

# The Crazy Wisdom Interview ~ Merri Walters on Healing, Flower Essences and Spiritual Timing

**Interview and Photography  
by Claire Crevey**

*Merri Walters is a local intuitive healer who works with flower essences, herbs, homeopathic remedies, counseling, and other healing modalities. Though she has never advertised for her work and has retained privacy in her life and practice, she is recognized and highly respected as a “healer’s healer” among Ann Arbor’s holistic community.*

*I interviewed Merri on a cold, snowy day in January in her light-filled Spring Street home, the house where she grew up and where she now lives with her husband, Robin, and eight children, who range in age from five to twenty-two.*

*We spoke in the purple office where she does her healing sessions. Like the rest of the house, the room is filled with beautiful, unique objects that seem to have their own characters and histories. Worn books about flower essences and herbs sit atop antique bureaus filled with homeopathic remedies. Fresh daffodils, sprawling crystals, and water-worn rocks create a peaceful and colorful atmosphere.*

*Merri herself is a lovely woman of forty-nine with long, straight blonde hair and a warm, gentle face and demeanor. Her clients include all kinds of people in need of healing, including those who are spiritually-oriented and those who have had little or no exposure to spiritual frameworks or concepts.*

*Merri’s path into healing work has wound through various vocations, including social work and weaving, and her practice has evolved in an organic way informed more by her own intuition and spiritual guidance than from books or exoteric learning. She brings to her work a grounded connection to spiritual forces as well as a compassion learned from long periods of intense physical illness.*

*At one point in the interview, I looked up and saw in Merri a truly awesome strength. She carries this strength quietly, never aggrandizing herself or attempting to awe or impress anyone. This quiet humility allows her to share her profound spiritual gifts with people from all walks of life, and she does so with abundant generosity.*

*The interview illuminates some of the abilities and life experiences that have informed her practice and garnered her reputation as a truly gifted healer.*

**Claire Crevey:** Could you give me a brief title or description of your profession?

**Merri Walters:** That’s possibly the hardest thing because I don’t really have a “title,” because I’m not authorized, or I haven’t gone through any courses of study where they would give me a diploma in this or that. So much of what I do has evolved through my own work with the Spirit, with my clients, my body, my children, my extended family, with animals, with Nature herself. There isn’t a title that I have. I’ve gotten to where when I fill out a form for the kids I just say “healer” to make it simple.

I use a lot of different combinations of techniques. I’ve drawn upon a lot of the history of healing, so I may be muscle testing something through myself, I may be asking spiritually the questions that I need to know the answers to for a particular person, but it’s really a study of energy and how that all works in its many manifestations both within our human electrical systems and within our outer auras and then with the things that affect us. When someone comes into my office, I have to look at them uniquely and draw upon things I know, but I don’t assume anything. I listen to their story because that’s very important, to hear their story, and I think it’s not even so important for me, but it’s important for them to speak it. But then I really start



fresh. I just go and start asking the body a lot of questions and allow the body itself and their own spiritual energy to direct me as to what I’m going to do next and where we’re going to go with that.

I do start with the physical body, usually, because I have found that the physical energies are much denser, and so you can balance a person’s spiritual energies over and over again, but the physical body, because it’s denser, is holding onto these older energies. Even though those energies may be cleared on that spiritual level or ethereal level, someone may still be experiencing physical issues. It takes a long time for that energy, that spiritual energy to really penetrate in and heal the body. It’s not that it can’t be done. It’s just a little harder and takes longer, so I want to stabilize their physical bodies first, and then I work out into the emotional and spiritual bodies as a progression.

Sometimes I can do that all in a first two-hour session, and sometimes it’s a progress of working with them longer, and that can be for a couple different reasons. One is that they’re really not ready to handle that much at once. I will push a person, though. I will push their comfort zone to have some sort of a transformation, of either their concepts of what is possible, or their knowledge base of certain things, be that herbs or homeopathic remedies, flower essences, all of which I use extensively, or just the fact that the physical body and physical illness could be related to emotions or crisis in their lives.

It’s kind of wherever they’re coming from, because I see people from just an incredible range of life experience. It can be very different from who comes in to where we go in a session. I’ve really been, I think, fortunate to be able to work with so many different life experiences in my own life and so to be able to have that compassion when I work

with people from all these different places. I see many, many people from outside of Ann Arbor, people who work at the motor companies, people who really, when they walk in here, they’ve had no frame of reference for any of this work, and this may be the first time they’ve seen someone other than a medical doctor. To me that’s exciting because they can really experience this other part of themselves and open up in many ways. But it does change the type of work or how far I can take them.

Also seeing people from a whole range of life phases. Certainly I’ve seen lots of babies, and I’ve had lots of babies, so that’s an easy one. But also teenagers, young adults, a full range right into clients in their nineties. I think my oldest client who walked in, she was about ninety-six, ninety-eight, and it’s very interesting because she was just right there. These older adults—what I find is they really have grown up in a different time period where maybe they were brought into this world by a midwife, and they have experience with herbs from their mothers, and they’ve been using them, and some of them even having had natural childbirth with their children, so that they really have this sort of richness, and sometimes they’re more comfortable with this type of medicine than people who’ve been more indoctrinated by the current medical system.

**Claire Crevey:** Did your healing or intuitive abilities manifest in your childhood?

**Merri Walters:** Yes, but in different ways. I was too sensitive, definitely. I was too sensitive to everything, too sensitive emotionally for sure. My father, who’s a very, very sweet man, I remember the one thing he would always tell me as a child was, “You’re going to have to get a tougher skin than that, young lady.” That was his message to me, because I would cry really easily, I would cry for other people’s pain, I would cry... I really remember seeing animals that had been run over and that just hurting me so deeply, and I made a pact with God, I remember. I was raised in a Lutheran church,

and one of the concepts of Christianity, especially at that time, was that animals didn’t have souls. I think that’s moved in some churches now, but when I found this out, I made this pact with God that I would trade my soul if the animals could have souls, that that would be okay with me. And even as a very young child, I recognized the enormity of that. I recognized what I was doing and what that really meant.

**Claire Crevey:** How old were you then?

**Merri Walters:** Oh, probably about five. And I really, I knew that this wasn’t something to just do. I knew that this was a huge, huge thing that I was doing. But I knew that

I think there have been many opportunities for me to leave here. Because I have always recognized that I wasn’t going to have an easy life or an easy task here, an easy mission. But I’m a fighter, I think.

that just wasn’t right, and every single animal ... and actually, it still passes when I see an animal. My heart just opens. The prayer still goes out. So there was always a very deep connection with Nature, with the natural realm. I was ill a *lot*. A lot, a lot. I remember lots of fevers, lots of

## The Crazy Wisdom Interview with Merri Walters (continued)

what they called tonsillitis, maybe seven times a year, so lots of antibiotics. And things like migraine headaches from the time I was four, where I was getting headaches weekly, sometimes several times a week, not always migraines, but I had a lot of head pain. I had lots of colds. I was at one of the first vaccinations for the measles and nearly died from it. I went into fever, perhaps coma. I'm not really sure. That's not really clear, whether I was in a coma, but I was out for quite a while and kind of remember coming in and out of consciousness for a couple weeks. During all of this, I had lots of spiritual contact, lots of talks with angels and those from the other realms. They were always right there. They were always speaking to me, and it was profound. It was a profound piece of my childhood. I truly believe that I have this access to these very wise ones who are always speaking to me. I was raised in the Lutheran church, and my parents were very religious. We went to everything in the church, and that was very comfortable for me. But I was always challenging my teachers. It was interesting. When I think of the concepts I was talking with them about ... and they weren't quite ready for that, I think.

**Claire Crevey:** How old were you during that period of illness?

**Merri Walters:** I was very ill right into my early twenties, very ill all the time. As a teenager, I had mono, which went into hepatitis, for I think probably six months of illness. The headaches were so bad in my early twenties and late teens that I literally had a headache every day. I remember one day of not having a headache in my early twenties and just feeling this immense freedom of being in a body that was not in pain and how wonderful that was, being outside, and just so many prayers of thanks, and the next day having the worst headache.

So lots of that, and when I was either twenty or twenty-one I had probably gall stones, but I was diagnosed as having ulcers, so they put me on a high-fat diet. What they wanted me to do was drink milk or cream every half an hour, which I guess was common at that time for ulcers, and what ended up happening was that I ruptured my gall bladder. So I went in for emergency surgery, and I was luckily living with a friend who, she knew to rush me to the hospital. And this was after they had put me in the hospital for a whole week of tests and ended up sending me home. I had no insurance, which I still don't have (laughs). I think they didn't want to think they needed to operate or anything during that week because of that. Every doctor who came in to see me, the first thing they said to me was, "You don't have insurance." I'd say, "No," and they'd go, "Mm hmm" (laughs). And then they'd talk to me. So I thought that was kind of interesting.

So, I think there have been many opportunities for me to leave here. Because I have always recognized that I wasn't going to have an easy life or an easy task here, an easy mission. But I'm a fighter, I think. And some of that I

I recognized that until that point, what had carried me through was will. When I recognized that the vessel beneath me was not going to support me anymore, I had this conversation with God and said, "Okay. I don't care anymore. If it is my time to leave, take me, because I can't fight like this anymore. But if there is something you need me to do, please just open that up and direct me in, and whatever it is, whatever I need to do, I'll do it."

attribute to—this is actually the house I was raised in, right here, and when I was raised here in the fifties and sixties, it was a pretty tough neighborhood. So I grew up, even though being very sensitive, having to go out in the world and kind of face that tough place where there were fights, and always there were things going on on the way back and forth to school, and I've actually accredited that to

being a really good thing for me. That was a good place for me to be born and a good thing for me to learn right away, how to deal with these energies.

What I have found in my life is that when I really face these adverse challenges, my instincts are to fight, and the instincts are to just draw upon this strength, and to just move through it. And I think more than fright, what I experience is anger, but not like anger at a particular person or anything like that, but it's that power, that anger that can help you really move through something in a loving, good way. It's a very heartfelt impulse or emotion. And it's an interesting thing to attach anger to the heart, but I think that if you look at the life of Martin Luther King, or Christ, you can see that, you can see that there's a real power there that can really do something good and that anger can be very appropriate when you're facing something that is wrong or dark.

**Claire Crevey:** Are you speaking about your illnesses then, that you faced them with anger?

**Merri Walters:** I have at times. Yes, at times, because I've seen times when I have been challenged, that there was really an energy there that was trying to just take me out of here. It wasn't like I was choosing to leave. And there have been times, yes, when I have had to very clearly say, "I'm staying. I'm here, and I'm going to do whatever I need to do." What brought me to where I am in the healing arts ... I really didn't intend to do this. It was not even my thought that I would go in this direction. I was very much into social work, doing something in humanities for other people, and art. Those are passions and loves. My history in work is I worked at St. Joe's in the kitchen and as a dietary aide, and I worked in nursing homes when I was very young, and then in my early twenties I worked in social work. I was a youth program director in an inner-city neighborhood for three years. I worked as a needs assessor for the elderly in Washtenaw County. I did home visits. And I enjoyed all of that. I worked as a weaver and as a seamstress for a while. I enjoyed all of that, but my illnesses were always the challenge, and I was checking out so much, especially with the headaches, that all of my jobs really had to be jobs where I could work my own hours so that when I was well I was working, and when I was not well I was able to be home.

The headaches got so bad in my mid-twenties that ... I actually had this one headache that was a three-day headache, and afterwards I was so debilitated I basically couldn't move. It was like my nervous system was close to paralyzed. My arms and my hands (Merri cups her hands together)—I couldn't do this sort of a motion where you hold things with your hands. I couldn't pick up anything with one hand. I had to hold both hands together, and my hands would shake and tremble and then actually involuntarily open, so things would spring out of my hands and fly across the room. And I remember sitting in a chair for three days and kind of going in and out of consciousness, and it was at that point in my life that I felt myself really giving up my own will. I recognized that until that point, what had carried me through was will. Even though I was facing all these health issues in my life, I had such a strong and tenacious will under it all that I was going to make it no matter what, and I was not only going to make it, I was going to serve, I was going to do all these things with my life that were way beyond just making it. So, when I got to this point and recognized that the vessel beneath me was not making it, was not going to support me anymore, I just had this conversation with God and said, "Okay. I don't care anymore. If it is my time to leave, take me, because I can't fight like this anymore. But if there is something you need me to do, please just open that up and direct me in, and whatever it is, whatever I need to do, I'll do it." It was a simple prayer, and there were no flashes of light, nothing that came in, but it was very honest and profound.

About three days later, things really started to change. I got a phone call from someone who I had called six months earlier who became a teacher, and it was the time in my life that I recognized that I had to really shift and instead of be healed, I had to become a healer. Before that time, not only had it never really occurred to me that that was what I was going to do, in most ways I had been pushing it away, that responsibility. I had never taken even a class in biology. At one point I can remember, when I was working as a nurse's aide, a lot of the elderly people were telling me, "You really need to be a nurse, Merri. You'd be such a

good nurse," and I turned around and said, "That's the last thing I'd do. I *never* want to go into medical care. It is the one thing I am not interested in." I was very clear that I was not interested in it, and I wasn't. My body hurt. It hurt all the time. Why would I want to do anything connected with learning about bodies? (Laughs). Of course, in retrospect, knowing everything I know now, it seems silly, but at the time, it was true. I didn't want to connect with my body. It hurt. It hurt a lot.

So I guess that was the start. And you don't just become a healer. I mean, it's such an integration of so much, and I don't even say that I'm there now. It's just my whole life... Everything that happens to you becomes part of your learning process, the good and the bad, and I think



Merri Walters and her husband, Robin Grosshuesch, live with their eight children on Spring Street.

especially the bad. The bad really, really teaches you. There's no doubt about it that we are here to experience, to become fuller, stronger, clearer spiritual beings, and in order to do that, we have to process through all of this negative, all of these negative pieces of this plane and all of the things that maybe in other lifetimes we haven't been able to work with well or in some way have run against and just have not worked out for us.

**Claire Crevey:** You were talking about negative forces trying to take you out of your body or end your life, and also talking about God and angels. How do you conceptualize or perceive these forces or beings or voices? How do they manifest?

**Merri Walters:** I think manifestation of spiritual energy in our lives is something that can be hard if you're not recognizing it in your life, to say, "Well, what is that?" I mean, does that mean that glorious angels of light come and shimmer before you and give you directions? All of us would like that. It does happen sometimes, and I have seen it in my life, but most of the time, that is not what is going on for any of us, including me. What we are doing is learning to read subtle energy and to recognize the angelic in the subtle around us. We are surrounded, in every instance of our life, no matter where we are, with that energy, and we have the choice whether or not we're going to recognize that. In general, the status quo, or the world we are being brought up in, the very technological and hard fact-driven world, is pulling us away from this. To give an example, if we were still being raised in more



indigenous cultures, in Nature, the culture of Nature, we would be surrounded by these energies all the time and taught to recognize them, taught to recognize just how we receive messages from the clouds, how we receive messages from weather patterns, how we receive messages from the birds and the animals around us, the way stones may be lying on the ground. Those messages are still there now, are still arriving through Nature and sometimes through manmade things.

License plates on cars I think are an interesting one. I find this frequently that I'm driving and having a particular conversation with a Spirit, and I look to the license plate on the car in front of me or the car that's just pulled up next to me, and the license plate says exactly what we were talking about or gives me a confirmation immediately, and it is so interesting to see that kind of work of Spirit, where the timing is just coming together that instant. And we can certainly acknowledge where that would happen where a bird would come up because the bird would be so in tune with that, but what makes this car drive up right then, or what makes the billboard appear into your sight the moment the prayer is coming through?

These things are still happening, the synchronization of all of that timing still happening, and we have to start recognizing that those messages are there and asking for them, asking for confirmation. I often hear from clients, "How do I know? How do I know if I should go this way or that way in my life, or if I'm really right about what I'm feeling?" And I always say, "Well, ask. Ask for confirmation. And when you start seeing signs come in, if you're still unsure, ask for more. It's okay. You

don't have to be embarrassed to ask for the spiritual world to give you more confirmation that you're doing the right thing. They will. We have so much support here. Everything we ask for manifests. It may not manifest in the way that we are expecting it to. It will manifest, though."

There are times when we ask for something, and seemingly something negative comes into our life right away after we've asked for it, and we can cry out, "Oh, I wanted this great thing. I needed riches to support this great mission that I want to go on, which is a great, spiritual, wonderful thing that I want to do with my life, and wouldn't the spiritual world support that? Here I am, God. I'm ready to do this work." And then something tragic happens that seemingly takes us away from what we want to do. Seemingly. What is really happening is our prayers are being answered. What is really happening is that the spiritual

world is saying, "Yes. But first you have to clear up this, and here's your opportunity to do it quickly, because we're giving you a dramatic situation in which, if you can take this accumulated energy from probably dozens of lifetimes and probably this huge piece that you haven't cleared up in your life, and we'll give you the tragedy, come and clear it up now so that you can move into what you're opening yourself to."

And so the challenge is a good thing, and we have to start recognizing that, that just because we don't want to do it, just because it seems like it's a hard thing, just because all of my illness was no fun, and I, like anybody, hate to hurt and hate to go through all that stuff, it was what I needed to do, and I recognize that still when I go through illness. I recognize the value in what I am doing and what I am processing, and the compassion I've learned from it is just enormous. I don't think there's any other way that you can really learn that but to go through it. Everyone who comes in, it doesn't matter what they have to share with me, there's a place I can meet them and understand it and hold that with them here. To resonate with that—it's a powerful thing.

**CC:** You spoke of having a conversation with a Spirit in the car. Do you experience that aurally? Is it like a conversation that you might have with another person?

**Merri Walters:** Yes. I'm in a conversation all the time with Spirit. I really feel like that's something that has been steady in my life, that it is always going on. I feel like I'm always there, no matter what I'm doing. As far as voices, yes, I hear voices. I believe that to some degree, everyone does. Sometimes people think it's their own mind. Sometimes it is. Your mind can be nervous and chattering and afraid, but those are mind voices. Spirit is

benevolent. Spirit is clear. When you get those really clear voices, the voices that are coming more from your heart than from your mind, that's when you can know that the Spirit really is talking to you and that you don't have to question that.

I do believe that people's minds get the better of them most of the time, and they do start to question that. They do start to go, "Well, that is what I'd really want to do, *but* ..." And a huge thing for people is monetary things. "I don't have enough money to go to Bali, even though that's what I keep hearing over and over again, that I need to do that." "I can't really just quit my job and do what my heart's desire is because I have all this responsibility, and I'll lose my pension," and whatever. All those chattering voices do get in there and get in the way, and those are not the voices of Spirit. Those are the voices of fear. And that's the way we can distinguish what we're listening to pretty easily. Does this come from a fear base, or does this come from a loving space?

I often hear from clients, "How do I know? How do I know if I should go this way or that way in my life, or if I'm really right about what I'm feeling?" And I always say, "Well, ask. Ask for confirmation. And when you start seeing signs come in, if you're still unsure, ask for more."

Sometimes we are given warnings. I have been given warnings, and I ask, does a warning come in a fearful way, or does it just come as a warning? "Don't go there today," or "It's a good day to stay in. It's a good day to go do this." Or, "Turn left instead of right" (laughs). I find the warnings come calmly. They don't come as a sense of fear or foreboding. They come calmly, and they come more as directive: "Do this to be safe."

As far as visual things, I have always had visions. I have always been incredibly visual. As a matter of fact, I didn't really realize that other people weren't. It's been for me since I was very, very young, and the visuals can be with my eyes open. I can see other Spirits in a room, not all the time, but I can at times, in Nature. But certainly when I close my eyes, it's unending (laughs) visuals, very clear, and when I was young, and I talked about them, they were

referred to as my cartoons. "Merri has cartoons in her head" (laughs). "Oh, you see cartoons." Which I was fine with. I was never really made to feel bad. I learned fairly early what I should be talking about and what I shouldn't. I did announce certain things to my classes in school at early ages which were not poorly received, but there was silence, dead silence, even from the teachers (laughs).

**CC:** What's an example of that?

**Merri Walters:** Oh gosh, when I was in fifth grade, and my fifth grade teacher was unable to control the class, so discussions would just break out. Something once broke out about God, and there was a discussion going on, and I remember just jumping up and going to the blackboard. I was a very, very shy kid, so I didn't speak out much at all. But I drew this circle on the blackboard and this arrow and just started talking about energy and how God was timeless and how energy could do this, how God could do this, how it could work like a circle, and there wouldn't have to be a beginning or an end, that it could work in this dimension, and I remember going on about it for quite some time, my teacher not stopping me, and no one saying anything when I was done.

Another time, it was also in fifth grade, when I saw a UFO, I guess you would call it. I was walking up on Sunset, and I was going to—I don't want to reveal this—I was going to a baton-twirling lesson (laughs). I was quite the baton-twirler as a young lady. My dad always said I'd be the first female majorette for the U of M football team.

**CC:** Alas.

**Merri Walters:** (Laughs). Yeah, I guess there has been one now too, so I can't even still aspire to it. I still have a baton in the basement I get out every once in a while and wow my kids (laughs). But, I was going to this lesson and walking up on Sunset, and suddenly I stopped right by that Ann Arbor water treatment plant and saw a UFO going across the sky there. It was broad daylight, and a car stopped at the same time, and they got out, and they looked, and I was watching, and they were watching it, and neither of us said anything to each other. They were grownups; I wouldn't have talked to them unless they talked to me. And it was a full, I would say three minutes, but it's hard to judge time when you're watching that.

And so I remember going to school, just, this was so exciting, and telling my class, and once again, drawing on the blackboard what I had seen (laughs). You know, I guess that's so funny. And once again, no one saying anything, and then somebody coming up to me at recess and saying, "Merri, what you said today wasn't really true, right?" (Laughs). And I was amazed that somebody would even think of not believing. I was really an innocent there, thinking, "Doesn't everybody want to know?" and "It's a good thing," and of course, no (laughs). So that was a learning piece for sure, which came up many other times, when I was sort of innocently revealing something. But those are two rather remembered times.

**CC:** The first time that I met you, you knew things about me, said things about me that I hadn't told you and that anyone else I know wouldn't have known just from me walking into the room. How do you know? How do you get that information?

**Merri Walters:** I just listen. I'm a great listener. I listen to your Spirit, I listen to what I'm being told, I see certain energies, and maybe a gift I have is that I believe it, and that I'm not afraid to just say that, because I know it's true. I know I'm not just speculating or coming up with something because I think it might be true or something. I know that. It's so great now, the words I'm speaking ... I didn't have to think about what I was going to talk to you about. As a matter of fact, I didn't at all. I have allowed the Spirit to speak through me. And I do that with everyone I see. A lot of times I'll find myself doing what I would call maybe counseling, but it's not me. I say things

that me as a person wouldn't say because I wouldn't maybe be that hard on a person. I would want to be nice. I grew up in an era of really being nice. You had to be very nice to everybody. You wouldn't really say what you thought.

But sometimes, when someone is sitting there, they really do need to hear something that's fairly critical, but it's direct and to the point of what is going on, and the Spirit will say that without any buffers on it. And I just allow that to come through, and half the time me as Merri, or the person here, is sitting there going, "Wow, that's kinda harsh" (laughs), or "I wouldn't have ever come at it from that direction." Because I have worked in various occupations where I had to do counseling work with teenagers and adults and families and the elderly in many different ways. As a counselor, you wouldn't have been trained to



come through in those ways. You would have maybe sat back and let them figure it out or something, and sometimes the Spirit does, and sometimes the Spirit is like, “Actually, something needs to be said here, and it won’t be said by anyone else, and we’ve been saying it to them for a long time, but they’re not listening” (laughs), and so it’ll come through and be said. So the medicine then is not coming out of a bottle. It’s coming through words. So, it’s a matter of listening and then responding and allowing that to flow through.

**CC:** What different kinds of healing modalities have you studied and do you prefer?

**Merri Walters:** Herbs... I love working with the plants and with herbs, would be one. Homeopathy, flower essences, these are all things I’ve used. I rely on acupuncture points in the body, where I may touch the points to get certain

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information from a person. To an extent, kinesiology. I have to say I learned everything backwards in that I did not study it in terms of, like, plowing through books and memorizing. Everything has been hands-on. Everything has been a learning by being directed, by being told this is the remedy to use, and then we look and we find out what it’s for.

At this point, I’ve been doing this so long that I do know a fair amount about all of those things, but I didn’t when I started. I didn’t know any of the rules of homeopathy, which allowed me to not have to follow them (laughs). In a way, it’s been very freeing just to get the directions from the Spirit and not have to use the old mold. It’s a luxury, I think, that I’ve been given the opportunity to work that way, because it’s very free in that I’m not stuck in old patterns.

I think there’s a very important reason for that. At this time period, we’re really in a change here that’s been predicted by many, many different seers and prophets—that we would come to this time of evolution of our Spirits. We’re really accelerating our vibration rates and changing, and the medicine is changing too now, and the way we use the medicine is changing. It’s a time, I believe, that we need to listen to that and be current with these new ways and use them so we can really get the most out of these vibrational medicines. That’s not to say that all the people who’ve come before and the old frameworks were not important. I do believe that they were and am very grateful for them, and the people who work in those frameworks still are very important, that they’re here, still, and that they can work with those frameworks. It’s just not my gift. It is not the place where I am supposed to be working or how I am supposed to be working.

And that’s been made very clear to me, that I need to sort of be on this new learning curve or be in this place. I’ve learned from everybody. I truly have had wonderful teachers. Sometimes just a client, a person who walked into my life, it could just be very brief, what I learned from them. A child, animals, Nature, everyone teaches me, and the point is to be listening. I think everyone has these gifts. We just have to open our ears back up and accept them so we

can recognize that everything in our lives is a teaching.

**CC:** Does your healing mix into your family life a lot? You have how many children?

**Merri Walters:** Eight.

**CC:** Wow.

**Merri Walters:** (Laughs). Of course. Yes, my kids are ages five to twenty-two, all at home. I have one stepdaughter, and the other seven were all born here in the house, home births, beautiful births every one. Yes, the kids are very much integrated into what I do, and in years past, I mean, most of them were raised here in this office. There used to be a baby perambulator, you know, one of those old cribs or buggies, sitting over here in the corner, and the babies were always either asleep in there, or I was holding them in one arm and working with the other arm, and then they’d go from my arms to the floor over there in the corner, where they would be for the next two years... I had three girls who were close together in age, so there was a time period when all three of them were at home and in and out and in and out, so there was always some sort of dynamic going on there while I was working. What I have found is that the kids are part of the healing, and the kids have always had something to offer to people I see. It’s always been very interesting to see what turns up during the course of a session. Having children, and having a *lot* of children, teaches you that you really need to give up this need for control. That’s certainly something that I’ve had to do in all of this. What is going on with the kids, whether it is pleasant or seemingly disruptive, you have to recognize as part of the session.

Sometimes the kids are playing out something that’s going on for the client. Frequently I find that’s happening. I could give you many instances of that, and I think it’s always been an important part of the healing work to have children here and to recognize that they’re all healers, they’re doing something too, and to really evoke that from them so that their presence will really be a healing presence, and then you just watch whatever unfolds. It will be the right thing. Maybe something calls me out of here because a client needs to sit here and get talked to without



baby and sitting here and listening, and then standing up with this nursing baby and going through and finding remedies and doing this whole thing, you know... I developed my upper body pretty well (laughs). And what’s happening for the client is just this whole spectrum of healing energy way beyond what might go down on paper or what herbs they might start to take. There’s something happening in their consciousness that really is transforming, and possibly it’s not tangible, but it’s really real. I’ve never tried to separate my healing and my children or whatever’s going on in my busy house because I recognize that it’s all part of that.

I think an interesting piece is that you can say, well, kids, of course they’re healers, and animals coming in and out, they can certainly have that healing influence for people, but other things that you don’t have control over, or limited control over, may be working for you too, kind of to your advantage. I have found that sometimes there’s work going on outside in the street that’s loud and noisy and seemingly invasive. You know, I don’t have any New Age music going on (both laugh). I say, “Don’t come to my house for that.” But, I have been able to see a lot of that sort of energy that comes in with the client go out into that seemingly harsh and loud sensory energy. It can actually be working for you, can actually be dissipating something or just really digging into an old problem and opening it so it can be repaired, and also teaching us how to center in

the middle of the confusion and noisiness and disruptive energy that is so present and prevalent in our modern lives. When I’ve been asked to do truly important things and I prepare for them, I will find that time after time, as I get ready for them, something will come in to try to stop or try to confuse the issue or try to create an energy that could really send you off in a direction that will keep you away from doing what you need to do. Our job is essentially to

## A Brief Introduction to Flower Essences

Flower essences heal emotional imbalances by flooding our systems with the energy vibrations of particular archetypal Soul qualities. Bach flower essence theory divides human beings into three parts: the Soul, the Personality, and the Higher Self. The Soul is our immortal, true Self, the Personality is our mortal manifestation or Ego during this lifetime, and the Higher Self mediates between the Soul and the Personality. The Soul knows the mission we are supposed to fulfill on Earth, but we may misunderstand or not hear its directions because of blockages between the Personality and the Higher Self.

Flower essences help reestablish the connection between the Personality and the Higher Self. Each flower essence embodies an archetypal Soul quality that is already inherent in our own Souls. For example, a person who has lost touch with the Soul quality of hope may benefit from Gorse flower essence, as it embodies hope. Just as surrounding ourselves with people of high spiritual attainment, eating foods with high vibrational qualities, and contemplating beautiful artwork can uplift us, so flower essences raise our spirits to the vibrational essences of specific flowers.

Edward Bach, the forefather of flower essences, was an English medical doctor who sought a harmless type of healing more natural and simple than the Western and homeopathic methods he had studied. In 1930, he abandoned his profitable medical practice in London to spend the last six years of his life studying plants in the Welsh countryside, where he identified thirty-eight plants of a “higher order.”

Since Bach’s time, subsequent seekers have discovered additional essences from plants around the world. The traditional method of extracting flower essences is to place the blossoms in a crystal bowl of spring water and leave them in sunlight for three to four hours. If possible, the flowers are bent into the bowl instead of plucked so as not to damage the plants.

Flower essences cannot cause harm. If a person takes an inappropriate essence, there are no negative side effects; there is simply no effect at all. The proper essences, however, can have subtle to stunningly profound effects. Flower essences are gentle, simple healers. They are gifts from Nature.

me here in the room or pick up a book or do something that would happen only because I left the room. Or they need to see nurturing, or they need to remember a stage of their own development and reconnect with that or remember a time when they really weren’t given what they needed and to see what that should have been like so they can heal that piece.

It was common for me to be holding a baby and nursing the

ignore that and essentially get *more* centered, *more* grounded, *more* clear, *more* directed, and just really *do* what we need to do, no matter how that disruptive energy might try to engage us and take us off into a place where we shouldn't be, or take us into our fears, our fears that we can't do it, that we're falling apart, that we're confused, that we can't handle this.

And I think that gets back to that piece I was speaking of about maybe anger, but it's not so much anger, but it's power and that clarity that can come through, just being able to really harness that kind of power and say, "I need to do this. This is clear. And there really isn't any dark energy out there that is stronger than this energy I'm harnessing, and so I will do this." Once we pull in that energy and we really believe that and move with it, that other energy can't affect us. It has no power. Its only power is to attach to our fears, and if we don't have any fear (laughs), it has no ability to take a hold in us, and we will be able to do what we're here to do.

**CC:** You said you have a lot of people coming here from outside Ann Arbor, and I think you once told me that you've never had to advertise. What do you make of that? How has that happened, that people hear about you?

**Merri Walters:** Well, I'm sure word of mouth, which ... I believe I'm grounding a very strong spiritual force here, and ... I don't want to say that that way maybe, even if it may be what I believe. Yes, I think it's just word of mouth, and if something really needs to go out into the world, it does. I feel like it's a good thing because then the people who really need to connect here will connect here, and do.

It means that everybody who crosses the threshold here is someone I can trust and someone with whom I can build this relationship and somebody for whom I have something, that I am not soliciting them. Some other power has brought us together, and so we do have a purpose already, and neither of us may know what that purpose is, and it's very interesting because some people walk through, they just like come into my purple office (laughs), and they're like, "Where am I? I just walked out of Ford Motor Company, and here I am in Merri's office with a bunch of crystals" (both laugh).

Yeah, and grandmothers, people's mothers, people from small towns and farms... And the fun thing for me is often someone will come in and go, "Oh, my husband's really skeptical," and I'll say, "Well, bring him in." And they say, "Is that okay?" I say, "Of course." And so their husbands walk in, and always they cross their arms, and they do this stance over there (Merri crosses her arms over her chest, leans back, and lifts her chin. I laugh). And I watch them, and they're kind of looking around the room, and they're like, "Uh huh, uh huh," and I just see them sort of gathering things from the room, like, "Okay, when I get back in the car with my wife, I could talk about this phooey stuff," and whatever they want to kind of put there, whatever their perceptions might be.

So we just do our session, but I talk not only to their wives but to them, and what I see is that these spiritual concepts are something that can resonate in everyone, that there is a way of speaking about them that is not confrontational, is not hokey. There is a way of speaking of them that is common to everybody and is something that we all

And that's exciting, because what happens then is when you wake that up in someone, they come alive. And you see them, they become children. You see their faces change from this skeptical, worried look to this childlike innocence and joy, and they can't wait to tell me their stories suddenly. It's like they've been waiting their whole lives to tell me something, and it starts to come out, and they just bubble, and it's always hard to move 'em out so I can get some lunch (both laugh) because they have so much to say. They really connect, and that's really fun.

I see this also with people who come in of their own free will from, like I said, the motor companies, and they really don't know where they landed. They're going, "Oh, my sister-in-law told me to come, and here I am. What's going on?" And that's been very exciting work, because when they recognize what these medicines are and how they may benefit from them and what they can speak of and the support that's here for them, they're just a lot of fun.

**CC:** Is this kind of work tiring for you?



Merri's thyme  
(to the left)  
was growing in the  
winter, under the  
snow, and was  
full of flowers.

Merri's crab apple  
tree (to the right)  
was blossoming  
with crab apples on  
it, at the end of  
September.



**Merri Walters:** It

can be. Certainly it can be day and night. I can go from working with clients to working with neighbors to working with emergencies to working with my family to working with my animals to, I mean, to getting up in the middle of the night to working with the Spirit, working with myself, to... It can just be constant. When you start to recognize that everything you do is a spiritual experience and is important, then you can't really just slough any of it off. In general, when things are that high-energy, the energy is there for me. If I'm unbalanced, if I'm not listening to all of the messages about taking care of myself, if I'm just not keeping myself balanced, which, you know, I'm human, and it certainly happens, frequently, then yeah, it can be. But if I can stay with frequencies and stay grounded, it can be energizing. It is energizing. And yeah, there's always that energy to do whatever.

I'm still working with a body that is challenged, to say the least. All my health issues of my younger days—and I

advice to other people about taking care of myself and making sure that I stay current with remedies and medicines and food and sleep and joy and fun and all of those things in my life.

Working with the energies I work with is very complex. There's such a grid of energies going on at any given moment. It's which ones you focus your attention on. It's a challenge to always be where you should be. Sitting in my office and working with one person, that's relatively easy and clear for me at this point, but then I can leave here and make dinner and find what mess my daughters made, and there are just all of these other types of responsibilities ... to be a mother to so many different ages, and checking out your children, where they are, and what sorts of life experiences they're in right now or emotional developments, and all of their needs have to be looked at, and so it can get really complicated.

**CC:** Was there anything you were hoping to talk about in the interview?

**Merri Walters:** Yes. I'd like to talk about sort of the exciting piece of my life that's going on right now, and that is, well, I've used flower essences extensively with my clients and with myself for many, many years and have had all these different relationships with them. I have two thousand flower essences or something like that, and my experiences have been so profound.

And in the past, there have been many times when I was asked to make an essence here or there, which I did, but it was mostly—those were just not really for the public but for personal, not so much personal work, but for more Earth work, or spiritual

prayer work that was being done on other realms or other levels. And I had, once again—I think back to the times when I said, well, I wasn't going to go into healing work, and I was clear about that—I've been sort of clear that I was not going to be a flower essence maker because lots of other people did that, and I *really* respected the work that they do. And I'm busy. I'm so busy. I said, "I don't have the time for this, and I will use all of these gifts."

Then this summer I went to Alaska and studied with Steve Johnson, who makes Alaskan

flower essences, and Jane Bell, and in my conversations with them and in the work we did together had this recognition or this clarity. Well, what Steve said to me was that when I did the channeling work from the essences that we made together, he said, "I have never ever seen such clear messages from the flowers as what you've written."

And it was interesting to me because I'm pretty dyslexic, and I can't write. Like, if you just asked me, if I were supposed to write my life story or write something like that, unless the Spirit were right there holding my pen, I couldn't do it, which the Spirit is when I do these essences. And I was really taken aback because I didn't really realize that ... I always thought that what I was reading in books were very direct messages, that they hadn't been worked on, they hadn't been edited. And he said, "Well, you know, it took me ten years to put my book together and to write those things." They were worked on, and I didn't know that. So that was a real surprise. And he said, "This is your work."

So I came back to Michigan knowing this. And like I said, it wasn't as though I hadn't made them in the past, but I really hadn't thought that this was any kind of a calling. I had pretty much negated that whole idea. So what happened was as soon as I opened myself to it and asked for the help from a spiritual plane for that, it started to happen so rapidly, not only for me but my husband too, Robin, who, we work together, and it's been just a really amazing process.

So far, it's been many essences, maybe twenty-eight or something since August. But what's been interesting is what has come through. It's not been what I would have guessed at all, because we don't go out and say, "Well, this plant's blooming, and that plant's blooming. Let's do this." As a matter of fact, I didn't make any flower essences all summer. We made environmental essences all summer that we were asked to make.

When it came to late September, it was the first time I was

When you get those really clear voices, the voices that are coming more from your heart than from your mind, that's when you can know that the Spirit really is talking to you and that you don't have to question that.

experience and all know, and that's the place I like to come at. I like to find that in everybody. Where are we the same? Where can I bring this out in you? I don't want to wow you with experiences of other realms and mystify you or anything like that. I want to find our common Spirit and the healing piece that we all know and experience in our lives.

guess having seven babies has probably taken some energy from me, but I don't feel like I feel that that much—but there are challenges just in my physical makeup that I always have to be working with. It's not as though I've healed everything permanently within me. It'd be nice. Not true at all. It is constant upkeep. I have to listen to my own

The Crazy Wisdom Interview  
with Merri Walters (continued)

asked to make a flower essence, and I thought, well, there wasn't a whole lot out. First of all, I was back in town, where I had been up on the lake, which is where I would have thought that you needed to make essences, in remote places, not in the middle of a city. And the first thing that happened was they asked me to make this flower essence, and I said, "Well, what do you want? There's astors and mums out here, you know (laughs). Just tell me..." And the next day I was sitting outside with my husband, we were having a prayer, and I looked up, and we had a cherry tree in our yard that had died, and I looked up, and it was full of blossoms and green leaves in September. I'll show you some pictures. (Merri opens a three-ring binder and shows me a picture of the cherry tree in blossom). This is the cherry tree. The tree blossomed for a month, from September 13<sup>th</sup>, which was the first day I saw the blossoms, all the way through to the end of October, it was still blossoming, putting out lots of blossoms. Of course, cherry trees don't blossom in September to begin with, and dead cherry trees don't blossom at all (both laugh). So this was the first one.

(Merri shows me pictures of more plants). Then we had strawberries. Lots of strawberries blossomed in September. Yeah, this was the end of September. They blossomed for a whole month. Now, there was no cold weather in September. Nothing like that would make the plants think that it had been winter.

Then this is a crab apple tree that was blossoming with the crab apples on it, and that was the end of September. It blossomed for a week. And this is feverfew that was blossoming in November, and very, very cold out there. It had frosted several times, and feverfew is a July plant. It blooms in the heat of summer.

Lavender. You can't really tell what season this is; it's kind of a crummy picture. I'm no photographer, but anyway, this was lavender on the eighth of November. And this here is phlox. Now, phlox is such a delicate flower. There were probably twenty-five phlox blooming out there. You can see the ice, and snow was flying in the air, and the phlox was blooming. So that was the fifteenth of November. This is primrose blooming, and you can see the ice in the bucket right there in the yard on the same day, and it was eight degrees, ten degrees, it was very, very cold and had been for two weeks.

And then on the winter solstice, I went out there and dug under the snow to get some thyme for the food I was making. And thyme traditionally will last the winter. It'll be under the snow, and you can always go get some, and it usually looks kind of bad and, you know, it's not like growing thyme, it's just your old thyme, and it's kind of holding on there underneath the snow, and it's frozen. So I uncovered the thyme, and it's not only been growing, it's prolific, and it is full of flowers, everywhere I go. And I keep digging up, digging up, and there was like this much snow (Merri indicates about five inches) out there, and there's thyme just blossoming all over the place.

So when we did go to make the plant essences, they were not just flower essences. They were these amazing flowers that had come around. And the messages that we're getting—because it's pretty clear, that these were different things, different support—but all of them are support for these dramatic and changing times. The plants have really already shifted their reality, where they can bloom in the winter. And we haven't. And so they're trying to show us this perceptual problem that we're having, that we just need to make this transition now.

**CC:** And you make the essences by putting them in bowls?

**Merri Walters:** Yes, there has to be some sort of a vessel to hold—and we've been taught a lot about making the essences because I don't assume anything, once again, you know, I don't assume that I do it this way just because that's the way it had been done, and so some of them have been made in nontraditional ways. You just have to listen, you have to ask what is being asked and how and allow that to ... (Merri shows me a picture of crab apple tree blossoms and crab apples floating in a bowl of water). The crab apple tree blossoms are in the bowl along with the crab apples, so you have the fruit and the flower, which would never be happening at the same time. They're opposite ends of the year.

**CC:** That's wild.

**Merri Walters:** (Laughs). When this started happening, it was just like it was too much, and when the first three happened, I was sure that was the end of it, 'cause that was amazing. Well, the first one was enough. And then the



Merri Walters, breathing, in her garden.

other two just happened within the next couple weeks, and I thought, "Well, there are the three essences." I didn't even ask or go outside or even think that more might be happening, and I really kind of got dragged out with this feverfew. I was told to go outside and "We want you to make an essence," and I said, "Well, okay, what do you want?" (laughs), and then we find that...

Yeah, I guess I just wanted to say that. And I don't know where this is going, other than I recognize that this is very important medicine for this time, and I've seen ways to put this into the world in swift and effective ways for people and to take flower essences into this new place where they kind of come out of that mystique that they've been held in, and that we can really access the support that's coming to us right now so that we can make it and so that we can hold all our energetic bodies together through all this quick changing. And Nature's right there. Nature is so ready to break this and help us. It's totally forgiving of all the terrible and destructive things that we've done and all the ways we've tried to not connect and shut out all of this. It says, "I'll come right to the middle of the city. I'm here. I'll ... blossom in the winter."

**CC:** You said you had been asked to make some essences not for clients or not for people? What would they be for then?

**Merri Walters:** For spiritual transitions that need to happen, for the Earth itself... It's possible that someday they will be for people, but I think we as people only really think of everything in human terms. How will they benefit us? How will they benefit our soul development? But we need to start recognizing, well, there's all this other development that's going on too, for the animals, for the plants, for the Earth herself, and in other realms, in the angelic realms; that there are actually things going on, and for those that have passed on, that they still need our prayers, that there are things going on in these energetic

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that everything you do is a  
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realms that need assistance, that need us. We've forgotten our job here to be spiritual caretakers. That there are things that the angels can't do, that basically they can support us so that we can do them, but we are physical, and we have abilities to pick up rocks and move them or not pick them up because they need to stay there; that we have this responsibility to be able to draw what is available in light form from the spiritual world through our bodies and ground it into this Earth and manifest it on a

physical plane.

I think I can't really speak of all this, though, and not at least bring into this how important my family is in all of this because I have incredible support in my household. My husband Robin is so right there with everything—I don't want to say that *I* do, that *we* do—and from the beginning it's been our spiritual work together and recognized as such, and we spend a large part of our days and lives devoted to prayer together, prayer with the Earth, prayer with our children. And the kids are really right there too and just such incredible teachers, and such beautiful, beautiful shining lights. In some ways, it's a lot to take on to say "Yeah, I'm going to raise eight kids and then do anything at all" (laughs). I mean, it would be a life's mission in itself, but it's all been so interwoven in beautiful ways. We spend the entire month of August traveling together as a family and camping, and it's just taken us all over the country and Canada and many places that are ... Our trips have always been not Self-directed but Spirit-directed, like we actually pray to ask where we're going. Sometimes we don't find out until we're going almost. And then we have the daily prayers that will redefine things, like, "Do we stay here? Do we leave? Where are we going from here?" And they have been such incredible journeys into the world, where things have happened because of the way we're allowing the Spirit to integrate or work with us and direct us, that things will certainly happen that constantly bring us to a certain place at an exact time that something is about to happen.

I remember once in Florida... I had written on a piece of paper in a notebook, just a random notebook, to have a prayer at one in the afternoon on a certain date. Now, that date was in about three years, and I just thought, "Okay," (laughs) and I just put it away. So, three years later... I'd seen it occasionally, but it was so far away I just didn't think about it and said, "Well, it will emerge when it needs to, if it needs to." And as I was packing to go to Florida, this notebook just kind of fell out of my desk, and I was told, "Take this one." I said, "Okay," and I took it. Then in Florida, the day before that date, I walked into the bedroom I was staying in at my mother's house, and the notebook was open to that page. And there was this little note on it, and I said, "That's tomorrow." I mentioned it to my husband, and he goes, "Well, okay. Well, we'll do that." So then the next day, we had kind of forgotten, and we were going to go to the beach, and we're getting ready to go to the beach, and we go to the beach, and then suddenly, just before one o'clock, he goes, "We need to do a prayer now, don't we?" And I said, "Oh, yeah, right" (laughs).

So we open up this prayer, and the *moment* we opened it up, a row of eight or nine dolphins just came up to the beach. Everyone on the beach started shouting, "Look! Look!" And these dolphins all came, and they lined up, and they just started dancing out there. And I was like, "Wow." But that's just spiritual timing. You just listen, and whatever the directions are, if you're right there with it, they'll give you your signs. They'll let you know that you're right where you should be. I've seen it happen so many times. It isn't just coincidence or something like that. It's definitely, definitely happening.