

Earth Wind & Flowers: Deborah Werner's Spiritual Journey

As is true of those who find themselves rooted in their soul's purpose, Deborah has been on a path toward the creation of her company, Earth Wind & Flowers, for her entire life. As a young child she recalls a deep dichotomy in her environment that was remedied through her connection to the earth and flowers. Deborah recalls covering her ears every time the "L" train that ran just behind the backyard of her childhood home would travel down the tracks. She was deeply rocked by the noise, and truly disliked living in an urban environment. In contrast, Deborah's early childhood is also filled with memories of her gentle grandfather whose love of gardening and plants helped her to maintain her balance in the highly urban environment that was so difficult for her. Deborah recalls how her grandfather would speak to the plants in his garden and how he showed her to do the same. He taught her his philosophical view of treating plants as people and gave her lessons in the art of allowing a plant to grow. He asked her to focus on nurturing, supporting and guiding plants, rather than forcing them. This lesson would sound a refrain throughout the remainder of her life. She also recollects how velvety and lovely her grandfather's lawn was, and how people would take their shoes off to walk on it. Tending to the soil organically created a rich and nourishing environment for the flowers to thrive. She realizes now that her grandfather was in a co-creative partnership with nature, and following his lead, she has continued the partnership throughout her life.

When describing her life's journey, Deborah uses the word shape-shifter. She feels that each step she has taken, each course of study that she has pursued, each turn of the potter's wheel, has helped her to shape-shift in a gentle manner. With every shift she realizes that she has drawn closer to the divine blueprint that was intended for her all along. Every flower that Deborah has worked with has brought her to this moment in which she finds herself luxuriating in the creation



of her flower essences and sprays. After learning to literally drink the nectar and dew from the flowers of her life with her grandfather, she began to study Health and Nutrition, as well as receiving training in the field of Psychology from Barat College. She then moved into the study of Floral Design at the American Floral Art School in Chicago. She spent ten years as a floral designer where she would intuitively select flowers for those who were ill, for weddings, funerals, and for other occasions. The distinctive floral combinations that Deborah intuitively pulled together in support of life's rites of passage drew praise from her clients as they felt sustained by the flowers and were awed by the uniqueness of these arrangements.

Deborah has been trained in the art of creating pottery through the Art Institute of Chicago, and speaks of the importance of this training and the understanding of the "vessel" in her soul's evolutionary process. She has worked with famous potters Howard Shapiro and Bill Farrell in the creation of clay, the centering of it, and the creation of the vessel. Shapiro and Farrell are trained in the Japanese spiritual aspect of Raku and pit fired techniques which allow the piece to be transformed. This transformation occurs partly with the intention of the potter; however, hearkening back to the words of her grandfather regarding his gardens, the rest is left to the "fire" which creates and shape-shifts without forcing. The role of the potter is to allow the process to unfold. Deborah learned of the value of asymmetry through her work with Japanese philosophies in which each spin of the wheel gives the potter a chance to place his or her imprint into the piece. The imprint, whether it be in the form of a fingerprint or any chosen form of mark, sets the potter into the vessel and becomes a hallmark for that particular moment in time. Essentially it is at that moment where the expression of the human becomes part of the piece that the asymmetrical,



imperfect, shadow and light of being human are expressed.

In 1996 Deborah took a class with Dr. Ann Hammon, in which she was introduced to flower essences for the first time. She created her first essence immediately and knew that she had found her soul's calling. Dr. Hammon is a psychiatrist and uses the essences to help her clients find emotional balance. After finding her soul's work, she spent eight years understanding the deeper level and healing qualities of flowers. During this time Deborah was called by the Chicago Tribune asking



if she would work with them in the creation of a full-length feature article about the respect that flower essences are gaining in the medical community. She experienced the supportive and transformative aspects of using flower essences on a personal level during this time as she transitioned through divorce and single motherhood.

Her studies in the flower essences include working with the Flower Essence Society, and Desert Alchemy which are both companies that have lines of Flower Essences themselves. She has also studied for five years with Barbara Fleming in the area of Energetics and Holistic Medicine. In 1997 Deborah began creating her own line of essences using heirloom plants, as well as working with native prairie plants found in the surrounding fields of Illinois. At this time she began to research the effects of her essences. She also began to see clients as an intuitive. In 2002 Deborah began creating essences in Wisconsin, and in 2003 she was strongly guided to the Lake Geneva area. Since then she has been making essences in partnership with the wetlands and woodlands and discovering new plants in the area. The essences that Deborah has created hold within them the grounded vibration of the Midwest and are highly effective in dense, urban environments such as Chicago, Los Angeles and New York. Through her studies she has found that the flowers of the Midwest hold within them a higher vibrancy in support of the heartland.

She has also discovered that a large part of her work involves not only creating essences, but in getting them out into the mainstream. She is dedicated to the education of the general public, as well as physicians, healers, and practitioners about the therapeutic use of flower essences; thus, she created a line of balancing sprays to aid in her mission. The sprays utilize

aromatherapy and one flower essence. Most people understand the benefits of aromatherapy, and the addition of the flower essence in the spray allows the user to experience the flower essence and its properties which works at a vibrational level to fill in the gaps that stress and trauma can create in the energy system, thus cleanses, nourishes, and restores balance.

Aside from the utter beauty of the flowers to which she was drawn, Deborah found a profound level of passion in working with the healing qualities of the flower essences and combining them in custom formulas on a conscious level. She observed as people experienced feeling support in life's passages and transitions such as marriage, divorce, career changes, and issues such as co-dependence and addiction and personal transformation through the healing and balancing of the essences. Each flower Deborah has planted, tended, guided, spoken to, honored, drank from, and entered into a co-creative partnership with, is now part of the foundation of her life's work.



Deborah is mother of three, Brian, Shannon, and Lindsey. After living in the Chicago area for most of her life, Deborah and her family relocated to Lake Geneva, Wisconsin in the fall of 2005. There she finds herself living in the moment, and enjoying life. It is with great excitement that Deborah lives each day in the new, expanded Earth Wind & Flowers location. She looks forward to the creation of more flower essences, and to meeting many of you, either through her private consultation practice, or through your participation in one of the many workshops she will host in the beauty-filled environment that has become the ever-changing and evolving vessel for her work.

