

FLOWERS ARE DIVINITY IN FORM

AN INTERVIEW WITH MOLLY SHEEHAN
FOUNDER OF GREEN HOPE FARM

Molly Sheehan and her family started Green Hope Farm in 1987. In the same year that her husband Jim built their home, Molly was called by the nature spirits to make her first flower essence. They have called upon her many times since and to date she and her many companions have created 175 distinct flower essences.

The Sacred Union (SU): What was it like to be asked to make this thing called a flower essence?

Molly: I am a very enthusiastic person by nature, so right off the bat, once I knew I was in communication with the Nature spirits, I was game to do anything they asked me to do. I had wanted so much to be connected to them. I had read everything about Findhorn, but I didn't think that I was worthy of it or that it would ever happen to me. When it did happen I felt so loved, that they even wanted to work with me, that when they asked me to make a flower essence, even though I didn't have a clue what it was, I was sure it would be a great adventure. I definitely didn't understand how big of an adventure. When they explained what flower essences were for, I assumed that it was going to be just something for my personal use, or with my family, and that's basically how I used them for the first year or two.

SU: Do you remember what the first essence was that you made?

Molly: I think it was Cosmos which is a beautiful one. Cosmos is about expressing your true self. I do remember where I was standing in the garden when they told me to make flower essences, how excited and curious I was, but, of course, I had no sense of the mission. My reaction was, "Okay, now what do I do next?"

SU: How do the essences assist the individual?

Molly: In every way I can imagine. I think one of the great things about me having a year to make and use essences for myself and my family is that it gave me the opportunity to see how varied their uses are. There were the physical things that they helped me with, I think that the angels actually had me go through some physical difficulties and use them just so that I could see exactly how well they worked. For example, I dislocated my knee. I used the essences right away. I had heard a terrible noise. I saw my knee turned all the way around however, within 24 hours I was so much better, and within a couple of days I was fine. This experience with the essences happened in the face of people saying "You know, you're going to need surgery, etc., etc." That was pretty dramatic. I also had an experience, a silly thing, where I was camping in the Virgin Islands. I was at an orientation at the campground where we were told, "If you get an earache, you are in big trouble! You are going to need massive antibiotics. There's something in the water here that gives people terrible reactions. You'll be up screaming all night. I realized during this orientation that I did have an earache! I went running back to my tent and I used my essences and I was fine. I have lots of experiences like that. So, I know that they work on a physical level. They also work on an emotional level, to help us release and understand what the emotional issues are that we're dealing with, and then let them go. They're such an amazing spiritual tool. They're really here to remind us of the Divinity within us. Flowers are Divinity in form, so they're here to call us into that. We're in an unusual experiment with Nature. We're here to be God in form, and Nature knows how to do it, particularly the flowers, and they're calling us to that. Each flower has its own Divine wisdom, and it is calling us to remember that particular thread of Divine wisdom within ourselves. Some people are going to be called to some flower essences because that's their essential Divine nature that can be released by that note that the flower is striking. Other people are going to be attracted to different flowers because that's the Divine note within them that needs to be reawakened. It's almost like a tuning fork, really. Flower essences spiritually attune us back to our Divine nature.

SU: Would you say they hold a resonance or a vibration?

Molly: Absolutely, of a particular Divine note, and they help us to find it within ourselves, because, of course, it's there

already. They clear our deck spiritually, too. They help us remove all the stuff that's gotten in the way of our perceiving ourselves as spiritual beings. They're such a deep cleanser. I think that there isn't anything that the flower essences won't be found to do in the future. They're really where I believe medicine is going to go. They're so refined; they're so complete, and they're a whole healing system within themselves. I don't see any areas where they can't work.

SU: Have you seen a shift in the essences themselves, for example, does an essence from a particular plant differ now than from 10 years ago, from the same plant?

Molly: Yes, definitely. Of course, we're helping the flowers remember who they are, too. So as they come into their tasks with each of us, they bring forth different strengths. I'm trying to think of some good examples of this. I'll start off with one that's in the guide. Vitex was a flower that when we first contacted it and made an essence from it, said, "Well, my mission, basically has been to remineralize the plant kingdom. But I'm willing to try to change the way I work so that I can work with humans." And it did! It's a profoundly helpful essence for someone whose system is run down and is in need of trace minerals. It helps someone re-absorb them in their system, whatever foods they are eating. The partnership between human and flowers when creating an essence is extraordinarily complex and wonderful. Usually when the flower calls to me to be made into an essence, it's an experience of physical ecstasy for me. I will be standing somewhere and the flower will just send out this wave of love that fills my body with this feeling of joy, of physical joy, and I'll know, "Oh, somebody's talking to me" and I'll look. For example, this week, honeysuckle connected with me. I was stacking wood near the wild honeysuckle along the hedgerow of our property, and I was suddenly washed in love. I turned and started to talk to the honeysuckle and it explained to me what it is here to do as a flower which is to help us to use our memories properly, not get caught in sentimentality or nostalgia with our memories, but use it as fuel to move us forward. Now, the thing that will happen as I work with honeysuckle, and other people work with honeysuckle, is honeysuckle will change to serve exactly how it is that people need it. It's as if honeysuckle has a hundred tricks in its pouch. It presented me with a couple of its gifts, but as people use honeysuckle in all kinds of varied situations that have to do with memories, honeysuckle will retrieve certain other gifts that it has within it, gifts that haven't been used.

SU: So we would perceive this as different, when in reality the potential was always there.

Molly: The potential was always there. I sometimes think that because of the way we humans call to the flowers, they develop skills that they didn't have, or gifts that they didn't have. I think that's our gift to the flowers. They call us to remember our great skills yet, with every one of the tricks we're mirroring back and forth to each other. Every time the flower essence shows us something it has within it that we can bring forward, we can mirror back other things to it by calling it to do other things. This is definitely a question that I haven't really talked about before, but it's so much of the essence of what's happening here, so much the essence of why we need to work with Nature. We do the most service to each other when we both rise up, both Nature - specifically the flowers, and humanity. When we both rise up into our Divinity, into our strength, we goad each other on, in a positive way, to greater and greater heights. That can't happen if we're always in the position of student, and Nature's always in the position of teacher. That's why I think when we take on the role of equal partner with Nature, or co-creator with Nature, that's when Nature can modify and adapt its strengths. Another example that comes to mind is our flower essence stabilizer, Red Shiso. What happened with our stabilizer was we were told that homeopathic people were very concerned about us using it because it's in the Mint family, and Red Shiso said, "Listen, I have a planetary mission to do here, and I'm happy to adjust my vibration so it does not in any way interfere with homeopathic remedies" and it did that. It really needed us, needed humanity to recognize it in order to be released into its mission, and obviously it wants to accommodate us, as long as we're all in alignment with the Divine plan.

SU: That's really the definition of a true partnership. Both are needed. One is not more important than the other. Both are essential, and both have a purpose, a combined purpose.

Molly: Right, and that's where the flower essence adaptations come in, is when we're in partnership. If we're in unequal situations, everybody gets stuck. But once we move into partnership, then the opportunity for positive changes in the whole system comes forward.

SU: How do you see the essences benefiting the human species in its collective sense? For example, if a small group scattered throughout the country, or the world, are taking the essences, does this impact the entire species?

Molly: Absolutely. Essences uncover, recharge and release the light within us. Anyone standing near us can benefit from this release of light. This light serves as an example or model but, it also fires up the cells in everything around us because light recognizes no boundaries. Light knows we are all one. I was just in a conference where I had everybody in the group take Rosemary. Rosemary is for remembering how we're all one. Every time even just a few people use an essence, like Rosemary, the waves move out from there. This is a tangent, but one of the things that we notice at the farm is that there are waves of people using some flower essences at the same time. Collectively we're all working as a unit much more than we think we are. The big wave in the last two weeks has been for Black-eyed Susan, which is about holding the Christ consciousness energy. We think it's something to do with the Solstice that's coming up which is very important in grounding the Christ consciousness.

The planet itself is ascending. We can be passive passengers, or we can participate and be part of the process. By doing the work with the flower essences we are returning to a vibrational oneness with our God-self. We become a part of the process, ushering it in, workers, co-creators of an ascended planet. If we stay in our darkness and our illusions, then we ride along for awhile and then we fall off the planet and we go somewhere else because the planet is going to ascend. We can be part of that ascension. The flower essences actually are a major tool for helping us be a part of that ascension process and it's a great opportunity that we have. We get to ride this planet through its ascension and ascend ourselves. The whole system is working in harmony towards that point, towards that goal. This is the point in which Earth must return into the Light. During the time when humanity moved out of the Light, there wasn't the opportunity in which we could use the planet as a tool to help us ascend because the planet itself wasn't ascending, but now that the planet is ascending, everything is helping us return to that place of oneness. Every system on the whole planet is supporting that return.

SU: When people talk about ascension or transitioning, we usually refer to humanity or Earth, but there are thousands upon thousands of other species that are participating in this project and they, too are going along for the ride, and they, too are transitioning and ascending.

Molly: Nature itself won't have any problem with the whole process because it never had the gift of free will. It's never fallen from the Divine plan, so it can ascend seamlessly. It can return just as water flows down a brook. That's the way Nature will return into the ascended place. But, the ride is more jerky for us. Fortunately, we have these assistants in Nature; we have the whole planet itself carrying us along. It is a harder process for us but it's certainly one in which we have ample support at this point. As far as the animals, you're right, there are lots of species that are now moving that way, are part of this process but the animals themselves have their own destiny. It's a different one right now, although people are telling me their animals are ascending.

SU: Do you feel the essences themselves assist the planet or is it more a matter of working in cooperation with nature that benefits Earth? Do you go out and put the essences on trees and grass and whatever?

Molly: Yes, they're extremely important. Let's say you have a Tree Peony essence, and you take it and put it under a lilac bush. The lilac then remembers the part of itself that knows about abundance. That's what Tree Peony essence is all about. I just planted a lilac bush last week. I was asked by nature to make a lilac essence from all the lilac bushes in the yard and then pour it full strength on this new lilac. I think that was to integrate the new lilac with the energies of this whole project. So, yes, I think the essences are a fabulous tool to use. I think that eventually people will be taking essences made in South Africa and taking them to northern Canada and using them and visa versa. They're going to be using them geographically to help everything remember its oneness. I think that the whole cooperation effort with Nature is also about remembering oneness. That's really what ascension is; it's remembering our oneness.

SU: You mention that you see Earth transitioning, or in the ascension process. What are some of the indicators of that that you see?

Molly: The energies are so different. The energies on this planet are so much higher. It's funny, though, more and more I realize that on the planet, 15 different realities can be simultaneously happening, probably 15 hundred, 15 thousand, 15 million, who knows. People can be in the same place experiencing a totally different reality. So, my "tuning fork" may be tuned to a higher frequency therefore, I may just be seeing what was always here. I think that there is a remembering process going on. There is a joining together into oneness. There is a level of communication going on, a level of telepathic relationship and co-creative partnership that's being born now, that hasn't existed on this planet. It wasn't the model, it wasn't possible for the vast majority of people on the planet to do this. It is now possible, whether people do it or not is

SU: The affirmations do give the essences a little extra, I don't know whether it allows the cells to freely open up and accept the essence, I don't know the mechanics, but it adds an extra oomph to it.

Molly: Right, and also the I AM itself is the most powerful word that you could say. Linking the I AM to the essences definitely fuels a lot. It was a great gift to me to have my friend who ascended demonstrate to me how powerful using the essences with the affirmations was. It's one thing to hear about ascension, read about it and hear people talk about it, but another thing to see somebody who actually did it, and see how fast it took her to heal, to go exactly where she wanted, to her ascension, which is exactly what she wanted. I guess maybe the fear of coming into our power is that we're going to get exactly what we want!

SU: What do you suggest that some people do if they wish to assist Earth in Her transition?

Molly: I think everybody has a different task. I guess I would say people should make peace with the fact that they are God, and not separate from God. Then from there they'll come into an absolute knowing of what they're supposed to do, how they're supposed to work with Nature, how they're supposed to work helping the planet. Everything has to come from that. The only thing that needs to be fixed is our illusion of separation. Once that's gone, then everything else falls into place, with total clarity.

SU: That's a hard piece for a lot of people. Many people feel the calling, they feel the desire to do something, but they don't know what their piece is.

Molly: Well, I think that the first step is remembering with total confidence, that they do have a piece. I was so scared when I first got on this path, so many years ago. I would say, "God, don't forget me! I really want to serve! I really want to serve! I really want to serve!" The teacher I was working with said, "Don't worry about it! That's the least of your problems! You don't have to worry about it, they need you, you're going to have a service to do." I didn't really get it until later. Now it seems like such a ridiculous waste of my time to ever think that I was going to be forgotten and not be part of the healing. I think that's actually one of the gifts that I take out into situations in dealing with people and working with businesses. I was so sure that I was not part of God, that I would never talk to an angel, that I would never work with the Nature spirits, that somehow I was going to be the last person that had these things happen to me. Then all of this happened, and as the same teacher that I was working with at the time said to me when I came barreling in to see him and said, "My God! I'm seeing my past lives, I'm talking to angels, Oh, my God" and he said, "Well, what do you expect? God's laws work and they work for everybody. You've been asking for this. You're going to have it." I think that's a great thing for me to be able to go out and be with people and remember that I was so sure, just like they are, "Oh, this person is doing all this stuff, but I won't be able to." I know that's just an illusion. I know it with my whole being, that it's an illusion. When I'm talking to people I don't believe that they're not going to talk to angels, that they can't talk to angels, that they have no mission, that they're going to be the last person, that they're going to be forgotten, because I lived that illusion, and it was erased from me. When this farm came into our life, I had lived in a dorm at a private school for ten years with forty teenage boys. I was sure that I was either going to live in a trailer home or go insane in a dorm. This is the most beautiful property I've ever been on and it came flowing into our life, as with everything else. We'd gone to banks, and they said, "Well, you are going to live in a trailer home, that's all you're ever going to be able to afford." That's just not been true. All of those feelings of lack and limitation and separation and everything else have been melted away from my life. I think that it's partly because of my persistence in trying to heal these things, and I certainly think the flower essences have been an enormous gift to help me.

SU: Even after reading this article, many people are still going to think they don't have what it takes to be able to communicate with, or have a real dialogue with Nature. What are some of the indications that the Nature spirits are right there waiting for us to take that step?

Molly: Well, first of all, the truth is that you're not ever separate from Nature. You are, every single entity on this planet is one with Nature, because we're one with everything. So indicators are a way into communication, but the truth is that we're not separate from Nature. I could ask, "Well, what is an indicator that my right hand is connected to my left hand?" Well, I've got veins that connect it. I could follow my skin from one arm to the next, and see that it's connected. But the truth is, it's connected, so the great good news is that the truth already exists, that every single person is one with Nature, and the forces of Nature. Obviously, I wasn't ready right off the bat to believe that. It took Nature all these years to get me to a place where I understand that better. They took me in by having me experience them as very separate from me at first. They had

hawks appear, and different kinds of butterflies land on my arm, things like that that felt like a way of them showing me that they loved me, that they were there. Now I realize that I wasn't separate from that orchestration, that it was all one concert that we were all creating together.

SU: I had an interesting experience the other day when I was out in the garden. I'm not particularly fond of bees. So I asked that the bees not be around me until I get more comfortable with them. I have three beds that are filled with Irises. I was working in these beds for two days and didn't see any bees, which is so unusual, because they're usually covered with them. One day when I was out there I was thinking, "What happened to the bees?" I didn't see it, but I heard one fly by - Nature was just reminding me that they're there, but they're respecting my request.

Molly: That's a reflection of you bringing forth that love in yourself. The universe and that part of you that you call Nature was responsive to what you asked because you felt you deserved it. You felt that you deserved that sanctuary, so you got it. If you had felt in not as loving a place towards yourself, you might have given yourself some run-ins with the bees. You'll come to a place where this whole issue of the bees will dissolve away. That's what's happening in all our lives, certainly there's issues that I'm struggling with.

That's a beautiful story, though. I had an experience early on with some ants. I came into my kitchen and somebody had left the window open without a screen, and there were about 10,000 of those little, bitty ants, and so I called to the deva of ants, and I said, "Okay, you all have to leave, and I'm going to give you 15 minutes, I'm going to set the timer, and I want you all out of here then." This was a lesson for me in learning about boundaries. So the deva of ants said, "Okay, but there'll be a few left, a very few, and you have the right to just get rid of them any way you want." So I sat outside the house for 15 minutes and when I came back they were all gone except for 2 or 3 stragglers. That was an experience for me of, "Oh! I'm really connected!" Now I look at that story and I see it totally differently; I see it as me playing with me. I think that when I remember more, I'll see it even differently than that. I know I haven't gotten all the way to oneness.

We've had a lot of lessons with boundaries and people will get exact feedback about how clearly they ask. One of the summers when we were open for visitors, we divided up all the different gardens and each person was in charge of their own garden. One of the women was in charge of a garden that was filled with eggplant and peppers which suffered an infestation of potato beetles. Every day we would sit with her, and we'd say, "Okay, we will bear witness while you call the potato beetles. You can give them a message to stop destroying the plants. At first she'd say, "Oh, come on you guys, let's stop eating so much, you little chubby babies" and they wouldn't even look up. Every day, she tried again speaking more and more firmly. It was a great lesson for her, because she became clearer about her right to say, "Get out of the garden!" By the end of the summer, she had learned it. It was a great lesson for us too, because we all had to let her have her process. I knew I could go out there and get rid of the beetles in ten minutes because I would go out and say, "Get out of here" and mean it but, it was her lesson and we let her learn it in her own time and in her own way. I could see the conversation going on, back and forth, and her getting the feedback that she wasn't being clear, that she was giving them too much latitude to munch away, until she finally figured it out for herself. It was a good lesson for me because we were having thousands of people through the garden, and her garden was totally eaten. We were supposed to be this model of working with Nature, and the garden looked like a scene in "Twister". It was great because I had to get rid of my ego and have it be what it was and understand that it was more important for her to learn that process than for the garden to look a certain way. It's not about appearances. That's the thing about where the planet is going, why I feel it's moving to the Light. It has nothing to do with the appearances because there are certainly a lot of grim appearances. Underneath there's something so amazing happening that that's why I know things are changing on the planet.

SU: Why is it so important for us to take this step and be in a cooperative relationship with nature?

Molly: Well, we certainly have the free will not to do it, but we certainly see the ramifications of not doing it. It's all been for learning, so there's no judgment involved in what we've done with Nature in the past, which is basically belittle it, or deify it, and never move into an equal partnership with it. I think we've kind of exhausted the learning possibilities of behaving that way. We now have a different opportunity. We have an opportunity to try a different model, and see what a different model can teach us about ourselves. It's certainly something that Nature would like us to do because Nature has learned all it can learn about the models of deification and belittlement that it's been through. I can't imagine anything more exciting than this new model and what it's taught me in the last 5 years, 10 years, 15 years, however long I've been working with it. It's shown me so much about myself and been such a healing factor for me. Yes, it's a great service to Nature. However, I love this planet so much. I know that the reason my soul is here is because I looked down on this planet and thought, "My God, what a magnificent place! I'll do anything for this planet." This new different partnership is certainly a

gift to Nature but it is a vast gift to each of our souls, too. I have gotten so much out of what I have done for Nature here. I know that it's been healing for Nature to have me work with it in this way and work with it on this large scale, but it has been the best thing that's ever happened to me, by far, the most healing, the most exhilarating adventure, the most joyous adventure. I just feel grateful, sitting here, looking out the window at the garden. I just am so awed that I get to be here, get to be part of this adventure home.

Nature will help us. Look at the flower essences. The flower essences embody joy. The flowers embody joy. They're not saying, "Oh, I've got to not be beautiful, not be happy, not be in my full glory." They're saying, "Do it!" They are their truth. They don't worry about looking like somebody else, or doing it like somebody else. They certainly are an example of being our true knowing.

Interview date June 5, 1996

For a catalog of Molly's essences please contact her at: Molly Sheehan, Green Hope Farm, P. O. Box 125, True Road, Meriden, N.H. 03770 or dial (603) 469-3662.



"The Sacred Union" is available through Standing Rock Distributors, POB 4990, Pagosa Springs CO, 81157-4990. Hilary Thomas is the dynamo behind this great organization. You can contact her and Standing Rock Distributors at 800-447-0162.