



## The Green Hope Farm Collection

Since 1987 the gardens of Green Hope Farm have been planned, planted and cared for in a conscious and cooperative partnership between the people here at the farm and the Angels and Elementals. Because of this cooperation, problems that might be difficult for Angels, Elementals or people to solve on their own have been resolved much more easily or avoided altogether. The Flower Essences made at Green Hope Farm reflect this braiding of divine strengths and hold a very high level of problem solving wisdom.

### *Amaryllis Amaryllis belladonna*

Our bodies continually give us feedback about what is going on in our lives and how we are coping with daily life in a body. Body symptoms are meant to clarify to us the specific spiritual, mental and emotional issues we need to address. When it is hard to translate what our bodies are trying to tell us, Amaryllis can help. It supports us to understand our body's messages so we know what is going on and what we need to do about it. We have seen this one used for deciphering many complicated situations.

*I AM perfectly attuned to my physical body's wisdom. I AM one with my physical being.*

### *Angelica Angelica archangelica*

This one helps us get clear about our direct indivisible connection with God. If we have any ideas that we need an intermediary in order to connect with God or if we have inadvertently set anyone, anything or any religion up as a necessary channel between ourselves and God, Angelica helps us know this is not necessary. Sometimes our tribe of origin is invested in us experiencing ourselves only in relationship to them, creating a belief structure that insists that they hold the keys to our life purpose and we must connect through them to receive the things of value in life. Angelica sets us free to experience our own direct connection to God and our infinite value as children of God. It is an Essence of liberation and freedom.

Angelica is not a divisive force. It reminds us of everyone's connection to God even as it reminds us of our own. In fact, it's about unity as well as spiritual equality. The signature of this Flower reflects this truth. Angelica's orb of blossoms consists of a vast complex of multifaceted extensions. Every blossom is linked back to the stalk suggesting

Angelica's ability to link everything to source. Each flower is identical in size, reminding us that each of us is an equally precious part of the one. That these blossoms resolve themselves into a perfect orb suggests our common purpose and this Flower's support to find this unity.

Whenever I need a photograph of an Elemental, I know I will get one by taking a picture of the Angelica Flowers in our gardens. Because Angelica expresses the energy of the unique value of each of us within a framework of unity, it attracts Elementals and Angels who love its radiation and purpose.

Angelica not only dissolves some of our own inner confusions about who we are, it is also an excellent Essence for bringing people and disparate communities together. This is because it helps us know our infinite value while also knowing everyone else's value. It helps people knit together wounds of all sorts. It particularly loves to work with dancers explaining, "We are kindred spirits. Together we dance the world towards knowing its seamless beauty and timeless unity."

*I AM that I AM.*

### *Artichoke- Cynara cardunculus*

Artichoke is a gorgeous Flower of thousands of violet filaments contained within a rim of protective thistle leaves. Its Flower Essence echoes the Flower's balance of protective sanctuary and expansive self-knowledge.

After conflict or betrayal, there can be a lot of outside pressures to get over it and move on. Artichoke gives us the emotional space to feel what we feel and know what we know separate from these pressures. By creating this sanctuary, Artichoke helps us find resolution or closure from a place of natural flow. Whether this eventually brings a reconciliation between involved parties depends on who else is involved, but Artichoke helps us get clear about appropriate boundaries moment to moment as our own feelings about the situation evolve. Furthermore, Artichoke helps us trust the natural order of things with an electrical wisdom that neither pushes us towards a pressured and false forgiveness nor supports us to stay closed off because of old wounds.

If reconciliation is possible, Artichoke brings confidence to this process, oftentimes revealing the way to genuine reconciliation even in unlikely circumstances. Artichoke knows that reconciliation can come naturally when not imposed on a situation from without. With the support of Artichoke, the relationship can be rebuilt if appropriate without coercion or false emotion.

*In all my relationships I AM anchored in restorative love and truth.*

**Baby Blue Eyes** *Veronica chamaedrys*

Baby Blue Eyes helps us find a kind of spiritual toughness. This spiritual toughness is not to be confused with defensiveness. Instead, Baby Blue Eyes promotes the flexible, resilient, and detached energy that results when we know who we are, know our own value and consequently are able to experience what happens to us without taking any of it personally.

When Emily Sheehan was five, she told me that the Angels wanted her to make a Flower Essence with Baby Blue Eyes. We went out to the gardens and made it together. Since then, a steady stream of children have requested and worked extensively with this Essence. Children LOVE this Flower Essence because it addresses a specific situation children repeatedly face; the experience of having their inner wisdom discounted. Many children are old souls, yet their spiritual wisdom and momentum are neither recognized nor affirmed. These children are the Earth custodians that know how to transform our civilization to meet the challenges of this new millennium, yet our culture does not listen. Baby Blue Eyes is a vibrational pep talk for these souls.

In fact, Baby Blue Eyes serves anyone whose wisdom has been dismissed. It helps both child and adult to ignore the prevailing culture, patiently hold fast to the experience of our value and remain confident that our time will come.

*I AM the presence detaching and depersonalizing from all ego emotion, action and reaction.*

**Bee Balm** *Monarda didyma*

Bee Balm explains, "I AM a cleanser. My particular strength is clearing out your electrical tangles. I am particularly effective with the electrical knots tucked away almost to the point of not being remembered at all. My work is like the process of cleaning out neglected and overstuffed closets. I help you get rid of old baggage that you may not know is bogging you down. I help to resolve and clear up unfinished business. If you have this niggling feeling that you are not quite getting to the bottom of an issue, I am an excellent Essence to consider. If you are aware of a knotty situation that seems to linger despite your best efforts to clear it up, consider giving me a chance to assist you. My irregular shaped fiery red spikes burst with the life force and vigor of my family, the mints. This reflects the determination and skill I have to help you cleanse your entire energetic system."

*I AM cleansed of all impurities.*

**Bells of Ireland** *Molucella laevis*

During 1993, a particularly dramatic year in the gardens, Bells of Ireland plants appeared, then disappeared and then appeared again in our beloved Venus Garden. Beguiled by the

magic of this unusual coming and going, we made an Essence from the beautiful green Flowers of these Bells of Ireland.

What we learned about this disappearing and appearing act was that it represented higher dimensional energies working to ground themselves in the Venus Garden. Since being grounded in 1993, this energy has continued to use our Bells of Ireland as one conduit to bring higher dimensional energies to the farm and to our Flower Essences. As a Flower Essence, Bells of Ireland takes this work forward into our lives. It helps open and clear channels of energy within our energy systems while also increasing the flow of higher dimensional energy into our energy systems.

Bells of Ireland explains its unusually strong gifts, "I open doorways for healing energy to come from dimensions higher than those presently grounded on Earth. I am a preview of coming attractions offered to you right now. I open this dimensional door and introduce you to support personnel in higher dimensions who want to serve you including beings from the Elemental kingdom and the Angelic kingdom. I also keep this energetic doorway open and vibrant."

*I AM one with the healing energies of the fifth dimension and beyond.*

### **Black Currant** *Ribes nigrum*

Black Currant helps release past life trauma from the etheric body. Black Currant also heals and cleanses our etheric body of detritus from seven generations of our ancestors. This means we no longer have to carry the baggage of our previous incarnations or our ancestors' baggage but can be free to regain an unparalleled level of energetic vitality.

Right after we made Black Currant for the first time, a woman called to ask for remedies for herself, her mother and her grandmother. Each woman was in an abusive marital relationship. The Angels suggested that each of the three women take Black Currant, explaining, "Families are like rivers. If you clean up one section of the river, the cleansing immediately impacts the rest of the river." The Angels went on to explain, "This family is burdened by many generations of patterned attachment to abusive relationships, yet the miracle is that while this connection looks strong as well as relentless, its defenses can be breached anywhere in time by anyone carrying the family baggage. Having the three woman simultaneously open to resolving this pattern with the assistance of Black Currant is a vibrational strategy that will heal this family profoundly."

Black Currant and Bloodroot are paired together with great frequency. If Black Currant calls to you, you may want to read Bloodroot's description which can be found in the Wildflower Collection on page \*\*\*\*. To this pair, we often add Borage Flower Essence to compose our "Family River Trio". Borage, the third Essence in the trio supports the work of the original pair by helping us have the courage and good cheer to do this profound yet challenging family river healing work.

*I AM the vitality and freedom of God in every cell of my being.*

### **Blueberry** *Vaccinium*

Blueberry tells us, "I ring in the new with my bell shaped blossoms and my energy of confident self expression. I serve those of you who shift your life path, take the road less traveled or inaugurate a new project in the face of resistance. I will support you to break free of long held illusions and strike your own clear note of truth. I help you to feel comfortable in your bold choices especially when you are called to a singular path that separates you from others. I help you know the harmony in these choices. I delight in service to the true blue, brilliant light which is you."

*I AM the clear note of truth incarnate.*

### **Blue Flag Iris** *Iris sibirica*

Blue Flag Iris Flower Essence encourages the flow of artistic creativity. It holds the vibration of stillness at the center of creativity. When we cannot grasp the nature of our next creative endeavor, Blue Flag Iris is like the ringing of a Tibetan bowl. It brings us back to the still point, the source where all creative expression is born. Tuned to this beginning place, we are like someone at the headwaters of a river, ready and able to move downstream once again.

Blue Flag Iris is particularly useful in the visual and musical fields. The deep blue curving petals of the Flower are reminiscent of the curves of a string instrument and mirror the uplifting and inspiring energies of this Flower and its Essence.

*I AM the free flow of my creative energies.*

### **Borage** *Borago officinalis*

One of the most uplifting of Flower Essences, Borage has brilliant sapphire blue star shaped blossoms. As they dance in the air, Borage blossoms offer a vibration to melt even the most tenacious Earth sorrow.

Borage's territory is the heart chakra. It's Essence helps ease heartaches of every sort. It helps ease depression, sorrow and despair by helping us to find within ourselves vibrations of happiness, joy, courage and abiding faith.

The Overlighting Angel of Borage shares, "Dear Ones, I am gratified to have this opportunity to send my beam of love into your midst. I hope to offer you consolation, strength and courage as you walk your Earth journey. My gifts to you are many. I uplift. I comfort. I open your hearts to restorative love when things happen out of the clear blue

and you need strength to go on. I am a place to rest your heads and your hearts. I am a return to laughter. I am the choosing of happiness, sometimes an irrational act but always a wise one."

*I AM the heart of all creation. I AM centered in the knowing that I AM One with God's plan.*

### **Broccoli** *Brassica oleracea*

Consider Broccoli Essence if you feel under attack with your world collapsing faster than you can find steady ground. Consider Broccoli if your life contains terrifying events that you cannot control. Consider Broccoli if the only thing you can do is endure a situation and the only thing you can change is your own view of the situation.

During the immediate crisis, Broccoli helps us stay in one piece. Broccoli knows what we really need in the moment of crisis is to feel safe in God's embrace. Therefore, Broccoli's service during trauma is to offer its deeply stabilizing and centering support so that we can keep on going.

Broccoli helps with the next stage of our healing as well. It gently supports us as we move towards a place of emotionally processing all that has happened. It helps us own the wisdom that the painful experience gave us. It helps us begin to see things in overview.

I deeply appreciate Broccoli's total energetic support and its restraint in not pushing the overview of the situation until the time is right. Because of both the support and the restraint, I have found Broccoli a very comforting friend and ally. It knows we just need to feel safe when we are in the midst of trauma. Later, when we have moved past our survival issues, it helps us see what we have learned. It never rushes this process. It waits as a patient friend, trusting in the natural order of things and in our ability to handle the rough spots and eventually harvest the gifts of our suffering.

*I AM safe.*

### **Calendula** *Calendula officinalis*

Imagine an energy pulsing up through our feet, keeping us filled with life force. This life force acts as the actual connective substance between the heart of Earth and our hearts, connecting each of us much as a petal is connected to a flower head. This energy from the heart of the Earth is the energy that Calendula opens us to receive more fully.

Calendula Essence also helps us experience more deeply our complete unity with the plant and animal kingdom. It brings us into greater and more joyous communion with our Angelic and Elemental brothers and sisters as well as with our beloved Earth.

*I AM one with my sister Earth. I AM one with my brothers and sisters in the Angelic and Elemental kingdoms.*

### **Canary Island Broom- *Cytisus canariensis***

Canary Island Broom opens a flow of golden light from our crown down around our energy field in an encompassing arc that becomes in and of itself a protective field of light. This flow also supports the manifestation of our spiritual destiny and divine purpose. The Angels suggest applying Canary Island Broom to the crown of the head.

*I AM the fulfillment of the light.*

### **Cape Fuchsia “Moonraker” *Phygelius “Moonraker”***

This soft creamy yellow tubular Flower comes from the Cape Floral Kingdom of South Africa. It’s Flower Essence offers wisdom about zeroing in on what matters and what we must do, even in extremely distracting circumstances. In particular, it supports us to keep focused on our spiritual tasks at hand, especially during times of tumult or disruptive situations that might otherwise overwhelm or splinter our focus in many directions. This is an extremely wise Flower Essence offering information about how to stay cool, calm and collected in times of stress or when many different forces press us to fly off in different directions.

*I AM clarity of thought, word and deed.*

### **Cape Hyacinth *Galtonia Candicans***

This is the largest, most striking Hyacinth I know. In our garden, its white bell shaped blossoms rise up on stalks almost five feet tall. Cape Hyacinth helps us bring to consciousness all that we need to remember about ourselves and our individual and collective destiny in this coming age. It helps us access dreams of import and otherwise connect with the realms that hold the visions of this coming new age. This Flower from the Cape Floral Kingdom of South Africa has been waiting to serve humankind since the birth of Flowers.

*I AM the blueprint of the coming age.*

### **Carouby de Maussane Pea *Pisum sativum***

Pea family Flower Essences including Carouby de Maussane Pea are group harmonizers. Carouby’s particular strength is to help us participate in community with our most loving self, the part of ourselves that knows everyone is our spiritual equal and that we are all doing the best we can. When we have temporarily lost our way into competitiveness or



backbiting, it returns us to a gentler view and helps us find compassion for all our brothers and sisters on their learning paths.

*I AM centered in the knowing that all God's children are on their path home.*

### **Carrot** *Daucus carota*

Carrot is a wonderful friend, helping us to feel stronger, crisper, more grounded, more clear-sighted and energized. Carrot explains, "Amidst daily life in all its vicissitudes, I offer support to concentrate your efforts, find the essential and see your focus clearly. I help you feel rooted in life purpose, even when you do not stand in one place or your purpose is a varied shifting dynamic. I offer robust, restorative energy. I AM a deep wellspring of energy."

*I AM unity.*

### **Chamomile** *Matricaria recutita*

When briefly observing Chamomile, it is easy enough to consider it nothing but another cheerful, breezy presence in the garden. Yet its Flower Essence brings much wisdom about finding our centers as well as finding more inner peace. The Essence also offers an unexpected wisdom about stillness and calm and will help us find this in ourselves. Chamomile also helps us breath more calmly and deeply and will help deepen your meditation practice or your breath work.

*I AM the breath of God.*

### **Chives** *Allium schoenoprasum*

Regardless of whether we are in a male or female body, we are meant to be a balance of male and female energy. Female energy is intuitive, holding the ability to hear God's truth. Male energy is the will to do. It helps us take an idea forward into action. One energy without the other leads to repetitive cycles of the same learning lessons. For example, female energy without a balance of male energy can leave us feeling powerless to do anything with our inner wisdom. Male energy used without female energy can easily encourage personality motivated behavior. These are activities unconnected to our divine purpose. When our male and female energies are used in balance, both help us to shed illusions and carry out our unique divine mission. Chives Essence encourages us to come into a balance of male and female energies no matter which energy presently predominates in our lives.

*I AM the balance of my male and female energy strengths.*



### *Clematis Clematis*

Clematis Essence is useful when, for whatever reason, we do not feel connected to our present life. When feeling withdrawn, Clematis Essence can help us gently reconnect to daily life. Sometimes our reluctance to be here shows itself in excessive daydreaming, an overwhelming desire to sleep all the time, a preoccupation with worries, absentmindedness or forgetfulness.

Whatever the symptom of the disconnect, Clematis helps us be more connected to a matrix of physical experiences that do not always feel comfortable to us. In truth, we are spiritual beings having an extended physical experience not visa versa. This is a difficult physical assignment for all of us and the less judgment we bring to how we are handling the assignment, the better. If you feel drawn to Clematis, think of it as giving you the support you need for one of the most challenging missions you'll ever have; Life on Earth.

One additional gift of Clematis is the support it offers to someone in a coma. A coma can sometimes occur when we are unsure if we are meant to be here or meant to leave this incarnation. Clematis can be clarifying in this situation.

*I AM centered in the knowledge that it is best for me to be fully in my physical body.*

### *Comfrey Symphytum officinale*

The etheric body is one of the energetic bodies that interpenetrate the physical body. It is the place where memories from this life and our past lives are stored. Some of these memories are very beautiful and add to the light of our present situation. Many of the memories are wounds from unresolved issues that we carry into the present to resolve.

Sometimes an etheric wound is rooted in a past life. Sometimes an etheric wound is from childhood trauma. Often an etheric wound is a mixture of both. We pull in the same experiences over and over again, life after life, to reopen etheric wounds in hopes that the wound will be healed all the way to its core. Often, only the physical symptoms were addressed in previous attempts to heal the situation. When the etheric wound is not addressed, the situation will likely occur again.

Comfrey Essence illuminates the issue at the core of the etheric wound and helps us resolve the issue. Permanent healing can result because the underlying root issue is finally dealt with.

When previous trauma is involved, there is often an extremely intense emotional reaction to the present day circumstances. This can indicate that the present situation has touched upon a deeper trauma held in the etheric body. Comfrey Essence can be of service in this situation, turning an uncomfortable reaction into an opportunity to heal on a deep and permanent level.

It is important to remember that while our etheric, emotional, mental and physical bodies are all distinct from one another, they impact on each other energetically all the time. When Comfrey helps us to get to the root of a problem in the etheric body, it promotes healing in the other energy bodies.

On another note, Comfrey is also used extensively in healing the memory body of land. We have heard of its use on battlefields all over the world and have used it in our own land clearing assignments. If you are prompted to use this on a piece of land, know that the Elementals of that land thank you. They hold the wounds in manifestation until we take our rightful place in the scheme of things and invoke the clearing and healing of these wounds. For more about land clearing see page \*\*\*\*\*

*I AM the experience of perfect health and divine order in my etheric body.*

### **Corn** *Zea Mays*

Beautiful ancient Corn pierces the heavens with its tasseled stalks. It then grows a food of great life force energy, one that is versatile and easily used in daily life. In a similar way, Corn Essence helps us to reach up and receive spiritual teachings and then make these teachings a practical, relevant and nourishing part of our daily life. All wisdom is useless unless we can ground it into our lives as practical concrete actions. One of Corn's gifts is to promote this very process of grounding. Corn Essence also promotes harmony amongst people living in close quarters, such as in cities. To see how this is indicated by Corn's signature, just look at how harmoniously all the kernels on an ear of corn line up.

*I AM God's truth in balanced action.*

### **Cosmos** *Cosmos bipinnatus*

Cosmos is one of the first Flower Essences I made. This was wonderfully appropriate since Cosmos supports us to express our most essential and heartfelt self, and that is exactly what my work with Flower Essences has allowed for.

Cosmos encourages authentic self-expression by helping us open and align our heart and throat chakras more fully. This opening and aligning helps us speak and act from our hearts with more truth, clarity, power, confidence and in greater alignment with our most deeply held beliefs.

Cosmos loves to work with singers but also loves to work with the rest of us. This is because all of us are called to speak our truth in one way or another. Cosmos empowers those who are nervous about public speaking so that they can more confidently and eloquently speak in public. Cosmos brings a palpable relaxation of tensions to this situation. It also helps those who already feel comfortable speaking or singing before an

audience to harvest new treasures of self-expression and identity. No matter where we are in our experience of self, Cosmos brings gifts of greater self-realization.

*I AM the full expression of my divine self.*

### **Crab Apple** *Pyrus coronaria*

Crab Apple offers great help to those of us who heap criticism, judgment and dislike on ourselves. Crab Apple knows that humans make mistakes, and there is no judgment in this. In fact, mistakes are a necessary part of our Earth curriculum and serve at least as important a purpose as everything else we do.

Crab Apple supports a letting go of personality reactions especially those of despair, shame, self-criticism and self-loathing. Just as the soft petals of Crab Apple blossoms are replaced by a multitude of fruits, Crab Apple Essence works with tremendous tenderness to unburden us from our harsh treatment of ourselves, bringing us a harvest of kind and gentle self acceptance and a release into joy.

*I AM the full release of all judgments.*

### **Cucumber** *Cucumis sativus*

Water symbolically represents the emotional body where emotions including depression are seated. Cucumber's thirst quenching fruit is a masterful use of water. It reminds us that watery emotion, even a flood of depression, can be transformed into something beautiful that serves and sustains our growth. Cucumber Essence sparks our confidence that we can handle our emotions in creative, life sustaining ways and offers us a vibrational role model for this work.

*I AM light illuminating and recharging my emotional body.*

### **Daffodil** *Narcissus*

Daffodil's trumpet shaped blossoms look just like their spiritual purpose. This purpose is to help us hear better, especially to hear the still small voice of the God within. Daffodil delivers on the promise of its anatomy by amplifying and clarifying the voice of the God within so that any personality radio static loses its grip on our attention, and we can more confidently know what we need to do to be our wisest and best self.

*I AM attuned to the voice of the God within.*

## **Datura Sunlight & Moonlight** *Datura meteloides*

Datura, also known as Angel's Trumpet, has a long history as a mystical tool and medicinal plant. It has large luminous white tubular blossoms that unfurl to full, fragrant glory at night. The stems of the plant are an unusual color of purple covered in soft, velvet fuzz. The seedpods are an equally unusual spiky ball. In every way, this plant indicates its sacred nature, protected magic and otherworldliness.

Not to be taken lightly, the Daturas will work with the spiritual seeker to dramatically clear our chakras and also help us receive spiritual information and energy. We make two different Datura Essences to support our retrieval of two different kinds of energy and data. Each version of Datura Essence tunes us to a different frequency and opens us to different spiritual realms.

Our Sunlight Datura is made on sunny days. Sunlight Datura helps us receive the spiritual game plan for our life situations. It helps us shed light on situations we may not have seen with any clarity. Psychic reading are improved by Sunlight Datura as is any effort to clear or rebalance the chakras. This one can really get those chakras spinning!

The Moonlight Datura Flower Essence is made at night during a full moon. It is a Goddess powerhouse and a real blessing for any female rite of passage. Many women use it in conjunction with their menstrual cycle to ease hormonal difficulties and to deepen the insights that their monthly bleeding brings. I hope we will move towards a civilization that encourages women to take time out each month, in a Moon Lodge if possible, for quiet contemplation and inner spiritual dialog. Moonlight Datura offers its support now and will be there then, when spiritual retreat is part of the pattern of our lives.

*I AM open to receive the healing energies and wisdom of the stars.*

*I AM open to receive the healing energies and wisdom of the moon.*

## **Day Lily** *Hemerocallis flava, Hemerocallis fulva*

Day Lily tells us, "I will help you with new endeavors. I have a wonderful energy for new beginnings, and I bring information not only about getting started but getting started with a lot of energy and life force. I also know how to help with closure. I know when to call it a day. That is really my essential gift. I know when it is time to shine, and I know when the work is done. Let me help you find this rhythm with all things in your life."

*I AM the gifts of this day.*

### **Dill** *Anethum graveolens*

When our reptilian brain, which focuses on survival issues, and our emotional brain, which is all about pain and pleasure, get triggered, the results can be rather counter productive. Reactions include impulse buying, road rage, inflexible responses, dynamics of domination or victimhood, obsessive/compulsive behaviors and eating that large bag of Cheetos with a half gallon of ice cream. These choices usually don't serve us or even reflect our values!

Dill supports us to move out from the processing loop of these two brain centers to expand into our logical thinking brain. Even in the heat of the moment, Dill helps us cool down our reaction dynamic to usher us into the calm and collected alternative thinking center that exists at the top of our skulls. It helps us to be able to examine any emotional situation from a more elevated objective point of view. This literal expansion out from the reptilian brain into the top of our brain is reflected in Dill's dome like Flowerhead, which echoes this upward and outward expansive movement.

Expansive is the key word with Dill. It is expansive in every way, helping us lighten our experience of situations and see things in a more open way. A feel of lightness is one of the profound gifts of this Essence.

*I AM the expanded awareness of my choices and freedom from old patterns of behavior.*

### **Eggplant** *Solanum melongena*

Eggplant Flower Essence finds negativity, be it a negative emotion, a false or limiting thought pattern or an area in our body where light has been cut off, then it helps to transmute and release this negativity with its very focused and illuminating vibration. The kind of issues it addresses includes physical concerns like warts or cysts as well as emotional issues such as an intense jealousy towards a specific person.

Eggplant's purple blossom is star shaped with bright yellow stamens. The way the blossom sits tucked under the plant but clearly poised for deep-seated action reflects its ability to dive deeply into our energy bodies and transmute negativity with its intense light and focus. This Essence is a precision healing instrument.

*I AM the release of all limiting thoughts, emotions and memories from my physical, emotional, mental and etheric bodies.*

### **Elderberry** *Sambucus canadensis*

I waited many years before I made Elderberry Essence. Frankly, I was a bit intimidated by the intense ancient wisdom so palpable around this plant. Asking Elderberry if I could make it into an Essence felt a bit like going up to Moses and saying, "Buddy can

you spare a dime?" One auspicious day, Elderberry made the overture and helped me overcome my shyness. The result is a mighty Essence.

This is the one I would consider if life calls you to hold light amidst great darkness. It is an immense and ancient chalice of light and defies the dark the way you see Gandalf do in the 'Lord of the Rings.' The darker the circumstances, the more Elderberry brings its full voltage and ability to rise up and hold the light. I hope that you do not need this one too much in your life, but I am glad it is there if you do.

*I AM the ancient one offered to you as a brimming cup of light. I AM the light that dissolves all shadows.*

### **Elecampane** *Inula helenium*

Elecampane is for all issues of sunlight management, especially proper assimilation of sunlight's gifts. It will help us get the most from whatever sunlight we receive when we are not getting enough sunlight. This makes it an excellent remedy for Seasonal Affective Disorder. It is also helpful for those of us in regions where the ozone layer is thin. Ozone protects us from higher vibrations not lower vibrations. Our challenge is to learn to assimilate this higher vibration coming through more strongly in places with thin ozone, and Elecampane can help us do this.

*I AM the gifts of sunlight.*

### **Eyes of Mary** *Myosotis scorpiodes*

Love with detachment is the vibration of this Flower Essence. I've had a difficult time understanding this phrase. The Angels tell me love with detachment is not indifference nor is it squeamishness about suffering. It is a balanced vibration of knowing that the circumstances of our lives, even when painful, perfectly support us. It is heartfelt understanding that daily life is a holographic classroom where, slowly but surely, each of us rediscover the only reality that ever was or will be: God. Love with detachment is a vibration that helps us respond lovingly to those who are suffering without a desire to fix things for them.

One gift of Eyes of Mary's vibration of love is the gift of perspective. When I imagine Angels looking at us, I imagine them looking at us from above with a whole landscape stretched out before us. I do not think this is literally true, but there is truth in it. The Angels do see our lives in an overview. They know that a bump in the road that we think may kill us is not an end or even an insurmountable obstacle, because they see us farther down the road too. This is the kind of faith and perspective we need to cultivate and that Eyes of Mary helps us cultivate.

Eyes of Mary helps us put on the love glasses so no matter what we are looking at, we see the divinity in it. Eyes of Mary reminds us not to identify with what seems to be happening around us, but to look beneath events for the subtext. It encourages us to see beyond the hologram to the only true reality, God's loving presence in all of us and in all things. Furthermore, it reminds us to respond to all events with greater tolerance for ourselves and everyone else. If only love is real, why invest in anything else?

Eyes of Mary will help us do as our hearts guide us even when parts of our personality believe this guidance cruel. Eyes of Mary helps us when tough love is the order of the day, because it helps us know that letting a person experience the consequences of his or her behavior in Earth classroom will be the best way for this person to learn the lessons that he wants to learn.

This is an Essence I reach for when I am having a hard time with my heartfelt guidance to do nothing but just send love. I came into this life with a lot of "fix it" ideas, and Eyes of Mary has helped me to see the whole picture differently. When my old idea that I am responsible for making everyone happy rears its head, when I feel restless even guilty about loving AND letting go, when I cannot see beyond the pain of a certain predicament to its potential spiritual gifts or when, in anyway, I have lost my sense of humor and need to lighten up and reframe my understanding of events, this is the Essence I reach for.

On a final note, Eyes of Mary also offers support for memory issues. While we chose to give this Flower its French name of Eyes of Mary, the common name in this country is Forget-Me-Not. Enough said!

*I AM the clear view of the reality behind all illusion.*

### **Feverfew** *Tanacetum (chrysanthemum) parthenium*

Feverfew works beautifully to help us release deep-seated angst, despair, worry, confusion, nervousness and depression. Those with a great deal of nervous energy can find themselves deeply calmed by the vibrational information of Feverfew. It will also help cut through agitation, intensity and argumentativeness, especially in group situations. Feverfew helps release the nervous energy that can lead all sorts of nervous habits in animals as well as people.

An Ecuadorian shaman brought this Flower's gifts to my attention. He treated this plant with extreme respect. The longer I work with Feverfew, the more I appreciate the many reasons why this shaman held this Flower in such high esteem.

*I AM the peace that passeth all understanding.*



### Flowering Tobacco “Hot Chocolate” *Nicotiana langsdorfii*

This is a chakra cleanser for the first, second and third chakras. It helps move out energetic sludge leftover in these chakras from the necessary trial and error in relationship work. This is a particularly good one for those of us who feel we must hold onto our garbage even after we have learned what we were meant to learn from relationship experiences. When we have done what we can to make good on our mistakes or simply have owned our part in a dynamic, it is time to give ourselves a clean slate, and this Essence helps us with this quite literally.

*I AM the full release of all finished spiritual work.*

### French Marigold *Tagetes patula*

We are being asked to make many electrical changes right now to keep pace with the electrical changes on the planet. French Marigold is a great support for this work. Why? Because French Marigold helps us to mutate or hybridize our energy systems. Why does it have these strengths? French Marigold holds the strength of positive and controlled mutation, because it is one of the most hybridized Flowers on Earth

French Marigold also helps us rebuff aberrant hybridized energies. Not everything responds to shifts in the planet's vibration by mutating in harmonious ways. For example, new viruses are successful mutations but not harmonious ones. French Marigold helps us keep inharmonious mutations out of our energy fields.

Another area of French Marigold's healing expertise concerns hearing related issues. It helps us to hear what is actually being said whenever we have difficulty hearing correctly. This is a good Essence for situations in which people misunderstand each other's intentions or are unavailable to hearing each other's thoughts or viewpoint. French Marigold also enhances clairaudience. All in all, this is a profound harmonizer, supporting us to successfully navigate radical change.

*I AM open to hear and understand all that I need to hear. I AM open to change in all the ways I need to change.*

### Grape *Vitis labrusca* "Fredonia"

Grape Flower Essence supports us to know that we are still whole even when we have been put through the presses. In fact, Grape helps us know all we have gained in self-understanding BECAUSE of our grape press experiences. By illuminating the gifts of these experiences, Grape helps us to avoid any sour grapes about our situation. Grape is particularly adept at showing us that nothing that was real is lost in a grape press moment. It helps us know that the grape press experiences strip only the blinders that keep us from a clearer sense of our eternal reality as divinity in divinity. This is not to say that grape press experiences are not difficult or painful, but more that Grape helps us

keep a bead on how these experiences unbind us to know our true freedom and true self-identity.

*I AM that I AM.*

### **Heliotrope** *Heliotropium "Marine"*

Deep purple sprays of this ethereal, sweet scented flower have long filled our gardens. Heliotrope helps us surrender our deeply held grudges against ourselves and rest at last in a bed of self-forgiveness.

*I AM the forgiveness that knows no end.*

### **Honeybees in the White Hawthorn** *Crataegus "Washington's Hawthorn"*

One day, while under our White Hawthorn tree, I noticed that the blossoms of the tree were so covered in Honeybees that the tree made a very loud humming noise. An Ecuadorian shaman once told me that the energy and noise of Honeybees is so healing that he slept with a beehive under his bed and his pillow right on the hive. Remembering this, I asked the Angels if I should make an Essence of the Honeybees in the Hawthorn. The answer was an emphatic YES.

Each year, when I make this Essence, I wait for a day when the tree is alive with Honeybees. The presence of the Honeybees' energy in the vibration of the Essence is a wonderful energetic gift. One vital service that Honeybees perform is to correct energy imbalances and regulate energy flow on the land they work. They are the harmonizers of nature. Their vibration in this mix helps to smooth energy disturbances, release disharmonious energies and correct problems in energy flow in our energy systems. This Essence also can be used to harmonize energies on land.

The Angels frequently suggest this Essence for perimenopausal and menopausal women. It is a wonderful hormonal balancer. It also crops up for people dealing with issues of sugar in their systems. This seems a natural correlation given the Honeybees work in the world.

The White Hawthorn in this Essence makes it particularly helpful for our heart chakras. Hawthorn's greatest strength is the way it encourages our hearts to find a rhythm of unconditional love flowing in and out of ourselves.

*I AM the great equalizer that knows the divinity in all things.*

## Honeysuckle *Lonicera oblongifolia*

People associate Honeysuckle with warm, fuzzy, greeting card, front porch moments. Somehow, we know instinctively that it's a Flower about memories.

Honeysuckle serves our memories in several intertwined but distinct ways. First, Honeysuckle helps us use our memories as healing assets not liabilities. It helps to set us free from the memory quagmires of nostalgia and sentimentality as well as regret, remorse or an unending sense of sorrow and loss. It helps those of us who over romanticize the past to let go and more fully ground in the present.

Honeysuckle Flower Essence helps us to harvest the learning lessons in our memories as well as the goodness in the memories. It illuminates that which will fuel spiritual growth and move us forward in our spiritual evolution. This is the most constructive and creative use of memory. With help from Honeysuckle Flower Essence, we are propelled forward by our memories not held captive by them. This is true sweetness.

Another way that Honeysuckle serves is to help us experience a state of constant remembrance of the divine. This is another reason why we tend to think of our childhoods when we think about this Flower, for it was often as children that we found ourselves in that blissful state of remembrance.

*I AM the creative and happy healing use of every memory that I carry within me.*

## Hops *Humulus Lupulus*

First used in ancient Lemuria, Hops strongly encourages physical and spiritual growth. Its signature is its fast rate of growth. Hops can grow into a twenty to forty foot vine in a single growing season. With links to the sixth chakra, Hops Essence offers helpful information to the pituitary gland, hence its connection to healthy and manifest physical growth. It also supports our circulatory system, particularly blood vessel elasticity. Linked to the etheric body, it helps the etheric body and ethereal fluidium to be vibrant and healthy. Hops has a playful energy that will help us find this in ourselves. One dividend of its support for spiritual growth is that it improves group interaction. It also will help plant growth when unusual weather has slowed growth patterns. As an herb, it is used as a preservative in beer and as a sleep aid, but these talents do not at all suggest its immense strengths as a Flower Essence.

*I AM robust and wise growth.*

## Hyssop *Hyssopus officinalis*

Hyssop offers fine tuned support for the release of guilt and the habit of guilt. I can think of almost no situation in which guilt is a useful emotion for us to cling to. When we make a mistake, as we all inevitably do, we need to forgive ourselves, learn from the

mistake and go from there. Our tendency is to continue to flagellate ourselves with guilt long after the emotion serves any purpose. Hyssop Essence can help us to let go of our guilt and replace it with a more constructive understanding of our situation. Its vibration holds an understanding of all events in our lives as learning lessons not evidence we are bad or morally flawed.

*I AM the forgiveness that knows no beginning and knows no end.*

### **Jade** *Crassula argentea*

Jade helps us to assimilate and integrate green energy. Green energy comes from Nature. Green energy is expansive and full of life force energy. It cleanses our systems and brings everything to the surface to be released. Green energy fuels new growth and deep healing. It has its own methods. It offers us great gifts, but it can be misunderstood and experienced as counterproductive if we consciously try to direct its flow. Green energy moves through our systems with healing intention, but if we try to wrestle with it, we can feel shattered by its force.

Jade Flower Essence helps us ride the green energy wave as experienced surfers surf an ocean wave. It helps us to get the most from green energy without a wipeout. Jade does this by centering our consciousness in the complete knowledge that green energy is one with the highest good in our lives and we need only let go and let green for healing to proceed.

You may be struggling with green energy if you feel you have too much to do, things feel out of control, you experience time crunch issues or you feel smashed by circumstances swirling about you. Jade will support your letting go into the flow and help you birth a greater confidence that this flow is healing in its dynamic.

*I AM one with the healing, balancing, and creative energy of green.*

### **Jasmine** *Jasminum polyanthum*

When plagued by damp and soggy conditions, when we feel too wet within and without, when we experience cold symptoms or too much watery emotion, Jasmine helps us to warm and dry ourselves. It does so by centering us in the inner flame of our divinity that burns in our hearts, nourishing and sustaining us no matter what damp and chilly conditions we are faced with, literally or metaphorically. Jasmine's star shaped white blossoms and strong perfume indicate its gifts of aligning our chakras and subtle bodies and illuminating all with the sacred fire of our hearts.

*I AM centered in the sacred fire.*

### **Kangaroo Paw** *Anigozanthos 'Kanga Orange'*

This Flower, native to Australia, has a pale brown kangaroo paw shaped blossom emerging from a stalk and calyx of fiery red. Kangaroo Paw's appearance telegraphs its vibrational strengths. The dramatic difference between the fiery orange calyx encircling the Flower and its soft tan Flower suggests how this Flower Essence can help a person or animal transmute explosive situations into benign ones, move orthopedic injuries and other wounds in the direction of rapid healing and dramatically turn a heated situation into one of healing and calm.

*I AM the peaceful resolution of injury and inflammation.*

### **Kirengeshoma** *Kirengeshoma palmata*

Native to eastern Asia, Kirengeshoma bears pendulous soft yellow blossoms on long arching stems. There is something extremely gentle but also intent about this Flower, and this is reflected in its Flower Essence with its wisdom about following our true course gently yet firmly.

This time calls us to continually distinguish between right and true action versus unproductive or harmful choices. It calls us to abandon the mind ideas of the prevailing culture to live from our own inner knowing. This is not a casual process but requires much earnest inner work as well as a willingness to take full responsibility for our choices. Kirengeshoma Flower Essence supports us in this process of discernment as well as holding true to our truth in our decisionmaking.

*I AM on my true path.*

### **Lady's Mantle** *Alchemilla mollis*

Lady's Mantle helps shelter, cradle and nurture our insights, ideas, visions and dreams until we are ready to move them forward into creative self-expression. When we embark on a creative project, Lady's Mantle helps to keep things cloaked, under wraps and undisturbed by outer forces. This allows the pure strands of a creation to flow through us without interruption. Once a project is ready to be launched into the world, Lady's Mantle will then magnify and amplify the project in the same way dew sits magnified in Lady's Mantle's leaves. Each drop of water is held and amplified, known to be infinitely precious as is true with your creation. Consider this one to support you at every point of a creative venture. Lady's Mantle's tender advocacy of your creations is unequalled by any other Flower.

*I AM the protective mantle of divinity, harboring all creation.*

### **Lamb's Ear** *Stachys byzantina*

This plant has the silkiest silver leaves imaginable. It was no surprise to me when the Angels noted that this was a Flower Essence about sensitivity. Later, when I sat down to ask them for more details, I was surprised what they meant by this. I assumed the Essence would promote greater sensitivity for those who were thick skinned, but the Angels said it was not about that. Lamb's Ear Flower Essence helps us to handle our sensitivities without being undone by them. The Angel of Lamb's Ear explains, "Note the stems with their well defined four sides and fibrous toughness. Note how the Flower stalks are pillars that rise up in sturdiness, clarity and unapologetic certainty above the mat of soft leaves. Note the confident expression of deep pink Flowers. All this indicates the Flower's offerings of wisdom about being sensitive without the sensitivity overwhelming one or making one into a wallflower. Our Lamb's Ear Essence communicates a way of balance in which a sensitive soul can know the finest nuance of a situation but also stay strong. No wilting away here."

*I AM strong without losing my softness.*

*"I have always been overly sensitive to people & places. It took my first doses of Pennyroyal and Lamb's Ear essences & I felt calm for the first time in my life. I am so grateful I found you all!" M.L., Albuquerque, NM*

### **Larkspur** *Consolida ambigua*

This one is a VERY strong ally when your life or health seems derailed or going in the wrong direction. It supports course correction for all systems almost as a flight controller directs the paths of an airplane. Larkspur redirects our energy systems towards wholeness and improved health while also bringing through healing energies to support this renewal.

*I AM the perfect calibration of my electrical system.*

*"In the early evening my kitty was sitting patiently by the front door...I went to check his problem & saw the package (containing Larkspur) on the front porch. I brought it in- holding him back- and he wanted the package so badly he followed me until I put it on the floor. Of course, he took residence on it!! T.T., Sparks, NV*

### **Lavender** *Lavandula augustifolia*

Intense wise Lavender helps us know the value of our own wisdom and empowers us to act from it fearlessly. She helps us to see the distractions and naysayers as nothing more than passing illusions. She helps us feel both protected as well as empowered to be our wisest most articulate self in action. Lavender helps us with any kind of muddle or lack of clarity. More importantly, she helps us really KNOW our value.

*I AM the focus of divine will, moving through my whole being and illuminating my path so that I remain in a state of divine clarity at all times.*

### **Lemon Balm- *Melissa officinalis***

Lemon Balm works to clear inflammations in the third eye/sixth chakra. Sinus infections and sinus pain, headaches or muddled thinking are all possible signs that electrical glitches in the third eye might be eased with this remedy. Lemon Balm is a nuanced Essence as it works very gently but persistently to clear impediments to the smooth running of our sixth chakra and the smooth expansion of light in this chakra when more light must be assimilated into this chakra. The Angels suggest applying Lemon Balm to the third eye/ center of the brow.

*I AM clear and calm in thought no matter the circumstances.*

### **Lemon Verbena *Aloysia triphylla***

Lemon Verbena helps us retrieve the ancient wisdom that still serves us. It helps us remember things we thought were long forgotten from our memory be it past life wisdom or wisdom held by the collective unconscious. Lemon Verbena also has a sorting function and helps us bring forward useful information, not random trivia. It is a particular friend to herbalists and those who work with nature. This is a Flower of Lemuria.

*I AM the remembrance of things past.*

### **Lilac *Syringa***

During the time of Lemuria and Atlantis, there were many mystery schools dedicated to Lilac. It remains a very significant Flower. Lilac is one of the most hybridized shrubs on Earth, yet almost all of the hybridizations were done in alignment with an original blueprint for this family of plants. One reason for this is that the template for this plant was laid down with extreme clarity and strength. Another reason is that this particular plant was the project of a group of human, Elemental and Angelic partners who worked extremely harmoniously together. During their long and productive partnership they stayed completely in alignment with the divine plan for Lilac. One glance at a modern seed or plant catalog demonstrates how rare this is. Their ego free work left a vibration in Lilac that is an energetic gift of encouragement to all of us to persevere with the divine plan.

Many of the people who worked to co-create this plant return again and again in more recent incarnations to a deep association with Lilac. These are the souls responsible for modern hybrids. Many other people find themselves drawn to this plant as well. One reason for this is because of the strong vibration of successful co-creation with nature that



this plant holds. With its vibration of constructive partnership between people and the intelligence in nature, Lilac Essence will help to keep a project you are undertaking in alignment with nature as well as the divine plan. Alignment is, in fact, the key word for Lilac in all regards.

Lilac is a literal pillar of strength, vibrationally calling us into alignment with the divine blueprint for our spine. When a friend suffered a spinal cord injury, she had many dreams about Lilac during the early stages of her recuperation and took the opportunity to sit with Lilacs and work with it as a Flower Essence.

The Angels and Elementals of Lilac had us plant two dozen different varieties of Lilac here at the farm. Their blossoms come in many shades of purple, white, primrose yellow, pink, and blue. When I make Lilac Essence, a gorgeous panicle of each variety grown here goes into the bowl. What a magnificent symphony that is!

*I AM a pillar of strength in complete alignment with divine will.*

### **Linden** *Tilia americana*

This ancient fragrant Flowering tree has often been planted in allees leading majestically from one place to another. This ushering us through thresholds is also a gift of its Flower Essence. Linden offers timeless wisdom about vibrational adaptation. As our electrical systems work to match the rising planetary vibration, Linden helps us build an evolved circuit board to integrate this vibration while also staying grounded. No words can do justice to this pillar of light or the profound way it can help us move through this time with greater ease and grace.

The Angels note that those of us born before 1978 have outdated circuit boards and will have to do different work to hold the new energies in our electrical systems than those born more recently. They say this is a particularly good Essence for those of us born before 1978.

*I AM full manifestation of the light.*

*“My life feels entirely different since I received the Essences and began taking them. Interesting that you packaged the Linden separately as I was guided to take it first and completely separately from the other Essences. My physical, emotional and mental energies are so much stronger and clearer- starting immediately after I took the Essences. Yesterday I visited some local beaches with a woman about half my age and was able to keep up with her as we walked miles along them. I definitely could not have done that last week. I am getting things done that I had just no energy to do for months. I feel so free and strong I almost have to pinch myself.” M.H., Nova Scotia*

*"I took Linden last night and this morning went straight for the garden and somehow managed to create a magic in it that had somehow been missing... It feels like a different place and so do I." J.B., Encinitas, CA*

### **Magnolia** *Magnolia stellata, Magnolia grandiflora*

Magnolia, one of the first Flowers in creation, is a birth Essence. Magnolia eases the stress on babies during the intense experience of switching gears from the watery, dark world of the womb to the bright, noisy, intense life that awaits them. Newborns go through a dimensional wall during the birth process. Until this point, a baby is usually not fully merged with its physical body. For the incoming soul, birth is when the full merging of spirit and flesh is usually accomplished for the first time.

Magnolia can help an infant connect to its body and remain connected during the birth process and into early life. It creates a sacred space of safety for the arriving soul. This is a helpful Essence for the mother to take before and during delivery and for the baby to receive right after birth and then for several weeks post-partum. Putting a drop on a baby's forehead is all that is necessary. As with everyone else, newborns do not need to take Essences internally to receive their support.

Magnolia can also be used to birth ideas into form. Magnolia will support the birth of any sort of creative endeavor.

Magnolia offers a different kind of midwife energy at death but one that is as supportive as the energy offered at the time of birth into a body. It also can be used to help us let go of anything that, for our well-being and growth, must die in our lives. Once this release is accomplished, Magnolia helps us ground the new in our lives. The flow of the universe is a rhythmic inhale and exhale. The transition points from inhale to exhale and from exhale to inhale are Magnolia's points of service.

*I AM the full integration of the new into my life and being.*

### **Mallow** *Malva rosea*

Mallow Flower Essence offers support to those who are going through the transitions associated in this culture with aging. It helps us loosen our attachment to the illusion that we are aging bodies by offering a vibrational reminder that we are actually timeless beings in an experience of time.

A couple days after Emily's ninth birthday, she got a hoarse cough. As I made up a mix of Essences for her, I was surprised when the Angels told me that she needed Mallow. This helped me understand why she had been in such a state after her birthday. I gave her the Mallow and encouraged her to talk about her worries about growing up.

Not only is Mallow a tonic to the emotional and mental bodies, helping us to release the worry, fear and judgment associated with the aging process, it also offers information about skin health and elasticity. This exuberant pink Flower truly delivers the goods.

*I AM one with God, immortal and ageless.*

### **Maltese Cross** *Lychnis chalconica*

Each brilliant, deep orange Maltese Cross Flower is a symmetrical cross. Its geometry of balance, unity and order holds before us the truth of an unconditionally loving Creator, present in even the most divisive looking situations.

Because Maltese Cross holds a vibration of unity in all circumstances, it is particularly helpful in situations of extreme stress including betrayal, sudden loss of a partner or a career, death of a beloved friend, abandonment, a broken heart or any situation in which there is a violent tearing apart of the fabric of our lives. This is the one for the times when life feels like a bloodbath. When such events occur, Maltese Cross pulls us back into our center, supports us to keep going and helps us cross the bridge from fear into faith.

It does not take us back to our old view of things but fills us with new confidence that unity is still the operative experience even in tearing away processes. Maltese Cross knows that what is really being torn away is our illusion that something can be lost to us. Maltese Cross knows that experiences that seem to shatter us into pieces actually break us open so we can know our wholeness, holiness and the unity of all things.

Nothing can ever be lost to us for we are God in God. Maltese Cross knows this and supports us to find within us this comforting truth.

*I AM the complete realization that God is with me.*

### **Maple** *Acer rubrum*

When a beautiful Maple tree in our hedgerow first asked me to make an Essence from its brilliant, fireball red blossoms, it was no coy invitation or subtle whisper but a full bodied, enthusiastic commitment to offer its energetic gifts completely. Maple's commitment has not wavered in the decades since.

Maple Flower Essence knows itself and us to be whole and good and completely one with the divine. Maple calls us into our bodies in the highest possible way and brings home the truth that the body is as much one with divinity as the soul. It is an excellent Essence to take when we feel ambivalent about our bodies and our presence in our bodies.

Maple Essence helps balance yin and yang. It imparts an energy that helps us feel deeply centered and strong. Maple helps us with all issues of balance. Its keynote is the balance of the middle way.

Maple is an excellent Essence to take for issues of trust. Maple also helps with issues of self-doubt. It knows the truth that the events encircling us do not define us. Only God defines us. It knows the outcome of any endeavor is never an indication of worthiness. Maple knows that we are worthy because we are. It helps us tap into the sweet flow of confidence and trust in ourselves. The many energetic gifts of this Essence are enormous.

*I AM God in balanced physical form.*

### **Masterwort** *Astrantia Roma*

This Flower is composed of a cluster of smaller blossoms set atop a flat circle of Flower petals, like a bouquet contained by another Flower. Masterwort tells us, "I remind you how to appropriately hold your creations. I help you find balance in creation and containment. Sometimes you give your all to a project, creation or endeavor and this effort leaves you exhausted and your project uncontained. I help you find balance in giving and then taking the time to assimilate and learn how to hold your creation before the next big push. I help you find the rest and restorative space between beats. Consider me if your endeavors are leaving you over-extended or burnt out. I will help you take care of both yourself and your creations so both survive and flourish during cycles of expansion and assimilation. I am also an excellent Essence to use pro-actively to prevent burn out before it begins."

*I AM the balance of musical notes and the space between the notes.*

### **Morning Glory** *Ipomoea tricolor*

Each morning, beautiful bold Morning Glory opens its blossoms and drinks in the world. Its Flower Essence encourages a joyful receptivity, a glorying in the possibilities of each new day, an enthusiastic embrace of our lives and a willingness to express our true self completely.

*I AM open to receive the blessings of the world.*

*"My llama "Geode" and I have a very deep soul connection, and we are nuts for each other. He is taking Morning Glory. He is still the baby, but I have noticed that he is opening up more to the world and trusts. He is now sitting close to me and he went to sleep by my side which is rare for llamas- they normally keep at arms length from humans-all humans!" N.S., Alturas, CA*

*"During pregnancy I particularly liked Morning Glory, Comfrey and Star of Bethlehem." M. T., Angiers, S.C.*

*"I had a new beginning at 62 years old myself. I went back to college- YIKES! Morning Glory has become a mainstay- for confidence and Spiderwort for being able to understand directions." L.O., Winston-Salem, NC*

### **Nasturtium** *Tropaeolum majus*

Spaced out with information overload? Got a job that keeps you in your brain and not your body? Enthusiastically pursuing your spiritual path through a search for truth but not always clear how to ground this wisdom into the rest of your body? Whatever the reason we get caught up in our heads, Nasturtium Essence can help us to get back into better balance and back into our bodies. Nasturtium offers information to help us balance the head with the heart, the mind with the body. Yahoo!

*I AM fully present in my physical body.*

### **Nicotiana Mutabilis** *Nicotiana Mutabilis*

This coming era will be an age of spirituality in which we will experience our divine oneness while simultaneously living from a more authentic and grounded sense of self. Given our prevailing cultural model of cutthroat personal interest at the expense of others, this era can sound like a fairy tale. Yet the rising vibration of the planet is going to require us to live this different model, and Flowers offer a living vibrational example for how we can make this transition.

Nicotiana Flower Essence is a Flower that offers a particularly helpful vibration for this new paradigm. It offers a model for co-existence that encourages self-actualization in the closest of close proximity to others.

Recently discovered in the Rio Grande do Sul region of southern Brazil, this Nicotiana's Flower signature reveals it's unique strengths. Usually Flowers from a single plant are the same color, and when the colors are different, it is usually because the Flower opens one color and fades to another. Nicotiana Mutabilis is the only Flower I can think of that has many different color blossoms on the same stem, all open and blossoming simultaneously in a range of colors from white to pink to magenta. These Flowers with their tall nodding stems of many colored blossoms have an otherworldly quality of fairy like magic, yet they offer a very wise and grounded wisdom.

As a Flower Essence, Nicotiana Mutabilis helps us grasp the dynamic of self-actualization within the context of interconnection, encouraging us to know the truth that oneness does not mean losing our unique qualities as a soul, but in fact, means being our most authentic selves in a world of actualized spiritual harmony and interrelationship.

*I AM manifest oneness.*

### **Pansy** *Viola tricolor*

Sometimes our relationship with our creator feels distant and impersonal. The affection we can feel for a much-loved face is lacking. Pansy Flower Essence sweetly nudges us into a more intimate love affair with our beloved. Sometimes this will take the literal form of knowing a face of God. Sometimes Pansy will remind us that our creator is just crazy about us AND is right at our doorsteps just like these spring Flowers. Sometimes Pansy will comfort us by reminding us that the face of God is in everything that is, including the sweet and endearing faces of this Flower. Pansy brings a deeper friendliness and affection to our relationship with God, and this comfort and familiarity can help ease our burdens, sorrows and feelings of loneliness. It is as if, by working with this Flower Essence, we see the world through Pansy's eyes and thus see everything as the embracing love of our Creator.

*I AM beloved.*

### **Peach** *Prunus persica*

Deep pink-blossomed Peach takes us into a fuller experience of generous, inclusive, harmonious, relaxing, light hearted and healing love.

Peach helps us to tap into the abundance of love available to all of us. It makes it easier for us to find harmonious community. By getting us into a deeper flow of love, Peach also helps us more effortlessly experience empathy, compassion, an ability to nurture as well as receive love freely and generally give and receive sweetness and love with greater gusto and fearlessness.

-Ever true to its nature, Peach generously amplifies the help we receive from all other Flower Essences and healing modalities. This makes Peach an excellent choice for any healing situation.

### **Pear** *Pyrus communis*

The one summer the farm was open, we had a dozen gardens to plant and tend, four human gardeners and hundreds of visitors each week. One Flower Essence that transformed our ability to stay in harmony with each other during this rollercoaster ride was Pear. It helped us to rise above personality reactions to find our common purposes and a genuine sense of community, no matter what was unfolding around us. Pear Essence helps to spiritualize the intentions of any group endeavor and this particular gift really helped our group focus on what we were trying to share with others. We found Pear worked particularly well when everyone in the group took the Essence at our group meetings.

Another gift of Pear Essence is that it helps us to receive healing from sound and vibration. If you are working with any healing modalities in which music or some other kind of sound vibration is involved, consider taking Pear before your healing sessions. If you are a musician or a healer working with sound, you may want to use Pear to see what gifts of inspiration it has for you.

*I AM one with the music of all creation.*

### **Pennyroyal** *Mentah pulegium*

Pennyroyal helps us create strong and clear boundaries against psychic attacks. It can help us rid ourselves of the old negative theme songs we play over and over again in our heads. It is useful when we have accidentally absorbed negativity into our energy systems and feel out of balance. It also helps when we are aware that someone is sending us negativity, and we do not want to be available to receive it. It is useful for clearing negativity from crystals or clothing and can be used in a spritzer bottle to clear rooms of negativity. It is a versatile Flower Essence, helping us to establish and hold appropriate boundaries.

*I AM the presence rejecting all negativity. I AM the presence depersonalizing and detaching from this situation or person.*

*"I am a Reiki Master teacher/healer. As I used this wonderful essence Pennyroyal during class one day, I found that my students also noticed a difference almost immediately. As I sprayed the room, leftover negativity fled and laughter broke out! I now use it at every meeting as well as after. Just a few drops in my sprayer with some distilled water does it every time. And to quote a friend now passed, 'My goodness! No More Achey Reiki.'" P.Q., Levittown, PA*

### **Pine-** *Pinus strobus*

Pine helps us experience "safe harbor." If you have had to literally move geographic locations, Pine helps you feel at ease in your new home and embraced by your new locale. Pine's gifts are also about our inner landscapes. It helps us soften our view of self if it has been sharp and critical and made it tough for us to live in our own heads. Pine breaks down the spiky discomfort of constant self-criticism and helps us create an inner ambience of softness, comfort, consolation in a gentle place of self acceptance and self love. Pine also helps us move our energies up the chakras and softens our seventh chakra so we receive love and guidance more easily from divinity with less of the resistance that self-criticism can engender. This is a timely remedy for the change process we are embarked upon as spiky self criticism does nothing to help and makes the whole change process that much more arduous.

*I AM the embrace of love.*



### **Pineapple Lily** *Eucomis comosa*

Native to the Cape Floral Kingdom of South Africa, this dramatic Flower rises up rather unexpectedly from loose wavy leaves into a majestic stalk of purple buds opening to green and white fragrant blossoms. Each Flower stalk is set off by a jaunty splash of leaves above the Flowers, giving the blossom a slight resemblance to a pineapple.

Pineapple Lily Essence offers wisdom about birthing new healing paradigms in even the most unlikely circumstances and even when a situation may feel anemic and unable to support new life. It will be useful for relationships or any structure that needs a new infusion of energy and direction in order to grow creatively.

Of course, it will help us with this big mutation project on our hand: going from illusion bound warring tribes to co-creators of a new Earth. Pineapple Lily is tremendously powerful in its ability to birth the new no matter the circumstances, and therefore is a much needed Flower Essence at this time of transition for humanity.

*I AM the new beyond the domain of all that has gone before.*

### **Pink Baby's Breath-** *Gypsophila rosea*

Pink Baby's Breath is a tremendously helpful Essence for gum and teeth issues. It is a great remedy for teething. More generally, it has a soft balancing energy that cushions the impact as our life direction and focus change.

*I AM the vibrant good health of my teeth and gums.*

*"Cushions us as we falter from balance... Can also help us see things with new eyes—the eyes of babes— opens us to the joys of really seeing things... As babies see and hear all of the sights and sounds of the universe— this Essence can help us to re-establish that innocence and sense of perception." N.H., Baltimore, MD*

### **Pink Flowering Almond** *Amygdalus*

This Essence brought me enormous solace when a friend from Spain sent me a bottle many years ago. At that time, it helped me navigate the break up of my relationship with my family of origin and the scary circumstances surrounding that situation. Though Pink Flowering Almond is not considered hardy in New Hampshire, I decided to plant a tree, hoping it would grow and blossom here so that one day I could make a Flower Essence from its blossoms to share with all of you.

Stranger things had happened at the farm than something not hardy to this region thriving in our midst, and the leap of faith paid off when a couple years back, our beautiful young Pink Flowering Almond bloomed for the first time. In a lovely bit of synchronicity, on the very same day that the first blossoms opened, my Spanish friend

sent me a second bottle of Pink Flowering Almond Essence. The auspicious events encircling this Flower continued when later that week Emily returned from her sojourn in Sicily with several hand painted plates of beautiful Pink Almond Flowers! She had picked out the plates as gift for me with no idea they depicted Pink Flowering Almond blossoms.

Because of all these synchronicities, I was very excited to make our first Pink Flowering Almond Flower Essence, and the Angels were quick to encourage me to dive into working with this new Essence. They asked me to take the Flower Essence for a month, noting that at first it might feel uncomfortable to work with this Essence and that I might notice its effect most in my dreams. I did find myself oddly reluctant to keep taking the Essence but kept going. I also had many dreams involving my mother and grandmother. As I shared the Essence with you, many of you reported the same feeling that this was a challenging Essence to work with yet also a deeply healing one. Others, I am happy to say, report a surprising amount of joy working with the remedy. I began to feel these different experiences had a deep correlation to people's relationship with their earth mothers.

What the Angels explained to me was that Pink Flowering Almond helps us release the cellular memory of our earth mothers in order to uncover our cellular experience of our eternal divine mother. In a way, one could say that it helps erase the transitory and illusionary experience of mother to reveal the absolute of divine love. While this will probably appeal especially to those of us who had complex or painful experiences with our earth mothers, this profound Essence offers its support to help all of us cut free from illusions of separation and to know ourselves more clearly as one with the divine- a divinity that loves us as itself. The Angels recommend people work with the Essence daily for at least a month in order to get the most from its vibration. They explain this helps the cellular release be as thorough as possible.

I asked the Angels how this Essence would work with someone who had a good relationship with his or her earth mother. They noted, "This Essence is for everyone no matter the kind of mother they had. It helps you to frame the goodness of earth mothers in the context of the eternal and both releases all that is not permanent as well as strengthening what is, the love for your earth mothers and their love for you."

On a completely different note, this is an excellent amplifier of all healing, helping to move life force energy through the subtle bodies to the physical body. If you are dealing with a fear that you just can't seem to resolve, this one is helpful with bringing the fear into consciousness where it can be seen and released.

*I AM one with the Divine Mother.*

### **Pink Magnolia** *Magnolia*

Most of us could use some help with integrating the higher vibrations flooding into our physical bodies right now. Not only does Pink Magnolia help us with this assimilation process on the cellular level, it also helps us experience the changes comfortably. On another note, Pink Magnolia helps us feel how this collective evolution is not so much taking us to alien territory but towards the most deeply familiar and loving place imaginable. Comfort indeed!

One last thought, the pink of this Magnolia Flower reflects how this Essence can help us stay “in the pink” of health even as we move through this change process. Many people are being guided to this one right now because of how it helps us make the necessary vibrational adaptations gracefully and smoothly.

*I AM comfort in times of change.*

### **Pink Water Lily** *Nymphaea pubescens*

Consider this Essence when you have been battered about by events and feel sad or broken hearted. Pink Water Lily helps unburden our hearts of their deepest aches and sorrows. It does this with such finesse and gentleness that this unburdening feels like a caress not a housecleaning. Pink Water Lily anchors us to the vibration of love no matter what emotional events rock our world. This one works so softly and deeply that it feels like a prayer of peace moving through our bodies.

*I AM the rebirth of love.*

### **Plum** *Prunus*

Plum helps us hold the bead on love during tribal gatherings. Instead of trying unsuccessfully to connect via the shifting terrain of common cultural habits or traditions, Plum helps us find the universal connections that are the true eternal links. This makes it very helpful for those who feel no surface connection to their tribe and for those whose values have taken them in alternative directions than their tribe.

There is relief and release of many burdens when we can navigate tribal gatherings feeling genuinely connected by a common humanity, especially when everything else might normally put us at odds with each other. Wonderfully there is no judgment or condemnation of self at the expense of others in Plum’s navigational wisdom. Plum illuminates a way to be true and loving to self without experiencing the rest of one’s tribe as other or wrong. The Angel of Plum explains, “Plum helps you make the opening gambit in any tribal encounter to set an imperishable tone of universality so that you can sail through experiences that might otherwise have left you distraught, alienated and exhausted.”

*I AM imperishable oneness with all creation.*

### **Pumpkin** *Curcubita pepo*

Pumpkin helps us find the inner strength to get started on a project as well as keep moving forward until the work is done. This Essence also has a very strong energizing effect that can help us feel more capable of doing what we need to do. This Essence is beloved by procrastinators for its ‘kick in the pants’ energy.

*I AM able to do God's will with strength and clarity of purpose.*

### **Queen of the Night-** *Trichocereus pachanoi*

Queen of Night is a cactus from the Andes of Peru with a lot of personality. Working with her feels very much like being taken under the wing of a very wise crone. She blooms at night and her stunning white Flower lasts only the night. Her Essence brings us a single pointed focus in times of darkness or lack of clarity. Much like a match flaring in total dark, Queen of Night illuminates where we are and helps us navigate forward across any terrain we are hesitant to cross. Her light literally unknots and dissolves complications. It is focused and wise.

- *As a plant extract, Queen of Night is used by Peruvian shamans for spiritual quests and to help pinpoint the nature of a disease process in an individual. This quality of discernment is part of her gifts as a Flower Essence, but she goes further still. She also shows the way to unravel the issue underlying any distress, helping us find our way forward unburdened into an experience of greater light.*

*I AM the way forward.*

### **Red Currant** *Ribes rubrum*

Red Currant is a cherished presence here at the farm. It's green flowers form beautiful strands of dangling blossoms. These blossoms ripen to generous clusters of brilliant, translucent berries in shades of the most intense and luminous red. As a child, I loved picking red currants and thought that red currant jelly was the most beautiful color there was. The life force of the berries is palpable even when cooked down to jelly.

As with its relative Black Currant, Red Currant's area of service is the river of our blood and our bloodlines. Much as La Belle Sultane Rose revivifies our whole energy system, Red Currant has this affect on our blood. It's I AM affirmation does a beautiful job of speaking for this powerhouse.

*I AM the current of wholeness. I AM the balance of pulse and impulse, the outward and inward journey. I AM the core of your experience of cellular health. I AM at one with the creator.*

### **Redwood- *Sequoia sempervirens***

Redwood Essence helps us open and receive the complete restorative extremely wise and consoling love of the Redwoods. It is deeply healing for those from shattered families or those in need of strong support from a mother or father figure or wise elder. It offers its strength to the fiber of our beings. Redwood Essence helps us feel lifted from our present concerns into a timeless overview that reveals to us the temporary quality of our troubles and the eternal love we will always exist in. This Essence is a doorway through the illusory temporal world to an experience of the eternal now.

*I AM the Peace you seek from the Time before Time.*

No Redwoods were disturbed during the making of this Redwood Essence, but much time was spent working with the Redwoods to make this Essence. As with all Flower Essences, the participation of the Elementals and Angels- the divinity in Nature- was necessary for the Essence to exist and we thank the divinity in the Redwoods for this Essence.

### **Rose Campion- *Lychnis coronaria***

Rose Campion is not a Rose but a biennial Flower in the same family as Maltese Cross. It bears striking deep magenta blossoms atop velvety soft white stalks. If we are presented with a situation in which it has been challenging, if not impossible, to find a bead on love, Rose Campion can help us find the opening to transform the situation into an experience of love. The Angels describe it as a skeleton key that can open up myriad numbers of diverse “locked down” situations to open us to receive a flood of forgiving, expansive, ever replenishing love. This one is for when we have had a resistant situation that needs to be jimmed open once and for all or when we want to bring the vibration of generous love to a situation that has resisted our best attempts at transformation. This will be helpful right now in increasing the love frequencies each of us can hold in the fourth chakra.

*I AM the key that opens the door to love.*

### **Rosemary *Rosmarinus officinalis***

Rosemary leaves have a very pungent and marvelous fragrance. A leaf rubbed between fingers imparts a lingering scent that sparkles and invigorates. As a Flower Essence it also invigorates. Specifically, Rosemary Essence ignites a richer experience of life in the body. It calls us to not only remember but also rejoice that we are in a physical body. It reminds us that the rub of human interaction is the zest of life. It calls us to re-member we are connected with everything and everyone and need to go out there and support each other and savor each other and rub shoulders or hands or hearts with each other. It comforts us if this is a scary prospect and encourages us if we are shy. Its wisdom about life in a body and life in human community is both grounded and deeply encouraging.

One of the last times I spoke to a large crowd, the Angels had me give everyone in the audience Rosemary Flower Essence. The evening was both a remembrance of the sacred temple of Isis in Atlantis and an encouragement for all of us to go forward into new co-creation with the Flowers. Rosemary was the perfect Essence to bring us together and encourage us onwards.

*I AM the full reunion and remembrance of my eternal self in physical form.*

### **Russian Sage** *Perovskia atriplicifolia*

When disoriented or lost in new territory either because of inner shifts or external changes in your life, Russian Sage is an excellent ally. It helps us locate ourselves on our new life map and supports us to see the trip tik planned for us. While Sage offers a more contemplative assessment of where we are, Russian Sage is an emergency kit. It helps us in extreme situations to find a bead on where we are on the map and to get moving in a positive direction.

*I AM certain of where I AM going no matter how unfamiliar the terrain.*

### **Sacred Tobacco** *Nicotiana rustica*

This Flower Essence is made from the variety of tobacco used by Native Americans for their sacred ceremonies. The Flowers of Sacred Tobacco are a beautiful lime yellow with a sublime vibration of grounded peace. While White Nicotiana is still available from our additional Essence list, the Angels encouraged us to bring Sacred Tobacco forward into the “limelight”, Angel pun intended.

Like White Nicotiana, Sacred Tobacco supports those who are moving away from counter productive living patterns, but the support comes in a more powerful way because of this variety’s deeply affirming traditional use. Sacred Tobacco was and is used by aboriginal people to cleanse, make decisions, communicate with sacred beings, offer prayers and give thanks. Sacred Tobacco’s vibration of oneness and gratitude offers an alternative to the commercial use of tobacco as connected to imbalance, addiction and disease. Let its momentum carry you to a new world.

*I AM free of all ego limitations and illusions.*

### **Sage** *Salvia officinalis*

The first time I made Sage Essence, I was startled to hear drumming and chanting. A group of Native American Elders had joined the Angels and Elementals to make this Flower Essence. How honored I feel by their unwavering involvement in this Essence, then and now.

Sage is such an important plant ally. The Elders tell me that Sage Flower Essence contains the body wisdom of planet Earth. It helps us choose a sage life direction and find our way even in the dark. It is master of the four directions and a healer of opposites. It is an excellent Essence to take when we need a spiritual road map. It is a sacred plant ready to share its gifts with us.

*I AM one with the four directions. Wherever I AM, whatever I do, I do it centered in the knowing that I AM on my path.*

### **Scarlet Runner Bean** *Phaseolus coccineus*

Scarlet Runner Bean Essence helps us to stop being afraid of our fears. In this way it returns to us much wasted energy.

In regards to connecting with higher truths, Scarlet Runner Bean will help to dispel the fears we have about hearing the truth about who we are and why we are here. During the summer we had visitors, the Angels had us construct a tent of Scarlet Runner Beans in the middle of a garden that the Angels called the Life Purpose Garden. This proved to be an intensely healing place for many visitors. The Angels explained to us that dismantling fears is the first step in clarifying life purpose. They continue to recommend Scarlet Runner Bean Essence for this purpose to this day.

*I AM the light of God that never fails.*

### **Snapdragon** *Antirrhinum nanum alba*

Snapdragon tells us, “I carry much information about alignment. I support alignment of the whole physical vehicle as it connects to the seven chakras. I also bring much specific information to bear on all issues of the mouth, jaw, teeth and cranial plates. I can help with such issues as TMJ and headaches. I also help to encourage restraint for those who talk more than they want to talk or for animals that bite or are inappropriately aggressive. Still, my primary gifts involve alignment, specifically spinal alignment. As with all Flower Essences, I am an information bearer not a chemical that will shift body chemistry. That said, I offer much information that is useful to your efforts to maintain alignment within your physical vehicle and to manifest supreme good health.”

*I AM indestructible health.*

### **South African Foxglove** *Ceratotheca triloba*

This Flower from the Cape Floral Kingdom tells us, “I am a liaison for the Elementals. I hold the template for cooperative efforts between us and the human community in the coming Golden Age. This time will bring a wonderful reconfiguration of partnership



between us, the Nature Spirits, and you. During this time of great transition and new beginnings, there are a multitude of possibilities for new joint ventures. Use my Essence to better access the information I carry about these joint ventures and our work together to create a new Earth. The information I offer each soul working with me will be unique to you and share what is meant for your perfect unfoldment in community with us.”

*I AM co-creation of the new world.*

### **Spiderwort** *Tradescantia*

If Spiderwort Flower is planted near a nuclear reactor, it will change color when there is a release of any radioactivity. Spiderwort Essence has this same litmus paper quality. It helps us notice things that might otherwise go unnoticed. It can alert us to hidden pitfalls. It is extremely helpful for all issues of discernment. It helps us know our way if we are getting mixed signals. It helps us isolate significant information in a sea of data. This is the first Essence I think of for problem solving and sorting the wheat from the chaff.

*I AM the clear voice of truth in the wilderness.*

### **Spruce** *Picea abies Norway*

Spruce offers many gifts of integration and helps us see things in a cohesive way. It will help when the etheric or memory body and physical body have fallen out of alignment with each other due to a continuing stress or sudden trauma such as surgery or an accident. When we feel like there is a disjointed lack of connection between our thoughts and our body or when we have feelings of disorientation after a traumatic experience, Spruce can help us reintegrate. Short-term memory loss or sudden or unusual lack of physical coordination might be one indication of a need for Spruce.

Spruce is helpful for animals and people who have to spend most of their time inside, cut off from the natural world. For those who are suffering from this lack of contact with their natural environment, Spruce can be a soothing balm. It will also help plants suffering from the effects of drought conditions.

On a more esoteric note, Spruce also helps with the smooth integration of information from the chakras above our heads. These chakras offer helpful data and energy for our system but are not always easily linked to the mainframe of the seven chakras that co-exist with our physical body. Spruce can help with this integration process. How would you know if you needed Spruce for this kind of situation? If you feel like your spiritual path is disconnected from your daily life, this might be an indication that Spruce would be a good remedy to work with.

*I AM that I AM, integrated and fully functioning.*

### Sunflower *Helianthus*

Let's say you awoke one morning to find you had been cast as the hero of a real life drama in which you must save the planet. This would be the Essence to put in your super hero kit. Sunflower knows that each of us is a manifestation of divinity in physical form. It helps us to be a chalice of light with our personalities the servant of our divinity, our male energy in balance with our female energy and all systems go for being divinity in balanced action.

*I AM God, a chalice of wisdom, power and love in perfect and balanced action.*

### Sweet Olive *Osmanthus*

This incredibly fragrant Flower has bloomed in our greenhouse for many years, transforming fall and winter into an unexpected time of fragrance. Sweet Olive tells us, "I AM an energetic balm for the etheric body. Consider me for any memory wound, any past sorrow that lingers in your etheric field as an open wound. I bind up these wounds, hold you in my steady embrace and offer a tender consoling love until you are healed of this sorrow. I AM an infinitely patient healing ally, helping you to restore a sense of wholeness and wellness to your memories and your etheric or memory body."

*I AM a balm healing all remembered sorrows.*

### Sweet Pea *Lathyrus odoratus*

This is our most beloved remedy for sleep issues. Sweet Pea helps us calm our emotional and mental bodies so we can release the emotional and mental concerns of the day and slip into restful, restorative sleep. Tossing or turning as well as the more obvious symptom of insomnia are indications that we are having a difficult time discharging the emotional and mental stresses of our day. A drop or two of Sweet Pea Essence on our foreheads or in any liquid can be a help.

Children love this Essence. Their busy lives press in upon them as much as ours, and Sweet Pea invokes for all of us easier, more simple times. It clears out everything but the thread connecting us to the essential goodness of a good night's sleep,

Sweet Pea also helps those of us who feel shy or reluctant to participate in human community whether this reluctance is because of painful past experiences and for no apparent reason. Sweet Pea helps us find a harmonious thread of connection to other people and helps us willingly embrace the human communities of our daily life.

*I AM confident in my ability to sleep restfully. I AM confident of my ability to be a serene and centered participant in the human community.*

### **Sweet William** *Dianthus barbata*

This Essence helps us align our will with our spiritual purpose. It helps us surrender any personal agenda and find the momentum as well as inner clarity to be our best self in action.

When I was pregnant with William, every time I asked the Angels what this baby wanted to be named, a moving van would pull up next to me with the name William on it or something dramatic like that would happen. Quite simply, there was NO missing that this soul wanted to be called WILLIAM. It was also hard to miss how this configuration of letters WILL I AM suggested a strong will coming our way but also one meant to be aligned with divinity.

When he was a toddler, in addition to frequent Essences, the Angels often had me take William to watch the trains coming through the nearest train station. Two year old William had a very strong will that flummoxed all of us at times, yet whenever he surrendered his will to the tracks God put down for him, his will became an incredible positive force. In some mysterious way, toddler William understood this best when watching the trains on their tracks pulling in and out of the station. Sometimes when he was out of sorts, he wouldn't wait for the Angels to suggest a trip to the trains but would suggest it himself.

Interestingly, as a very mellow teenager William chose cross-country skiing as his sport. Again, he gave himself this opportunity to experience in action the channeling of his will to a set track and higher purpose.

In any case, Sweet William Essence helps us ALL find those inner tracks so that our will becomes the force that pulls the engine that moves our lives forward in alignment with divinity.

*I AM God's will in action.*

### **Tea** *Camellia sinensis*

With great simplicity and elegance, Tea Flower's white petals encircle a generous orb of golden stamens. As most Flowers speak with panache and personality, it should have come as no surprise that Tea Flower's personality matched its elegant appearance, but I was surprised by its strength and the direction of its essential gifts. It left me feeling I had never really understood my long attachment to the drinking of cup after cup of tea.

It is way past time to let Tea speak for itself, "I AM the ancient one, rooted in timeless beginnings. To sit with me, to work with my Flower Essence is to be still and immersed in true self. I AM no busy-ness. I AM expansive stillness beyond measure. I AM the mirror that shows you a true reflection of self. I AM freedom, peace and harmony.

*I AM the contentment of stillness.*

### **Thyme** *Thymus vulgaris*

This is an Essence of mystery and hidden depths. My previous descriptions of Thyme Essence discussed how Thyme helps us be in the now, helps us with thyroid function and all time related issues and helps us open to receive timely healing support. Yet Thyme is much more than the sum of these gifts. May the following story illuminate Thyme Essence more deeply.

We had a Green Hope friend whose partner was very sick. He was not expected to live very many more days. One afternoon, she suggested he lay himself down in a luxurious patch of Thyme, and he did so, falling into a deep sleep. Later the Thyme plants all died exactly where he had placed himself and in exactly the shape of his body, sort of like one of those crime scene outlines. After his afternoon in the Thyme, even though he had been expecting to die soon, he went on to live several more years. His partner felt Thyme had given him the gift of Time.

*In the eternal now, I AM open to fully receive God's love for me.*

### **Tomato** *Lycopersicon esculentum*

Tomato supports cleansing when we are blocked in any way. No Essence brings chemical change, but the information of Tomato sometimes helps us literally unblock.

*I AM one with my radiant and pure physical body.*

### **Tree Peony** *Paeonia suffruticosa*

The Flowers of Tree Peony are the size of dinner plates. The buds are the size of plums. When the luscious petals unfurl, it is a staggering display of beauty. In every way, Tree Peony revels in declaring the generous abundant nature of the universe.

Reach for this Essence when you want to feel in the swim of this generous abundant flow. Fill that half glass empty with water and a couple drops of Tree Peony and get ready for Tree Peony's encouraging revelry that will help sweep you into a beautiful experience of abundance.

*I AM one with all creation, therefore abundance is my birthright.*

### **Verbena Bonariensis** *Verbena bonariensis*

This is a dramatic yet sweet lavender Flower composed in delicate clusters on very tall stalks. In the garden, the Flower both harmonizes with all other Flowers but also feels set

apart. Its Flower Essence works on this strength helping us be both connected yet appropriately detached. Verbena Bonariensis supports us to experience equanimity and good boundaries, even after significant enmeshment. It helps us to find a space of forgiveness for all involved in any drama without getting pulled back into any inappropriate dynamic. It helps us stay in a place of loving detachment, helping us define a landscape of evolving harmony different than the terrain that went before. This is incredibly important right now because we can sometimes do the work to heal and move on then fall back into the same dynamic out of a sense of guilt or over-responsibility. This one helps us let go for good.

*I AM forgiveness with detachment.*

### **Violet Transmuting Flame Violet** *Viola*

The spiritual path brings a surfacing of much inner garbage. It has to come up to get released. That said, there are some tools that expedite the cleansing process.

One great tool is the Violet Transmuting Flame. A cosmic dispensation was given humankind whereby we can use this Violet Transmuting Flame to permanently erase negativity from our emotional, mental, etheric and physical bodies. Call in the entities who work with this flame: Ascended Master St. Germain, Archangel Zadkiel, Holy Beloved Amethyst, the Angels of the Violet Flame, Diana and Oromasis. Then visualize the flame moving through your energy system. It is an actual Violet flame cleansing every cell of your being. One invocation that St. Germain suggests is, "I AM the Cosmic Law of Forgiveness and the Violet Transmuting Flame of all the mistakes I have ever made." It is particularly powerful when we can feel genuine forgiveness for ourselves as we use the flame. It is a great service to visualize the flame moving through all mankind and Earth as well.

The Violet Transmuting Flame Violet Flower Essence tunes us to the frequency of the Violet Flame. Made from a Violet with the unusual warm hue of the Violet Transmuting Flame, this is a good Essence to use to support any forgiveness work you are embarked upon and to use before working with the actual flame. We offer a more complete description of working with the Violet Transmuting Flame. Just let us know you want this free handout!

*I AM the cosmic law of forgiveness and the violet transmuting flame of all the mistakes I have ever made.*

### **Watermelon** *Citrillus lanatus var. lanatus*

This one offers support for zesty, full-bodied and soul satisfying, creative efforts. Watermelon Flower has unusually gorgeous veining on its pale lime blossoms. At the center of the Flower lies a compact bundle of beautiful yellow. The leaves of

Watermelon are also unusually striking in their complex shapes. While I have never seen a Flower I did not find beautiful, Watermelon has a particular and unique quality of creative self-expression as well as an intense beauty.

The first time I made this Flower Essence, I was in the bottling room getting ready to put the Mother Essence on the shelf when Ben, my son, walked into the room. As he stood next to the Watermelon Essence an immense watermelon red light filled the room. Wow! What was this? I went to our refrigerator to look at a watermelon to see if it was really that unusual color red. Yes, it was! Then I came back to the Watermelon Essence and peppered the Overlighting Angel of Watermelon with questions. Was the light from Ben? Was the light from the Watermelon Essence? What was this? I had never seen this color in all my years of seeing people's auras.

Watermelon explains, "This light was both Ben and the vibration of the Watermelon Essence. Moving Watermelon's energy through his energy system bathed him in a stimulating vibration of creativity. The high degree to which the Essence illuminated his system and lit the room in watermelon pink was a consequence of his creative efforts in this and other lives. Had he not spent as much time in other incarnations, as well as this one, expressing his creativity, there would have been fewer energetic avenues for Watermelon's vibration to travel and the light would have been less intense. Watermelon helps each person to the degree to which they have used their creative energies. For those on the threshold of creative efforts, this Essence will offer a boost of encouragement and support. For those deeply immersed in creative endeavors or with past life momentum, this Essence will offer great blessings and access to a deep inner pool of creativity."

*I AM a deep wellspring of creative energy bursting into full expression.*

### **White Chestnut** *Aesculus hippocastanum baumannii*

White Chestnut offers to contain and strengthen us when we are called to be a container for others who are suffering and need our support while they regroup from shattering events. White Chestnut explains its strengths, "I ease your burdens, especially the burden of sorrows felt for others. Sometimes it is difficult to carry another soul's sorrows, yet sometimes it must be done. You walk together with another and sometimes a companion needs your strength while he or she regroups from shattering events and finds the strength to go on. I offer to help you when you must be the strength in a friendship. I offer my strength so you can offer yours. I am a towering candelabra of luminous white blossoms, rising from pedestrian streets to remind you that it is in losing your self in selfless compassionate loving service to others that you find what you are looking for: your true eternal self."

*I AM the strength offered and found in brave and selfless service.*

### Woad- *Isatis tinctoria*

Woad is a brilliant yellow flowering plant used since Neolithic times to make blue dye. Woad was grown in large quantities in Europe for all blue cloth until a superior dye made from Indigo was imported from India in the 1600's. This introduction of Indigo was contentious as the end of the Woad industry radically changed the economies of many European countries. At present, the US views Woad as an invasive plant that should be eradicated. Europe, however, is rebuilding its Woad industries, using Woad as a dye for inkjet printers as well as a commercial dye as it is biodegradable and safe for the environment.

Woad Flower Essence has a very strong energy. It creates a very powerful clarifying energy in our mental, emotional and memory subtle bodies, facilitating the movement of a large amount of light into these fields and helping us absorb this light into our cells much as a sponge soaks up water. This makes us more resilient to difficulties and helps anyone suffering from depression or the blues as it quite literally reveals and illuminates the bright yellow sunshine that exists simultaneously with the blues. One particular gift is that Woad helps us find purpose when our previous purpose has been lost to us.

*I AM Light pure, bright and true blue.*

### Zinnia *Zinnia*

Zinnia's joyous, easygoing nature is one reason why this Flower cheerfully fills so many gardens all over Earth. An equally important strength of Zinnia, but one that is more easily overlooked, is Zinnia's incredible quality of endurance. It knows how to remain beautiful and joyous through rain, wind, chilly nights and infiltrations of insects. Zinnia offers its vibration of exuberant and sturdy joy as an unconditional gift to you and your energy system.

*I AM one with God's joy. I AM Joy.*

### Zucchini *Cucurbita pepo*

Around here, no one shuts the windows of their cars at the post office or locks their doors except maybe during Zucchini season when an open window is an invitation for a neighbor, or even a virtual stranger, to unload a thousand pounds of zucchini that appeared overnight in their vegetable patch. There simply is no other vegetable with such immense vitality and productivity!

Zucchini as a Flower Essence is all about life force energy and restoring us when we are depleted. This one is "the next best thing to a day home in our pajamas" Flower Essence. When you feel run down, at a low ebb or in need of renewed vigor after an illness or difficulty, consider Zucchini Essence. That day off in your pajamas wouldn't hurt either!



Zucchini is also an excellent remedy for productivity. Last but not at all least, the Angels frequently suggest it for fertility concerns and the restoration of women's health and vitality in general.

*I AM stamina and inner strength.*