



## A Group for the Next Generation: *Essences for Twenty & Thirty-Somethings*

Several decades ago we were young children, a generation bringing in the new paradigm shift, and riding on the wave of this energy. Now we are in our twenties and thirties, stepping into our own in the wider world of adulthood and in need of support along the way. This document is here to serve as a compass through the many wonderful Essences of GHF.

The article is broken down into six parts:

*Place, Purpose, Pack, Path, Physical, and Partnership.*

These groups address the major threads in our lives and offer Flower Essences that can support us through the trials and tribulations of early adulthood.

Many of the **Camino Collection** Essences are embedded in the list and support us greatly as we go through the change cycle and journey forward. I have compiled these groups out of a heartfelt desire to connect my generation with the healing gifts of Essences and to help us get the support we deserve! *-All Blessings Elizabeth*

*p.s: these groupings are here to be embraced by people of all ages- especially the young at heart!*

### Place, Harmonious Location and Divine Instructions

We are rooted; we are restless. We are at home; we are adrift. The time of young adulthood often brings us into a turbulent, and mercurial relationship to place, repeatedly causing us to experience all these feeling within the span of any given day.

*Our lives are in a state of growth and change. Where we physically reside is no exception. We are called to remain or depart from a physical place, strengthen our roots or prepare our wings.*

This ever-shifting way of being can be thoroughly exhausting, but is all part of discovering our place in the world. During this period of fresh adulthood there is often cause to move quite a lot and stay open to the directions from our guidance. At the same time, we are sometimes asked to stay in places and situations that feel uncomfortable. Many times we have out grown these locations but for reasons unknown, we have to stick around. At times it is to clean up old business and in other instances to connect with new energy that will take our life forward. Whatever the case, it is rarely an easy road.

The bond with place is a delicate and often volatile one. Place can be a central focus or a secondary condition. We can move somewhere to be close to others we love, or to pursue something we are passionate about, but feel disconnected from the place itself. The reverse can be true as well. A deep connection to the land, weather, and energy of a place can be a big part of our lives, but still not fully supply us with what we need. These Essences help to support all struggles with where we land, how and if we take root, and all the drama of coming and going, staying and departing.

**Red Mangrove-** Shows us how to ground to the land, connect to the energy grid of the earth even as we travel far from homes we've known and experience rough crossings.

**Pychillis Macconnellia Orchid-** Successful grafting of a new life. This essence helps calm the emotional body during transformation. Especially amidst radical change on a planet that is vibrationally heating up or when transition will be a rollercoaster ride.

**Common Scurvygrass-** For the betwixt and between moments when were not sure where and if we fit or belong.

**Sea Champion-** Helps us be open to receive and see with fresh eyes.

**Alex MacKenzie Rose-** Fortitude in times of turmoil. Helps us muster the courage to keep on trucking.

**O'Cebreiro-** Gives us the strength to keep moving forward and leave behind the people and places in our lives that we've loved yet know are not part of our onward growth as a soul.

**Cat's Claw-** Supports us in knowing when to hold tight and when to let go.

**Arrowhead-** Helps us act from our best selves during muddy waters and crisis.

**Biting Stone Crop-** Brings hopes and dreams into form, even in inhospitable terrain.

**Red Rugosa Rose-** Supports stability and calm during turbulent times.

## Purpose and Divine plan

It is difficult in the changing tides of early adulthood to know what lies ahead and how our lives are to unfold. It's not always clear which leads to follow and which to walk away from. It's especially complicated to cultivate our own genuine and individual sense of purpose without being challenged at every turn by the culture, family agendas, and the choices of our peers.

*With the relative affluence and stimulation of our current culture, there is little to no encouragement or space to focus on the cultivation of a deeper life purpose: a job or occupation that resonates with our inner selves and a life that carries a vibration of balance.*

Yes, we have been given so much as a generation, but with affluence comes inactivity, complacency, and disconnection from our own internal compass. It is far too easy to get stuck in these ruts. Our task then is to practice following the energy of truth no matter where the road takes us.

The search for purpose is a life long venture, but the decade after leaving school is often the time when we are pushed out of the old realm of childhood/ adolescence and thrust into the new and unknown. Often we are expected to find our path and follow it ASAP! This is easier said than done and can cause a great amount of stress, rushed choices, and induce deep feelings of anxiety and despair.

This group of Essences supports us in the turbulent twenties and thirties as we strengthen our resolve to follow our purpose, take the time to pause and listen so we don't get thrown off course by the outer worldview of what our lives "should" look like.

**Nuuphretia Lavarissa-** Fearlessness in a bottle.

**Star of Bethlehem-** Allows us to confidently and calmly let go, loosen our vice grip or attachment to the old and give birth to the new.

**Blueberry-** Supports a shift in paths. Aids us in taking our own road no matter the amount of pressure on us to do otherwise. This Essence keeps us in the flow of our true purpose, regardless of all outer world consequences.

**La Rioja-** Sparks creativity. Helps us discover our unique autonomy, cultivate our deep creative strengths, and turn them into assets to obtain the life we desire.

**Spiderwort-** Excellent for sorting out our true way forward from patriarchal and cultural ideas. An Essence that allows us to separate genuine interests from acculturated ones.

**Fireweed-** For spiritual breakthroughs and receiving clearer guidance. Opens the 'inner' ears.

**Roncesvalles-** Fills us with courage and helps us summon the strength to take the first step of a journey. Allow the body to access the reserve of energy needed for the initial change into new ways of being.

**Spider lily-** Supports us in trusting guidance and developing telepathic skills.

**Sea Lavender-** For weathering sea changes and going with the flow during the cyclical transformations along the hero's journey.

**Zubiri-** Allow the momentum of our lives to fuel the forward flow. Guides us to enter the state where expending energy on creative activities essential to our path creates energy instead of depleting our reserves.

**Reine des Violettes Rose-** Shows us the balance between action and restraint. Emboldens us to have well-defined and unapologetic boundaries.

**Manjarin-** Aids in discernment. Helps us look below the surface of a situation and feel into its energetic core. Helps us to break down the external worldview and be energetically perceptive about what are true gifts and what are red herrings.

**Babies of Light-** For the generation of souls wading into adulthood who continue to bring up the new vibration. For the indigo children all grown up. Soothes all these souls who are carrying more light force energy and navigating adulthood at the same time.

**Arre-** Allows us to trust our life's pacing. Lets us stand by our choices with centered and grounded conviction.

**Sacred Feminine-** An antidote for our patriarchal society. Links us with our own powerful creative center. Supports women in acting on the gifts of being in female form. Aids men in owing their emotional and creative energy even in the face of a

dogmatic society with a fixed notion of manhood. Supports both genders to transform humanity toward embodied sacred wisdom.

**Santiago-** A comforting ally in the empty experience of outer world false endings. A supportive essence when the internal journey is still ongoing.

**Calabash-** Helps us jettison everything that doesn't serve us to fulfill our creative destiny, especially helpful for women who need to strengthen their sacred masculine energy. It supports us to bring our creative dreams into reality. Gives us the guts to be bold and take action with our creative work.

## Pack and Community

One of the major elements for our generation is community. Who we belong with and how they weave in and out of our lives is of major consequence. The question of finding a tribe, and knowing where we belong, is key to our sense of grounding and happiness. We have leapt from the platform of years in school where the social piece is constructed around us, and fallen into the wide ocean away from all the moorings we once knew.

In these modern times, and in America in particular, there are so many choices for young adults, so many places we could be, and things we could do, that friends get scattered to the wind. We are called to create new circles, navigate the waters of balancing both intimate relationships and larger social ones. We are growing and changing, and with our rapidly immersing sense of self comes a change in who we attract. We long for a pack that is moving with our growth as well as reflecting back the energy and cadence that we feel within us.

This is easier said than done. Often it is a painful process to uncover how change can bring new faces into your world at the same time it becomes clear that it is time to break old ties.

*Growing pains are not just for the body. There are growing pains as we become more centered in who we are as adults, uncover what is important in our lives, and take hold of what matters the most in a confidante and partner.*

Community is a free flowing form and it's often hard to trust the coming and going, the emptying out and filling up, reckon the moments of isolation and loss with the ones of delight and overflowing company.

These seasons come and go, but young adulthood calls us into a clearer relationship to those closest to us, the fixed points, the people we will marry or keep as life long friends. As with any strong pack, there is often a drama of roles and internal dynamics. Some of us will be called to be beacons and others supporting players, but each role has its highlights and downsides. These Essences will help us embrace wherever we fall in the pack.

Humans are communal creatures and young adults the most communal of all. These Essences are here to support us with these vital and precious pieces of our lives and to help us commune with others in a way that brings us deeper into a true sense of our mission and passion, beliefs and connection to the universe.

**Arbor Garden-**A community cure all. Reminds us of the value and necessity of harmony, grace, sanctuary. Leads us towards healing all discord between individuals. Valuable for groups full of passionate and strong willed people. A remedy for the lovers and the fighters among us.

**Alika Rose-** Gives us the confidence to be a beacon of light and accesses the most energized and confident part of us when we are called to lead.

**Belorado-** Helps us hold faith in the emptiness before the dawning of the next chapter brimming with authentic and supportive community.

**Sweet pea-** Helps us to rediscover the thread of community in our daily lives. Reminds us that we are pack animals for a reason.

**Puente la Reina-** Gives us the clarity to lighten our energetic load and be clear about whom we travel forward with. Helps us discern who truly appreciates our worth and can actually support our growth.

**Date palm-** Supports us to access wisdom free of negative genetic coding. Connects us back to divine and light filled center within our genes and lineage. Allows us to look at what we have been given through our family bloodlines, cut free from the negative and take forward only that which will serve us and our children.

**The Fairy Rose-** An injection of childlike joy. Reminds us that we are still young and full of zest!

**Mazarife-** Helps us realize the potential to create an oasis of color and joy in our community even during hard times.

**Galicia-** Gives us the grace to move with kindness on our spiritual journey, even as we travel alongside others who aren't, or haven't been, on such intensive internal courses.

**Autograph Tree at Coole Park-** This essence is a comfort and support for artists, dreamers, outsiders and individuals. It is the companion to all the roaming souls who have yet to find their true pack, and those who feel set adrift socially on the seas of our modern culture. A massive rooted Essence that will stay by our side until community and kindred spirits arrive on the horizon.

**Lamb's ear-** Support for the sensitive souls. A comforting ally for those of us who feel intensely, but still long to connect with the world in a deep way. Allows us to be open when connecting to others without going into energetic overload.

## The Path and Spiritual Growth

As a generation of twenty and thirty something's we have spent much of our lives growing in the traditional sense. We have matured into adult form and learned the ropes of our social world, but we have also been engaged in growth on a deeper level. Age is no

determinant of our desire to grow spiritually or even our place along the path, but often we are discredited or distracted from our own spiritual work. The world and media circus around being young doesn't pull us into a closer bond with our greater purpose for being on the planet and our lifestyle of change and upheaval doesn't make it any easier!

This group of Essences is here to support us with the range of challenges that come from being young while building a rooted relationship with our own spiritual journey and ourselves. Being spiritual isn't a cool thing to be these days and our culture discredits its importance at every turn. There are lots of flashing lights, glitzy images and loud noises that keep our brains full enough to lose touch with our own internal pulse.

*It is this unspoken lack of connection that can often create a place of great emptiness or longing. Stepping fully awake onto the spiritual path is no easy task. It requires much of us and calls us to be secure in our own divine fingerprint, our unique link to the mission of our life.*

Yes they don't talk about this stuff on MTV. They don't want to and can't because the media sells cookie cutter images and mainstream notions of life. They pump out a generic view that doesn't begin to support the millions of unique souls coming of age. There is nothing overtly sexy about the spiritual path, but I can say that it touches every area of our lives and shapes all we are, say, and feel. To know ourselves, our links to the land, and our soul purpose in this life is to find others who see and affirm who we really are.

The long and short of it is that, once on the spiritual path, we will attract friends, lovers, and experiences that resonate with us in such a way that our whole lives will grow and flow in magical directions. These Essences help us with the hard work of getting and staying on this path. They remind our whole being of the value of the good fight.

Nobody said the spiritual path is a cakewalk, but you might as well have lots of support along the way both from these Essences and from all the people and circumstances these Essences can help usher into being.

**California Poppy-** For times when we are spiritually blossoming at high speed.

Especially supportive to our generation as we evolve in concert with the rising vibration of the planet. Helps the heart prevail when change comes upon us quickly and rocks the boat.

**Blue eyed grass-** Encourages us to push against the grain and feel comfortable with bold choices.

**Mutabilis Rose-** An essence for harmonious change.

**Sunflower Spiral-** Allows us to find solace and grounding in the present. Gives a vibrant down to earth structural support to the spiritual path.

**Phoenix Rising-** This one is for when we have to walk through the firestorm and out the other side. A guide for all who have faced loss, sorrow, and dislocation, but are pushing onward towards the birth of a new life.

**Morning Glory-** Helps us be open to the new and treat each moment as a fresh start.



**Aloe Ciliaris**- Encourages harmonious positive growth on both an internal and external level.

**Octillo**- Helps us use all the skills we have gained along the way and assimilate hard won wisdom.

**Los Arcos**- Supports us in finding the bravery to move ahead on our own and at the same time being open to support from unusual places and activities.

**Nicker Nut**- Aids in discernment and offers the template of protection and courage during vulnerable and creative endeavors.

**Flow Free**- Allows us to flow and not get stuck in a time, place, job or relationship that is not serving our forward momentum. Keeps the true current of our lives going and breaks up energy snares that clog the flow.

## Physical and Balance

To be a child is to be physical and fully awake to our senses and movement through the world, but as we step into our new roles as adults we face many shifts that draw us away from this essential connection. Our physical frame changes underneath us and we begin to relate to others in a more intensely physical manner, we come into our sexual identity and even prepare to give life to children of our own. At the same time, our livelihoods or environments can pull us farther from the physical world. Suddenly the ease of movement and feeling is not what it once was. We lose touch with feeling the edges of our physicality, areas in the body become numb or cold, and struggles with image abound, especially among girls.

We live in a culture that focuses almost entirely on the external experience of being in a body. In doing so, we lose sight of the true measure of health: the way it feels to be in a body, the joy of movement, the rush of blood pumping, breath circling and the smooth flow of limbs.

Our media reduces us to two-dimensional images. This group of Essences is here to support us as we re-embodiment our physicality, as we take back the projection of our outer appearance and inhabit the form we live in. Amid all the chaos, we often forget to ground ourselves and respect the integrity of our physical frame. Instead our culture encourages us to seek chemical, electronic, or low vibration social stimuli that erode our spiritual journey. Seeking such diversions only takes us farther from our center and relationship with our body.

*When all is in balance and we listen to the genuine needs of our bodies, the visceral experience of life is not separate from our greater purpose or journey.*

The emotional, spiritual, and physical elements are interconnected, bound together in a powerful weave. Yes, we can find ways to tune out the messages we get from our body and divert ourselves with outer stimuli, but this neglect and/or physical distress affects all

the other spheres of our lives. When we are called into motion, we have the ability to move energy, to break up energy blockages, and clean our etheric field at the same time. When we are called into stillness, we can go deep into our body wisdom.

*The goal of a deeper connection with our bodies is balance and listening. From that place, vigor and pleasure, grounding and self-confidence arises.*

As a generation, we are now being called to raise our vibration and fully embody our purpose on this planet. I believe much of this starts from our limbs and lungs, muscles and movements. This group of Essences will help bring us back into the physical and encourage us to feel with our whole being while practicing the art of listening.

**Avocado-** An energetic shower and scrubbing cleanser of the cells of the body. Also aids in cleaning the emotional body by supporting us to release emotions, process their exit, and move forward unimpeded.

**Grounding-** Helps us to ground the physical body in the present moment and dissipates feelings of boredom or agitation.

**Cosmos-** Supports the voice of truth as it aligns to the heart center. Allows us to literally feel a truth in the very fibers of our physicality.

**Trillium-** Encourages balanced learning and the physical grounding of wisdom. A dose of full-bodied peace when faced with challenges, upheaval or uncertainty.

**True Wood Sorrel-** An antidote for our crazy, fanatical and frenzied culture. A balm of calm amidst the chaos of modern life.

**Hontanas-** Aids in tenderness and finding the inner kindness to listen to our bodies with compassion.

**Thyme-** Supports us in pacing our young busy lives. Allows us to be alive to the now and breathe deeply into the experience of youth and early adulthood. Helps us to experience the full breath and width of time and live in the present moment.

**Clematis-** Re-grounds us to the physical life when we feel adrift. Shakes our bodies awake when we have lost contact with feeling, sensation, and awareness. Helps banish the feeling of detached numbness.

**Sahagun-** Eases us into surrendering and breaking down the behaviors triggered by fear that cause us to push our physical life beyond balance.

**Omey Island-** Supports in finding solace and grace in the simpler life and natural rhythm of giving and receiving.

**Lavacolla-** Helps to clear our body and emotional field of any clutter that remains from past and finished energetic work.

**Nasturtium-** Gets us out of our heads and/or the surface based media and image driven view of ourselves and our bodies. Grounds us to the eternal truth beyond judgment and self-criticism. Especially helpful for women and those who struggle with body image or finding the bead on unconditional self-love.

**Queen Ann's Lace-** A support for when we feel scattered or divided. Helps us tap our inner strength and restore our energy systems. Banishes illusions of frailty, powerlessness and hopelessness that ensnare and scatter energy.



## Partnership and Love

As a young adult there is little else that creates such energy, emotion, drama and struggle as romantic love. Relationships are a central piece of our lives and an especially intense component during early adulthood when everything is on the move and flush with vibrancy.

Love comes and goes, grows and fades, struggles and triumphs. It crushes us and fills us up, wages battles of attrition and delivers swift shots of joy. It is changeable and powerful, holding great sway over the direction of our lives and the experience of living. It encircles marriage and break ups, parallel growth and growing apart.

*Sometimes it is like an ever-shifting tide, rumbling through our lives, moving with essential vitality. In big ways and small, we all crave love that will make it through the storm and give us a compatriot on the journey.*

There are many threads that feed into romantic plot lines and this group of Essences is here to support our generation as we deal with the gamut of experiences that come from the search for love.

**All ego contracts null & void-** Supports us in unwinding and releasing old habits, patterns or connections to others that don't serve us anymore. Helps free us from old karmic bindings, especially helpful with breaking ties in romantic or family relationships.

**Seaside Mahoe-** Transforms grief over romantic failures into confident healing. Helps to release guilt, shame or doubt so a negative past experience can evolve into soul growth.

**Rosemary-** Helps us relish life in a body. Sparks a zesty enjoyment of the basic pleasures of physical relationships. The 'long hug' of essences!

**Sunflower-** For when we need to live like a superhero and make superhero moves. This essence has a powerful link to divinity and fills every action with abundant light energy.

**Trabadelo-** Helps us uncover the truth at the core of a relationship. Also allows us to access the courage to acknowledge our old patterns and let them go, even as we are unsure of what our lives will look like without them.

**Locust & Wild Honey-** Reconnect us to our source, mission plan, and kindred spirits. Helpful when looking for spiritual community and allows us to find others who can keep pace with our growth. Supports manifestation a life that quenches the thirst for grounded light filled human community. Especially helpful for those in search of romantic partners aligned with their destiny and spiritual trajectory.

**Turk's Cap Cactus-** Put us on people's radar or supports us in gracefully withdrawing from a group and/or relationship when necessary.

**Ixora-** Helps us make healthy decisions about sexual choices, boundaries and partnerships

**Clivia-** A manifesting essence for the creative souls, bringing the creative dreams of our lives and relationships into reality.

**Meadowsweet-** Helps us know we deserve to receive love.

**Bee Balm**- Relationship draino that cleanses our electrical fields. Breaks up clogs of old emotional and electrical baggage and helps us flush it out. Especially supportive with physical links to past relationships as it clears our physical and etheric fields of fingerprints of past romantic relationships.

**Cedar**- Clears out past life baggage in relationships and allows us acknowledge but not act from past life dynamics when it comes to current life relationships.

**Orange**- Calms us during explosive interpersonal drama. Aids in resolution during relationship struggles.

**Calliandra**- Soothes heartbreak of tender trusting hearts.

**Common Spotted Orchid**- Grounds us in our individuality and the value of being unique especially in love and in attracting the love we desire. The every pot has a lid Essence!

**Fisterra**- Helps us give birth to a new life and love. Supports all the energetic and physical systems of the body through a transition where the soul is at the end of a long process of laying down a major paradigm of this or many lifetimes. Helps us fully leave behind all traces of our negative past and embrace the new healthy relationships on the