



The Desert Collection

Rebirth, recovery, healing from abuse, a return to joy, finding contentment with less and experiencing good cheer no matter the circumstances; These are some of the healing intentions of this Desert Flower Essence collection, reflecting its origins in the extreme climate of the deserts of the southwest where less is enough for life to joyously prevail and the human abuse of Earth that often creates deserts is proven to be insufficient to stop Earth and all of us from healing.

The Spiritual Significance of Deserts and their Wildflowers

Many deserts are the result of humanity's abuse of the natural world. They are landscapes that have born so much mistreatment in previous eras that they have scarred over into what appears to be dead zones. As humanity confronts the need to change course and save Earth from more depredations, it is important to look at deserts for the messages they carry. Before you despair any further, the Angels note, "We come to tell you that the messages from the deserts will cheer you. In a word, the messages are ones of hope. Even in the suffering desert landscape, a place that appears beyond salvage, there is an upwelling of life in the blossoming of Wildflowers.

Desert Wildflowers embody the possibility of renewal. They embody the truth that no landscape and no person are beyond the grace of a new life and the healing of old wounds. Wildflowers in the desert not only indicate healing of abused landscapes is possible; their electrical patterns are part of the healing process.

It is the tendency of the human mind to separate self-care from planetary care. The mind says, "I must get what I need at the expense of everyone and everything else." This is the attitude that created deserts. Deserts reflect illusions of separation and otherness.

The human heart knows self-care is care of all creation. The human heart knows, "You and I are not we but one." It is a collective of human hearts working in harmonious oneness with Nature that will heal the deserts and other damaged places on Earth. Like the human heart, Wildflowers know themselves to exist in oneness with all creation. They know their vibrational gifts are for EVERYONE. When they bloom, they give to their landscape, give to themselves and give to whatever life populates their realm.

To visit the Desert Wildflowers is to be bathed in hope and vibrations of recovery. They extend their gifts of healing and hope to a much larger community when transformed into Desert Wildflower Essences.

As you read the following descriptions of Desert Wildflower Essences, you may notice how frequently the Essences focus on healing from abusive situations. You may ask why Desert Wildflowers would be more adept at healing wounds of abuse than the Flowers of other eco-systems.

In order to blossom in an abused landscape, a desolate place of extremes, little physical nourishment and rare precipitation, Desert Wildflowers evolve an ability to find the goodness and sustenance that is available in their environment. They learn to seize any given window of opportunity that allows them to thrive and express their radiant selves. They learn how to transmute a situation of abuse and flourish. How to accomplish this triumph over adversity is the vibrational wisdom they give as Flower Essences, showing the abused places within us how to likewise heal and flourish anew.

Our most recent Desert Wildflower Essences acquisitions were made in Death Valley, the Mojave Desert, and in the case of the White Flower from Druid Rock, in the Sierra Nevada near Bishop, CA by Elizabeth Sheehan. Catherine Barritt and Jayn Bier made our original Desert Wildflower Essences in the Sonoran Desert & Rio Verde Valley, AZ. I am grateful to all three desert travelers.

*Arizona Lupine *Lupinus arizonicus**

“Like all my sisters in the Lupine genus, one of my vibrational gifts concerns water. My expertise, given my evolution in desert locales, is to make the most of whatever water is available. I know how to manage hydration without much actual water, a skill I pass on electrically via proximity to my Flowers or via my Flower Essence. Not surprisingly, I have other resource management skills.

I indicate to bees which of my Flowers have already been pollinated. I change the color of the splotch on my Flower banner from a pre-pollination cream color to a post pollination deep magenta color. In this way, I get the pollination support I need when and where I need it, while also conserving bee strength. I have a vibration of win-win as far as resource management is concerned and could be deeply useful to the human community as you transform your world to one of greater cooperation and conservation. I also help you to conserve your strength when necessary and make the most of your inner resources.

I AM the enlightened use of all resources.

Brown Eyed Evening Primrose *Camissonia clariformis*

“Sweet, sweet ones. I am a gentle friend. I know how the accumulation of abusive experiences in your life, especially in your life as child, can leave you wearing bitterness as a protective garment. I help you integrate these events and use them to experience the sweetness of life.

My wisdom is hard won. Don't think of my gentleness as a sign I am not strong. My stem of maroon and red indicates my own difficult evolution in trying and abusive situations. My Flower's maroon eye indicates my initial reaction of bitterness to what happened in my world. My expansive white petals, building from this maroon eye, indicate that I found my way through to an experience of life and view of the world that is both true and sweet. My incorporation of my maroon eye and maroon stem indicates how I treasure what I learned from my difficulties and consequently how much I honor your experiences. I reach out to you in your difficulties and offer my sweet love and my roadmap to a new place.

The wounds are deep from abusive experiences. Bitterness can offer a needed layer of protection for the wound. As healing progresses, this bitterness can become a limitation instead of a useful tool. At this point in your healing journey, I help you let go of the bitterness. My vibration salutes all you have been through, acknowledges why bitterness was a necessary part of your healing journey and finally offers you a way to unburden yourself from your sorrows so you are truly free to embrace life fully.”

I AM the sweet beyond the bitter.

Chaparral *Larrea tridentata*

A traditional healing herb, Chaparral blooms vigorously after rainstorms filling the air with the intense smell of creosote. This Essence helps us find powerful new life after dormancy. It offers helpful information about a return to health after illness. Shy or retiring people might find Chaparral encourages them to find and express their unique inner zest. Chaparral helps all of us make the most of our inner and outer resources and express ourselves with unabashed and joyful pizzazz.

I AM the exuberant return to life.

Chia *Salvia hispanica*

Vitality! Life Force! Stamina! Vibrant Good Health! Energy! Exuberance! Yes! This traditional Native American medicinal herb is an intense blue, strongly scented Wildflower. As a Flower Essence, it is extremely energizing. I can't say enough about the restorative wisdom of Chia.

I AM a powerhouse of physical vitality.

Claret Cup Cactus *Echinocereus triglochidatus*

This beautiful cactus Flower offers us the opportunity to wholly embrace our first and second chakra energies as truly sacred gateways. Claret Cup Cactus assists us in holding these energies with reverence, reclaiming our birthright as spirit in form without fear, shame or hesitation. Claret Cup Cactus offers a means to heal the religious and cultural wounds of the completely deranged “spirit versus matter” debate so we can embrace life in our bodies with full dignity and honor. It is the cup of new blood that does not have to be spilled for redemption. It reminds us of our right to claim our bodies, our vessels, as whole, holy and inviolable.

I AM a holy vessel of light.

Desert Chicory *Rafinesquia neomaxicana*

These elegant Flowers are white with maroon striping on the outside of each Flower. This gives the underside of Desert Chicory a dramatic striped appearance, while from above the Flower is pure white. As with Brown Eyed Evening Primrose, Desert Chicory’s focus on the resolution of formative experiences of abuse are indicated by its maroon and white striping. In the formative buds, the maroon appears to predominate. In the mature Flower, white has carried the day. This transition from maroon and white to pure white indicates Desert Chicory’s successful integration and healing of the abuse experiences into a full and free Flowering.

All our experiences eventually take us to the experience of our oneness with all life. This Flower helps us to feel we do not so much have to scrub our painful experiences of abuse from our energy systems to get to this place of oneness as allow things to unfold with an inner confidence that healing will prevail. Not only does Desert Chicory give us a vibrational model for confidence in the outcome, it helps us relax into letting things unfold. One wound from traumatic experience is the impulse to “push the river” and try to orchestrate every piece of our own healing. This Essence helps us know we are not the only healing element in our journey, but that “all that is” supports our healing and moves us towards an integrated experience of our oneness with all life.

I AM relaxed in the healing flow of my life.

Desert Forget-Me-Not *Cryptantha*

This Flower is from a genus of hairy plants in the Borage family. This specific variety has delicate white Flowers with yellow eyes atop fuzzy stems and leaves. Many of the Cryptanthas hold remembrance of the desert environment before it became a desert. With Desert Forget-Me-Not, it not only remembers the once and future healed desert landscape there to be reborn one Flower at a time, but its gifts as a Flower Essence also help us remember our selves before the difficulties of the world left their mark. We are

helped to regain our childlike innocence, our joy and delight in the world and our sense of the world unfolding as a gift before us, not a punishment to be endured.

I AM the return of earthly delight.

Desert Garden

This Essence holds the collective wisdom of the each of the native and cultivated Flowers in a desert garden in Rio Verde Valley, AZ, as well as the deliriously happy sounds of birds, the heady fragrance of citrus blossoms and the guardian presence of towering palms. It supports us to receive nourishment in inhospitable, harsh situations that seem to offer no hope of sustenance. In fact, the essence of this garden is that of true rebirth. It offers us the vibration of Heaven on Earth. It helps us integrate body and spirit, our own Heaven and Earth paradigm, by offering our chakras information about opening and flowing in oneness. It is deeply restorative, deeply peaceful and deeply joyful.

I AM the oneness of Heaven and Earth.

Desert Gold *Geraea canascens*

Made in Death Valley, Desert Gold helps us know the abundant flow of the generous universe in times of what appears to be scarcity and lack.

I AM one with the generous universe.

Fremont Pincushion *Chaenactis fremontii*

This is for those who feel their core experience of self is a feeling of being unwanted or of no value. Fremont Pincushion Essence supports us to rediscover or rebuild our self-esteem when it has taken a tumble or never had a chance to take flight. These are circumstances that can result when we have been pincushions for others' emotional abuse, yet Pebble Pincushion helps us know the story does not have to end there.

After this kind of traumatic and abusive experience, it is difficult to avoid a reaction of damaged self-esteem in the lonely place of, "I'm FINE without anyone else." It is challenging to re-find the bead on a genuine experience of our value, BUT NOT IMPOSSIBLE!

Fremont Pincushion helps us move through and beyond traumatic experiences to find a sense of self based on the eternal truth that we are of equal value to all in creation in an infinitely valuable and seamlessly indivisible universe. Fremont Pincushion helps us know this sense of our own value in an unshakeable but serene way. This composed sense of our own value does not depend on or waiver in the face of the opinions of others.

The maroon and red stems indicate Fremont Pincushion's maturation in a difficult landscape. The solid, full white blossom indicates the plant's steady wisdom that knows, because each of us is divinity in a sea of divinity, our infinite self worth can never be challenged let alone lost or diminished.

I AM a pearl without price.

Palmer's Penstemon *Penstemon palmeri*

This one offers the encouragement of fairies to enjoy life and see all its blessings. It is an infectiously sweet bubbling joyful friend nudging us towards easy happiness. Quite simply, it is a dancing fairy wand of a Flower with a Flower Essence that serves us with abandon.

I AM fairy kissed.

Pebble Pincushion *Chaenactis charphoelinia*

This delicate white Flower offers particular support for the beleaguered, the suffering, the downtrodden and those who cheerfully and bravely shoulder their burdens no matter what the size. It helps us have confidence in our choice to quietly accept what we cannot change. It reveals to us that it is this quiet acceptance that we overcome adversity and find the way to express our inner sparkle.

I AM quiet humility overcoming adversity

Purplemat *Nama demissum*

Purplemat encourages the childlike ability to experience less as more. A child can take mud, gravel and a chipped cup and have a festive tea party. Purplemat helps us do likewise so we savor, relish and enjoy what we have, with no thoughts of what we have not.

I AM contentment.

The Three Phacelia Sisters *Phacelia fremontii, Phacelia crenulata, Phacelia vallis-mortae*

These three Phacelias, all in shades of purple, combined themselves into a single Essence. The Three Phacelia Sisters Essence offers support to heal the wounds caused by groups, especially those wounds inflicted by religious communities and families of origin. This sisterhood of Phacelias works on the etheric or memory body to heal this trauma.

The etheric body holds memories from other incarnations as well as events in this life. Some of us have extremely deep wounds in our etheric bodies. Sometimes, the same

group of people in different guises have abused and traumatized us in more than one life. This leads to new wounds in the etheric body building up over the scar tissue of previous wounds. The Three Phacelia Sisters offer information to heal and close these etheric wounds about community once and for all, ending the cycle of abuse experiences.

“We go to the depths of the wound, to its core sorrow and gently ease it up into the light of day so it can dissolve in the ocean of divine love. In most souls, a mistaken idea of self-lack often snowballs into a deeply held self-judgment that is not true. This mistaken self-judgment can magnetize to you groups that will magnify this illusionary lack with their judgment and ostracism.

Our Essence helps you to root out the deeply held self-judgment, often a core belief that you are not aware of. Once this self-judgment is brought to light and consciousness, it dissolves. As you release this mistaken idea, you no longer attract the attention of groups unconsciously intent on playing on this illusion. With the illusion gone, so too goes the magnetic pull, attracting these abusive groups.

Our gift as a Flower Essence is to help you access the core mistaken idea and help you move it into consciousness for its release. We know this can be a scary process to undertake, but we promise you that the relief on the far side of this release is well worth any pain involved in extricating the self-judgment. Think of it as similar to the removal of a splinter; a tiny splinter can inflame a lot of tissue, yet the relief is equally great when the splinter is rooted out and removed. This is our territory and our expertise. Let us help.”

I AM freedom from all mistaken ideas of self.

White Flower from Druid Rock

Found in the Sierra Nevada at an elevation of 6,000 feet, this is a powerful Flower of rebirth. The surrounding terrain of dramatic rock and late spring snow showed no signs of greening plant life, yet here were these blossoms. Its exquisite delicacy belies its immense strength, for it is no small feat to prevail in such conditions. This Flower explains its strengths as a Flower Essence, “I will bring you to the new life awaiting you. If the cogs are jammed and the birth is not flowing, I will midwife you to where you need to go. I bring you home.”

I asked this reserved Flower if it meant death when it used the word “home” and it replied, “I speak as symbolically as I can to indicate the diverse kinds of transformative rebirths I support. Each new life I midwife is the right one for the soul who is going through the transformation. There are so many kinds of births and deaths. No need to fear any of them. New life comes in myriad forms. I help them come with more ease.”

I AM the new life.

Woolly Easter Bonnets *Eriophyllum wallacei*

This adorable Flower rises a few short inches off the ground on fuzzy white stalks then bursts into an abundance of yellow daisy Flowers with yellow hearts. Its Essence offers a road map for sturdy good cheer. Optimistic Woolly Easter Bonnets helps us to see sunshine on a cloudy day. It is excellent for times when our daily life is challenging and we need support to find the bead on cheerfulness. Cheerfulness is a divine attribute worthy of pursuit. This Flower supports us in this pursuit.

I AM good cheer, no matter the situation.