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A Journey of Healing with Flower Essences

(In the story, names have been changed to protect privacy)

The knowledge was passed on from generation to generation through the art of dance, story-telling and singing. I know of a very special man, a beautiful soul. He is what we call an Elder. He stands tall and proud, tall and proud of the culture and knowledge that he has had passed onto him by his Elders. He has been through initiation. He bears the scars upon his chest that tell the story of transition from boyhood to manhood. He is a library of the knowledge and wealth of our culture. I know you can see his stance: one leg at a 45 degree angle with his foot resting on the side of his knee. This stance is for contemplation, much contemplation. His name is Paul Arawari and we know him as Paul.

I wish to share a special story about him that is full of inspiration and tells just how belief is such a powerful, magical tool that we all hold if we simply believe. After "colonization" Aboriginal children were forcibly removed from their families and land. We were once classed as hostile and savage. The European settlers thought that we needed saving and to be educated with their knowledge.

They were confused as to what category to put us under, after all we were different to them. We lived differently, and we looked different to them. They thought we were ugly with protruding foreheads, wide noses and black skin. After much contemplation, they decided to place Aboriginal people under The Flora and Fauna Act.

It was during the time of separation and segregation which was ordered by the Government that these Police Officers came across the camp where Paul was living as a child. The Police Officers ripped babies from their Mothers' arms and dragged children who were kicking and screaming through the dirt to the waiting trucks that would carry them to things they thought strange and had not seen before. The Police Officers spotted Paul who walked with an awkward limp as he had been born with polio. One Police Officer said to the other, "This one won't be any good for anything, he'll be too slow." With that, they both agreed to leave him behind.

The boys that were removed were sent to missions so that they could be taught the clearing of the land and farming. After the training they were then sent to farms to assist the white men in their quest for greed and power. These boys were not paid wages: their payment consisted of a bed in an out-house and food which was also consumed there. There was no room at the tables of these families for a black man; he was treated less than they.

After the Police Officers had loaded the children up onto the trucks the grieving parents were left with so much grief and confusion: "What have we done for the white man to come and take what we have given life to?" These people would go straight into what we call "sorry business," hitting themselves constantly to rid themselves of the pain, sorrow and grief.

The white man did not understand this either; they thought, "Stupid black man."

This was extremely frustrating for my people and many of them still bare these scars today. Unfortunately many of them have not begun their journey of healing within themselves. This is why they suffer so much disease still to this day.

After the dust had settled in the camp site and the group had completed their sorry business, they decided that it was the right time to heal Paul of the polio that he had been born with through the healing essences of the wild flowers that grew in their area.

The ritual began by collecting specific flowers for the healing of polio within the body. They then dug a pit in the earth to create a healing pit that a body can lie in. The elders lit a fire inside the pit so that the surrounding earth warmed. The fire was left to die down so that there were warm ashes. They then placed a mixture of bark and leaves on top of the warm ashes, along with a mixture of the flower essences. The healing pit was now ready for the healing of Paul.

They wrapped Paul in a booka (kangaroo skin) and then lowered his tiny body into the healing pit to begin his journey of healing, physically, spiritually, emotionally and mentally. Whilst in the healing pit the body goes into what we now know of as a trance state. Much is also channeled through the mind during this process, with much wisdom and knowledge that the body becomes aware of. This

also gives the answers to many other things that a person may be seeking.

Paul went through the healing process. After many hours he was picked up from the healing pit. His body was heated and the sweat coming from his skin was also a release from within. His body was weak and the Elders then carried him to the nearby river where they unwrapped him. He had no control of his body and they supported him as they unwrapped him. The Elders then bathed him with the fresh water from the river to cleanse his body of the toxins. As they did this, they talked to him and told him stories. They spoke softly, so softly, as he was extremely sensitive after such a powerful healing ceremony.

After his experience in the healing pit Paul was cured of the polio that had ailed his body. He now tells his story with pride. Paul has assisted two of his peers in their quest for starting out a healing college in Perth, Western Australia. The wild flower essence in the South West of Western Australia have been studied by doctors and is found to have the highest levels of healing properties in the world. I believe what the flowers offer is what is needed in the area in which they grow. I have studied the flower essences myself and have been amazed with the shift they can have for people affected emotionally, spiritually, physically and mentally.

I am an Aboriginal Health Worker with the Health Department and have used flower essences with clients.

I had an 11 year old boy and his mum present to me. The boy was complaining of a bite on the rear of his left calf on his leg. When I examined the bite, I said to his mum that it

looked suspiciously like a White Tail spider bite. The venom from these bites cause ulcers and rot the skin and surrounding tissue. I suggested to his mum that she take him to see a doctor straight away so that he could begin taking antibiotics.

His mum took him to see a doctor, and after a couple of days there seemed to be no response from the damage to his leg. It quickly got worse and as I sat and watched more blisters appeared all over his leg.

His mum kept taking him back to the doctor and was also taking him to the local hospital once a day so that

they could dress the wounds. After 3 days of waiting for signs of repair, the doctor told the boy's mum that if the leg did not begin to heal they would have to amputate his leg as the poison was getting closer to the bone. The doctor asked the child's mum if she could bring him to the emergency department the following morning and then they would reassess the leg. The doctor stated that it would more than likely end up being an amputation.

His mum was extremely upset when she came back to me. I suggested that we use the flower essences. She agreed with this so we collected the essences that were needed to assist with the



healing process of the damaged tissue. We even used essences that remove negative emotions such as frustration and fear.

The boy sobbed constantly as he was scared of what the doctor had said and was also in a lot of pain. We mixed the essences together and placed the liquid all over the leg. We massaged the leg for hours that day as we wanted to get the lymphatic glands working effectively to assist in the removal of the toxins from his body. We also kept giving the child drops of the flower essences under his tongue, so he was getting a double dose of the essences. With this healing it is important to become one with the essences; they respond to you and you respond to them. As we were massaging, we imagined that the leg was beginning to heal. The skin was returning back to its original color and the blisters started to go down. This is also a powerful form of healing for my people.

As the process was unfolding the boy's sobs lessened until there was silence. This was the beginning of a positive outcome for me. After many hours of working on the boy's body, we finally soaked bandages in the essences, then wrapped the leg with them. We then covered the leg in towels so that the essences could continue working overnight. We asked our ancestors to come and join us in the healing of the child.

The following morning I transported the boy and his mum to the emergency department of our hospital. The doctor was amazed when he removed the bandages and saw how much the leg had repaired itself since the morning before. We did tell the doctor that we had used the flower essences on it; however, he believed that the healing

had come from the antibiotics he had prescribed.

After we left the hospital, we immediately took the child to the beach as we also use the salt water for healings. He swam in the ocean for a couple of hours. During this time I kept asking him to come and show me how the wounds were responding. By the time we left the beach, all of the dead tissue had peeled off the wounds, and the skin was beginning to look nice and pink again.

The boy was amazed at this. The story was carried around by my people. Not long after that I had someone else approach me for assistance with the same bite as she had heard how wonderfully it had worked on the boy.

How Do We Extract the Essences?

When you come across a flower and you wish to seek the answers of the healing properties it holds, you simply sit beside it. Take a few long deep breaths in and exhale. Look at the flower. Notice the texture, color and shape. Hold both hands palm down over the flower so that you can connect with the energy. Now, close your eyes. I always like to see myself sitting on the petal of the flower. After you have done this, connect with the energy of the flower and ask: "What is it, beautiful flower that you can offer in the way of healing? What is special about you?" You might hear a message or see a picture of what the healing essence is of that particular flower.

If you feel the need to use the essences, then you must ask the flower for permission, explain why it is needed (for humans, animals etc.) Is it for the good of humanity? If the flower gives consent, then we let the flower know that we will be back at full moon to

receive its healing properties. The reason we do it on a full moon is because the moon has a major impact on moods; the women moon bake on a full moon to receive the highest energy levels of the universe. Thank the flower for its contribution and for taking time to listen to you. Yes, the flowers have feelings.

Upon full moon we return to the flower and once again thank it for its contribution to the universe. Before we commence with the collection of the essence, we again become one with the flower. We then tie a plastic bag gently around the flower. Once again we thank the flower for giving us its wonderful healing properties and leave the rest to the flower and the full moon to finalize the extraction process. The following day we return and collect the powerful healing essence. We then thank the flower for allowing us to take its essence.

I remember as a child sitting amongst yellow flowers in the fields making necklaces, anklets and bracelets out of the flowers. We also used to pluck the petals from the flowers when we wanted to know if a certain boy liked us...he loves me (he loves me not).

Sitting amongst these flowers, we used to giggle and laugh so much. In fact the feeling was quite euphoric. I have since found out from Paul that this flower holds the property of happiness – which took me straight back to happy memories of my childhood in the fields.

*By Sophie Hills,
Aboriginal Health Worker
Great Southern Aboriginal
Health Service
with Brett Ellis, NLP, TLT and
Hypnosis Trainer*

You Are Ready!

In February 2001, I attended a weekend seminar in Ottawa called "The Secret of Creating your future" where I met Tad James. Before that weekend, I had never heard any mention of the terms Neuro-Linguistic Programming, NLP, Time Line Therapy™ or Ancient Hawaiian Huna. That weekend was more than just an eye-opening experience; it changed my life in many ways. "You are ready" is what Tad James said to me as his eyes fixed on mine. I was taken aback at first, not understanding what he thought I was ready for. However, without any further thought, I immediately enrolled in the Practitioner NLP and Master Practitioner NLP courses.

Eventually I went on to complete Trainers Training and to assist a number of times, in the Practitioner, Master Practitioner and Trainers Trainings.

As for "The Secret of Creating Your Future" weekend, it allowed me not only to set a big future goal but also to achieve it. I was able to clear my mind of anger, sadness, fear, guilt, and limiting beliefs.

As we go through life, we often hear about someone being diagnosed with a life-threatening disease and although we feel for them, we never imagine that we could be next, until reality hits.

In May 2006, my reality hit. I was diagnosed with breast cancer. Initially, it seemed surreal. At first I could not bring myself to say the word "cancer," let alone understand how it could happen to me, after all there was no history of cancer in my family. I had an

active and healthy lifestyle. Why was this happening?

Along the way I had read interesting materials written by Dr. Ryke Geerd Hamer. The document was entitled "Documents of the New Medicine". He researched Significant Emotional Events, or SEEs, using CT-scans of the human brain. His research found positive correlations between specific lesions of the brain to specific cancers.

It was my experience, too, that one significant emotional event caused emotional distress, which drastically altered my health and cells. With other contributing factors, I believe this is what happened to me.

After the initial shock of it all, the healing journey began. I never acknowledged the fact that I was sick, so there was nothing to cure. That's when I made a conscious decision, to use the techniques, which I had learned to regain perfect health.

The key, I knew, required me to use Timeline Therapy™ to mentally live in the future, living in a time when this would all be over, looking at what I was going through as though it had already happened. Also having a positive attitude, staying focused, and having someone whom I could count on 24 hours a day, 7 days a week is what got me through my journey.

I've come to learn that when faced with a life-threatening disease (disease), it is important to keep up your sense of humor. Chemotherapy was not a devastating treatment. It was a way to replace old cells with clean and healthy ones just like when a home is



renovated or your car's oil is changed.

I was able to deal with my diagnosis using NLP. I used positive Internal Representations (IRs), reframed any negative IRs into positive frames. I used Time Line Therapy™ to get rid of anger, sadness, fear, and guilt, limiting decisions and beliefs as well as putting attainable and realistic goals into my future.

In fact, I lived the whole journey by living in the future, that is to say, living as if I had completed my treatments and was simply looking back, back into the past, day by day (which was a reality, taking place now) turning reality into just a dream.

My first reframe was of The Doctors: "You have cancer." became "Please go to the hospital for additional x-rays. There is a blur on the x-ray, always nothing, but we (the medical staff) want to confirm this." And so the reframes began for the next 9 months of my life. The simple thought of "my hair has fallen off" was reframed to

“bald is beautiful, it is how we were born;” no more wasting time in a hair salon or spending money on expensive coloring. “My wigs can now match my outfits.” And finally, most importantly, “my hair is growing back thicker and healthier than ever!”

Using self-hypnosis, visualization, as well as Ancient Hawaiian Huna also strengthened me. I used Hawaiian Ho-oponopono daily to clear the slate of the less positive energized people in my life. These methods as well as new strategies contributed to my overall well-being. Through it all, I focused my energy on things I loved to do

such as cooking (unheard of during chemo). This allowed alternative positive thinking. So during the course of my treatments, I became a gourmet cook and even submitted some of my recipes for publishing. Body movement and stretching with Pilates and Yoga became another form of therapy and helped challenge me mentally and physically.

At this point in my life, I feel healthier and younger and look better than I ever did. Exercise is part of my daily routine and I am now a personal fitness instructor and trainer, helping people who have undergone cancer

treatments. My education and mind growth expansion is always ongoing.

Had those meetings and studies with Drs. Tad and Adriana James never taken place, I do believe my life would have turned out differently. A million thanks go out to both of them for their insight and support as I continue my path of good health and success.

Franceen Roll

Certified Trainer and Master Practitioner of NLP, Time Line Therapy™ and Hypnotherapy. Montreal, Quebec, Canada

BY KIM REDMAN PHD(c)

TLT and Past Life PTSD



(Names have been changed to protect confidentiality)

I have very clear criteria for the type of clients that I work with. My clients need to be committed to the process of change, prepared to change now, and prepared to commit time, money and energy towards achieving their results. I guarantee my results, and I'm a huge fan of 'tasking,' and the opportunity that

the tasks create for self-initiated change in the client. Additionally, tasking gives me an opportunity to gauge the client's receptivity and commitment to the above criteria. I always create a task, or some challenge for the client to overcome, before they come to see me. And this is especially true with clients who have 'had their problem' for a really long time. The longer the client has had their problem, the more challenging the tasking is. Ironically rather than deterring clients, via 'word of mouth' advertising and medical referrals, I now see many clients who say that 'they've seen everyone and haven't gotten any results.' These clients often have histories involving trauma, abuse, and PTSD (post traumatic stress disorder).

One of my clients was a 50 year old man named Tom. Tom was a 'word of mouth' reference and came to me with the presenting symptoms of disabling panic attacks, interrupted sleep patterns, degenerative muscle and bone disease of

unknown origin, and bowel difficulties. His panic attacks had disabled his life, created strife in his marriage, and he was unable to hold down a full time job, or plan any social activities for fear that his fear would disable him at some inopportune moment. Traditional physical exams could find nothing to explain his condition. Interestingly enough the panic attacks had been steadily increasing in duration and intensity for the past 25 years, and he could not consciously remember any event that might have triggered his condition. Tom was also a nutritional expert and had explored many different therapies and options.

Tom's initial task involved both detail and precision. He was to create a chronological listing of the past 25 years: detailing his symptoms as they progressed, the many therapies he had tried with names of practitioners and the effects of those therapies. Additionally he was to list his age and key events that had occurred in his life, and his feelings about those

events. He used primarily digital language during our first phone conversation, and spoke about not really having any feelings other than varying levels of frustration.

Coming to see me also involved overcoming fears about driving, being in new locations, and arranging for someone else to transport him. He arrived at our healing centre two weeks later, drenched in sweat, on time. His 25 tiny print, handwritten pages of information proved incredibly valuable as we were sorting through the many patterns that were presented. It was clear that his panic attacks had escalated dramatically since 9/11. Tom had easily enough material for three separate breakthrough sessions: one on panic attacks, one with his mom, one on health. We decided to begin with his panic attacks.

He walked and spoke like a warrior. He even wore a huge Sheriff's star belt buckle. I could easily imagine this man living in a historical setting. An initial assessment showed a history marked with significant emotional events (SEE's) that included fleeing the United States after going AWOL from the Marines, pre-dispatch to Vietnam. A highly patriotic man, he was now banned from his birth country (or risked imprisonment at the border), and had just begun the proceedings to clear himself of the military charges. In his own words he "abandoned his country, his mother, his creed," and "betrayed everyone." He also spoke with great derision around 'having no choice but to take care of his ageing mother.' With further observation I noted that his panic attacks were triggered by the Canadian flag. While he had a wonderful wife here, he 'hated everything' about having to be in Canada.

During his breakthrough session we obviously used Time Line Therapy® to remove anger, sadness, fear, hurt, and guilt. We removed his limiting decisions around abandonment and betrayal. We

also removed his limiting decisions around 'having no choice,' 'blaming Canada,' and 'being triggered by the Canadian flag.' Tom was given tasks related to physical support for his body, and we scheduled another session for the following week. Immediately, Tom reported that he experienced a marked improvement in his condition, and could look at a Canadian flag without being triggered. He could listen to the anthems at hockey games again. He had several nights of restful sleep and said he felt like a new man. He was even driving again. This was huge for him.

Several days later I received a phone call from Tom saying that he was being triggered even worse than before. He was waking up from nightmares, and couldn't seem to watch the history channel (one of his tried and true ways to relax) or to surf the history sites on the web. He said he felt like he was going crazy so I told him to come in earlier than previously scheduled.

Questioning revealed that the trigger appeared to be the U.S. flag. Not the current U.S. flag, but one from the Revolutionary War era! It made no sense to him, but he was quite willing to do some Time Line Therapy™ around the event. He then admitted that he had always been drawn back to that historical time, and as much as he was entranced by the era, that there was also a certain dread associated with it.

We decided to remove the limiting decision to 'be triggered by the U.S. flag' and calibration showed Tom to be much more associated than his everyday digital self. His neurology was already lit up, he was congruent with a past life root cause, and even named the year. As he approached the event he began to display signs of anxiety and distress. Getting higher up above his Time Line minimized his distress only slightly, and he said he couldn't even get near the event which he now identified as a battlefield. This

reminded me of other PTSD interventions that I had experienced, and I used the Fast Phobia Model on this past life event with him.

Immediately his symptoms disappeared, and when Tom got back to now, he was able to contextualize all of his previous symptoms and behaviours in terms of this root event: his desire to serve, his fear of being abandoned on a battlefield, his decision to go AWOL. Tom came back to now with the name of the battle, the year, and some names of compatriots on the field of battle with him. His new learnings gave him perspective and choice. We finished his breakthrough session, and I sent him out with some tasks to reinforce his new neurology. Interestingly enough, shortly after this session he was called back to the U.S. and formally cleared of the charges by the military.

We know that the Unconscious Mind is symbolic, and some might say that Tom's historical interests planted all that data. Quantum physics and specifically quantum biomechanics refer to human beings as holograms, and as holograms it is possible that we have many gestalts. With dimensional theory indeed many time lines are possible. Either way I find it fascinating to explore, and I am thankful we have such powerful tools available to us.

Months later, a much more relaxed Tom came in to see me again for a separate breakthrough session about his mom. Results and successful outcomes are a beautiful thing!

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Peter the Pool Guy

I think one of the greatest and most fun interventions I have had in coaching was with Peter the Pool Guy. Peter does Pool maintenance, repair and sells most pool products as a mobile service. Now I am a member of Business Networking International (BNI, for short) where I met Peter, and we meet weekly to network, educate and inform our extended sales network of our business.

Most people in BNI are small business owners looking for a way to increase their turnover through networking. Of course my business is directly related to helping people with theirs so naturally each week I would tell everyone about some facet of change-work that I do. Peter was immediately interested but did not say anything for nearly 6 months; then, out of the blue he rang me and said that he needed my help. Immediately!

So we arranged to meet on Saturday, starting at 7 AM on the proviso that we would complete the entire process that day. He agreed and on Saturday morning he arrived on-time, with his tasking complete, and ready, and we got right into it. I had put him on a task for a few days to write down all the possible things he could do in his business and where he saw himself in 1, 5 & 10 years. He had to diarize this and bring it to the session. His presenting problem was: 'In winter my sales drop dramatically and I am worried that I won't be able to make it through.'

We began with a Detailed Personal History and launched right into releasing negative emotions with Time

Line Therapy™, followed by limiting decisions with Time Line Therapy™, and a Parts Integration to wrap up the change work. This took about 3.5 hours (which was wonderfully quick), and then we did a short course in the Five Step Sales Process. His follow-up task was to integrate the Five Step Sales Process into his business immediately, when door knocking, when meeting people at the pool supplies shop and with any enquiry he got, in fact, everywhere. Before we knew it, we had completed an entire intervention and skills workshop in around 7 hours!

After we were done, I realized that we had not even discussed the fee. However, Peter was so happy with the change-work that he readily agreed to the price, paid half immediately and within a month called me to ask if he could pay the rest! Fantastic!

The results were astonishing for Peter: the first month was a complete reversal of the winter trend with business up on the previous month; his year ended 50% up on the previous. He now has no such thing as a winter lull in business – all as a result of his commitment to change, ability to take action and remain focused.

In addition to this he became motivated to get healthy and started an exercise and diet program on his own. By the time I came back from the overseas trip he had lost 12kg (26lbs) and was sporting a very big smile.

In a recent testimony at BNI he noted that at one point business wavered, then he remembered his training, re-applied it, and "magically"

things picked up again. This is a great testament to the need to stubbornly focusing on what you want and take action.

Peter is still smiling to this day....

*Andreas Dagelet
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This is Peter's testimony:

"At first I was quite skeptical as what to expect, but I finally decided that I needed a bit of help with barriers I had put up in my personal & business life. I knew that to get the most from my investment I would have to follow the rules. Andreas, I found at all times comfortable with his procedures as he explained it well. I had known Andreas for approximately 6 months before going ahead with the intervention in June 07. Improvement in business turnover was my initial goal.

"Within the first month I noticed a huge difference in business turnover. Now Feb 08 we will achieve last years 12 month turnover with 4 months of this fiscal year to go. As for other areas of my life I found it much easier to make decisions. By exercise & a good eating program, by Nov 07 I had lost 12kg (26lbs). Another big decision within the first few months was to expand my business which I am again reaping rewards from. My one regret, however, is that it took 6 months too long to make the decision to "do it." I know from what I've learnt so far I will benefit for years to come."

Peter Chalmers
Franchise Owner



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