the bed. I thought this was phenomenal!! Then she proceeded to do it again, so I woke my sister because we were experiencing a miracle here. She did that motion 3 times more and on the 4th time both her feet and arms came off the bed as if something or someone was lifting her off the bed. Her gaze was looking upwards the whole time, she held that position for about a few seconds and then she took a deeper breath and her feet and legs and arms came back down and me and my sister looked into each others eyes in amazement!! I checked her pulse and it was far stronger than before and she seemed to be resting peacefully. Soon after that she was asking for water, and she drank eight mini glasses, which for her was a lot comparing to the sips we were giving her before. Three hours later she began crying, weeping, sobbing from her soul as if she was talking to someone not visible to my sister and I. She was telling this being that she was sorry she didn't see how beautiful all her children were, how beautiful life was! She turned to my sister and they had a tender moment. We were all crying, and soon by the grace of God my brother came in and my two siblings who live abroad also phoned to speak to her. She kept on sobbing and asking us to forgive her. She told us that she wanted to see us united and caring for one another and getting along.

While all that was going on I was deeply grateful to all there is and it is then that I was told by an angel to go to the left side of mom's bed and sit besides her. At that moment she looked at me as if for the first time in her whole life and she said to me, "Sonia, oh dear Sonia you are Innocent, you are innocent! You were always innocent! I am sorry I did not see it before. I love you with all my heart my pure little girl! Oh my God! She is innocent! She is innocent!" Just then she looked up and said "I already told her. I already told her". I embraced her and let her weep this sorrow that was in her heart and soul. I was stunned, to say the very least, as I had already done my karma work with Mom and I had resolved within myself that I would never hear from her any loving words and much less an apology! So in this resolve I was going to give her all the love and compassion that she never was able to give me in this lifetime and so I did. Hearing her say that was an extra bonus for me, a true miracle, that was truly amazing. I was in complete awe and sort of on cloud nine with my feet on the ground. She also told my Dad that she loved him with all her heart, something she never has said before. Now that was an Aster Miracle for days! She was able to tell both my sister and I that she left, but that "they" sent her back.

I am super grateful to the Asters and to David and to Jane and to Mom and to me!

Sonia Todd is a gifted psychic and healer who has a personal relationship with nature and the flowers which she wears always on her head. You can reach her at