



GREEN HOPE FARM
ANIMAL WELLNESS COLLECTION

All Creatures Wear Cloaks

Using Green Hope Farm Flower Essences on Animals

By Beth Thomas

Beth Thomas is a poet from mid-coast Maine. She has been a Green Hope Farm Friend from the early days of the farm. We were delighted when she was asked to speak at a wholistic animal fair on the topic of Flower Essences and even more thrilled when Beth agreed to share her talk with other Green Hope friends via this article. I hope you enjoy her perspective on animals as much as I have!

-Molly Sheehan, Summer 2005

When Molly Sheehan started making Green Hope Farm Flower Essences, she began experimenting by planting several rectangular gardens into her spacious backyard, sprinkling bowls of spring water with blossoms that were just opening, meditating, writing at 4:00 a.m., and nurturing one of the most natural relationships with Spirit I've witnessed. During the wee hours, she listened intently and wrote down what she heard. Then she did the thing many of us neglect to do: she acted upon what she was told, took the steps accordingly, and grew faith in the directives she received. They told her to make essences of specific flowers and that each flower held potentially healing electrical patterns that could help imbalances in humans, animals, and consequently, the earth.

Recently, she and I have been talking about animals and their tireless work around humans. As her business has grown, she's learned that animals need flower essences, too. Thela, Green Hope Farm's Overlighting Angel, says that humans have a lot of "mental manure" that needs clearing. Serving the earth energy in different ways, animals don't come by "mental manure" on their own. They acquire it through experiences with people. Human energy fields extend around us for up to 30 feet and carry with them impressions which animals perceive instantly – energy, mood, though forms, fear, joy, love, tentativeness, etc. Mental manure! Acutely sensitive, our pets unconsciously absorb them into their own energy fields – as do young children. And like children, pets may exhibit less desirable behaviors, because when they're uncomfortable, they cannot say, e.g. the dog who piddles upon hearing a particular tone, the one who chews itself, the horse that bites children, etc. Humans have been given the divine gift of consciousness and can learn, transform, and love with detachment enough to heal themselves and in turn heal their animals of electrical imbalances that exist behind expressions of discontent. Essences can be one of the gentlest means of achieving energetic harmony.

A vibrational remedy, essences can't do harm. Energies extracted and preserved from each flower are used in the body if needed and where needed. Because Molly's essences are preserved in the farm's own Red Shiso vinegar as opposed to brandy, they don't introduce alcohol into the body. A plant extract, Red Shiso offers an additional energetic boost to the flower. Every body (pets and plants included) is an electrical system. When it's in balance, the body experiences health and vitality. When it's overloaded or shut down, it experiences low energy and loss of vitality, illness, etc. To achieve health, balance, and a connection to Spirit, the human has to think through healing options – what modality? What physician? The flower does not; the animal does not. When sick or out of balance in the wild, the animal will instinctively seek out and ingest particular plants to treat itself, for example. It may even seek out the companionship of a particular bush or tree, lying next to it to absorb its vitality; cats will do this. Domestication has limited the self-healing opportunities of animals. So

humans must choose for them, that means nutrition, exercise schedules, and so on. To adapt to the human world, animals must “forget” their instinctive cravings. We require this of them for many reasons, one of which is their physical safety. But they never actually forget. Often a therapeutic course of free range grazing is prescribed to racetrack horses who sour. Or a dog needs to run off his leash to feed an ancient wolf need to run and sniff the ground where he may. My pony remembers that he is a wandering beast and a browser of ash limbs and dried grasses. When I can, I offer him safe opportunities to wander and freely browse. He is brilliant to watch in our woods. I mention horses because, according to Monty Roberts, known as a horsewhisperer, they are the most severely domesticated; their stabled lives resemble nothing of the natural life. In order for essences to work, it’s important for humans to learn what the wild species of their domestic companion is – what’s inherent? Some behaviors are so intrinsic, they can’t be trained out, essence out, or prayed away. For example, giving essences to “cure” a dog of following scent trails on his morning pee would be fruitless.

Likewise, it’s important for people to honor the personality of an animal, to get the best out of flower essences.

As with humans, other creatures – other divine creations – are born into external patterns or personalities. When each soul comes into being, it comes into a body that is cloaked with a personality, a necessary covering for the soul to wear through life so one can learn lessons to evolve. It’s a very important part of being here. And animals have them. Each of my hens is different and while they peck around the yard, they make a perfect mosaic of personalities – there is the one who is attentive, the one who is aloof, the one who isn’t sure and needs to check in with her sister, routinely. Together, they strike an energetic balance and this moves energy into harmonious patterns on the landscape. Each hen has a different view of the world but all are true and needed. To honor the personality traits of your pet is to promote deep healing, for it’s a form of acceptance and love. An essence is designed to address problems. Before purchasing an essence for your pet, ask yourself to discern the negative manifestation from natural animal behavior as well as from the divine gift of the personality. Also, no essence can replace you in the animal’s life. Ask yourself, how much time are you able to spend with your pet and what is the quality of that time?

Molly’s Animal Wellness Collection was developed to answer the need for essences that support animals and their caregivers. She offers an array of blends for animals needing to return to a state of balance in their behavior patterns, emotional responses to their surroundings, and in their physical condition. Because of the human energy field and the nature of the sponge-like field of the animal, she often recommends that the human caregiver takes the same essences as the pet. This can be humbling for the human! But by understanding how energy fields work, a person can really grow from the experience of treating an animal with essences. Learning about one’s own imbalances is no small step toward self-knowledge. Molly also recommends her Golden Armor blend to help restore boundaries between pet and the humans in the animal’s life, suggesting a spritz of the essence be made to be sprayed liberally around the house. I love this blend, particularly when I feel my boundaries are weak and I have to be with people who aren’t carrying their own stuff. Family gatherings come to mind! As a reiki practitioner, I use this blend to remember where I begin and end, to protect myself from carrying the patterns of others in my energy field, and vice-versa. Rest assured, essences from Green Hope Farm are made out of love and not judgement.

I encourage everyone to find opportunities this spring to wander in the woods with their dogs, to sit in the sun with the cat, to push aside self-consciousness and begin to really see who your animal friend is. With practice, you may sense that you are sitting within the grid of energetic light, that you always have been, that your animal and you – all creatures and plants – are intrinsic. Learn to be comfortable in silence. Humans need regular non-verbal spaces of time for nourishment. Listen for guidance. It may be as simple as “Be here with me, now.” Do this with a flower, too. Foxgloves may ask you to move them to another spot in the garden! Enjoy this kind world, its origins of peace.

-Beth Thomas