



The Camino Collection

Created on the ancient pilgrim route to Santiago de Compostela in Spain, this collection holds the wisdom and spiritual momentum of specific places along this thousand year old pilgrimage trail. This collection supports us in the trials and tribulations of our own spiritual journeys, offering particular discernment about the choices each of us must make about who we travel with, how we travel, what we invest in and what we leave behind.

More About this Collection and the Camino

The Camino Collection of Flower Essences was made by Elizabeth Sheehan as she walked the ancient pilgrimage route across northern Spain to the Field of Stars at Santiago de Compostela. This pilgrim trail has long been called quite simply, the Camino, which in Spanish means 'the Way'. It is from this nickname that we got the name for this collection.

The five hundred mile Camino offers each pilgrim a course in healing. Located on powerful ley lines, the land of the trail is very high in vibration and holds significant divine purpose. In addition, millions of pilgrims have walked the trail with a single-minded focus on their spiritual lives. This has cleared the trail of ego static and imbued it with the spiritual wisdom the untold numbers of pilgrims learned on their journeys.

Elizabeth made nineteen Flowers Essence mixes on her first journey down the Camino and then made a second collection called The Healer's Toolbox on her second journey. A description of the second collection follows the description of this first collection.

After both Caminos, Elizabeth returned to Green Hope Farm to spend time with each Flower Essence mix, seeking to understand its energetic gifts. On both Caminos she discovered that the healing intention of each Essence she had made dovetailed with what had happened to her at that place on the trail. This reflects the nature of the Camino as a very specific course in healing, with different places on the Camino acting as classrooms

for different spiritual challenges. To walk the Camino is to step into a healing groove carved by divinity and to partake in a divinely orchestrated healing journey.

In her expanded definitions, Elizabeth shares both the universal gifts of the Essences as well as a description of what she was learning at that point in her journey. I thank her for bringing us these wonderful Flower Essences and making it possible for those of us who haven't walked the Camino to partake of its healing gifts. And now, I turn this document over to pilgrim Elizabeth.

A Short History of the Camino

For well over a thousand years, pilgrims from all over the world have walked the Camino. Because medieval pilgrims began their pilgrimages at their front doors, trails to Santiago begin in places all over Northern Europe. At the French and Spanish border, many trails converge into one five hundred mile trail across northern Spain that is known as the Camino Frances. This spot of convergence is the small town of St. Jean Pied de Port in the foothills of the French Pyrenees. From there, the pilgrim route goes over the mountains and across northern Spain to one of two places. The Galician city of Santiago de Compostela is the traditional ending for Christians while the seacoast peninsula of Fisterra, a hundred kilometers west of Santiago, was the traditional ending place for Celtic and other pre-Christian pilgrims.

Santiago de Compostela translates as St. James of the Field of the Stars. The name refers to the Christian disciple St. James. The story is told that after St. James was killed his remains were put in a stone boat that floated across the Mediterranean to come ashore near Fisterra. The story does not end there, for in the year 807 a shepherd is said to have found the remains of St. James in a field illuminated by a multitude of stars. At the spot where the remains of St. James were found, a cathedral was built to house his bones. No one is certain that the bones belong to St. James, but his long association with the trail has forever linked him to this pilgrim route.

During the middle ages, the Camino was considered one of three major pilgrimages that a Christian could walk to atone for sins, to thank God for blessings or to ask for divine intercession. The first two routes were to the more remote destinations of Rome and Jerusalem. This meant the third pilgrim route to Santiago de Compostela was the most affordable, accessible and therefore vastly more popular pilgrim route with literally millions of pilgrims walking this trail during the middle ages. Many of the hostels along the route have been giving shelter to pilgrims for over a thousand years.

As noted, the tradition of walking this route is older than the discovery of St. James' remains. For the souls wading the trail in Celtic times, the end of the trail was a hundred kilometers beyond Santiago de Compostela at the seaside promontory of Fisterra.

Before the discovery of the western continents, this spot on the coast was thought to be the end of the world, hence the name Fisterra, which roughly translated means "end of

the land.” Fisterra, where the land falls away and the ocean goes out into the unknown, has been a place long associated with ideas of transition. On arrival at Fisterra, it is still a pilgrim tradition to burn something of significance that one has carried along the trail or to throw one’s walking stick into the ocean, thus signifying the completion of one part of one’s journey and the beginning of a new chapter.

Pilgrims, including St Francis of Assisi, Charlemagne, and the Spanish monarchs, Isabel and Ferdinand, walked the Camino. The pilgrimage lies on land that has long been seen as sacred by many different groups of believers. Part of its strength comes from how it aligns with the Milky Way constellations. This alignment reflects its spiritual purposes beyond the ownership of any one religious group.

After falling into quiet times, the trail has seen a return of pilgrims in the last few decades. This reflects how the trail holds timeless spiritual gifts in its very ground, gifts offered with infinite generosity to the hearts of the more than one hundred thousand people who walk the trail every year.

Elizabeth explains how this particular Collection was created

I set out on the trail in June of 2008 with no idea what awaited me along the way and little more than my heavy backpack and my own courage to guide me. I set off from St. Jean Pied de Port, one of the more popular starting places in southwestern France.

Along the way, many Flowers called to be included in the Flower Essence mixes. All of the Flowers involved in the Essences were very clear about their purposes. Each of the Essence combinations is named after a place near where the specific Flowers were collected. Each Flower Essence combination holds both a personal story for me as well as a universal healing dynamic.

It is often said that the experience of walking the Camino is one of intensity. Everything is heightened. The major spiritual issues of one’s life journey are brought into focus to be seen and resolved. In an effort to make the dynamics crystal clear, the characters one meets and the emotions one feels are sometimes larger than life. The journey reveals many things by bringing everything to the surface.

This dynamic translated into a collection of Flower Essences that offers support to see all our spiritual journeys with a similar clarity. The Essences offer ways to heal, release or move through specific dynamics each of us face on our journey through life. They are about the flow of the hero’s journey and the way in which our lives run in cycles of growth.

The trail teaches many things, but one of the most important gifts that it bestowed upon me was the ability to be exactly where I was. These Essences, made throughout my journey, help us experience all the stages of the hero’s journey, knowing that each stage,

either beautiful or painful, will pass and a new landscape, a new moment of the journey will arrive.

The trail has a history of being claimed by many different religions or groups. But the trail, its Flowers and the Flower Essences in this collection are clear in their desire to serve the light in each of us as individual souls. In doing so, the Flowers and these Essences help to heal some of the ancient wounds that have long been a part of the Camino.

Each Essence is named after a place on the Camino. The definitions explain the spiritual dynamic of each place as I experienced it. Along with each of the Essence definitions, each expanded definition includes a short description about my personal experience on the trail. My hope is that sharing this will help explain the Essences' gifts and helps us all heal and live our heroic journeys.

Message from the Deva of the Camino

I am healing at its deepest core. I am not a façade of spirituality or religion. I am the oneness of land and spirit. I have come to share the ancient gifts of healing that this land can give to humans. I have long been covered in blood, shed by confused souls battling for the illusion of ownership of my pathway. I have lain dormant for many years as the battles raged on. I have come again in this modern age to guide souls back to their true journey on this Earth, a shared journey.

The Flowers along my pathway hold an exponential amount of healing energy that will assist all that use them in being able to get down to their real work. I am the combination of the physical and spiritual planes as they come together to aid each soul in finding their way to healing. I am the grounded vision of the future, if humanity can do the work that they are being called to do. I am the reassurance that as each soul faces the inner journey, it is a gift to the light of the world and one that cannot be denied.

The vibration of my pathways is swiftly rising. I must be clear that the work is more valuable now than ever before.

I AM the courage.

I AM the journey back to wholeness.

I AM a trail of light that will serve the world through every soul it touches.

I AM the taste of what the planet's vibration will now need to become and a view into the intensity of the light in the ages to come.

Roncesvalles

Keynote: Courage

Being able to summon the strength to take the first step in a journey. Allows the body to access the reserve of energy needed for the initial change into new ways of being.

As I sat in the pilgrim's office in St. Jean Pied de Port, I wanted to begin my pilgrimage, but conventional wisdom suggested I had arrived at the starting point too late to do the first day's 25km/15 mile walk up and over the Pyrenees into Spain. Yet, I was very eager to start. Then again, part of me was unprepared to hike that day. I was wearing long pants and my bag was filled with extra food and stuff that I had planned to jettison before hitting the trail. But a group who had arrived on the train with me had decided to begin, so I quickly joined their pace and set off. I needed reserves of physical energy that first day when I climbed up and through the mountains. And for that reason the Flowers that I collected on those rolling plains and lush mountaintops helped to fuel the first leg of my journey. When I got to the first night's destination of Roncesvalles, I knew the trail had already given me the gift of the strength to begin.

Zubiri

Keynote: Flow

Allowing the momentum of your life to fuel its forward flow. Entering a state where expending energy on creative activities essential to your path creates energy rather than depletes your reserves.

Zubiri was a place that I passed through on my second day of walking. The trail wound down off the slopes of the Pyrenees and into the valleys below. The day was crisp and bright. The light, the land and all the Flowers brought such joy to each step. I found that the forward arc of each of my feet, meeting the ground on the winding trail, recharged my body and spirit, much in the way that a hybrid car recharges itself as it drives.

Arre

Keynote: Conviction

Trusting your life's pacing and standing by it with fully centered and grounded conviction.

Albergues are the hostels just for pilgrims that line the route of the entire pilgrimage. Arre was a town with a beautiful albergue where I spent my second night. That day, I had walked over 40k/24 miles. I still felt the buzz of energy from the life force of the trail when I had an interaction that challenged me. I was sitting in a courtyard surrounded by ancient rose bushes and pilgrims' laundry hanging out to dry when an Australian woman came and joined me. She was very chatty and told me and the other pilgrims her reasons for being on the trail. Then she asked me about my journey. As soon as I told her about

where I had walked from and expressed my excitement to move fast, she quickly opened up into a stream of disapproval. She told me that I was not listening to the trail and that my pace was wrong. I was affronted, but knew that my wisdom about my own pace was in accord with my journey. We receive challenges like this from the universe all the time, those Angels in disguise that call us to stand in our truth, no matter what “logic” the outside world wants us to believe.

Puente la Reina

Keynote: Clarity

Lightening your energetic load and being clear about who you travel forward with. Learning discernment about who sees your worth and can actually support your growth.

Puente la Reina is the city where I spent my third night on the trail. Previously I had walked with a man from Denmark who had been part of the original group that I started with on the first day. During this day, I walked ahead when he needed to slow down due to knee problems. This departure happened on the outskirts of Pamplona, a city famous for the running of the bulls. This moment of moving ahead was one of clarity. It was a moment when I knew that I needed to keep moving forward and that there were other souls further ahead who could better support me in my journey. Because this man reminded me of a person with whom I had recently parted, this was a big moment for me. Even this early in my journey, the trail was teaching me discernment about my choices of traveling companions and my worthiness to travel with kindred spirits.

In Puente la Reina, I also lightened my pack by leaving behind my heavy but brand new sleeping mat. With a gulp, I left it in the albergue but did not miss its weight and bulk on my back for one minute. On the trail everything in one’s pack must be essential. Flushing out all the things that were not needed was a favorite pastime. I found the practice could be almost completely translated to all the things we carry internally as well. Hence, I set off before sunrise in the company of two kind Italians who spoke not a lick of English, in an effort to lighten all types of loads.

Los Arcos

Keynote: Release

Finding the bravery to move ahead on your own and at the same time being open to support from unusual places and activities.

This was a particularly tough stretch of the trail for me. I was traveling with two souls that were very kind, but spoke no English. This night we slept in a small town at the base of a beautiful mountain with ruins of a castle on top. The village was nearly deserted. The only life was an ice cream truck that rolled through town in the afternoon. The castle could be seen from miles off, and when it came into view, I had an experience of recognition that was core deep, but completely mysterious. The next morning brought

me to another internal crossroads. One of the Italians had left before dawn and the other was having severe problems with his Achilles tendon and tendonitis, something I also was starting to feel. On the flat and empty plains, covered in nothing but grain as far as the eye could see, I set off walking totally on my own. I was solo for the first time on the trip. When I lost sight of my Italian friend behind me, I knew I was truly in the universe's hands. What that morning brought was the narrow and winding streets of Los Arcos, the most delicious cookies I have ever eaten in my life as well as the company of an older German man who wanted to practice his English with me. These gifts, though small, helped me to feel taken care of. I walked on with the growing awareness that the trail would support me along its length.

La Rioja

Keynote: Creativity

Discovering your unique autonomy, cultivating your deep creative strengths, and then turning them into assets in obtaining the life you desire.

This essence came from the beautiful and very proud region of La Rioja. This small but autonomous region is known around the world for its wine. Many hours were spent walking in rust red soil next to the fields where grapes grew. This summer happened to be one of the rainiest in Spanish history. The trail beside the vineyards was both breathtaking and crazy making, because the mud was thick, wet and deep. It would cling to the soles of my shoes then topple me. I must admit I took a few not so graceful falls. As I encountered clusters of people out in the fields and the occasional lone farmer, it became clear that the grapes were a source of life both economically and spiritually for the people of this region, and for that reason, the land vibrated with the energy of respect, gratitude and creation in the purest sense.

Belorado

Keynote: Faith

Holding faith in the emptiness before the dawning of the next chapter when you will find your authentic and supportive community.

This dusty town was the place I slept after a particularly long and hot day. Much of the walking was along a dishearteningly ugly highway. Since the Camino has been in existence for over a thousand years, its route across the country is usually the most direct route west. The modern Spanish government has not been blind to this fact. In many places, roads, like the busy N120, have been constructed alongside the trail.

After a day of noise from cars and a longing for a more peaceful track, Belorado was a safe harbor. I found this a challenging stretch, mostly because my body was now in full revolt from my ever-quickening pace. I had this feeling deep in my bones that there were

young people I was meant to meet up ahead, so I pushed myself to walk farther and farther each day. This had caused my Achilles to bunch up like tightened rubber bands and brought on tendonitis with each step. Somehow I needed to remain calm in the face of another day's journey towards community. I ate pasta, slept and awoke at 5 am to begin my walk in the dark. It was a Saturday. As I took off into the outskirts of town, young Spaniards were still in the streets, outside the clubs. To them I must have seemed an apparition that their addled senses could not understand. That day I walked 50km/30 miles. I hardly stopped to eat. The road just fell away before me. At midday, I saw the city that was my goal, and I knew I would reach it. That night, I met two American guys, who were part of the group that I would travel with until the end of the trail. They later told me that I seemed positively rabid to talk to them. In fact, I was rabid with an intense joy that the part of my journey without community was thankfully over.

Hontanas

Keynote: Tenderness

Finding the inner kindness to listen to your body with compassion.

Hontanas was the first place I spent the night in the very distinctive region called the Meseta. The trail runs through the Meseta for about a week and a half's worth of walking. The Meseta is known to be dry, hot, treeless and very flat. The towns are very compact in this area and sit like islands in the midst of golden heat. Of all the geography that the pilgrim encounters on the trail, this one is the most talked about. People note its intensity. Most have a strong reaction to the empty vastness one way or another. For some, it clears the mind. For others, it is endless tracks of the same as far as the eye can see. Hontanas was a town in the middle of the Meseta. For miles all that could be seen of the tiny hamlet was a church spire that looked as if it were a few feet off the ground. The land was like being at sea, grass waving and the clouds reaching right to the edge of the Earth. As I got closer to the town, the houses and old streets came into view down in a little valley, tucked against the edges of the only hollow for miles. This sweet and mellow town seemed unperturbed by the constant change in weather that brought blazing sun one minute and then torrential rain the next.

When I stopped in Hontanas, it was clear that the pain my ankles had finally caught up with me. I arrived at midday and wanted to press on, but my body said no. I had to trust this wisdom. In return, I had a very precious talk with a woman in the albergue and met up with my new American friends again. Let me tell you, listening to my body was not an easy task, but just as Hontanas was cradled by the Earth, this point on the trail compelled me to cradle myself. The restorative work I did that night was essential for all that would come for me in the following days.

Sahagun

Keynote: Surrender

Breaking down the behaviors triggered by fear that cause us to push our physical and emotional selves beyond balance.

This Essence combination came from the Flowers collected around one of the more challenging moments on the trail in terms of my internal journey. I had met up the previous night with both the American boys and a much bigger group of three British guys, two British girls, two Germans, an Australian girl and a man from the Netherlands who had started the trail at his front door. It was suddenly a different trip, filled with laughter and companionship.

But I was still a bit edgy about slowing down from my Spartan pace, so the next morning I walked beyond where the group had arranged to meet for the night. I don't exactly know what possessed me to do so, but it meant that I walked in the blazing afternoon heat, ran out of water, burned my legs so badly that they bled and generally felt physically scared for the first time. When I arrived in Sahagun, the albergue was empty. I felt bereft of my new community. I knew that I had pushed too hard, and I needed to look at the personality pattern that drove me to this place.

The next day, I slowed my pace dramatically and walked only a few kilometers so as to meet up with the group again. As I sat in the grass and waited for the group to catch me, I realized that I was ready to look at the pattern and let it go with kindness. I think this Essence will be helpful for any that find themselves in a similar place.

Mazarife

Keynote: Joy

Keynote: Realizing the potential to create oases of color and joy in the bleak stretches of our lives.

This was one of the most lovely and eclectic places that I stayed the whole trip. The albergue was in the middle of the Meseta, but painted every bright color you could imagine. The people who ran it loved pilgrims. The front yard even had a pirate ship in it. As our group had talked about pirates frequently in our days on the trail, when we saw that ship, we knew that we had arrived in a truly magical place. We slept outside on mattresses tucked under the eaves and giggled as the sun went down. The town was in a minor draught and the water supply was turned off every day at midday. Somehow, this lack of necessities did not diminish our lovely evening one bit. I felt truly grateful for the gifts that Mazarife gave all of us.

Rabanal

Keynote: Empathy

Helps us to practice the art of containing other people's stories with compassion and clarity.

The day that we walked through Rabanal was one of earthen tracks and deep conversations. One of the gifts of the trail is that you never know with whom you will walk and how that conversation will change your relationship or even your sense of yourself. On this day, I walked with my friend from the Netherlands who had already been walking for over three months when he joined our group. We talked of his life, and he told me of his experiences with the death of his father when he was a young boy. After that morning, he and I had many nice moments of pure silliness. One was eating the best chocolate pie I have ever tasted during our afternoon in Santiago. Much of this was due to the fact that we had gone deep that morning. The trail had helped me to see and hear him as we walked together. In my experience of life, the gifts of a listener who can contain your story and stay connected to you after the telling is done are the most precious gifts we can give each other. This Essence is there to support us in this.

Manjarin

Keynote: Discernment

Finding the ability to look below the surface of a situation and feel into its energetic core. To break down the external worldview and be energetically discerning about what are true gifts and what are red herrings.

This was another magical night on the trail. As a group, we decided that we wanted to experience an albergue that was a bit off the normal route that most pilgrims take. We aimed our day's walking to arrive at a small albergue in an abandoned village high in the mountains, one that had been deserted for over fifty years. Some were a bit nervous about the reports of no running water, no bathrooms and very rustic sleeping accommodations, but the consensus was that it was too much of an adventure to pass up.

When we arrived at the ramshackle buildings, they were colorful and cluttered. Kittens ran around our ankles. It was a place of life among the ruins of the village. We slept in a converted barn. Our generous hosts served us one of the most delicious meals of the trip. We bathed in the well down the road and sat around the outdoor table until the sun went down. Our hosts were Knights Templar, members of an ancient fraternity who have supported and protected pilgrims since the Middle Ages. In ancient times, they looked after the pilgrim's money so it was not stolen while they walked the trail unarmed and defenseless. Here in this deserted town, hundreds of years later, this small band of men, some elderly like the head of the albergue, who sat at the top of the table and told us of the history of this town, and others, like his son who was busy cooking our supper, gave us all gifts that we had to look below the surface to truly see.

Trabadelo

Keynote: Truth

Finding the courage to acknowledge and let our old patterns go, even as we are unsure of what our lives will look like without them.

Trabadelo was a small cluster of buildings along a winding river, right at the base of the last mountain range that we would traverse before the end of the trail. A few nights before, we met a man in his late twenties from Tasmania who had walked around the world on his pilgrimage to Santiago de Compostela. He had started nearly two years before and had walked up through South and Central America into the States and Canada as well. He then flew to Russia and walked all the way across Asia and Europe to Spain. He planned to end at Fisterra where my friends and I planned to finish. Having now walked several hundred miles ourselves, we were in awe of his seventeen thousand mile journey. He was an interesting character, reminding me of a charismatic person I had known in my life before the Camino. I was drawn to him, even as he sent me very mixed signals. This pilgrim gave me a great gift. He revealed to me a relationship pattern that had left me lonely. He helped me to see how I could choose more accessible people to be part of my life.

As a familiar relationship paradigm played out at lightning speed, I realized I was not bound to continue a pattern that had not worked for me in the past. When this pilgrim woke me at 4 am to tell me he was walking ahead of our group and would not be stopping where our group was stopping, I said goodbye. Though it was tough, I allowed myself the chance for the first time to not follow this pattern. It took days to find peace with my choice, but the land and Flowers along this stretch gave me the courage to listen to my newly minted wisdom.

O'Cebreiro

Keynote: Strength

Accessing the strength to keep moving forward and leave behind the people and places in your life that you have loved yet know are not part of your onward growth as a soul.

On the top slopes of the entrance into the region of Galicia lies O'Cebreiro, a small town tucked in the clouds. It was a place that I stopped at for only a brief moment before moving on down into the valley beyond. The group I was traveling with had swelled to twelve, but suddenly the group was breaking into pieces. This was a complex moment, when I had to make a choice about whom I would travel with during the rest of the trail. I decided to move on with the two American guys and the three British boys. They were walking about 10k further than where the rest of the group was spending the night. As I walked down the backside of the village with this new smaller group, I was overcome with sadness about leaving the others behind and began to cry. One of my friends waited with me in the shade of a tree as I let the tears pass. I came to understand that this sadness was really about all the moments in my life when I had to leave behind people

that I loved, but knew I needed to part with. The sorrow was for all the loss, even in the face of the truth that it was the wisest and strongest decision for my soul. This Essence of Galician Flowers is there to support us in all these moments of letting go, as well as to help us heal all the old scars of such moments we may not even know we still carry with us.

Galicia

Keynote: Grace

Moving with kindness and grace on your spiritual journey, even as you travel alongside groups of souls who are not, or have not been, on such intensive internal courses.

When our group entered the last stages of the trail, many elements of our day-to-day life were now second nature to us, and we were thrilled to be so close to the end of our pilgrimage. One of the elements that we were not prepared for was the massive increase of people on the trail. One trail fact is that at the end of the pilgrimage most pilgrims go to the cathedral in Santiago to receive a compostela. This document establishes that you have walked the trail. It has religious significance for many. In order to get this certificate, you must walk at least the last 100km/60 miles of the trail. Hence many people only walk the last 100km.

Around the 100km marker in the region of Galicia, the trail became clogged with teens in shiny gold sneakers, backpacks slung over their shoulders and cans of soda as trail drinks. This was a jarring shock to all of us who had traveled from France and beyond. Before this point, when I came across people on the trail, they were like fellow warriors. There was a bond that might have been acknowledged with a simple nod or a lengthy talk, but always the bond was one of camaraderie. Now we pushed through crowds of chatty teens who barely noticed our passing or groups of couples that walked with only a water bottle since their bags had been bused ahead to their next destination. These crowds were new elements, and it took patience and centering to stay connected to the arc of our journey in the face of these changes.

Arzua

Keynote: Vulnerability

Allowing yourself to be taken care of and supported in moments of vulnerability.

The group of five that I was traveling with was nearing the end of the trail. Suddenly the stresses of the outside world were starting to reappear and weigh on us. I was in a particularly anxious place, and one of my friends spent the afternoon sitting on our bunks in the albergue talking to me and supporting me through the crisis of all that had happened the days before and all of the unknowns that awaited me when I returned home. It is very hard for me to practice this skill of allowing people to be there for me in

my messiest emotional states, but on the trail I was reminded that vulnerability is a great bonding force and brings us closer to the ones we love.

Lavacolla

Keynote: **Cleansing**

Helping your body clear its emotional field of any clutter that remains from past and finished energetic work.

Spiritual work is hard to do. Sometimes you have to get dirty emotionally and in my case, physically, to get it done.

The river Lavacolla outside of Santiago was the traditional place that medieval pilgrims washed themselves before they walked into Santiago. For this reason, the Flowers collected around this spot are about cleansing. My group did this by playing along the riverbank. A few of the brave boys even tried their hand at modern dance in a riverside meadow. It was such an apt way to cleanse before the walk to the end.

Santiago

Keynote: **Integrity**

For the moments when you experience false endings, created by our culture or society, when the internal journey is ongoing.

This essence was a particularly clear one for me, as the arrival into the famed city of Santiago was clearly not the end of my journey. I had always known that I would walk 100km more to the end of the land and the beginning of the sea at Fisterra. The energy of the city and in particular the pilgrim office at the cathedral was one of conclusion. Groups were jubilant with the sense of accomplishment, but I was still itching to dive into the last few days of walking. It was a challenge to keep the momentum of my own journey alive as many people around me had settled into their endings and started processing what it meant to be finished.

Fisterra

Keynote: **Rebirth**

Help to support 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.

This is the final essence in the collection. It was made from Flowers collected on the last day, leading up to the arrival at the final 0km marker, the lighthouse and the sea itself. This Essence is really about more than just the physical end of the trail. It is about how

we take care of ourselves after a major shift in our lives has occurred. It's about how we integrate the information we have gathered and find the next path forward. This Essence teaches you how to go forward when your life has changed completely from the inside out and how to reintegrate this new way of being, this new lightness into the old structures of your life that still remain. It's about how you find the courage and discernment to take these changes from your internal world and make external world shifts. The process of walking the trail was one of closing a large chapter in my life. It was a letting go of major thought forms and patterns that did not serve me. It was a deep shift at the root of myself. I needed help to not totally spin out of my body with this shift. This Essence is there to ground and support the soul and the body as it becomes a newly evolved version of itself and finds the next trail that is even more authentic than the last.

The Trail: A True Tale of the Camino

In between Elizabeth's first Camino journey and her second, a year later, Elizabeth took off her hiking boots and wrote a book. After three years working on drafts of this memoir, she published *The Trail: A True Tale of the Camino*.

Elizabeth's first Camino was dramatic in every way, and it is all here in *The Trail*. It's a love story about the Camino as well as the pilgrims that joined Elizabeth on her journey. The story pulls the reader down the trail and takes all of us on our own Caminos. We can't recommend this book highly enough!

Autographed copies of *The Trail* are available from us at Green Hope Farm. There is also a special price if you purchase the book with a trio of three Camino Essences from either collection. See the order blank for details!

"Please tell Elizabeth how much I loved 'The Trail'. It was so engrossing I had a hard time putting it down at bedtime. When I finished it, I felt bereft. I'm still trying to find another book that sweeps me up as much as Elizabeth's. I hope she will write a sequel." P.B., Manassas, VA

"There were so many turns of phrase that I lingered over...deliciously descriptive or deeply poignant. The tale of 'The Trail' carries such raw honesty and depth of character that I was pulled along in (Elizabeth's) wake with increasing intensity to the end of the world" C.B., NH

"I was so absorbed in 'The Trail' yesterday that I stumbled out of a cab and dropped it in a puddle (it cleans up well) then, meaning to close my door I accidentally opened the driver's...startling the poor man (he almost asked for a copy, I could tell!). I'm loving this interesting, funny, entertaining book! J.J., NYC

“Wow, what a journey. I am in awe of (Elizabeth’s) strength, courage, insight and commitment to (her) vision and dreams. Refreshingly honest...just beautifully written.” C.B-D, Chatham, NY

“I was so sad when it was over because I just wanted to keep reading the beautiful stories. The Trail has the gift of capturing feelings in words.” J.K., CO

“I just finished Elizabeth’s powerful account of her life on the Camino. I am happy in my heart from taking the time to engage with her experiences. I really feel filled with prayers towards all those young pilgrims whom she describes so deeply through her own lens. There is a lot of compassion in the telling of this journey that carried transformational truth.” S.P., MA

“I savored every step of it. Her descriptions are so clear and original that I felt I was really there.” E.B., TN

“Amazing...purely amazing. She’s so strong, tender, wise and yes, very funny at times! I just finished reading (and totally relishing!) ‘The Trail’. I am a little bit sad because it’s over, but that means I am going to read it all again. We are all travelers together, and your book- and Camino(s)- will be something that has enriched me forever.” B.C., VA

“Thank you so much for getting all of the Camino Trail Gift packages (of the book and three Camino Essences) processed and delivered for me. I already got a call from (one recipient) who was in tears of gratitude to receive hers.” M.C., Baltimore, MD

“I’ve finished ‘The Trail’. Wow! I could hardly put it down as I neared the end. What a gift.” P.S., CA