

For many Autumn is a sad time, the leaves are falling and it heralds the end of the summer and winter is just around the corner. But for nature it's quite different, each and every part of the yearly cycle of the seasons is important, with winter being a very necessary time to rest and recuperate, as natural as night following day.

Autumn is the time for seeds. The successful maturing of viable seeds is the whole focus of the growing year as this secures the next generation and with it the future of the plant. Enjoy Autumn in its own right – it's not Winter yet and with the harvest, it is a time of feasting and great bounty. Enjoy the striking colours, enjoy the still warm weather, pick fruit and be thankful. Make jam!

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BFVEA

Flower Essences for the Autumn

TRY THIS!

Vervain

These personality types put 200% effort into their lives and may find it difficult to slow down enough to enjoy the fruits of their labours. Take Vervain and ease off the pressure, look around you and enjoy nature's bounty and your own.

Signature: Vervain is a shrub like plant with tangled stems and very tiny mauve flowers. Such a small reward for a whole season's growth!



Autumn Gentian

After putting maximum effort into a project an unexpected setback is very discouraging. How easy to feel that life is not rewarding you and so doubt yourself and life. Gentian will help you bounce back after the knock backs in life and stay positive.

Signature: Tread on the Gentian and it will just spring back up.

Autumn Leaves

This remedy is made of many different coloured leaves and seeds.

Living this **modern life** can be very **challenging**. So much is expected of us and it can seem like we are living 'lifetimes within lifetimes'. This remedy **helps** us through **times of great personal change** as it encourages us to move into the Winter season and thus a **time of rest and reflection**. We become like the seed and find the **strength** to **break out** of our shell and take up a **new life opportunity**.

Special Offer

25% discount off Vervain, Gentian, Walnut & Autumn Leaves

(10ml & 30ml stocks - see website)



British Flower and Vibrational Essence Assoc.

Here in the UK we are very fortunate to have an association for Flower Essence Practitioners called the BFVEA, British Flower and Vibrational Essence Association. It has a code of ethics, organises insurance, conducts essential research projects and holds a list of qualified practitioners. There is a yearly gathering with a wide variety of interesting speakers, offering an opportunity to connect with like minded people. BFVEA has an informative website ([www.bfvea.com](http://www.bfvea.com)), a regular email newsletter plus a very professionally produced quarterly magazine called Essence. In these days of increasing legislation and regulation, the Association keeps abreast of what's going on, collaborates with similar groups and gives clear advice to its members. If you are interested in Flower Essences in their many forms and guises, then join the BFVEA and lend your support for Flower Essences now and in the future. Details of how to join as a qualified Practitioner or a friend can be on the BFVEA website.



Walnut - The Transition Remedy.

The change from **warm** weather to the **cold** of November is **difficult** for some people to get used to. Take **Walnut**, it will **help** you through the **change of seasons**.

HANDY TIP

We hope you enjoy our Newsletters, but if you no longer wish to receive correspondence from us, just drop us an email at [vivien@sunessences.org](mailto:vivien@sunessences.org). We will delete you from our distribution list.

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