



Green Hope Farm Combinations Collection

This collection of combination remedies builds from the Angels and Elementals' guidance about which Flower Essences address various issues as well as our experiences with these Essences over the last few decades. Our mainstays, Golden Armor and the Arbor Garden are included here as well as combination remedies for such diverse concerns as grounding, the sacred feminine, childbirth, inner child work, caring for spiritually evolved children, beautiful skin, graceful aging, vitality, release from ego patterns and sanskaras, moving beyond addictions, memory issues and hearing spiritual guidance with more clarity.

All Ego Contracts Null & Void

Our personality can make choices that may be harmonious at the time but later feel confining. Someone else can make choices for us, especially in dynamics where we are not equal partners such as the parent child dynamic, and these choices also can be confining. This mix helps us unwind and dismantle these old bindings no matter their root cause. If there is any ego personality cargo that is in our highest good to shed right now, this combination Essence will help us do this work.

As with a knotted mess of string, sometimes the unwind comes in bursts of movement, and sometimes the whole thing must be held more gently with knots loosened and unraveled delicately and with great patience from their core. Sometimes the knots must linger, and we must grow further from their constraints to see them differently before they are unraveled from us. This mix helps with these times too, as it moves us out of our personalities' restless view of any situation towards the more objective viewpoint of our divinity. Surrender becomes a powerful asset when we surrender the unwind into the hands of our inner divinity. Our divinity knows better than our conscious personalities whether it is time for big external unwinds or deep inner work. This Flower Essences offers support for the whole dynamic.

Angelica, Blue Snakeweed, Blue Vervain, Box Briar, Cardinal de Richelieu Rose, Cardinal Flower, Carrot, Cherry Tomato, Devil's Bit Scabiosa, Eden Rose, Epimedium, Ginger Thomas, Goldenrod, Heritage Rose, John Davis Rose, One Flowered Wintergreen, Pipsisewa, Purple

Leafed Chokecherry, Red Currant, Ruby Moon Hyacinth Bean, Rue, Scotch Thistle, Sweet William, White Cedar, White Chestnut.

The Arbor Garden

The Arbor Garden is a place of deep serenity at Green Hope Farm. The garden is composed of terraced beds, a sheltering grape arbor, a small pond and a multitude of blossoms. As with many gardens here, the Angels and Elementals fill the beds with Flowers that arrive of their own accord, vibrational volunteers, so to speak. The little pond is home to Arrowhead, Cardinal Flower and a lively population of local frogs. Its bubbling fountain cools and soothes the body and soul, while our golden, MayMay, thinks of it as her personal swimming pool. We gravitate to this garden to sit quietly, read, celebrate, picnic or find peace. This combination Essence holds the vibration of both the multitude of Flowers growing in the garden and the place itself. Years of energy work by people, Elementals and Angels are embodied in the actual Essence.

The Arbor Garden Essence vibration is one of harmony, peace and oneness. It is a vibration of peace that helps us feel enfolded, embraced, safe and protected. It is a vibration of oneness with the Creator, beyond time and space, that helps us know how loved we really are. It is a vibration of harmony that reminds us that we can let things unfold as they are meant to unfold, full of a calm certainty that all things are working for our highest good. The Arbor Garden Essence helps us find our own inner Arbor Garden, an inner sanctuary of peace, calm and harmony that was always there within us. It helps people know they have a place in the scheme of things and belong.

The Arbor Garden Essence is particularly helpful in situations of grief. The Angels explain that it helps to dispel the illusion that anyone or anything can ever be lost to us.

While this Essence is not part of our Animal Wellness collection, it is used by many animals. I give the Arbor Garden Essence to the Green Hope Farm dogs and cats every day. We have virtually no fighting in our blended household, and I credit the Arbor Garden Essence for this.

There is no set ingredient list for this Essence. When I make the Arbor Garden mix, I use every Flower blooming in the garden but this group of Flowers changes from year to year. The many Flowers in each batch are a way for the Angels and Elementals to anchor the vibration of the place. I trust that as they change the Flowers growing in the garden and thus used in the mix, they do so with an eye to keeping this remedy as supportive as possible can.

Babies of Light

No matter what we call the souls coming to Earth right now, be it Indigo children, Crystal children, Rainbow children, Super psychic children or children of the seventh

root race, one thing is for certain, these children come into incarnation with great gifts, great sensitivities and great spiritual momentum and purpose.

As parents, grandparents, friends and caretakers of these children, we have a responsibility to take care of these children in ways free of the dogma of previous generations, because these old ideas simply do not work with these souls. In fact, they can be extremely damaging.

Seventeen years into raising an Indigo child and working with many of these children and their caretakers, I am particularly passionate about the issue of electrical protection for these children. They are wired much differently than us and are light years more sensitive. In their early years, they need to be sheltered from the electrical stimulation of the modern world in ways that can be downright inconvenient for us parents. Their very health and well being demands that we be vigilant in keeping their lives electrically much simpler and less stimulating,

By this, I mean they must be protected from the electrical dissonance of our modern world, until they have learned how to create their own electrical protection systems. With these children, that is a more complicated task than for other children and the problems from inadequate electrical protection cause long term learning, behavioral and health difficulties. I feel great empathy for parents of these children operating within the framework of our outmoded parental model. It does not work for parents or child.

Flower Essences begin to build a new model for these children in that they help the children get the necessary electrical protection and also help these children to build their own protective electrical buffer that they can take forward into life on a planet that is only just beginning to be ready for them. These are very brave souls with very brave parents. I feel strongly about getting Essences to this group in the population.

This particular mix addresses issues of protection, sensitivity, integration of information, grounding, sleep and any other difficulties these children face handling the earth matrix of emotional and mental dissonance, a vibrational cacophony that feels particularly alien to these children.

In addition to offering support for these children via this Essence and other Essences in our collection, I feel passionate about connecting to parents of these children to help them feel less alone and less overwhelmed. These children often need very little sleep, get overloaded from even the slightest stimulation, approach fueling their body in a whole different way than the rest of us and basically have few of the habits of other soul groups. They respond completely differently to what might have worked with other children in a family and can leave their parents deeply exhausted and confused.

The Angels encouraged me to write about my own voyage of discovery raising one of these brave souls. Along with my story, I include some of the practical and sanity saving

suggestions the Angels gave me. William is now seventeen. His electrical system is intact in a way that is all too rare with these special children. I credit Flower Essences and our willingness to follow the guidance we received to give William an extremely quiet early life. Our family has learned a lot together. I expect we have much more to learn. 'Meatballs for Breakfast' is my attempt to describe our early years together and all that I learned. It is free upon request.

One last thought, many other sensitive souls could benefit from Babies of Light's information about protection and integrating higher vibration bodies into the lower vibration matrix of Earth. We have seen many people and animals unexpectedly test for this remedy as well, so don't be surprised by apparently unlikely candidates feeling called to this remedy.

Baby Blue Eye, Bottle Gentian, Calendula, Chamomile, Corn, Feverfew, Ice Plant, Larkspur, Lavender, Lilac, Maltese Cross, Maple, The Mary Rose, Petunia St. Germain, Skullcap, Shrimp Plant, St. John's Wort, Trout Lily, Violet Transmuting Flame Violet, Violet Sweet Pea, White California Poppy, White Trillium, Water Hyacinth, Yellow Water Lily

Beautiful Skin

This mix was developed for a practitioner in Hollywood whose high profile clients need beautiful skin. We now offer it to you with kudos from many well-known faces.

Ageratum Lelani Blue, Aloe Ciliaris, Avocado, Banana, Bee Balm, Bloodroot, Capeweed, Cucumber, Dandelion, Date Palm, Ethereal Fluidium Super Glue, The Fairy Rose, Flow Free, Frontenac Rose, Healthy Coat, Hepatica, Hellebore, Jewelweed, Mallow, Maple, Rhubarb, Rosemary, Outburst, Sarah Van Fleet Rose, Sago Palm, Sweet Olive, Vitex

Beyond Lyme

In the hero's journey, there are obstacles placed in the way of continuing one's journey. These obstacles are sometimes called "threshold guardians."

Humanity is on a hero's journey to expand its understanding of itself, and one of the threshold guardians at this particular point of our collective journey is Lyme disease. Lyme disease represents a thought form that we must wrestle with and move beyond in order to continue our journey home to conscious oneness with divinity.

Each of us on our hero's journey confronts and moves beyond the thought form of Lyme disease in a way perfect for us. There is no right or wrong in how we each tackle the threshold guardian of this thought form.

Some of us have decided to tackle it through experiencing the physical condition of Lyme

disease. Some will move through the threshold in a different way. All of us must make this journey in one way or another as the threshold guardian of Lyme disease represents an illusion of separation and conflict that individually and collectively we must move beyond in order to experience ourselves as a collective unified energetic field.

Collective unified energetic field; I know that is wordy. Sometimes realities sublime and simple seem to be the hardest to describe. The threshold guardian of Lyme disease brings forward our attack from outside ourselves/"other" consciousness so we can dismantle it. Crossing this threshold will free us from any illusions that self and self-interest do not encompass all beings.

One of the most awe inspiring things for me as I worked on this project was the way I experienced the selflessness of those who are most directly tackling this thought form through living through and beyond the disease process. Their work is a brave way showing for the rest of us. Our culture has such a decidedly judgmental framework about disease and those who gets sick. Whereas these courageous way showers work not only to cross this threshold for themselves but show us all it can be done. This rings a bell for all humanity of confidence and hope.

At this juncture, through the grace of Nature, we can move beyond this threshold without any more people going through the physical disease process of Lyme disease.

Flowers and the Angels and Elementals of Nature do not hold the same illusions of separation we must disband and therefore, it is with Nature's gift of Flower Essences that we can find a way shower mix for all of us that can move us through this threshold in a different, more gentle way.

I loved the name the Angels chose for the mix: Beyond Lyme. There it is. This mix is not about keeping us in the thought form of attack by others outside ourselves. It is about releasing these ideas and moving us beyond these thought forms.

Almost everything about this mix surprised me except, of course, that the Angels and Elementals of Nature and the Flowers of creation could support us so completely to move beyond Lyme and past this threshold guardian to a new experience of reality.

We must all move beyond this threshold guardian as represented by Lyme disease. This means the Beyond Lyme mix is helpful for just about everyone!

Beyond Lyme contains these Flower Essences: *Aloe Ciliaris, Bottlebrush, Burdock, Carrot, Celandine, Cherry Tomato, Coralita, Cosmos, Dill, Echinacea, Echinops, Eggplant, French Marigold, Giant's Causeway, Ginseng, Jade, Jamaica Dogwood, La Belle Sultane Rose,*

Larkspur, Lemon, Magnolia, Maltese Cross, Nodding Ladies Tresses, Orange, Pennyroyal, Queen Anne's Lace, Radish, Ruby Moon Hyacinth Bean, Rudbeckia Cappuccino and Cherry Brandy, Sea Holly, Self Heal, Spiderwort, Teasel, Top Chakra

Book of Life

Within each of us exists a record of the history of our soul, the experiences we have had and the lessons we have learned along the way. When we are able to remember a past life, we are actually accessing this information from the Akashic Records. The Akashic Records is essentially a record of all that ever was, all that ever is, and all that will ever be. It contains information about every being within existence. In order to serve our spiritual growth, the Essence which we have affectionately named "The Book of Life" helps us to better access this information from the Akashic Records on a conscious level. In a sense this Essence helps us to swing open the gate of remembrance so that we may receive the most useful information available to us. With the help of this Essence we are able to consciously integrate this information into our being so that we may benefit from the information accessed in the present moment and resolve painful, knotted and complex soul dilemmas by seeing how these same challenges have played out in different situations for us in other life times.

It is important to note that only the most useful information that we have the ability to successfully use and integrate will be accessed at this time. The emphasis of the mix is on supporting us to resolve current challenges by shedding light on our patterns of learning as revealed through the Akashic Records. The combination Flower Essence helps us to ground ourselves firmly in the now moment as well as help us to filter in information from both our past and our future. The release of the most useful information from the Akashic Records is done in alignment with our own divinity. This Flower Essence mix works with our Divinity to clarify received information, help us to better understand the significance of the information received and make the most of it in our thoughts, words and deeds here and now.

All Ego Contracts Null & Void, California Poppy, Carry Less, Cedar, Corn, Date Palm, Datura Sunlight, Grounding, Inishbofin, Jamaica Dogwood, The Kindness of Untangling, Lime, The Sacred Feminine, The Sacred Masculine, Shrimp Plant, Silver-rod, Spiddal, To Hear the Angels Sing, Vetch, Yellow Water Lily

Carry Less

We created this remedy when many of you asked for a remedy to help with a weariness you had about the way you saw your lives. It was not that you were tired of your lives but tired of your inability to perceive them with fresh eyes. A number of you described it in similar terms as an experience like wearing dark glasses that seemed to keep out the world

and narrow your experience of life. You wanted to throw away the glasses, but you weren't sure how.

Sanskara is one word used to describe these filters clouding our experience of reality. Sanskaras are imprints left on the subconscious mind by experiences from this or previous lives. They influence our nature, behavior, responses, state of mind and experience of life. According to Meher Baba, sanskaras are impressions or trace memories accumulated through our evolution. They are not a substance or a force or energy but are best understood in more psychological terms. An example of a sanskara would be if someone was robbed repeatedly in this life and/or previous lives, he might have a sanskara or filter that people are not to be trusted. This would narrow his ability to see people clearly as the truth is that most people are trustworthy.

All sanskaras narrow our ability to experience life fully, not because they limit reality so much as they limit our perception of reality by forming a sort of multilayered lens through which we perceive our experiences. They are filters that block us from experiencing what really IS in this now. Sanskaras are initially needed to create the experience of consciousness, but then they serve no further purpose. They are actually a hindrance to full consciousness and God realization. The goal for humans is to be rid of our sanskaras through a process of unwinding them from our consciousnesses. Life experiences can unwind sanskaras as does contact with perfect God realized teachers, but often life experiences add, rather than remove, sanskaras.

Flower Essences unwind sanskaras. By their very nature they ARE about sanskara release. While so many things and experiences clutter our consciousness with more obscuring data, creating more sanskaras, Flower Essences unburden us and set us on a course to simply BE. Each Flower Essence supports a release of a specific illusion or sanskara. Each release moves us towards an experience of self beyond bindings.

Carry Less supports the whole dynamic of sanskara release. It helps expedite this release process much like a bowl might make mixing a batch of ingredients together easier or the right tool for the job might make a repair go much faster. Carry Less helps you make the most of the support you are receiving to let go of sanskaras into a greatly expanded experience of self.

I AM my true self revealed.

Alfalfa, Batchelor Buttons, Bay Cedar, Bee Balm, Box Briar, Box Elder (Ashleaf Maple), Comfrey, Coralita, Daffodil, Easter Lily Vine, Eyes of Mary, Flowering Quince, Flow Free, Grape, Joe Pye Weed, Lily of the Valley, Love in a Mist, Meadow Rue, Mehera, Orange, Osmanthus, Paper Birch, Pavonia Spinifex, Pink Water Lily, Pumpkin, Purple Leafed Chokecherry, Rosa Glauca, Ruby Moon Hyacinth Bean, Scarlet Pimpernel, Spiderwort, Turk's Cap Cactus, White Water Lily, Wild Yellow Lily, Yellow Mullein, Yellow Water Lily

Centered Birth

This lovely mix was first created for a Manhattan midwifery and doula practice. Soon after its creation, we began to share it with more mothers to be. It is helpful for pregnancy and labor as well as postpartum, helping us to find our centers during this time of transition and new life. Mother and baby can both benefit postpartum.

Angelica, Asclepias, Bignonia, Blackberry, Breathe, Chamomile, Corn, Cosmos, Eyes of Mary, Feverfew, Flow Free, Gall of the Earth, Magnolia, Maple, Morning Glory, Pink Laurel, Pink Water Lily, Pink Yarrow from the Cliffs of Moher, Pomegranate, Spruce, Trillium

Cherokee Trail of Tears

After many attempts to describe this Essence, I decided to give the job to the Native American grandmothers who overlit the creation of our Cherokee Trail of Tears garden and orchestrated the creation of this Flower Essence mix.

Here is what they have to say about this project, “We are containers. Our job is to hold the wisdom of our tradition and people in a pure form, distilled beyond the dramas of right and wrong, good and bad. At best, this is a wisdom in which personality and personal dramas are not factors. Corn is a sublime expression of the process of holding pure wisdom in form. This is one reason why seven traditional corns were part of this garden. Each variety of corn holds many generations of wisdom, as well as knowledge about how to be containers for such wisdom.

As we look at our experience on the actual Cherokee Trail of Tears, we see that it called us, the traditional wisdom keepers, to refine our wisdom profoundly. The event was a convulsion in our culture, leading to a new wisdom and self knowing. It helped us remove strands of previously unknown illusions, so we could hold a more refined and pure experience of ourselves.

During the creation of the Cherokee Trail of Tears garden at Green Hope Farm, this purification was both remembered and amplified by the weaving flight patterns of the many turkey vultures visiting the farm.

While our refinement process on the trail eliminated misunderstandings about ourselves, it also served to transmute the illusions of our persecutors. Our harvest from the Cherokee Trail of Tears is an offering to the collective human consciousness of a deeper wisdom than existed before the event, one that can be accessed through the vibrational wisdom of this Flower Essence.

To explain the specific wisdom garnered on the trail and imbedded in this mix, let us look at the notion of duality. When we label people in a drama good guys versus bad guys, the only eternal truth about the situation is lost, namely the truth that all is God. To define ourselves as good guys is just as detrimental as when we define ourselves as bad

guys. Both labels feed an illusion of separation. Both labels cut us off from an experience of sacred oneness. If we assign ourselves the role of “good guys”, then we cut ourselves off from the sacred life flowing through the “bad guys”. If the “bad guys” also perceive the dynamic as us against them, they too are cut off from their wholeness and oneness with all creation.

This dynamic of judgment impedes harvesting the lessons of a drama more than any other factor. This collision of cultures during the Cherokee Trail of Tears was a drama set up to lead all of us forward in our spiritual evolution. It was not created to polarize us further in duality.

Let us explain. Separation is the defining idea of the old world with its creation story of being thrown out of the garden of Eden. The Cherokee Trail of Tears and all actions to remove us from land where we lived was an acting out of the old world’s primary myth, that a child of God can be thrown out of God by an angry father God.

For the natives of this continent, this myth of separation from an angry parent was an alien myth. Experiencing the drama of this myth at the hands of our conquerors created a tear in the fabric of our own experience of life and our, until then, unchallenged mythology.

Our own mythology was not so much story as experience for us. Our mother was the earth that cradled us. Our father creator poured down his life in the form of sunshine to sustain us. We, like the corn, were children of both sunlight and earth. Our myth was different but still involved duality. We separated ourselves from our creator by experiencing ourselves as loved children while the new arrivals to this continent separated themselves by experiencing themselves as unloved children. Neither of us experienced ourselves beyond duality as one with our creator.

This meant that the drama of the Cherokee Trail of Tears was a gift for all. The harvest is a lifting of the veil of separation from God for all of us.

The intention of any human drama is to move us towards a clearer view of truth. This drama was no exception. The people of the new world played one role and the new arrivals from the old world played another. The point is not assigning guilt or pointing fingers of good guy or bad guy, but harvesting the crop we planted together.

This garden and its Essence is about receiving the harvest and not getting log jammed in blame or the issue of justice. True justice is a universal law which takes care of itself. Each soul involved will come to a balancing of his or her own behavior with or WITHOUT enforcement by other humans. This universal law frees us to harvest the lessons of the drama without emotional baggage about what did or did not happen to the participants of the drama. The universal law of justice returns us to the priority of harvesting the events’ lessons. This harvest was why the drama was created in the first

place.

That said, getting to the harvest took even us seasoned wisdom keepers time. As we began this walk, it was hard for the women of the tribe, the traditional containers of sacred truth, to believe there could be a harvest from such suffering. This is one of the reasons journeys of suffering are so difficult. They take us away from our familiar structures of faith and leave us no certainties. Being ripped from our experience of “mother” and relocated to alien territory was a profound suffering and loss of our old faith.

However, as we walked our trail of tears, we found that we had not lost our mother. Our mother was in the chaos as much as she was in the land we had loved and lost. We discovered we could not be lost from our mother-father-God because everything is in God and of God. God traveled within us as our own eternal identity. This was a new and more complete faith than existed before the walk.

As our self awareness clashed with the self awareness of the old world, something better for both of us was born. We, the grandmothers, have harvested and held this wisdom. Now this transcendent experience of oneness with God is ripe for everyone to harvest.

The dominance of the old world culture means that most events have been and continue to be analyzed and understood not through the heart but through the mind. The mind likes to feel in control. It is easier to feel in control when events are organized by the mind in terms of duality. The mind clings to duality as to a life raft. In fact, the mind cannot move beyond duality; only the heart can do this. So, to be in the mind, frozen in good guy bad guy thinking, is to miss this harvest.

As the limits of the mind become clearer to the prevailing old world culture, the movement will be back towards the neglected heart which can hold this harvest, the wisdom that ALL IS GOD. For most people, it will be personal versions of the Cherokee Trail of Tears that move them from their minds to their hearts where this wisdom can be experienced fully.

Usually the mind does not serve the heart willingly or abandon its structure of duality unless there is serious stress. This is why suffering may be necessary to bring in this harvest. A realization of the limitations of the mind must be experienced. This kind of realization often comes from experiences of suffering. Once the limitations of the mind are acknowledged, the resources of the heart are ready to serve and in this case, bring in the harvest of life beyond duality.

The intent of this Flower Essence is to make each person’s personal Cherokee Trail of Tears as gentle a journey to the heart as possible. This Essence offers comfort on the trail, reminding you that you are not alone and that the destination, however unclear to you, is a good one. From our vantage point, we truly know, “You and I are not we but one.” We offer this Essence combination to encourage you on your journey to knowing

this for yourself.

We are way showers but we cannot walk your trail for you. We can encourage you on the dark part of the trail when you feel disoriented or lose faith. We can promise that all that is genuine, essential and eternal is not lost in your suffering but will be uncovered in your suffering. We can tell you that the journey is worth the pain but you must walk these trails yourselves to know this. This is because mind wisdom is not true wisdom. You can understand something intellectually by hearing about it yet not understand it fully. Your journey in your body and in your heart take mind wisdom and transform it into heartfelt body wisdom. This kind of wisdom is fully yours.

Just as we are way showers, this Essence is also a way shower, lighting your way to your heart and a new self awareness, ever encouraging you onwards on your journey to reclaim your true self. This particular Essence offers a vibration that you are safe in God, no matter the personal chaos, because you ARE God. By ringing this vibrational note in your electrical system, we hope to help every cell in your being to recognize and embrace this truth when you encounter it on your trail.

We created this garden and its Essence so that we could offer support to you in as tangible a way as possible. We know that we cannot walk the trail for you as it is your own unique journey. Nor would we want to walk this for you because we know there are great gifts to be had from walking your own trail. However we believed it would be a gift if we could create an electrical vibration of companionship and comfort amidst your troubles, a sweet song of our love to take on your journey. So we did.”

The Cherokee Trail of Tears garden was one of the most life altering and joyful endeavors of all my years here at the farm. Here is the original description of this project from our 2004 Farm newsletter

The following is from our original farm newsletter about this Essence

CHEROKEE TRAIL OF TEARS GARDEN LAYOUT

Our largest project in the 2004 season was a project to create a garden and then a combination Flower Essence from this garden called Cherokee Trail of Tears. The layout of the garden was a seven pointed star with each point marked by a hill of Native American corn. The varieties of corn were *Anasazi Flour*, *Rainbow Inca*, *Oaxacan Green Dent*, *Stowells Evergreen*, *Bloody Butcher*, *Black Aztec* and *Mandan Red Flour*. The outer rings encircling this star were composed of many varieties of lettuce, carrots and seven colorful varieties of beans including *Tongue of Fire*, *Dragon's Tongue*, *True Red Cranberry*, *Brittle Wax* and *Purple Queen Snap Beans*. The lettuce was also a kaleidoscope of color from ruby red to chrome green. The Angels asked us to let this lettuce go to seed. In the late summer the garden was filled with wands of yellow lettuce blossoms. The star itself was created by a combination of non-hybrid *Red Spider Zinnias* from Mexico and a hybrid orange marigold called *Orange Lady*. The orange marigold held a strong vibration

of gratitude and celebration. The *Red Spider Zinnias* had slender deep red petals. The blossoms felt ancient as well as timeless, offering a vibration of support and encouragement. The center of the garden was a large teepee shaped pole arrangement covered in a pole bean called *Cherokee Trail of Tears*.

GROWING THE GARDEN

Initially, we had a difficult time with slugs eating all the carrot seedlings in the outer rings. The carrots had to be replanted several times due to slug activity.

After I planted the outer rings, the Angels asked Vicki, who is part Peruvian Indian, and Patricia, who is part Mohawk, to plant the corn and the beans while I sat outside the outer ring with the grandfather guardians of the garden.

From the time we finished planting, this garden had a deep restorative vibration. It was a physical pleasure to be in the garden or even walk by it. When weeding, harvesting or just sitting in the garden, I felt deeply comforted by the energies of the space.

On Vicki's 29th birthday in early August, more than a dozen turkey vultures flew circles over the farm and this garden in particular for SEVERAL hours. When we went outside to bear witness to the dance of these enormous graceful creatures, the turkey vultures came so close to us that their shadows fell on our faces. Turkey vultures are birds traditionally associated with purification. We had no idea exactly what they were weaving above our heads, but we felt the joy and wonder of it. Later, we were gifted with some prayer feathers to hang on the center teepee of *Cherokee Trail of Tears* pole beans.

When it came time to make an Essence from the garden, the Angels chose the autumn equinox as the moment to begin the process. This is a day of balanced light and dark. It has often been a day when we have made wonderful Essences.

On this particular occasion, the grandfathers were still present outside the garden, facing outwards in a position of protecting the garden. The grandmothers, the sacred wisdom keepers of the garden, sat facing inwards, encircling the *Cherokee Trail of Tears* bean planting. I was asked to sit with the grandmothers. The Angels asked Vicki to pick a bouquet of Flowers, corn tassels and other living things in the garden and then offer it to the grandmothers. Her bouquet was breathtaking. As she reverently offered this to the grandmothers, the Essence entered the final stage of its birth. All summer, I had expected Patricia to be in the garden when the Essence was made but as life would have it, Patricia was literally walking a part of her own Cherokee Trail of Tears and was in the midst of recovering from a bad car accident.

Why an Essence called Cherokee Trail of Tears? Why this focus for an Essence on a tragic journey which was part of a tragic policy that decimated a people? I know there is a lot about this Essence that is beyond my ability to understand or explain, however I share here what I have learned about why this Essence was the focus of our growing season.

THE HISTORY

The Removal Act of 1830, signed by President Andrew Jackson, argued that, “No state could achieve proper culture, civilization and progress, as long as Indians remained within its boundaries.” Jackson ordered that five tribes, the Cherokees, Creek, Choctaws, Chickasaws and Seminoles move from the southern states to the Indian Territory now known as Oklahoma.

The Cherokee people, about 16,000 in number, put up the greatest resistance and were the last to be evicted from their land. They lived in established communities on lands owned communally by all Cherokee. They had a Constitution and were recognized by world powers as a sovereign and free nation. A treaty with the United States preserved rights to their homeland in parts of Tennessee and Georgia. When gold was discovered in Georgia, the state proclaimed that, “All laws, orders, and regulations of any kind made with the Cherokee Indians are declared null and void.” A horrifying land grab by white settlers was followed by a force march for the Cherokee community from its lands to Oklahoma territory.

The US Army commanded some of the 13 groups that walked the 1,000 mile trip to Oklahoma while other groups were hired out to contractors who were paid \$65 by the government for food and medicine for each person in their care, money that was often not used for either purpose. It is estimated that at least a quarter of all Cherokees died on the journey.

Working very hard to establish a new community on the Oklahoma frontier, the Cherokee were well on their way to reestablishing themselves in the region around Tahlequah, Oklahoma when the Civil War once more set the community back. Surrounded by confederate territory they were aligned with the south even though Cherokee fought for both sides. A promise from the Confederacy to help them reclaim their status as a sovereign nation came to naught when the Union Army won the war. About half of the Cherokee’s new territory was reclaimed by the North and the rest of their land suffered greatly from war damage.

DUALITY AND BEYOND

This event is an example of humanity divided into roles of good guys and bad guys. As I began this project, I thought about it in these terms. I was ashamed to be, by ancestry, more linked to the bad guys involved than to the Cherokee people. The first time we planted the garden as a group, I misunderstood my placement at the outside of the ring as a sign I was being excluded. I thought I deserved it. Actually the Angels had placed me with the grandfather guardians of the garden to join them in their role as protectors of what was being grounded in this space. My judgments were red herrings.

Another perception of mine that the grandmothers corrected was that Vicki and Patricia were chosen to plant certain plants because they were Indian, the good guys in this sad

affair. The grandmothers explained to me that they were chosen because they were of mixed blood, carrying in their lineage both the old world and the new world and therefore existing in bodies beyond the duality of cowboys and Indians, good guys and bad guys.

So the energies of the garden were about something beyond the duality of this historic event. What was it that the grandmothers were planting and holding for us in this garden?

I decided the best thing to do would be to have the grandmothers explain the project themselves. These women appeared to me in spirit form.

CONVERSATION WITH THE GRANDMOTHERS

Grandmothers: We are containers. Our job is to hold the wisdom of our tradition and people in a pure form, distilled beyond the dramas of right and wrong, good and bad. At best, this is a wisdom in which personality and personal dramas are not factors.

Corn is a sublime expression of the process of holding pure wisdom in form. This is one reason why seven traditional corns were part of this garden. Each variety of corn holds many generations of wisdom as well as knowledge about how to be containers for such wisdom.

The Cherokee Trail of Tears called us, the traditional wisdom keepers, to refine our wisdom profoundly. The event was a convulsion in our culture, leading to a new wisdom and self knowing. It helped us remove strands of previously unknown illusions so we could hold a more refined and pure experience of ourselves.

During the creation of this garden, this purification was both remembered and amplified by the weaving flight patterns of the turkey vultures above the farm.

While our refinement process on the trail eliminated misunderstandings about ourselves, it also served to transmute the illusions of our persecutors. Our harvest from the Cherokee Trail of Tears is an offering to the collective human consciousness of a deeper wisdom than existed before the event.

Q: What is this wisdom?

Grandmothers: Let us look at the notion of duality. When we label people in a drama good guys versus bad guys, the only eternal truth about the situation is lost, namely the truth that all is God.

To define ourselves as good guys is just as detrimental as when we define ourselves as bad guys. Both labels feed an illusion of separation. Both labels cut us off from an experience of sacred oneness. If we assign ourselves the role of good guys then we cut ourselves off from the sacred life flowing through the bad guys. If the “bad guys” also perceive the

dynamic as us against them, they too are cut off from their wholeness and oneness with all creation.

This dynamic of judgment impedes harvesting the lessons of a drama more than any other factor. This collision of cultures during the Cherokee Trail of Tears was a drama set up to lead all of us forward in our spiritual evolution. It was not created to polarize us further in duality.

Let us explain.

Separation is the defining idea of the old world with its creation story of being thrown out of the garden of Eden. The Cherokee Trail of Tears and all actions to removed us from land where we lived was an acting out of the old world's primary myth, that a child of God can be thrown out of God by an angry father God.

For the natives of this continent, this myth of separation from an angry parent was an alien myth. Experiencing the drama of this myth at the hands of our conquerors created a tear in the fabric of our own experience of life and our, until then, unchallenged mythology.

Our own mythology was not so much story as experience for us. Our mother was the earth that cradled us. Our father creator poured down his life in the form of sunshine to sustain us. We, like the corn, were children of both sunlight and earth. Our myth was different but still involved duality. We separated ourselves from our creator by experiencing ourselves as loved children while the new arrivals to this continent separated themselves by experiencing themselves as unloved children. Neither of us experienced ourselves beyond duality as one with our creator.

This meant that the drama of the Cherokee Trail of Tears was a gift for all. The harvest is a lifting of the veil of separation from God for all of us.

The intention of any human drama is to move us towards a clearer view of truth. This drama was no exception. The people of the new world played one role and the new arrivals from the old world played another. The point is not assigning guilt or pointing fingers of good guy or bad guy but harvesting the crop we planted together.

Q: A Green Hope Farm friend called the farm this summer to say she felt we were working on a remedy that would help with not getting stuck in guilt. The Angels said this is the remedy.

Grandmothers: Yes, this garden and its Essence is about receiving the harvest and not getting log jammed in blame.

Q: What about the issue of justice?

Grandmothers: True justice is a universal law which takes care of itself. Each soul involved will come to a balancing of his or her own behavior with or WITHOUT enforcement by other humans.

This universal law frees us to harvest the lessons of the drama without emotional baggage about what did or did not happen to the participants of the drama. The universal law of justice returns us to the priority of harvesting the events' lessons. This harvest was why the drama was created in the first place.

That said, getting to the harvest took even us seasoned wisdom keepers time.

As we began this walk, it was hard for the women of the tribe, the traditional containers of sacred truth, to believe there could be a harvest from such suffering. This is one of the reasons journeys of suffering are so difficult. They take us away from our familiar structures of faith and leave us no certainties. Being ripped from our experience of "mother" and relocated to alien territory was a profound suffering and loss of our old faith.

However, as we walked our trail of tears, we found that we had not lost our mother. Our mother was in the chaos as much as she was in the land we had loved and lost. We discovered we could not be lost from our mother father God because everything is in God and of God. God traveled within us as our own eternal identity. This was a new and more complete faith than existed before the walk.

As our self awareness clashed with the self awareness of the old world, something better for both of us was born. We, the grandmothers, have harvested and held this wisdom. Now this transcendent experience of oneness with God is ripe for everyone to harvest.

Q: Why only now can this harvest be gathered in by everyone?

Grandmothers: The dominance of the old world culture means that most events have been and continue to be analyzed and understood not through the heart but through the mind. The mind likes to feel in control. It is easier to feel in control when events are organized by the mind in terms of duality. The mind clings to duality as to a life raft. In fact, the mind cannot move beyond duality, only the heart can do this. So, to be in the mind, frozen in good guy bad guy thinking, is to miss this harvest.

As the limits of the mind become clearer to the prevailing old world culture, the movement will be back towards the neglected heart which can hold this harvest, the wisdom that ALL IS GOD.

Q: What will open people to receive this harvest?

Grandmothers: For most people, it will be personal versions of the Cherokee Trail of Tears that move them from their minds to their hearts where this wisdom can be

experienced fully.

Usually the mind does not serve the heart willingly or abandon its structure of duality unless there is serious stress. This is why suffering may be necessary to bring in this harvest. A realization of the limitations of the mind must be experienced. This kind of realization often comes from experiences of suffering. Once the limitations of the mind are acknowledged, the resources of the heart are ready to serve and in this case, bring in the harvest of life beyond duality.

The intent of all the new Flower Essences you have brought forward this year at Green Hope Farm is to make each person's personal Cherokee Trail of Tears as gentle a journey to the heart as possible. This Essence offers comfort on the trail that you are not alone and that the destination, however unclear to you, is a good one. From our vantage point, we truly know "you and I are not we but one". We offer this Essence combination to encourage you on your journey to knowing this for yourself.

Q: Why can't we learn this from your experience?

Grandmothers: We are way showers but we cannot walk your trail for you. We can encourage you on the dark part of the trail when you feel disoriented or lose faith. We can promise that all that is genuine, essential and eternal is not lost in your suffering but will be uncovered in your suffering. We can tell you that the journey is worth the pain but you must walk these trails yourselves to know this. This is because mind wisdom is not true wisdom. You can understand something intellectually by hearing about it yet not understand it fully. Your journey in your body and in your heart take mind wisdom and transform it into heartfelt body wisdom. This kind of wisdom is fully yours.

Just as we are way showers, this Essence is also a way shower, lighting your way to your heart and a new self awareness, ever encouraging you onwards on your journey to reclaim your true self.

This particular Essence offers a vibration that you are safe in God, no matter the personal chaos, because you ARE God. By ringing this vibrational note in your electrical system, we hope to help every cell in your being to recognize and embrace this truth when you encounter it on your trail.

We created this garden and its Essence so that we could offer support to you in as tangible a way as possible. We know that we cannot walk the trail for you as it is your own unique journey. Nor would we want to walk this for you because we know there are great gifts to be had from walking your own trail. However we believed it would be a gift if we could create an electrical vibration of companionship and comfort amidst your troubles, a sweet song of our love to take on your journey. So we did.

ANOTHER WAY SHOWER

Meher Baba has been a part of everything that has happened at Green Hope Farm from its birth. Meher Baba is also linked to the Cherokee Trail of Tears. In May of 1952, Meher Baba took a car trip from Myrtle Beach, South Carolina, heading towards Meher Mount in Ojai, California. When the woman driving the car came up with a route for the trip, Meher Baba changed the route to stay as close as possible to the route of the Cherokee Trail of Tears. Upon reaching Oklahoma, the end of the trail, he was involved in a terrible car crash about which he said, “This personal disaster, for some years foretold by me, at last happened while crossing the American continent causing me...much mental and physical suffering. It was necessary that it should happen in America. God willed it so.”

About the topic of duality Meher Baba said, “Now is the time to cast off the veil of imagined duality and unreservedly surrender to the life of open and undisguised love which is pure and selfless and which knows no fear and needs no apology.”

THIS BEING HUMAN STUFF ISN'T EASY

The last few years have seen me struggling with the illusions of duality on my own sort of Cherokee trail. As those of you who have been reading this newsletter for the past few years know, my family has been living through a situation in which we have received repeated death threats.

As this trail began, my ideas for how to manage this situation were woefully inadequate. I think that is how these trails to new wisdom always begin. If we knew how to walk the trail then we wouldn't have to walk it. This particular trail has been a prolonged experience of birthing a different way to live and a different way to understand the world. Again, the nature of these trails is to take us deep into new territory. For example, my tendency to view this event from a good guys versus bad guys framework ended up being unhelpful and distracting. It was a framework I ultimately decided to try and abandon completely.

One thing which did serve me well was the basic way I made decisions. For many years, before these threats began, I went to my heart to receive guidance about the farm and my family life. I often refer to this as “checking with the Angels” but that isn't very accurate. I go to my heart to access the part of myself that knows itself to be one with Angels and other spiritual beings, the place where I feel one with the divinity in myself and everything else.

These conversations in my heart didn't start off as rocket science. I got practice asking things like, “Do the turnips need kelp?” Checking with my heart about practically everything became second nature. As my family encountered this scary situation, my heart was the place I naturally gravitated to for guidance.

About this situation, my heart delivered its guidance without justification, judgment or defensiveness. My heart gave me things to do and things to let go of. Some of the

directions were so radical that it was hard to do as asked, but I did. It was a wrenching process to abandon my old ideas of the world and how to manage it.

My problems came not from my heart's unusual guidance which has proved over the years to be more sound than I could have imagined. My problems came from the fact that I was riding two horses at once, my mind and my heart. My heart was an oasis of calm. No matter how often I checked back, I was always reassured by the peace I felt while talking to my heart, but I never seemed to rest there. Instead I would return to my mind and let it rip. My mind never wanted to rest with its analysis and reanalysis of the situation or my decision making process. My mind wanted to both challenge and justify decisions I made, often simultaneously. My mind amplified my fears and also my judgments, both of myself and other players. My mind proved to be the most exhausting thing about the situation!

At one juncture, when I thought my mind was going to drive me crazy with the way it escalated my fears and played devil's advocate, I had a light bulb moment. I realized my mind was NEVER going to solve any problem and that I needed to simply stop giving my mind such a powerful role. My mind, if it is meant for anything, is meant to help implement the decisions of my heart, not run its own show.

This was a turning point for this particular trail. Since then I try to give my mind minimal air time and then only in service to my heart's guidance.

Unlike my mind, my body has been my ally in this ongoing situation. While following my heart's guidance, I learned to check how my body felt about my choices. My body felt in accord with the decisions. When I felt how my body responded when it considered the suggestions of my mind, I felt tremendous resistance. I am so grateful for my body's support. I am also grateful that I have finally started to appreciate its wisdom versus letting my mind argue endlessly about dismissing the body's input as well as the heart's.

The Sacred Feminine has been a godsend during this messy process of birthing a different way to be BE in the world. For me, discovering that a person I had known and loved wanted to kill me and my children really tore up my world view. But ultimately it wasn't so much what this person and other people did or didn't do that was the problem. The problem was the way I kept expecting people to be different or events to be different. What I really needed to do was let go and allow myself to become a different person that could contain these strange new realities in my life. Again, I would have to say that my mind wanted life to be different than it is and my heart knew a way to love what is.

The Sacred Feminine returned me again and again to my heart. It helped me to cut myself free from how I thought the world should work to surrender to what actually is. It also helped me birth the self that could live in this world I am in and even be happy there. I do not know how others have worked with this Essence or will work with it, but for me it offered a midwife energy, containing me and encouraging me in a rebirth

process in which I really did not know what, if anything, was going to be born. This is the one I will reach for in any birth process I experience in the years ahead.

The Sacred Masculine helped me in my struggle to protect this birth process, my new born self and her new wisdom. As a newborn inhabiting a new self, I didn't always feel strong enough to handle what people thought of me or my new world view. The Sacred Masculine helped me to feel safe without defensiveness. It has helped me with my baby steps towards a new way of being.

Our Cherokee Trails of Tears can be lonely and bewildering. I love that the Grandmothers offer their presence on our journeys. I am so glad to have their love in my pocket. If you find yourself on a Cherokee Trail of Tears, I hope you will feel the love of these grandmothers one way or another. An embrace across time and space from one part of yourself to another.

Anasazi Flour Corn, Black Aztec Corn, Bloody Butcher Corn, Brittle Wax Bean, Carrot, Cherokee Trail of Tears Pole Bean, Dragon's Tongue Bean, Fin de Bagnol Bean, Italian Flat Bean, Lettuce, Mandan Red Flour Corn, Oaxacan Green Dent Corn, Orange Lady Marigolds, Purple Queen Bush Bean, Rainbow Incan Corn, Red Cranberry Bean, Red Spider Zinnia, Stowell's Evergreen Corn, Tongue of Fire Bean

Emergency Care

Emergency Care can be taken in situations of stress, fear, intense turmoil, trauma, acute illness or an ongoing health challenge to help our electrical systems handle the shock. This is an extremely helpful remedy to have ready for life's big and little crises.

During an emergency situation, you can take drops directly in your mouth every few minutes until you feel the situation is stabilized. You also can put drops in a tall glass of water or juice and sip as prompted. You may want to continue to take the remedy after the situation has stabilized as this is a helpful remedy after a crisis as well as during. For more long-term acute situations, Emergency Care supports your electrical system to continue to handle the challenge. Emergency Care can be taken as frequently and for as long as you like to help remind your electrical system how to manage the crisis.

When I broke my arm into many pieces several years ago, I had just filled a glass with water and Essences. I hadn't paid too much attention when I felt the nudge to add Emergency Care to my mix. I was in the process of shoveling a lot of manure and figured it would help with all the associated aches and pains. After I broke my arm, the first thing I did was get to my Essences. I was alone at the farm and spent a good hour sitting with the dogs, the Angels and my Essences. I was very grateful for this support in a very painful moment.

One additional note, I take Emergency Care to support myself when it is another person who is hurt as well as when it is me that has been hurt. I give the hurt person the mix and then take some myself. It is stressful to watch someone in pain as well as be in pain!

Angelica, Blackberry, Borage, California Poppy, Clematis, Comfrey, Cosmos, Dandelion, Feverfew, Goldenrod, Jasmine, Maltese Cross, Queen Anne's Lace, Red Clover, Red Rugosa Rose, Scarlet Runner Bean, Snapdragon, Sweet Bell Pepper, Trillium, Ginger, Lemon, Orange, Passion Flower, Shrimp Plant, Self Heal, Arrowhead, Yellow Water Lily

Ethereal Fluidium Super Glue

This is a mix to support the health and vitality of the ethereal fluidium. The etheric body is one of three subtle bodies permeating and extending out from the physical body. The etheric body is the subtle body where all memories are stored. The ethereal fluidium is part of the etheric body. Specifically, it connects the etheric body to the cells of the physical body. One reason why healthy ethereal fluidium is important is that life force or prana comes into the body through the etheric body and then from there through the ethereal fluidium into the physical body. Strong ethereal fluidium means that this life force enters the physical body more fully. Another reason to have strong ethereal fluidium is that degenerative diseases enter the physical body through the etheric body as well, so if you have strong ethereal fluidium, it is less likely that the energy of the degenerative process can come into your physical body. One indicator of problems with the ethereal fluidium is skin issues.

Aloe Vera, Bells of Ireland, Bottlebrush, Coffee, Date Palm, Jasmine, Peach, Pennyroyal, Pink Flowering Almond, Spiderwort, Spruce, Sweet Pea

Golden Armor

A few short days after 9/11, Archangel Michael gave us the recipe for this mix and asked us to call it Golden Armor. He told us it would be much needed. In the woolly days after the bombings, we looked at the ingredients and thought, "Ah ha! Protection from Anthrax!" Our anxious guesses were way off, yet this combination Essence has turned out to be a unique, much needed and precious support.

Since 9/11, the Angels have suggested that we take Golden Armor every day and give it to all the animals here too. The Angels often prompt us to mention it to those of you calling with concerns about your animals or your own situation. Here is why!

We are being pummeled by a tremendous amount of man-made dissonance in the airwaves. This dissonance is exponentially greater than our electrical system's built in ability to handle this kind of stimulation. Golden Armor provides the information our electrical systems need to buffer out the dissonance and all the energies that have no place in our electrical field.

The Abutilons in the mix serve to help us keep this dissonance from affecting our vibrational field, offering special protection for our sense of hearing. The included Yarrow Essences also offer electro-magnetic buffering. Some people never sit down to their computers without taking Golden Armor.

Golden Armor helps us keep other kinds of dissonance from our electrical fields. Leopard's Bane helps with radiation issues and adjustment to atmospheric changes on Earth. It's been a good one to take since the problems in Japan began. The spiky blue Flowers of Eryngium and Echinops are strong buffers from astral energies and bring this wisdom to the mix. Golden Armor also includes Thistle, an excellent vibrational model for protection from any negativity that humans can throw at each other. Titan calls us back to our own vibratory rate when other vibrations run interference. Goldenrod reminds us how to be a pillar of strength in the face of any bombardment. Elderberry helps us keep choosing light in this shadow game of light and dark. St. John's Wort offers a role model of vital impermeability to anything not of the light. French Marigold brings its sound buffering abilities as well as its ability to help us with harmonious metamorphosis. As a relentlessly hybridized Flower, French Marigold can teach us a thing or two as we mutate, shifting our vibrations to hold more light and fewer illusions. The Irish Essence, Sea Holly, helps us to buffer ourselves more thoroughly. Teasel offers incredible information about sealing energy leaks in the chakras, the kind created by all this technology. Rattlesnake Master helps us protect ourselves from venomous energies. There are many layers of strength in Golden Armor. I would consider it as a powerful ally in any situation of bombardment on any level.

Animals almost invariably need this remedy because they are deeply affected by the dissonance in the airwaves. Everybody's vibrational structures are affected by the dissonance, but the animals feel it more. If the animals in your household are acting jittery, pacing or chewing their paws consider Golden Armor to help them buffer themselves from the vibrational assault that we are all dealing with.

Abutilon, Echinops, Elderberry, Eryngium, French Marigold, Golden Yarrow, Goldenrod, Leopard's Bane, Rattlesnake Master, Sea Holly, St John's Wort, Teasel, Thistle, Titan, White Yarrow, Wild Abutilon

Our most important Essence for electrical protection.

Green & Tonic

When the Angels and Elementals created a plant care Flower Essence mix, one of the staff goddesses suggested the tongue in cheek name of Green & Tonic. It supports the health and well being of plants in all conditions. Green & Tonic can be mixed with water and put in plant misters or watering cans. Outside and in the greenhouse, I spray the foliage of plants with Green & Tonic mixed with water. I also put the mix in the

watering can for the greenhouse plants and seedlings. Green & Tonic is a support for any plant whether or not they are showing signs of stress or ill health. If you have houseplants, a greenhouse full of plant friends or any size garden, consider offering them Green & Tonic.

Arbor Garden, Banana, Buttercup, Calendula, Cardinal de Richelieu Rose, Comfrey, Cosmos, Daisy, Flee Free, French Marigold, Floripondio, Golden Armor, Graniana Rose, Healthy Coat, Home Away from Home, Honeybees in the White Hawthorn, Jade, Joe Pye Weed, Larkspur, Lavender, Lilac, Mallow, Maple, Mutabilis Rose, Pink Tecoma, Self Heal, Shrimp Plant, Summer Snowflake, Sunflower, Sunflower Spiral, Sweet William, Vetch, Vitality, Vitex, Watch Your Back

Grounding

When the Angels suggested to me that I needed to get more grounded, I said, “Grounded? That doesn’t sound very appealing to me. What are you going to do? Clip my wings?” What the Angels gently explained to me was that we can only process and fully experience life when we are grounded with our souls fully in our bodies and our bodies present in the here and now. Not being fully in my body meant not being fully in my life. In making a decision during my childhood to not inhabit my body completely, I also made it impossible to fully process my learning experiences. My decision to keep part of myself out of my body meant I did not move through my learning experiences efficiently either. Sometimes it meant I did not move through my lessons at all but got bogged down indefinitely, because I was not fully present.

The Angels explained that my decision not to be grounded was the best decision I could make at the time, but their information helped me realize I now had more information and could make a different decision. With the Angels’ help, I asked that my soul more firmly ground in my body.

Later, I asked the Angels to formulate a mix that would help all of us be more fully in our bodies and in this now. No big surprise when they call the mix Grounding. It is made with many Tree Essences and other deeply rooted and grounded Flowering plants.

The Angels often suggest Grounding when someone has been through an accident, sorrow or trauma that led them to temporarily distance themselves from their bodies. However this circumstance is only the tip of the iceberg of situations where Grounding is helpful.

Ashleaf Maple, Aspen, Beech, Carrot, Cedar, Comfrey, Corn, Fireweed, Goldenrod, Grapefruit, Hawthorn, Heavenly Bamboo, Maple, Oak, Paper Birch, Plum, Shadblow, Spruce, The Sunflower Spiral, Willow and Yellow Water Lily

Hesperides' Gift

When a school of healing asked us to create a remedy for a healing project involving past and present graduates of the school, we were delighted to comply. The combination Flower Essences Essence was to support healers, addressing the particular challenges of their work and helping them with burnout. The Angels created the mix and suggested it be called Hesperides' Gift.

Hesperides' Gift is a powerful and timely mix for healers that are feeling weary, beleaguered or in need of more support. Healers are on the front lines of grounding the higher vibrations manifesting here on Earth. They help others do this in their own lives even as they face the challenges of doing this for themselves. When there is a vibrational push on the planet, as there is right now, healers feel this the most. We offer this mix as support to all those who hold their light up in the world and help others do so as well.

Mythologically speaking, the Hesperides were both a sacred garden in the Atlas Mountains of northwest Africa and a group of nymphs called the Hesperides who were guardians of this garden. When Hera and Zeus married, Gaia gave Hera a wedding gift of an apple tree that bore golden apples of immortality. Hera planted this sacred tree in her secret garden and kept the garden heavily guarded. This garden was called the garden of Hesperides. The Hesperides themselves guarded the tree with the help of a dragon named Ladon. The Hesperides are daughters of Atlas, the God who holds up the Earth, and Nyx, the Goddess of the Night. The Hesperides were known as "The Daughters of the Evening" and also "The African Sisters". They sang beautiful songs as part of their protection work. Their names were Aegle, Arethusa, Erytheia and Hesperia. The first mortal to take apples from the garden was Hercules who stole three apples as part of his twelve labors. The story of Hercules, half man, half God, encourages humanity to realign our divisions of the world into "God" and "Not God" towards a realization that ALL IS GOD. So too, this mix.

The Angels explain, "The transfer of this Flower Essence mix from us to humanity honors and supports the movement of humanity towards its own experience of divinity. This mix is a gift of energetic support on this journey to remember your own divinity, and as healers, help others reclaim their own. While the golden apples of immortality were once a closely guarded sacred treasure of healing wisdom, the gifts of this tree and this garden are now freely given to humanity. In this mix are many of the vibrational gifts of this mythic garden and its tree of immortality, offered here to serve you on your collective journey back to oneness."

Agnes Rose, Angelica, Asclepias, Agrippina Rose, Belerephon of the Open Door, Bells of Ireland, Bird of Paradise, Black Cohosh, Blueberry, The Butterfly Garden, Cardinal Flower, Corn, Date Palm, Delphinium, The Fairy Rose, Fireweed, Gallandia Rose, Gardenia, Golden Armor, Goldenrod, Henry Hudson Rose, Heritage Rose, Jade, La Belle Sultane Rose, Lady Penzance Rose, Lady's Mantle, Lilac, Lime, Locust and Wild Honey, Love Prevails, The Mary Rose, Meadow Rue, Milkweed, Mutabilis Rose, Niella, Pasque Flower, Passion Flower, Pear,

Phoenix Rising, Plum, Purple Flowering Raspberry, Pyrola Elliptical, Quatre Saisons Rose, Rain of Gold, Red Currant, Ruby Moon Hyacinth Bean, Self Heal, Shrimp Plant, Star of Bethlehem, Vanda Rothschildiana, The Venus Garden, Watermelon, White Water Lily, Wild Rose, Yellow Water Lily, Zinnia

The Hummingbird Garden

This growing season the largest garden space at the farm was given into the hands of the twenty somethings. Laura Carpenter designed the garden with the Angels then planted it with help from other peers particularly Alli Howe. The garden was extremely bold in color with a pathway running north to south planted in many varieties of red Zinnias, yellow and orange Calendulas and miniature Sunflowers. Brilliant purple Heliotrope, gleaming white Daturas, yellow pompom Marigolds and many other boldly colored Flowers encircled the garden while Cucumbers, Summer Squash, and Tomatoes were the predominant vegetables. A series of very tall Scarlet Runner Bean teepees swept across the entire garden from east to west covered in brilliant deep orange blossoms. One summer afternoon a deer was found napping in one of the teepees, but most often it was the hummingbirds in the garden that caught our attention.

At any given moment there were up to a dozen hummingbirds zooming around this garden, performing their signature loop de loops, resting on top of the teepees, drinking in the nectar of the Flowers or simply playing tag. The combination of this bold exuberant garden and the joyful hummingbirds translated into a Flower Essences mix called The Hummingbird Garden. It supports twenty somethings and really everyone else betwixt and between to boldly plant and harvest our dreams, always remembering to relish and delight in everything that grows.

For a generation in transition, often uprooted and unsure of the next place or next job or even if there will be a job, this Essence encourages confidence in bold choices. It encourages us to dig in, bond with the natural world and join in its creative dance. Like the Hummingbird, if we seek the Essence of things by following our dreams then savoring every moment of exploration, this will lead of its own accord to a life path, a community and a place in the world that is genuine, connected to the natural world and fun. Did we mention FUN? The Hummingbirds certainly did! Hummingbirds and the Hummingbird Garden Essence help us know we can manifest our dreams and that nature stands ready to support us to enjoy every moment of creation.

Inner Child

Inner Child work was all the buzz a number of years ago, but the Angels brought us back to this topic, even as it seemed to be passé. The Angels explain, "This is vital work whether it is popular or not. Your inner child often feels stuck in a disempowered, despairing place, even after the actual circumstances that left you feeling that way have departed from your life. When an event occurs that triggers your inner child's wounds,

you go back to those old events and that frightened place and are literally not present to deal with the events of the now. With the wounds reactivated, you tend to make decisions from this wounded, frightened place. Often you are unable to hear the wise and compassionate adult part of yourself that can hold this situation differently and can make different choices than your wounded self.

This remedy is to support the healing of your inner child's wounds. This will help you be more fully present in your daily life and more fully cognizant of the power and wisdom you have within you to solve the problems that your life presents you with. As these old wounds are healed, you may find yourself feeling more and more lighthearted. We hope so."

Alex MacKenzie Rose, Angelica, Baby Blue Eyes, Beech, Borage, The Butterfly Garden, Comfrey, Eyes of Mary, The Fairy Rose, Honeysuckle, Lavender, Logan's Force of Truth, Maple, Mary Queen of Scots Rose, The Mary Rose, Meadowsweet, Old Blush China Rose, Pink Tecoma, Queen Anne's Lace, Spiderwort, Star of Bethlehem, Swamp Candles, Self Heal, Spruce, St John's Wort, Vetch, Willow, Wintergreen, Yellow Water Lily

Memory

There were just so many reasons to develop a Memory mix, I can't remember them all! Seriously, this was an overdue mix! It contains the following cast of thousands.

Ageratum "Red Sea", Angelica, Blue Eyed Grass, Bignonia, Boneset, Bottle Gentian, Calliandra, Camaieux Rose, Cedar, Chinese Forget Me Not, Clintonia, Dandelion, Elderberry, Eyes of Mary, Field Chickweed, Flow Free, Garnet Cornflower, Ginseng, Ginger, Goldenrod, Grapefruit, Grounding, Honeysuckle, La Belle Sultane Rose, Larkspur, Lauriana Rose, Lemon, Love in a Mist, Mallow, The Mary Rose, Purple Leafed Chokecherry, Red Ginger, Rosa Gallica, Rue, Shadblow, Shrimp Plant, Silver rod, Snapdragon, Spiderwort, Spruce, Temple Cloud Orchid, Wild Ginger, Wintergreen, Wood Sage from the Burren

Pack Leader

This combination mix supports us to anchor in our own inner authority and find within us the calm and confident assertive energy necessary to handle the animals and the people in our life with appropriate boundaries, clear expectations and from a place of emotional balance.

Ageratum "Red Sea". Beech, Broccoli, Cabbage, Cardinal Flower, Cat's Claw, Celandine, Chives, Corn, Cosmos, Delphinium, Dill, Dogberry, Eyes of Mary, Feverfew, Flowering Dogwood, French Grass, Ginger Thomas, Goldenrod, Gratitude, Indian Pipe, Lantana Involucrata, Lobelia Spicata, Maple, Orange Hawkweed, Partridgeberry, Red Chestnut, Teasel, St. David's Rose, Snapdragon, Sunflower, Wintergreen

Precious Blood

This combination contains Flower Essence made from red Flowers and Flower Essences associated with blood or bloodlines. This is an Essence the Angels asked us to make. It serves without explaining its mysteries. We are grateful for its gifts, for while the remedy does not explain itself, people who work with it have found its gifts tangible and diverse.

Agrippina Rose, Amaryllis, Asclepias, Bloodroot, Bottlebrush, Burdock, Calliandra, Cardinal Flower, Clivia, Cochineal Cactus, Coralita, Dracaena, Epimedium, Globe Mallow, Hawthorn, Ixora, La Belle Sultane Rose, Maltese Cross, Maple, The Mary Rose, Mary Queen of Scots Rose, Ocotillo, Orange, Orange Hawkweed, Pomegranate, Raspberry, Red Clover, Red Hibiscus, Red Rugosa Rose, Royal Ponciana, Scarlet Runner Bean, Sceptre of Power Flower, White Baneberry, Wild Fuschia

Purify, Restore & Inspire (available individually or as a set)

In the early days of Green Hope Farm, a smoking cessation program asked us to create Flower Essence combinations for their work. I turned the project over to the Angels and this trio of Purify, Restore and Inspire was born. People took to the trio immediately, finding that the process as laid out by the Angels could support them to leave any counter productive or addictive pattern behind.

Purify is composed of many white flowers including White Morning Glory, White Nicotiana and White Mullein. This mix offers us the possibility to transmute counterproductive living patterns into the much higher vibration of freedom and choice.

Restore includes a group of Essences that help us find equilibrium and renewed strength as we move beyond old habits and counterproductive lifestyle choices. Restore helps us to find our natural courage and personal power. It is a strengthening, balancing and empowering mix that does its work by helping us know our own God given inner strengths.

Inspire help us set a new course for ourselves by helping us to find the pulse of our inner divinity. It fills us with a clear sense of this divinity and encourages us to be our most healed self in thought, word and deed. It is particularly supportive after deep healing release processes.

Purify contains White Snapdragon, White Morning Glory, White Mullein, Blackberry, Queen Anne's Lace. Restore contains Broccoli, Calendula, Dandelion, Eggplant, Maltese Cross, Nasturtium, Scarlet Runner Bean, Tomato and Zucchini. Inspire contains Borage, California Poppy, Clematis, Cosmos, Corn, Day Lily, Goldenrod, Hyssop, Petunia St. Germain, Sweet Bell Pepper, Zinnia

“Thank you for sending the Purify, Restore and Inspire. I am already feeling the effects after only two days. I have been having a pity party about my relationship with my beau. After taking the Essences, stopped taking his issues personally and saw the bigger picture of how I can encourage him (Inspire). I was also in the process of rewriting my biography for speeches. I took out ALL the EGO and only wanted the message of the (service work) to come through (Purify/Restore).” T.L., Riverdale, MD

“The surgery is now behind me!! All went well, but I truly could not have been as composed and prepared as I was emotionally...without your Flower Essences. I am so grateful every time I use them, for how they help me grow and handle life’s challenges. Emergency Care was especially useful right before and on the day of- Purify & Restore are still helping me.” C.E., St Paul, MN

The Sacred Feminine

I share the definition for this Sacred Feminine Essence exactly as dictated by the Angels, because even the language represented crossing to some new territory and breaking with old forms into something entirely new, and this is so much the nature of this Essence friend.

“We live in a world where the old religious forms crumble and die. Much as we try to reanimate these forms, they cannot hold our deepest truths anymore. The labor is well begun for a new way to hold all that is most sacred and true. We do not yet know what containers will hold this new life or what the life will be, but we feel the coming birth.

If we do not find an inner stillness, the birth pangs leave us anxious about this time of formlessness, the falling apart of things we have tried to glue together, the death pangs of the old without a visible new product. We seek temporary containers, tupperware that cannot hold; compulsive exercise, too much or too little food, alcohol, the pursuit of material things, a myriad of addictions that cannot fill us up.

If we find a still point within ourselves, we can stay present during the emptiness that precedes the birth. In stillness, in being present in our hearts, we can hold a space of joyful anticipation, of hope not fear, so that this new container, this new way of experiencing our divinity in form during the next millennium can be born and the birth itself can be an illumination.

Our Sacred Feminine is the abode of the still point, the temple of the impending birth. But she is so much more. She is the creative being as well as the vessel of this new life.

We are in that wild stage of labor, the transition stage, when birth is imminent though it feels like it will never happen. We cannot DO at this stage. We must let go. Our tired cardboard idea of mother is a dragon resisting all change, preferring death to the letting go into new life. Simultaneously, our culture embraces the opposite extreme of all change

with no stillness, a cardboard father that never lets us rest or refuel. By inhabiting our Sacred Feminine, we find the middle ground with a balancing inner masculine that has the strength to make a space for the birth. The cardboard man that would bully us in a ceaseless round of meaningless activity is dissolved away.

The Sacred Feminine is both the mother and the child. She is present in this now, rooted in herself. To be present in her body is to trust the process without trying to control it. The Sacred Feminine surrenders to divine will without promise of what this means. She does this because in her fullness, her NOWness, she accepts and embraces life and knows it to be good.

She knows here and now is where she is supposed to be. The chatter of worry mind holds no sway. Birth is upon her. Like water, which is her element, she is receptive. She will receive and embrace the world and her experience in it. She will give forth a new life.

A process of receiving, giving forth and reflecting is necessary to her psyche and her process of creation. In holding up a mirror to her experience, meaning is found. Her reflective nature enriches her experience. Her body is fully known. All is touched and tasted, felt and seen. Her reflection deepens an awareness of the significance of the birth. The divine and the mortal meet in meaningful embrace.

Whatever form is to be birthed for the consciousness of mankind, it is birthed through the individual births of each of us, each Sacred Feminine. Every birth is profound. Every birth is vital to the whole. There is agony in each individual birth, just as there is agony in the collective birth of the new consciousness. It is painful to bring the new into consciousness. But it will be our joy if we bring the mirror close during this birth for there is the very juice of life in all our births: our truest self to be found and embraced and delivered in joyful wetness. The stranger who arrives with each birth is both the container of the new consciousness and the familiar beloved returned once more to us.”

Many summers ago, right outside the entrance to the farmhouse and office, we were guided to create a reflecting pool encircled by a stonewall as a symbol of the Sacred Feminine. Soon after, we were asked to create this Essence to support you too in lifting up the bucket from your sacred well and birthing your own Sacred Feminine.

Agathe Incarnata Rose, Agnes Rose, Dombeya Wallichii, Dracaena, Eden Rose, Eyes of Mary, Ixora, La Belle Sultane Rose, Lady's Mantle, Lady Penzance Rose, The Mary Rose, Medinilla Magnifica, Mehera, One Flowered Wintergreen, Orange Iris, Orange Amaryllis, Pomegranate, Raspberry, Rosa Banksia, Rosa Gallica, Sansevieria, Scarlet Cordia, Sceptre of Power Flower, Sea Lavender, Tuberosa, Tuscany Rose, Vanda Rothschildiana, Wood Sage from the Burren

The Sacred Masculine

When the Sacred Feminine was created, people began to ask if there was one to honor and support the Sacred Masculine. The Angels said yes. A number of years ago, the Angels had us build a Rose Arbor with an unusual shape that the Angels said was meant to suggest a vagina. The Angels had us plant four climbing Roses on this arbor, explaining that each Rose offered energetic support for this Arbor. All the Roses had masculine names, Will Baffin Rose, John Cabot Rose, John Davis Rose and Henry Kelsey Rose. These four Roses and a fifth Rose from the Arbor Garden, Henry Hudson Rose became the ingredients of the Sacred Masculine Essence. Additionally, the Angels had Jim, my husband, help make the Essence.

The Sacred Masculine Essence and the Sacred Feminine Essence work together. In the sweep of the whole culture, the Sacred Feminine finds within us the new vision for humanity, helps us gestate and then birth this vision, then reflects upon this process and this new life for all humanity. The Sacred Masculine is the protective component of this process as well as the aspect of each of ourselves that keeps this new vision alive in the world. If the Sacred Feminine is the inward journey to seek a new vision, the Sacred Masculine is the transformative outward journey in which this vision is held and supported in manifestation. Or as one of you beloveds said, "This one supports our gentle male warrior to get our business taken care of, all the while protecting our inner female."

I look to these two Essence combinations to support us at our individual and collective crossroads. The Sacred Masculine will help each of us to transform the inner experience of our deepest truth into a manifest experience of this truth. What a different world this will create if we follow through with the knowing and bring forth in fullness this inner truth.

It is in this dance of manifestation in each of our individual lives that the broad sweeping changes of a new humanity will be born. I am grateful both for the Sacred Feminine Essence that empowers our own Sacred Feminine to find our vision and deepest truth and for the Sacred Masculine Essence that empowers our own Sacred Masculine to bring this vision into full blossom in our lives.

Sanctuary

This mix was created to help women in a rape crisis program so that they could receive energetic support immediately after their traumatic experiences. Once we offered the mix to all of you, Sanctuary left the farm to meet a diversity of situations. For example, people felt called to use it on their land to help create an energetic sanctuary, and they noticed many animals arriving to take shelter on the land when Sanctuary had been shared. Others used it to deal with the pressing demands of their lives or because of other extreme traumas. We are grateful to be able to share this mix with those called to it.

Abandonment & Abuse, Alex Mackenzie Rose, The Arbor Garden, Borage, Bottle Gentian, Broccoli, Carry Less, Corn, Cosmos, Dombeya Wallichii, Emergency Care, Feverfew, Golden Armor, Grounding, Heliotrope, Hyssop, Indian Pipe, Irish Ladies Bedstraw, Konigin Von Danemark Rose, Maltese Cross, Meadowsweet, Old Blush China Rose, Pink Tecoma, Red Hibiscus, Red Rugosa Rose, Rosemary, Rue, Sarah Van Fleet Rose, Sweet Pea, White Hibiscus

She Changes

Back when this mix was first created, we were a staff of perimenopausal and menopausal women. This combination mix was a great gift to us and has proven an incredible boon for all issues and symptoms of perimenopause and menopause for others as well. We offer it with much love to our sisters navigating this part of the river of life.

Ageratum Lelani Blue, Ageratum Red Sea, Blackberry, Black Cohosh, Corn, Dombeya Wallachii, Eyebright, February Daphne, Frontenac Rose, Ginger, Ginseng, Honeybees in White Hawthorn, Horned Bladderwort, Kalanchoe, La Belle Sultane Rose, Ladies' Bedstraw, Lady's Mantle, Lemon, Mallow, Memory, Mimosa, Motherwort, One Flowered Wintergreen, Orange, Osteospermum, Painkiller Plant, Phoenix Rising, Pomegranate, Purple Flowering Raspberry, Purple Leafed Chokecherry, Raspberry, Red Clover, Sage, Scarlet Cordia, Sea Lavender, Shadblow, Tuscany Rose, Vanda Rothschildiana, Vitex, Wild Rose

To Hear the Angels Sing

We exist as one with Angels because nothing is separate. To hear the Angels sing is to hear our own true self. This Essence is to encourage this hearing, this connection with our eternal self.

This is a great Essence to consider when you want to hear your heart's voice more clearly. If you feel conflicted in a decision making process, if you seek your own core wisdom about a situation or if turbulent events in your life make it difficult to hear the still small voice of the God within, this Essence supports you to hear this voice more clearly.

This combination also helps open the doors to more conscious communication with all our spiritual teachers including the beloved Angels. I could not resist calling this mix "To Hear the Angels Sing" because it has been the dear Angel companions of Green Hope Farm that have so sweetly and persistently encouraged me home to myself!

Agnes Rose, Allamanda, Angelica, Begonia, Belerephon of the Open Door, Cardinal Flower, Chinese Hat Plant, Corn, Cosmos, Daffodil, Feverfew, French Marigold, Gall of the Earth, Garnet Cornflower, Giant Milkweed, Ginger, Ginger Thomas, Heritage Rose, Maple, Milkweed, Orange Hawkweed, Passion Flower, Red Ginger, Red Mangrove, Rue, Shrimp Plant, Spiderwort, Titan, White Water Lily

To Thine Own Self Be True

The name of this Essence speaks volumes. While the mix, All Ego Contracts Null and Void, remains a godsend for helping us cut free from bindings that prevent us from being true to ourselves, this supports us in the territory of self-actualization. Sometimes when the bindings are gone, it is a bit disconcerting to figure out who we are without the self-definition of resistance to others. Sometimes we need support to see clearly who we really are and to act from this deeper understanding of our self-identity. Sometimes we need support to stay true to ourselves. This one offers rock solid support for this whole dynamic.

Agathe Incarnata Rose, Alex Mackenzie Rose, Baby Blue Eyes, Bermudiana, Blueberry, Blue Eyed Grass, Buttercup, Cardinal de Richelieu Rose, Cosmos, Daisy, Dandelion, Delphinium, February Daphne, French Marigold, Gallandia Rose, Gardenia, Goldenrod, Larkspur, Lily of the Valley, Maple, Nigella, Prince of Venus, Purple Flowering Raspberry, Rosemary, Silverrod, Small Woodland Orchis, St. David's Rose, Stanwell Perpetual Rose, Sunflower, Tuberosa, Wild Columbine

Vitality

Every problem I encounter, no matter how cosmic or how trivial, requires I take the path to my heart in search of an answer. Do I always go there? No, but I know it is where I need to go. This combination mix, Vitality, is to help us go to our hearts and take the messages of our hearts with the utmost seriousness. Yes, this Essence is for vitality in the regular sense of the word, the power to keep on living. It contains many great Essences to help us feel zippier. More importantly, it is an Essence to support us hear our hearts' every message more clearly and help us have the strength to follow its impeccable wisdom.

Years ago, a relative of mine had an arterial valve replaced with a mechanical valve. A childhood illness had damaged the valve and a repair was necessary. After the surgery, he could hear the noise of the valve with every heartbeat and so could anyone listening close to his chest. I asked Mother Mary about this noise, concerned that this was going to be a problem for him. She told me that this was a tremendous spiritual gift as it meant he would hear his heart with every beat.

Why does it matter whether we listen to our hearts or not? The heart is the only guidance system guaranteed to be anchored in God reality. The heart is our only organ guaranteed to be divine. Mother Mary still crafts the chambers of every human heart. Our other guidance systems, seated in other organs or in other people, can become lost in the illusions of earthly life, but the heart exists out of illusion even though its here with us in form. It cannot lose track of the verities of eternal life. This means that we need to care for our heart so its messages can be heard loud and clear. More importantly, we need to listen to our hearts, beat a path to our heart's door with every concern or question or dilemma and camp out awaiting all messages with bated breath.

Do you know the old story of the jewel merchant who realizes he is traveling with a jewel thief? To protect his jewels from the thief, he puts the jewels in with the jewel thief's own baggage, certain that this is the last place that the thief will search for the jewels. Needless to say, the jewel merchant gets safely to his destination without the thief finding or stealing the jewels.

The Angels asked us to make this mix so we get the joke at long last. The jewel is in our own luggage!

Avocado, Baby Blue Eyes, Bignonia, Blueberry, Bottle Gentian, Cabbage, Capeweed, Carrot, Coralita, Goldenrod, Honeybees in the White Hawthorn, Indian Cucumber, La Belle Sultane Rose, Larkspur, Lavender, Maple, Old Blush China Rose, Radish, Red Currant, Snapdragon, Stanwell Perpetual Rose, Sugar Maple, Tithonia, White Yarrow, Wintergreen, Zucchini

Watch Your Back

Over the years, Spirit has encouraged us to make many Palm Flower Essences. Palms hold tremendous life force energy. Their Flower Essences offer ancient and profound wisdom about resilience, flexibility and being light incarnate. Consider for example, Palms' amazing ability to endure, even in the face of hurricane wind and weather. Think of their complete usefulness. Every part of most palms can be used for food, tools or shelter. Palms also have uniquely beautiful and generously flowing strands of blossoms. It is hard not to notice that many of the blossoms resemble nerve ganglion.

We put all our Palm Essences in our Watch Your Back combination as well as the Flower Essences we believe will help you stand tall in your truth, manifest the strongest light body possible and keep your energy field clear, especially if your back is a place of energetic vulnerability for you.

Watch Your Back's protective energy is reflected in its name, but it offers so much more than gifts of protection. It helps keep the energies flowing through all the chakras. This is no small task given the increased energies our systems are accommodating these days and our necessary trial and error method of grounding these energies. It also is very helpful for situations in which a person or animal feels electrically either blocked or unable to discharge excess electrical negativity. I can't sing the praises of this remedy enough.

Bottle Palm, Chinese Fan Palm, Coconut Palm, Date Palm, European Fan Palm, Figi Fan Palm, Fishtail Palm, Golden Areca Palm, Goldenrod, Heavenly Bamboo, Lilac, Manila Palm, Mystery Palm, Niella, Potato Vine, Queen Palm, Royal Palm, Sago Palm, Snapdragon, Sunflower Spiral, Tuberose