

# FLOWER ESSENCES from TAIWAN

Bilingual in English and Chinese, Sarah went into the mountains of Taiwan to bring us these Flower Essence gems. In this document her description of each new beloved brings them to our listening ears with her language bridge spanning east and west. Here Sarah, the curator of this collection explains this wonderful new group of Flower Essences,

“Collected from the island of Taiwan in January 2016, the flowers from this collection have an important message to share with us. This message is largely about dismantling our outdated patterns of kowtowing. For example, various flower essences in this collection push us to stop kowtowing to hierarchy, elders, and past ideas of self. The word kowtow comes from the Chinese 磕头 which is the process of bowing and touching your forehead to the ground. This was a custom that was used to show respect, most notably to the Emperor but also to others (such as elders or religious figures) who were deserving of such respect. When I say that the Taiwan collection is about moving beyond kowtowing, I do not mean to suggest that respect or custom is inherently bad. But, I do think the Flowers are trying to teach us that this way of looking at the world is limited, that hierarchy is not a structure to be worshiped. The Flowers seem to live in a realm that is beyond these human constructs, sending tendrils of sweet wisdom down to greet us in our worldly sphere.

In addition to this document, Sarah has written a series of blogs beginning in January of 2017 about these Flower Essences and relevant topics.

## **ALLAMANDA FROM TAIWAN** - *Allamanda cat hartica* -軟枝黃蟬

Allamanda from Taiwan is helpful for those who may have internalized fighting and yelling from a young age. It is helpful to let us hear and accept kind words above and beyond criticism and to be attuned to Spirit's voice above all else. The Chinese name for this flower is “Soft-stemmed Yellow Cicada,” this essence also encourages us through times of change and rebirth offering protection from fears of past negativity or personality drama that has impacted us. As it softens these emotional scabs, it is also helpful for physical issues of scabbing and eczema. This essence is a great one for children caught in the middle divorce, separation, or isolation. It is also a helpful companion to have in all situations of apprehension surrounding change and rebirth within or between lives. This essence helps us end kowtowing to fear.

*I AM the fluidity of my most protected and loved self.*

**BEGGAR' S TICK** - *Bidens Alba* - 鬼针草

This plant throws seeds with burrs that attach to passersby, traveling around the world and spreading itself on clothing and fur. The plant is seen as one of the most viable alternatives for modern antibiotics and clearing infections. It is also a good source of nectar for bees and butterflies. The essence is all about clearing out the old and going with the new. Letting go of old business, mind ideas, and archaic and obsolete plans. This essence is about embracing the unexpected and going where the Plan takes us. Just as it supports us to clear out emotional infections, this essence is also supportive for times when we are clearing and cleansing the kidneys, urinary tract, and prostate. This essence helps us end kowtowing to others' plans for us and carries us away to follow our own destiny.

*I AM as light as a feather and free to follow my own path.*

**BLEEDING HEART VINE** - *Clerodendrum thomsoniae delectum* - 紅萼龍吐珠 In

Chinese this flower is called the 'Red Stemmed Spitting Dragon Pearl.' The word "spit" in Chinese can also mean "vomit." This essence supports us to emotionally vomit up all of the negative energy we are experiencing, allowing us to move on and experience the world as our oyster, enjoying the pearls to be found. This is a highly cathartic essence. It supports us to not dwell in the mourning of sorrowful experiences but to work them through, expel them, and embrace the impermeable love and life force at the core of these experiences. This flower reminds us to end kowtowing to conscriptions (as in to conscribe, to constrict or limit). Instead of fighting off or suppressing our feelings we are supported to experience and release them fully. This essence is also supportive when we are dealing with physical issues that involve vomiting ranging from bulimia to car sickness. You may also turn to this essence to combat emotional absence, bottling, and denial.

*I AM full even when I feel empty.*

**BO HE** - *Mentha haplocalyx*- 薄荷 Wild Mint of Taiwan.

This variety of mint has clusters of small pale purple flowers at each of the joints of the leaves and has a very high menthol content. This essence deals with the theme of independence and self actualization, supporting us to move up the ladder out of troubling situations. It is a powerful aid to all of those dealing with inter-generational conflict, and issues of kowtowing to elders. This essence helps us to integrate issues from childhood that we have recently become awakened to, or worked through.

*I AM the ladder to self-actualization.*

**BUTTERFLY GINGER LILY** - *Hedychium coronarium* - 姜花

Native to Taiwan, this essence supports us to end kowtowing to the intellectual, procedural and the overly serious or heavy. She helps us to diffuse the stress and pressures we feel, almost as if these burdens are evaporated into pure light. This essence helps us do the important work of "lightening up," to see the truth of love

and the joy of the ethereal beyond our bogged-down material world. This ability to lighten is also supportive for the joints as it helps us work to relieve the pressure and weight literally as well as emotionally and spiritually. This essence is also supportive for headaches as it lightens and lifts burdens away through the 6 yang channels of the head. In Chinese medicine, a lot of yang energy converges in the head. This lot of intellectual, hot energy may start to weigh on us if we cannot move it. This may contribute to anxiety, panic attacks, acid reflux and other digestive issues as the hot energy all moves upward and gets stuck there. This essence helps us to restart the flow of energy through our body and release the excess up out of our top chakras. Butterfly Ginger Lily helpful is also supportive when we need to reclaim power over and reset our flow of energy if it has been depleted or disturbed by others.

*I AM the balance of mind and heart.*

**CALLIANDRA FROM TAIWAN** - *Calliandra Emarginata* - 凹叶合欢, 红粉扑花

This flower is a softer red than the Calliandra from Bermuda. Her essence works to release past sorrows, even when they are generational or past life, especially those associated with betrayal. Calliandra's leaves open and close each day and night. This represent the ability that we have to close the door on betrayal and open a new door of restored self-worth and trust. Puts an end to patterns of allowing oneself to be betrayed, and pushes us to end kowtowing to past tragedies.

*I AM the release of betrayal and the flow of love through my veins.*

**CANNA INDICA** - *Canna Indica* - Indian Shot - 美人蕉

This essence is a beacon for restoring vitality after physical or emotional violence, war, and terror. Canna Indica lifts our badly bruised and broken body (may it be physical, emotional, or etheric) up and out of the darkness, allowing our life's blood to course into every part of our extremities, even after the most unthinkable violations and injury. This is a lifeline, steadily tugging us to shore. On shore we can begin to catch our breath. Working with this Flower Essence is like undergoing a deep thaw. Like coming in from the cold winter, hands and feet tingling and itchy as they begin to feel the warmth again. Even though we may feel irrevocably broken, this essence will hold the pieces for us. When we don't even know where to start, Canna Indica reaches out her hand and says "it's going to be ok."

*I AM a life preserver.*

**CHINESE KNOTWEED** - *polygonum chinense linn.* 火母

Chinese Knotweed supports determination to follow God's plan with detachment from all worldly ideas, material infatuations or fear of loss. Her Flower Essence represents complete trust in the divine plan and detachment from all else. She helps us to find crystal clarity that Love is to be honoured above all else. This essence brings the softness to understand and let go, the strength to move boldly in time with Spirit's music, and the comfort of the soft tinkling sound that follows and

assures us. A force-hold of courage and assuredness, she provides incredible support to leave the old behind even when we have become painfully attached to it. Instead of the association with untangling, think of this knot as the True Lover's Knot, tying us to divinity in an unbreakable bond that supersedes all else. It is also helpful to think of "tying the knot," this essence is supportive for discernment with regards to emotional commitments. A strong reminder that love is what knots us together.

*I AM the soft and strong knowing. I AM the knot that anchors your soul.*

**CHINESE RAIN BELL** - *Strobilanthes cusia* - 马蓝 "Horse Indigo"

This flower has a long history of being used as a dye as well as in traditional Chinese medicine. This almost translucent flower is a relief, even to look at. Like a dip in a cool stream or a breath of fresh morning air. This essence brings clarity and purity like the morning dew. Deeply supportive for the respiratory system, helping us to promote water retention and hydration and to purify by bringing balance to the respiratory system and the fluids of the body. We all need cool air and clean water. This essence helps us foster a positive relationship with these necessities. Supporting the body's use of oxygen and water and bringing our water and air related needs to the surface of our conscious. Also consider this essence for helping to balance dampness or dryness in Chinese medicine.

*I AM a breath of fresh air and a bowl of cool water.*

**CLOSED BLOSSOM MELASTOMA** - *Melastoma normale* 展毛野牡丹

This essence is a tender flame of love and tranquility. Closed Blossom Melastoma helps us to rest in the love surrounding us and within us. This essence helps us to end kowtowing to ownership and territorialism. Think of your 3-year-old self saying "Mine, mine, mine!" In truth, all ownership and possession is an illusion, all claims of territory are man-made. All that we really possess is the love within us that in turn belongs to the oneness of Love Eternal. During chaotic events, Closed Blossom Melastoma helps us to remain peaceful and serene without worry that we need to fight for what is ours. This essence helps to melt away the deeply unsettling feeling that we do not have or may not ultimately get what is ours. In fact, all that we truly need lies within us. This wellspring of tender love is plentiful, it will never dry, and it belongs solely to us at the same time as it is present in everyone. When we feel we have nowhere and nothing to call our own, Closed Blossom Melastoma leads us back to drink of this spring, helping us to remember that what's most important is already firmly in our belonging. She is the ultimate comfort. She shows no judgement. She is all understanding and loving-kindness. She does not want us to have nothing, but she shows us that we already have everything. This essence is very supportive for all sorts of control and possessiveness issues.

*I AM at peace with all that I have.*

**CREEPING DAISY** - *Wedelia chinensis* - 蟛蜞菊 Crab Chrysanthemum

Creeping Daisy fills us to the brim with the knowledge that Spirit is, always has been, and always will be loyal to us. This impenetrable, unwavering loyalty shatters the misconstrued ideas about and misconceptions of loyalty that have permeated our world. Loyalty is not unquestioned kowtowing, loyalty is not self-deprecating eternal sacrifice. Creeping Daisy teaches us all that loyalty *is*. Fostering our loyalty to self and to the divine, refining all other loyalty connections, and breaking down misuses of loyalty that only do us harm.

*I AM the clarification of loyalty.*

**CRIMSON CAMPHOR TREE** - *Machilus thunbergii* - 红楠 “Red Nanmu”

Healing Mother. Essence of spiritual awakening. The clusters of this flower sit on the majestic tree like flames of light. This essence said “I AM bodhisattva.” A combination word of meanings “enlightenment” or “spiritual awakening” and “essence.” Her clusters are also reminiscent of the young buddha head. Crimson Camphor Tree awakens our flame of enlightenment, nourishes our fire of spiritual awakening, and deepens our overwhelming desire for freedom.

*I AM bodhisattva.*

**EIGHT SAINTS** - *Euphorbia milii* - 铁海棠

Originating in Madagascar, Euphorbia Milii has been called “Crown of Thorns.” In Thailand, Chinese immigrants call this plant PoySean (Ba Xian, or Eight Saints) after the Eight Immortals and place it outside their doors in order to attract the protection of the Eight Immortals. The Eight Immortals are Taoist Ascended Masters, which include patron saints of Health, Bravery, Riches, Beauty, Art, Intelligence, Poetry and Overcoming Evil. This Euphorbia Milii’s small gold blossoms are flanked on either side by soft, wide, peach-colored armor that are clustered in two-pair sets. She is a measured and balanced force that helps us to feel the presence of the army of Light-beings which are always there to protect us. This Essence helps us to feel our partnership with Light-beings, and is very supportive for partnerships in general.

*I AM united in partnership.*

**EMILIA PRAETERMISSA** - *Emilia praetermissa* - 黄花紫背草

Latin name meaning “Emilia overlooked.” Coming out of a time of healing, this Essence helps us in finding balance in our newly healed bodies. She is supportive in reacquainting ourselves with being well. She also helps us in the process of dusting ourselves off, especially when we have undergone great and lengthy healing processes in this life or which are stored as memories in our etheric bodies. This Essence is supportive for those of us who may have grown cautious or worrisome as a result of having to undergo long healing projects. She reveals opportunities that we may have overlooked or hidden from ourselves because we did not feel our healing self could handle them. She allows us to experience feelings which we may

have closed ourselves off from. When we come to think that we have worked so hard to heal our body, mind, or soul that we had best not risk any future damage we become cautious and apprehensive. Things which used to be exciting or inspiring now may cause great worry and thus we systematically avoid them. Emilia Praetermissa helps us to regain our confidence in the abilities of our healthy and whole self. She helps us to feel at home in our skin when, after having done so much work to reveal our true self, we are having trouble recognizing this new authentic self.

*I AM the rock-solid foundation of my fully healed self, I AM well, and being well I AM free to revel in the splendors of the universe.*

#### **ETERNITY ORCHID - 永远兰花-**

The long, twisting, extending petals of this magenta-pink orchid are reminiscent of a mobius strip extending out and folding back in on itself in ways that break the barriers of dimensions. This flower says, "I will always love you, no matter the time, space, or kingdom, no matter the rules no matter what seems." This is a good Essence to work with when we feel confused, turned around, or lost in space-time. It helps to bring us back to where we need to be. Although all may look the same, this Essence has transported us to new dimensions as effortlessly as following a straight line. This Essence releases us from the constraints of time and place, and helps us to break down and move through various dimensions. The feeling is that love melts away all dimensionality and orientability.

*I AM never lost, I AM always found.*

#### **EUPHORBIA OF THE ANCIENTS - *Euphorbia antiquorum* - 火殃勒 "Malayan Spurge"**

"Cool, calm, and collected" this Essence says. Euphorbia of the Ancients is a force of equanimity. Equanimity means level-headedness, self-possession, presence of mind. Euphorbia of the Ancients is a gentle reminder to think before you speak. She helps us to speak from the loving truth of our heart's wisdom. The shape of the cactus head is reminiscent of the balanced scales of justice. This Flower Essence helps us to practice equanimity in our lives, maintaining a balanced mind through emotional torrents. Euphorbia of the Ancients also helps us to download energetic information in a more expedited way, by taking full advantage of the helping partners that are incarnate here with us.

*I AM an ancient force of equanimity.*

#### **FLAME VINE - *Pyrostegia venusta* - 炮仗花 "Chinese firecracker"**

This flower is closely linked with spider medicine. It is all about establishing the balance of past, present and future in our lives and honoring our own creative pursuits. There are many possibilities in this life and Flame Vine helps us to navigate the intertwining webs of past, present, and future both in terms of this life and those gone by and yet to come. When we feel ourselves devoted too much to someone else's creative endeavors (it may even be our own endeavors from past or future

lives!) This Essence helps us to course-correct, so that we are honoring our selves and our divinely ordered work, finding the perfect balance between our nostalgia and lessons learned, our hopes and dreams for the future, and that which faces us in the Now. This is an amazing support for all creative workers and artists, as well as dreamers and old souls who may become trapped in the web of another time and place. She is also supportive for those “givers” amongst us who tend to prioritize everyone else and everyone else’s goals and projects above their own. This essence has also been suggested by the Angels for dental issues. Upon second glance the clusters of orange flowers on this vine are reminiscent of rows of deeply rooted teeth.

*I AM the tightrope walker, steady on my course and seeded in my work.*

**FLOSS FLOWER FROM TAIWAN** - *Ageratum conyzoides*- 藿香薷 “Billygoat Weed”  
Protection from burn, especially emotional burns. This essence helps to shield us from getting burned when we need to experience intense vibrations for one reason or another. When you are experiencing something really harsh, but necessary, this flower helps to protect you from unnecessary collateral damage. “Think of me as protection from the process of jading. Let my light purple tendrils comfort and protect the parts of you that are most true and most you. Do not lose yourself in the flames of cruelty and hardship. Let me mark what is to be saved and carry it safely to the other side in an aura of light.” This Essence is also supportive for obsessions and obsessive compulsive disorder. She helps us to know what parts of ourselves are the true essence and what parts are being dictated by the external forces of our obsessions and/or compulsions. This essence works with great precision in Her work, like dental floss, removing the ill while maintaining the health of the rest.

*I AM the keeper of Love not to be lost.*

**GOLDEN SHRIMP PLANT** - *pachystachys lutea* - 金苞花 “Lollipop plant”  
Integration of knowledge and spirituality. Helps with navigating between brain knowledge and spiritual truth. Works systematically in a dual capacity. Meaning, this essence helps us to distill truth from knowledge and likewise to manifest knowledge from truth. This Flower Essence helps us to see the world and all experience as a solid foundation for spiritual experience, to appreciate it fully as a classroom for doing spiritual homework. Even in places on our journey where we feel disconnected or disjointed, or further from Spirit, this Essence reminds us that Spirit is there all the same.

*I AM the ever-present Truth within and between life experiences.*

**INDIAN RHODODENDRON** - *Melastoma candidum* - 地蕊 Asian Melastoma  
Removal of toxicity. This essence is a great ally for anyone dealing with emotional, physical, or spiritual poisoning. Indian Rhododendron helps us to get out of toxic relationships or situations with grace and expedience. She illuminates the exit strategy in big red (or should I say, purple!) letters and seems to beckon us along the

way. This is no surprise given that this plant has traditionally been used in both Chinese and Indian medicine to rid the body of toxins and poison. I imagine following this bright blume out and away from the toxicity and then sliding down her deeply grooved leaves as though they were an evacuation slide from an airplane.

*I AM illumination of the path away from toxicity.*

**JAPANESE MOUNTAIN TEA** - 山花 - *Camellia Japonica* - Pink Camellia Resilience. Beauty of Strength and Strength of Beauty. Even in cold and desperate conditions this vibrant flower will unapologetically show her face. This Essence is for all of those who have undergone an arduous climb. It helps us experience the invigoration of having reached the summit. This flower reminds us that the climb was worth it. She helps us to bask in the wisdom from that we have gained from the preceding journey and to fully drink in our accomplishments. Especially when we have faced an emotional challenge, this flower helps us to rejoice in the wisdom gained and relish that we have made it past those trying times.

*I AM the highest heights after the lowest lows.*

**KING'S MANTLE** - *Thunbergia Erecta* - 立鹤花 “Standing Crane Flower”

This flower has velvet purple blossoms with throats of golden yellow. As the name suggests, this essence helps us feel cloaked in God’s mantle, drawing us into the safety and shelter of all-forgiving love. This flower says, “when you are tired, when you feel weak, put on my coat and feel wrapped in the love of the whole universe.” This essence helps us feel centered in and surrounded by a love that is deeper than we can understand, giving us a safe place to rest and a buffer from the elements of what ails us.

*I AM the cloak of God’s love.*

**LITTLE IRONWEED** - *Veronia cinerea* - 夜香牛 “Purple Fleabane”

Disappearing act, transforming. Found on the side of the road in Yilan, Taiwan. In Chinese this helpful flower from India can be called “Fragrant evening ox” or “Vanishing Mountain Tiger” Little Ironweed helps us with the process of cleansing and letting go of all that we do not need, especially the illusion of control. If we are able to fully trust that all is all right and in God’s hands we can relax and no longer feel the need to hold on so tightly. It performs a disappearing act on the illusion of the need to hold on, allowing us to experience a deep release. Medicinally, Little Ironweed has been used to help with dispelling lice, dysuria and bladder spasms as well as mastitis and breast cancer. When we think of what lice and cancer have in common, we come to the root of what Little Ironweed is here to help us with. In both cases, if even the smallest amount of negativity is overlooked it will reproduce rapidly and become a big problem again. Likewise, even the tiniest negative thought-- the most minute single louse or cell of cancer-- that remains after our hard healing work can cause us to continue to clutch to our fears and prevent us from

releasing into the truth of love. Little Ironweed helps us to remove that smallest progenerative seed of doubt so that we are free to fully experience a deep and complete cleanse. (Also recommended for issues of hoarding and incontinence).

*I AM the disappearance of the need to hold on.*

**ORANGE LANTANA** - *Lantana Camara* 马缨丹 The blossoms of Orange Lantana seem like wise souls, sitting in circle around the embers of a campfire, their faces aglow with the light of their shared heart-experiences. This essence is especially supportive for groups. It helps us to translate a pile of shared pain, sorrow, joy, love, and what have you into a glowing and balanced wisdom. It helps us when we must come together, even if we don't want to, for there is something to be gained for each of us. Consider this essence during meetings or family gatherings, or even group therapy. She helps us to translate our collective pile of "stuff" into tangible and gratifying wisdom for each participant. She helps us to balance our attachment and concern for the "stuff" with a bit of distance, as she tells us that there is more wisdom to be gained if we can put some separation between ourselves and our strong emotions. (Perhaps best if used in conjunction with sister Lantana whose gift is the dissipation of strong emotion)

*I AM the soft glow of wisdom from the fires of group tumult.*

**PURPLE TRAILING LANTANA** - *Lantana montevidensis*- 蔓马缨丹 "Weeping Lantana" Navigating the transition from infancy to childhood and childhood to adolescence. These times in life can be difficult and heart breaking as babies and children transition from their unbridled connection to Spirit, becoming aware of all sorts of illusions of the incarnate world. They begin to be concerned with their appearance, with the thoughts and judgments of others. Yet we all must make these transitions during our time here on earth. Working with this Flower Essence we are reminded of our Eternal self-worth and Divinity within. Purple Trailing Lantana helps us to look at ourselves and the world with soft and humble forgiveness, giving us a gentle reminder of direction when we feel jumbled. "Come dear friend, sweet one, let me take your hand and cushion your fall. In the eyes of the Universe we are all, and always will remain, beloved children."

*I AM the guardian of childhood not forsaken.*

**RAINCOAT FLOWER** - *hygrophila pogonocalyx hayata*- 大安水蓑衣

Support to summon the courage to be as selfless as we have ever been. Raincoat Flower is an aquatic plant that is endemic to Taiwan and has been brought back from near extinction. She is connected to the indigenous peoples of Taiwan, as several ethnic groups (especially in Da'an) have been responsible for taking grafts of the plant in order to boost the population. As an Essence, Raincoat Flower is very helpful for issues of the mouth, especially the tongue, throat and tonsils (notice the resemblance of the flower to an open mouth). The base of the tongue in Chinese medicine is also related to the kidneys. Raincoat Flower helps us to swallow our

fears and our pride, she pushes us further to a place of vulnerable selflessness and openness. She reminds us of the simple life by the quiet marsh, undisturbed and non-disturbing. She helps us back to a mindstate that is more open to communication and receptivity. When the doctor says “say Ahh”, or opening our mouth to swallow the medicine. Raincoat flower supports us in conscious efforts to open ourselves up to the vulnerability required for real healing. And yet she is protective, as her name suggests, providing us a natural raincoat (the Chinese name suggests one made of rushes) to shelter us in a stewardship and selflessness that is best expressed by our aboriginal brothers and sisters. She speaks in a deep, low voice of love for the Earth and respect for the greater systems we are in touch with.

*I AM awash in the marsh of love and I will do no harm.*

**RED HIBISCUS FROM THE TEMPLE - *Malviscus arboreus*- 垂花悬铃花**

Have you ever felt yourself immediately shut down whenever any criticism or negative feedback comes your way? This red, bell shaped hibiscus was collected from a hilltop temple oasis located amidst the urban sprawl of Taipei, Taiwan. This essence reminds us that we are always sheltered in love and calm, allowing us to be both open and sheltered at once. Imagine yourself surrounded at all times in a comforting vibration, like standing next to a large bell, feeling the vibrations of the ring through every bone in your body. Like the sound of the bell in Matsuo Basho’s poetic line, “The temple bell stops, but I still hear the sound coming from the flowers.”

This essence is going to help humanity in broader terms to stop kowtowing to ideas of righteousness and judgment (the idea that we know who and what is right and that rightness reigns supreme) to open up our collective heart to enable pure and loving communication.

From Molly’s Blog: This is a complex and nuanced Flower Essence with many deep strengths. Like its sisters in the Hibiscus family, it helps ease and release the damage done by early life experiences of verbal shaming and abuse. Furthermore, it moves you towards the sacred territory of true communication by tenderly holding the damaged parts within you so you feel safe to open your hearts to genuine communication and feedback even when it is not easy to hear. This experience of being both safe as well as open hearted opens the way for deep healing within yourself as well as with whomever you are communicating. The closed nature of the Flower petals indicates the tender containment of your suffering. The fact that the pistils and stamens hang below the Flower petals reflects the way the vibration of this Flower encourages you to be vulnerable and use both the inner wisdom and receptivity of the dangling female pistils and the accompanying cluster of ebullient expressive male stamens to actively listen with an open heart.

The Basho line speaks true of this Flower Essence as it helps you experience that when the sound of the exchange is over, what can continue to speak in your heart is the love shared. *I AM the reverberation of love.*

**ROUND PLUM RASPBERRY** - *Rubus croceacanthus* - 薄瓣悬钩子

This flower was collected from the top of JiLong Fire Mountain in JiLong (Keelung), Taiwan. From this beautiful port city tucked into the valley rises a ridge of mountains that hug the coast overlooking the ocean. It was from a narrow path along this mountain ridge that Round Plum Raspberry called out to us. The five soft white petals of this raspberry-like flower appear like floating clouds. Clouds have the unique ability to hold moisture amidst the winds and pressure of the atmosphere. Round Plum Raspberry essence supports us to be able to hold energy without feeling the need to immediately expel it. It supports us to find a rhythmic and calm harmony of action and inaction, work and rest, creativity and stagnation. No more will we run ourselves into the ground and be forced to get by on a tank of fumes. Round Plum Raspberry reminds us to pace ourselves. Like her sisters Blackberry and Raspberry, Round Plum Raspberry is especially supportive for women and the rhythmic health of women's bodies. This essence is also deeply supportive for sleep. When we no longer feel rest is a waste of time, we can relish in the hours of quiet darkness that the earth provides for our restoration. Another Basho poem, "Amidst the grassland/Sings a skylark/Free and disengaged from all things."

*I AM one with the harmonic motion, with the tides of work and rest.*

**SCARLET PINEAPPLE SAGE** - *Salvia elegans* - 凤梨鼠尾草

Wisdom in times of hurt. This is a very tender flower. Her voice is like a hum that soothes us when we are feeling most broken. This Flower Essence helps us through tough experiences of growth that may have been jarring. She helps us to learn from our stages of development, without regressing or feeling bound by older, less mature versions of ourselves. This Essence is supportive for all sorts of growing pains or life experiences that have unfolded painfully. This Essence engenders self-love and forgiveness for past experiences or past versions of self. In so doing we are encouraged to let go of vices and anxiety that represent Ego ideas of dissatisfaction with the path we have taken to becoming Self, and replace them with a loving acceptance and understanding of our journey. This Flower Essence may help to make clear past stages of our journey.

*I AM a full life after growing pains.*

**SEA HIBISCUS** - *Hibiscus tiliaceus* - 黄瑾

This hibiscus is a rich golden yellow with a deep purple center. In Chinese this flower is "Golden Brilliancy" as in the brilliancy of a gem. This flower reminds us of our own brilliancy especially after we have been hurt or suffered a loss or are feeling tarnished. The large heart-shaped leaves of this plant excrete a sap that attracts ants to the plant that in turn ward off more pesky bugs. She helps to attract allies to us who will see our innate shining and respect us as the gems we are. Moreover, she offers us deep healing and connects us with the supportive friend and guardian angel within ourselves, especially during the times when we feel the most raw and vulnerable. She stretches out her hand and helps us connect with the

friendship of our own deep ocean of wisdom. This is a very spiritual flower which encourages us to be alone without feeling lonely, always filled with a deep sense of friendship and love even when friendships or other close relationships have been lost. Because the Sea Hibiscus and Banyan trees were in the same area, I actually misidentified a bud of this flower with the powerful (and illusive) Banyan essence, doing more research in order to distinguish them both led to the discovery of the very special properties of the Banyan flower which I would not have discovered without the help of dear Sea Hibiscus.

*I AM an ocean of wisdom in a sea of love.*

**SKY FLOWER** - *Duranta erecta* AKA Golden Dewdrop- 假连翘

With this essence, the Chinese word 天下 (*tianxia*) comes to mind. *Tianxia* means literally “All under Heaven.” It has been used synonymously with the idea of ‘the world’ or ‘universe’ in Chinese. However, more than this, it represents a metaphysical concept that combines the physical Earth, a shared contract or understanding between people’s hearts, and a Universal order. This term has been heavily politicized over time, but Sky Flower Essence indicates the more pure meaning behind this term. This Flower Essence is a coming together of Heaven and Earth, physical action bound by Universal Will, the simultaneous formation of wings and roots. She supports us to balance unequal forces and to stand on firm legs while submitting to the ultimate gravitational pull of the Universe. She dispels misrepresentations from people or situations with the understanding that, under Heaven, all is plainly clear. She stops us from kowtowing to false faces, freeing us to go where the messages take us without fear and doubt. We will overcome.

*I AM one with the Land and Sky.*

**SNOW CAMELLIA** - *Camellia japonica ‘alba plena’* -山茶花

Purity. A kiss from Mehera. Snow Camellia is about finding the sacred in every task, every moment. This is one of the oldest Camellias. Individual plants have been known to live for more than 500 years. This flower is a radiation of sacred spiritual wisdom, an unfolding of the perfection of creation. Snow Camellia softly whispers “perfection is everywhere.” Snow Camellia is the light at the end of the tunnel. Pure light. In the folds of this essence we are able to release ourselves into this light, to be our best self, shining forth with our inner divinity from a place we may not have even known existed. Snow Camellia is meditative silence. A sleeping babe. A twilight kiss. A happy tear. “Turn to me when you are lost in resentment, in fear, in boredom or lust. I am a sip from the pool of your most divine self. I am a torch to guide you through the dark. I am the whisper of holy words when you feel wretched. I will veil you in light. You are not naive, yet you are innocent. The world is just as glorious as you imagine, the universe is a place of light. In every crack and corner may it shine.”

*I AM Creator’s light and love in every moment, in every place.*

**SPANISH SHAWL** - *Schizocentron elegans* - 蔓性野牡丹 “Creeping Field Tree Peony” Letting go is the key to receiving. This essence helps us to know that more abundance comes from letting go and releasing control than from holding on. This essence’s affirmation reminds us that we are loved with no strings attached. This is beautifully illustrated by the stamen and extending tendrils of the inner flower. This essence helps us to release what we have been chaining to us, and supports those who have been chained in freeing themselves. Important information for allowing us to encounter each moment with a freshness of mind and of heart, allowing for everything to be what it is, and showing and receiving love without bondage. No more kowtowing to name, to prescriptions of reality, or to artificially dictated ties and bonds. This essence helps with unplugging. Whether it be from our busy connected lives with technology or when we have become wrapped up and tied down by outside forces.

*I AM seeing what is with no strings attached.*

**TAIWANESE TOADLILY** - *Tricyrtis formosana*- 台湾油点草

This flower’s Chinese name is Oil-drop Grass referring to the speckles on her petals which look like drops of oil. It grows in the woodland shade, blooming in the fall. Taiwanese Toadlily reminds us to be cheerful even as the days shorten and colder times approach. As such, this is a good essence for seasonal depression as well as helping us to maintain a playful attitude during sad or trying life events. Think of yourself as a child, running through a sprinkler on a hot summer day. This playfulness is always rooted in stability, just as the base of her flower is stabilized by three distinct legs. On this firm base we are free to reach upwards and outwards, in a vibrant expression of life’s joy. Even in photographs Taiwanese Toadlily seems to defy the two-dimensional boundaries, bursting forward with an almost uncontainable happiness. *I AM a shower of gleeful joy.*

**TORENIA WISHBONE FLOWER** - *Torenia fournieri*- 蝴蝶草属

This gorgeous flower, native to parts of Africa and Asia opens like a butterfly spreading its wings to reveal wishbone shaped stamen which are sometimes broken when bees come to pollinate them. The shadow of the wishbone-shaped stamen and the throat of the flower are marked by a golden yellow color. Torenia opens our hearts to our deepest held wishes. These wishes and dreams have been covered over and buried deep down by expectations of our parents, society, school, and other infrastructure. We have left them aside for false ideas of self, pursuit of money or glory, or just plain old-fashioned peer pressure to be like everyone else and want what everyone else wants. These most holy of wishes scare us because to bring them into fruition means forfeiting all of the cover material we have built up around us. But in truth, these wishes hold the key to the unbridled happiness we all desperately want. To follow them, respect them, and bathe in them is all that Spirit asks of us. This *true wish* is the light within all of us, guarded and gated in our third chakra, Torenia Wishbone Flower breaks open the gate, releasing a flood of love for self, Spirit, and all creation like we have never experienced before. This essence is a great one for opening doors for us! *I AM your deepest wish come true.*

**WILD PINK WOOD SORREL - *Oxalis corymbosa* - 铜锤草 “Lilac Oxalis”**

Healing for the Heart Meridian and a powerful ally of the Heart Protector. The Heart Protector is one of the main defenses of the heart and helps to discern who is to be trusted and what emotional information is to reach the heart. The Heart Protector is kind of like your best friend, a side-kick, your heart's most trusted counsel. Often times in Chinese medicine the Heart, which houses Shen the spirit, is compared to an emperor with the Heart Protector serving as prime minister. In this analogy, the prime minister's job is to decide who gets close to the emperor. So the Heart Protector is there to decide who get's close to your heart or soul. As you can imagine, a weak Heart Protector would allow all sorts of negative influence to get too close to the Heart, causing all sorts of instability and off-kilter feelings and behavior (There is some great information on the subject of the Heart Protector in Gail Reichstein's *Wood Becomes Water*). Wild Pink Wood Sorrel is a healing tonic for the Heart Protector. She helps ease the strain of an overworked Heart Protect. This organ must be one of the most active and stressed of the entire body--think of the Chief of Staff at the White House or an executive assistant to the big-wig boss. This is a thankless, self-sacrificing, 24-7 job! No wonder most of our Heart Protectors are sickly and malfunctioning. Working with this Essence is deeply supportive to the Heart Protector, the care of which will reap huge benefits for overall emotional health.

*I AM the embodiment of a pristine and healthy Heart Protector.*