



## Green Hope Farm Flower Essence Missions

When the Angels send me out on a Flower Essence gathering mission to St. John in the Virgin Islands or elsewhere, I look for new Flower friends that I might have missed on previous trips as well as old Flower friends. I talk to any Flowering plant that wants to talk with me. I only make a Flower Essence if the plant is interested and the Angels want an Essence made from the Flower. This sounds like more of a distinction than it is, because almost always if a Flower wants to become an Essence, the Angels guiding me are in accord that it will make a good Flower Essence.

Flowers sometimes tell me that they are not interested. At the other end of the spectrum, sometimes a Flower will send me a wave of love vibration to get my attention so that I pursue a conversation. During a 2005 trip to St. John, Pavonia Spinifex sent me a wave of love that was so strong; I stopped in my tracks to see what Flower was greeting me in this way. Needless to say, Pavonia was one of the lovely Essences made during that trip.

### Why do I mention the traditional medicinal uses for plants?

Plants that want to become Flower Essences almost always have been used medicinally down through the ages. Plants that want to share their gifts with the human community now have usually done so before. One reason I offer information about traditional medicinal uses for plants is because this information indicates the vital and integrated role plants played in our lives up until the industrial revolution. Most plants are our healing and nourishing allies. Until recently, most human communities knew and appreciated this.

Modern culture scares us about plants. The National Park on St. John has few plant identification signs besides an enormous one warning people not to touch the bark, leaves or fruit of one poisonous species. Yes, there are dangerous and toxic plants, but the degree to which we have thrown the baby out with the bath water is unfortunate. To know the plants in our world is to know that many more are helpful to our health and well being than are harmful. My hope is that we will reclaim our kinship with the green world, respecting those plants that are poisonous while also honoring the vastly greater group of plants that have long offered healing gifts to humanity.

Flower Essences offer a very safe way to receive the healing gifts of plants without fear of a poisonous encounter with an unknown plant. This is because Flower Essences are NOT an infusion of the plant or composed in any way from the physical plant. They are the electrical pattern of the plant transferred from the blossom of the plant to our

stabilizer of Red Shiso, white vinegar and water. Flower Essences offer the healing wisdom of the plant accessible through a safe medium. This makes them a wonderful way to get reacquainted with the healing plants of the world.