



The Wildflower Collection

Wildflowers live their lives apart from the human community. This leaves Wildflowers freer than most cultivated Flowers to pursue their own spiritual purposes and the full expression of their divine identity. Because of this freedom, Wildflower Essences offer a very direct and strong energetic wisdom about spiritual growth and self-realization. When a Wildflower agrees to become a Flower Essence, the Essence will hold a clear unwavering route to divine self-identity unmatched by any other kind of Flower.

Arrowhead Sagittaria latifolia

Arrowhead blooms as a pyramid of pure white Flowers rising from shallow, muddy waters. As a Flower Essence, it shows us how to find a similar purity of response to our own muddy emotional crises. This Essence helps us calmly rise above emotional turmoil to find a response uncolored by mud, expressing the best of ourselves.

I AM my best and truest self.

Blackberry Rubus allegheniensis

A very practical Flower Essence, Blackberry helps us find better rhythm in all aspects of our lives and helps us get all the rhythmic processes of our body into a better rhythm. Blackberry does not enforce an external idea of rhythm on us but helps us attune to what is exactly right for ourselves. This authentic inner rhythm is the rhythm of our own inner divinity.

Blackberry's guidance about rhythms helps with issues of depression. Blackberry untangles Gordian knots of mental anguish and depression. It also helps us kick start movement when we hit an impasse with old emotional issues. A healer in California requested an Angel pick for her older clients who were struggling with their fear of death. The Angels chose Blackberry, explaining that its support for making peace with the overall rhythm of coming and going into and out of incarnation made this the perfect Essence for those who are afraid to die. Blackberry also helps with circadian rhythm and a relaxed going in and out of consciousness on a daily basis.

Blackberry will help get energy moving in any chakra that is blocked, out of rhythm with the whole or wobbly in its energy flow. The extreme versatility of Blackberry's wisdom never ceases to amaze.

I AM one with the rhythm of God. I AM one with the in breath and the out breath.

Black Cohosh *Cimicifuga Racemosa*

This plant is mentioned in herbals from every tradition. Its suggested uses would run to volumes of data. The Flowers of Black Cohosh are wands of extremely fragrant white blossoms. When in admiration of Black Cohosh blossoms, we brought two blossoms into our office, the entire space filled with its heady scent. The leaves of the plant are a beautiful deep mahogany. This is an unusually graceful and strong presence in the garden and in any Flower Essence collection.

Black Cohosh tells us, "When you harvest the wisdom of your sacred feminine and join it with the power of your sacred masculine, there comes the opportunity to balance the two energies in wise action. I help you find this balance point. Moving deep into the earth with my roots, I also shoot my wand-like stalks and blossoms high into the sky, I AM all about balance. Light and Dark. A spiral going inward and outward. I offer to ring the vibrational note of energy in balance as you take your wisdom into the world."

I AM the sublime and balanced use of my wisdom and power.

Black Eyed Susan *Rudbeckia hirta*

Black-Eyed Susan shows us the way to unconditional love. Its Essence offers us a love so complete that we are swept into remembering this state of unconditional love for ourselves. Black Eyed Susan explains, "It is so important for each of you to know how much I love you. I embody the love that wraps the planet. The reason why you might consider accessing this love through me is because I put a face on this love. I make it more personal. This is good because the consciousness which I AM is a very personal love, specifically for you."

I AM the love lifting up planet Earth.

Bloodroot *Sanguinaria canadensis*

Often used in conjunction with Black Currant.

For those of us untangling the complex gifts and liabilities of our families of origin, Bloodroot Flower Essence is a godsend.

Bloodroot supports a release from inner conflict about our relationship to our families of origin. It clarifies why we chose our families in the first place. This clarity transforms inner turmoil about who we are into an understanding that we are, first and foremost, children of God. Understanding our identity as children of God shows us that we chose our families of origin in order to experience our families' divine strengths not to take on our families' ego laced definitions of us.

Bloodroot Flower, with its roots oozing dark red liquid and its blossoms a dazzling pure white, echoes another truth; that our familial roots, with all their bloody entanglements, offer precious fuel for our journey back to God. Furthermore, the contrast between roots and blossoms reminds us that no matter what roots we came from, we WILL find our way back to pure divinity.

Bloodroot shares the same territory as Black Currant for its work: the river of our family of origin. Both Essences also share the same goal of freeing us from the strands of generational ego detritus so that we can experience the pure, vital and powerful gifts within our family river of origin. You might say that Black Currant is the river cleanser and Bloodroot illuminates and reveals the unique gifts of our family river.

When we choose our family of origin, we choose a bloodline that holds specific strands of wisdom and genetic expertise. These strands form the spiritual current of our family. Every family's current is unique, but the source of every family bloodline or river is God.

A family's unique spiritual current plays a very key role in why we decide to incarnate in a specific family. Our task, once on Earth, is to see these spiritual family strengths as clearly as we could see them in Heaven and to not let our family's ego detritus interfere with our use of these strengths. This detritus is personality motivated behavior that is almost always an attempt to stifle the strength and power of a family's divine wisdom.

When we incarnate, we embody both the God strengths of our family as well as its tendencies to practice the same behaviors based on the same illusions. These ego tendencies are tenacious, because, along with our ancestors, we have watched and imitated each other's approaches to everything for generations thus ingraining harmful patterns in our genetic code. These habits often become so ingrained in family rivers, filling up so much of the river with familiar but erroneous ideas and behaviors that this detritus all but obscures the powerful currents of true wisdom underneath.

The key thing that we all must learn to do is to differentiate between the God given gifts in our family rivers and the ego patterns. Black Currant Flower Essence works to break the hold familial ego patterns have on our consciousness and energy system so we can let them go. Bloodroot Flower Essence helps us let go of these familial habits, fears and emotional ruts by illuminating the pure gifts of spiritual truths, purposeful currents and unconditional love that were always there within the family's lifeblood. Bloodroot is like a very powerful beam of light that can cut through the surface muck to illuminate the

treasures below. Bloodroot is a vibrational hundredth monkey that can help a whole family bloodstream finally see itself and its powerful God strengths clearly.

This clarity does not mean we won't find it appropriate to let our families of origin go in some circumstances. Instead, it means that our choices will arise from a clear sense of ourselves, not from reactivity.

Bloodroot offers itself to every river of every family. Its widespread presence as an early spring wetlands wildflower reminds us of this generosity. Bloodroot knows that our Creator's gifts of clarity, discernment and pure God consciousness are there for everyone and flow in every family river. Not only does Bloodroot know this, it offers to help you find the strengths of your bloodline and embody this wisdom as well.

I AM the purity of all creation.

Boneset *Eupatorium perfoliatum*

Boneset offers profound support for bone health and healing broken bones. It is an ancient beloved friend of many a healer. I personally cannot imagine navigating an orthopedic injury without it.

Here at the farm, we have needed to keep Boneset Flower Essence close. Our family has a penchant for broken arms with six broken arms amongst the six of us. When I broke my left arm and wrist into multiple pieces several years ago, Boneset told me I needed to work directly with him in addition to my work with Run & Play, Recovery, Flow Free, Healthy Coat and many other Flower Essences.

While I had long known Boneset to be a font of wisdom about healing broken bones and bone health, my experience with Boneset revealed that Boneset also helps us move more light energy through our bones. It facilitated a spiritual shift that involved both my bones and a transition at the core of my life. My work with Boneset has brought me a different arm, one that can move more energy, especially creative energy. I find that miraculous given the shattering event that precipitated this healing work.

I AM strength and perfect health in every bone in my body.

Bottle Gentian *Dasystephana andrewsii*

This brilliant sapphire blue Flower has a strong signature of closed bottle shaped blossoms. As a Flower Essence, it offers a very different wisdom than open petaled Flowers, one of containment in the face of all challenges.

Bottle Gentian helps us to hold our own, see events clearly and know our own strength no matter what is taking place around us. With its wisdom about calm at the eye of the storm, it is of particular support to people in a whirlwind of change or traumatic events.

Seeing clearly is the heart of this Flower's wisdom. Studies have shown that traumatic events often affect people's vision. During traumatic events, we will sometimes blur our vision in order to feel protected or buffered from what is happening. When prescription glasses are made for us before the trauma is resolved, we can find ourselves with glasses that hold our eyes in the traumatized position. Bottle Gentian's support to help us see clearly during turmoil helps prevent this cycle of freezing our vision in a traumatized place and makes this one an immeasurable support to our vision.

While I have made Bottle Gentian Flower Essence many times, never was there a more symbolic experience with this Flower than when I made this Essence in a forest where a microburst tornado had swept through. I was guided to make Bottle Gentian Essence on a riverbank that looked out to a hillside upon which every tree had been demolished. With its specific vibrational wisdom about serenity, calm, clear sightedness and poise in the face of upheaval and forceful change, this batch of Bottle Gentian really amped up our inventory of Bottle Gentian Essence and continues to inform it to this day.

I AM clarity of focus, intent and action. I AM the calm at the eye of the storm.

Burdock *Arctium minus*

Burdock has many profound gifts. It holds particular wisdom about the blood. One piece of this wisdom is that it helps the red blood cells with issues of low oxygen transport capacity. This and other blood wisdom held by Burdock makes it a wonderful Essence during any illness especially any that concerns blood health.

As revealed by its tremendously long taproot that goes deep into the earth, Burdock helps us get to the bottom of any healing crisis to bring the core issue to light, then the Essence offers a template for finding our health again. This skill at getting to the root of the issue means Burdock helps with any cleansing process. This is a very good Essence for any illness involving issues of discernment including cancer, a condition in which discernment about what cells in the body should grow and which should not has been affected.

Burdock sorts the wheat from the chaff on a cellular level and offers information about how we can do this ourselves while also completely protecting and preserving our health. As with all Flower Essences, this is done by Burdock offering our electrical system a roadmap for these skills, one that our electrical system can copy and benefit from if it is helpful. I can't recommend this dynamo enough.

I AM core healing.

California Poppy *Eschscholzia papaveraceae*

California Poppy Essence has many gifts and one of them is its ability to help those who find themselves spiritually blooming at a rapid speed. These fast awakenings can be very

disorienting especially if they involve psychic phenomenon. What do we make of these experiences? How do we assimilate both the events and the gift of new talents into our lives? How do we know which events and talents matter and which are red herrings? How do we keep our motivations clear?

California Poppy Flower is a chalice of deep golden petals. This configuration reflects its mission to help us find our very own golden chalice to anchor in during our spiritual awakening. Our heart is this golden chalice. If we anchor in our hearts, it is much easier to bloom spiritually because the heart knows which phenomenon matters and which does not. The heart knows what we are supposed to do and what we are not supposed to do, because the heart is one with divine truth and discernment. In all ways, the heart is the place of guidance for transforming what can be a very wild, even scary ride into a joyful, expansive experience of love. California Poppy helps the heart prevail!

I AM a chalice of God.

Cardinal Flower *Lobelia cardinalis*

This regal scarlet wildflower is a beacon of order and majesty, commanding attention from great distances. There is nothing inconsequential about this Flower. The Angels describe it as *the* Flower of consecration.

People often are drawn to Cardinal Flower as they begin a new career, shift the direction of their life work, forge a new partnership or move into a new home. This Essence helps us to be clear what we are dedicating ourselves to and helps us to commit ourselves wholeheartedly to the tasks at hand. It is a particularly wonderful Essence to take as part of any process of dedicating ourselves more deeply to our spiritual paths.

I AM one with God's will.

Celandine *Chelidonium majus*

Break even a leaf and Celandine's deep golden sap rushes to the fore. An extremely robust plant, it offers soft yellow Flowers above a large circle of leaves. Often viewed as a weed, once Celandine arrives in a garden, it is there to stay, no matter how assiduously it is weeded. In every way, Celandine is a presence to be reckoned with, and it helps us be this as well. Its Flower Essence really puts us on the map.

In part, Celandine does this because it supports all kinds of information transfer. It helps us be more articulate. It helps us remember and organize our thoughts more clearly. It helps us receive clearer guidance from our spiritual guides, experience more lucid dreams and helps us improve our public speaking by helping us make a crystal clear, indelible impression.

Celandine's expertise with information transfer extends to the realm of physical health and wellbeing as well. The Angels tell us that this one helps improve cell-to-cell communication that in turn helps prevent the growth of viruses and unhealthy bacteria.

I AM clarity of thought, word and deed.

Chicory *Cichorium intybus*

Our reunion with God is a process that happens in stages. Echoing this, Chicory's pale blue Flowers blossom at intervals up a straight stalk. Its Essence helps us assimilate the gifts of each stage of our spiritual journeys so we find solid footing for the next leap onward and upward. One analogy might be to think of Chicory as creating energy structures similar to the base camps created for a climb up Mt. Everest. Such an expedition would have many base camps up the mountainside, with necessary supplies stocked at each base camp, until a final base camp positions us for the climb to the summit.

On another note, Chicory helps us discard our selfish traits and habits as we move along on our spiritual journey. It helps us give up habits of self-pity, rebelliousness in the face of our fate, a view of people as commodities and a general willingness to climb over people on the way to the top. It spiritualizes ambition into something free of ego personality traits and into something more selfless. Therein lies the secret of true forward movement.

I AM centered in the knowing that I can accomplish all that my Creator asks of me. My path is my freedom.

Coltsfoot *Tussilago farfara*

This extremely early spring bloomer looks just like its name, a strong sturdy coltsfoot of a stalk topped by a cheerful yellow blossom. This is one of those Flower Essences with a name and an appearance that speaks to its strengths. It offers electrical information about our bones, muscles and the realm of movement in our physical bodies. Coltsfoot holds a template to help your system heal itself after orthopedic injuries or chronic challenges.

The night after I made Coltsfoot for the first time, I dreamed I was reading a glorious book about Coltsfoot Essence. A few minutes after I awoke from this beautiful dream, William, who was three at the time, fell down the stairs and broke his arm. "Coltsfoot," the Angels said, "We wanted it to be ready for William." Their loving presence as well as the well-timed presence of Coltsfoot brought much healing and comfort to a stressful situation.

Coltsfoot offers information about spiritual growing pains as well as actual orthopedic bumps and bruises. The Angels note that as we switch dimensions and shatter long held illusions about the nature of reality, we need to be flexible and willing to revise and enlarge our map of the world on an almost daily basis. When spiritual flexibility temporarily eludes us, Coltsfoot is there to help us heal and find our stride again.

I AM flexibility, grounded in truth.

Daisy *Leucanthemum vulgare*

Daisy centers us in crystal clear intuitive knowing when we are scattered or unable to understand what is going on or what we think about something. It brings everything into focus. The wisdom on offer is spiritual in nature and very heart centered and grounded. It helps us sort out what we really believe. Daisy also helps when we have been moving from one activity to the next without really finding what we are looking for. It helps us replace this restlessness with an appreciation of our daily lives. The effect on the physical body is one of aligning our chakras and our subtle bodies so that we are more grounded in our bodies as well as our hearts. Everything about the appearance of the Daisy, especially the Ox Eyed Daisy used for this Essence, speaks to its lovely centering, grounding, cheerful clarity and wisdom.

I AM centered in my heart wisdom.

Dandelion *Taraxacum officinale*

Much maligned Dandelion is a Flower Essence treasure. The transformation of the Flower from yellow petaled beauty to ethereal globe of seeds reflects its support for our spiritual growth and evolution. Its tenacity and vigor through all stages of its life cycle attest to its wisdom about physical renewal and vitality at all stages of our lives.

Dandelion also helps us cleanse and detox as well as release tensions in the mental, emotional and physical body, especially tensions as they affect the muscles. One Green Hope Farm friend recovering from a traumatic injury found herself unconsciously bracing for another accident. This left her muscles exhausted and sore. The Angels indicated that Dandelion would help her remember how to relax and move forward in her life without this painful tension. She found Dandelion relaxed her body and helped her to let go of her posttraumatic stress reaction.

This so exemplifies Dandelion way of easing muscle pain while also helping us to flow seamless through any process of spiritual or physical change. This is an Essence that helps us to avoid gumming up the works either literally or figuratively.

I AM the resurrection and the life.

Eyebright *Houstonia coerulea*

In the very early spring Eyebright blooms low to the ground in families of blossoms. Each Flower is a tiny four petaled beauty of intense pale shimmering blue. It is both sweet and feisty in its presence, noticeable in any landscape despite its size. Eyebright offers much helpful information about eye issues supporting focus, clarity and strength.

I AM the sparkle of clear vision.

Fireweed *Chamaenerion angustifolium*

Fireweed's tall, pointed spires of magenta blossoms reaching skyward suggest its many gifts. It is one of the first Flowers to grow when land is burned. It does the important work of re-establishing the spiritual connection between realms when it has been disrupted by fire. As an Essence, it has a similar wisdom. Fireweed helps promote spiritual breakthroughs, literally piercing through lower vibrations so that we are more clearly connected to higher realms. It is an excellent Essence to take when static has prevailed or whenever we want to be better aligned and better able to receive static free guidance from divinity.

I AM one with the light.

Fragrant Ladies Tresses- *Spiranthes odorata*

Support to surrender everything into divinity's hands thus allowing the grace of divinity to arise and bring resolution This orchid tells us, "I AM not so much a promise of how resolution will look, but I am a promise that resolution will arise. I will support you to trust in the mighty forces that come to your aid when you give any situation or relationship to the divine, however you describe this."

I AM Grace.

Goldenrod *Solidago*

Goldenrod offers us a multitude of gifts. It helps open, clear and re-balance the third eye or 6th chakra energy center. Among other things, this can improve clairvoyance.

Goldenrod encourages us to be true to self and have spine in the face of peer, family and societal pressure. It helps us be a Goldenrod of God, non-recordant to the judgments of others and clear about who we truly are. It will help us find our backbone when we need to make tough decisions or change our life situation. Goldenrod Essence supports the process of finding a true life and then courageously living it.

I AM God's truth at my point in the universe.

Hardhack *Spiraea tomentosa*

This lovely, soft pink Flower offers a Flower Essence of tender, constant love. It helps us love ourselves more. It helps us love other people more. It simply softens us to give more love in a steady, happy way. This Flower grows in harsh inhospitable terrain, yet its response to this environment is a Flower and Essence about enduring love. This makes Hardhack a gift to us all.

I AM unconditional love towards myself and all others.

Indian Pipe *Monotropa uniflora*

One silver dawn long ago, the Angels took me to a spot where Iroquois Indians made their summer camp on an Adirondack lake. I was led to a cluster of Indian Pipe. The grandfathers protecting these plants and holding Indian Pipe's vibration of planetary peace directed me to pick four flower stalks, one for each wind and place them four square in a bowl of spring water. As I sat quietly, six loons surfaced right off shore. It was an experience of peace incarnate.

The vibration of that moment is eternal and available to all. Peace is the abiding reality behind illusion, yet the clamoring of illusion sways us into disbelief and forgetfulness. Now is the time for us to know and manifest perfect peace within ourselves and as a planet. Let Indian Pipe support your return to a full awareness that Peace is. As each of us recalls this truth, the illusions that have long gripped our planet and our imaginations will melt away and be forgotten. Indian Pipe will know its mission on Earth has been fulfilled, and we will rejoice.

Animals, as well as people, love this Essence and request it more and more. As one of you described it, the balance of the four winds and the four elements in Indian Pipe helped your quarreling animals find an elemental experience of peace with each other.

The Essence has been used in peace meditations worldwide and in sacred ceremonies in many homes. How grateful I am that Green Hope Farm's Indian Pipe Flower Essence is playing a part in a planetary awakening into a full remembrance of peace.

I AM one with God's peace. Wherever I go, I AM this peace and so with each step I take, I illuminate the world.

"My heart is absolutely singing with JOY!!! Many thanks for sending me the Guide- The flower essences I ordered were exactly what I needed for this moment in time- My vibration changed the moment I put the first drop in my mouth- Amazing Grace. . . I am bringing the Indian Pipe to the sacred circle in Oracle AZ and I will be visiting the Hopi nation and - who knows whom I'll be sharing this Essence with???" Spirit will show the way -" D.S., Greenfield, MA

Jewelweed *Impatiens capensis*

Jewelweed is a traditional herbal remedy for poison ivy. As a Flower Essence, it offers wisdom about relief from allergic reactions, irritations or things we react to strongly. As reflected in its Latin name, this includes situations that make us impatient as well as situations that set off actual skin eruptions. Consider this one if you are feeling thin skinned or irritated in any way. Jewelweed helps us find a balancing calm and soothing relief from our difficulties. When it goes to seed, Jewelweed's seedpods actually explode when touched thus effectively spreading seed in all directions. This reflects how Jewelweed is particularly effective for explosive outbursts of either impatience or allergic reaction.

I AM the balanced calm beyond all difficulties. I AM the patient long view.

Joe Pye Weed *Eupatorium hyssopifolium*

Joe Pye Weed is an excellent Flower Essence for when we feel alone, overwhelmed and weighed down by the load we carry. It helps us let go and surrender all we are carrying to God who can carry it all so easily.

No matter where I AM, I AM safely in God's ever loving arms.

Ladies' Bedstraw *Galium triflorum*

Ladies' Bedstraw is not popular with farmers. The plant's slender vines generously pillow out, yet when cut for hay, the herb melts away leaving little in the hay bale for the cows. This airy spinning of tiny white blossoms is as suggestive of its essential strength as is its name.

Ladies' Bedstraw tells us, "I AM well known to herbalists of old for my gifts of comfort. As a Flower Essence, I take in each weary traveler at day's end and provide a cushion of protection around the etheric field of each so that sleep is deep and unchallenged. I bring other gifts. I help you assimilate new information. I help you reconnect to that which most matters. I bring these gifts most easily in the quiet of the night so consider me as an Essence best used as one settles in for a night's sleep."

We now offer a fabulous Sleep Trio of Ladies Bedstraw, Ladies Bedstraw from Ireland and Sweet Pea!

I AM deep, restful and unchallenged sleep.

Meadowsweet *Spiraea latifolia*

Meadowsweet, a Flower of great sweetness, is from the same family as Hardhack. It shares the same arena as Hardhack, namely love. In asking these two beloveds to explain their differences, Meadowsweet said, “My brother Hardhack ushers you into an experience of giving unconditional and enduring love to self and others. This is the male dynamic of love in action while I am the female counterpart, helping you find a deepening capacity to receive love. I take you towards a gentle view of yourself as divinity experiencing itself. This opens you to receive love from self and others.”

Meadowsweet continues, “Sweet ones, we speak of male and female as a way of describing the energies of our two Essences, but it is so important for you to know that each soul, whether male or female, strives to give as well as receive love. This means that we have gifts to offer each of you as you remember exactly how much love you deserve to receive and want to give.”

I AM the beloved child of God. I AM so loved that all creation embraces me.

Milkweed

Milkweed helps us take an inspired idea and bring it into unique multifaceted form, just as we first envisioned it. Out in the wilds, Milkweed expresses itself vividly with seed parachutes floating on the wind, seedpods of elegant architecture, abundant milky sap and amazing globes of finely articulated Flowers. This kind of broad depth of inspired and well-articulated self-expression is exactly what Milkweed Flower Essence supports.

I chose Milkweed for the cover for an earlier edition of the Guide. This Guide was a painful learning lesson from start to finish as signals got crossed about who was proofing the galleys, and I signed off on the print run without any proof reading having been done. We actually corrected a couple of the more glaring errors in each of the thousands and thousands of books, but many were just too big to fix, like the choice of the cover art. I chose Milkweed as the cover shot to indicate that Green Hope Farm and all our Flower Essences were the kind of multifaceted manifestation that Milkweed supported. This got lost in translation, probably because I wasn't taking enough Milkweed Essence while working on this Guide!

When the Guide layout process began, I liked how in my photograph the Milkweed Flowers appeared to be falling from the heavens to come firmly to Earth. By the time the photograph was air brushed and sanitized for the cover by a surly graphic designer at the printing press, the effect was one of weird alien shapes appearing out of the blue. The Flowers seemed to be falling from nowhere and going nowhere. I am not sure people even knew that they were Flowers! Everything about Milkweed and its Essence had been lost. Instead of persevering with my vision and going back for a new version of the cover, I doubted myself and let the cover reflect someone else's artistic sensibility. As I looked at this cover for the next couple of years, it was an unforgettable learning lesson in taking

full responsibility for my creation, even when this meant explaining over and over to others involved the precise nature of my vision and what needed to be done to bring it into form. Milkweed was with me when I did the next Guide. I wrestled with the person doing the cover until it was just what I wanted, and wrestling was a necessary thing! He was disparaging about the graininess of my choice of photograph and wanted to lay out the cover with the Bloodroot Flowers upside down. In every way, I held fast to my vision of the cover and everything inside the cover. When I held the next edition in my hands, I was at peace. With the next two editions of the Guide, including this one, I came further still and had a graphic designer I actually LOVE!

In any case, Milkweed is all about this creative process. Taking an inspired idea and making it into form is not a one shot deal. Milkweed supports us to get concrete about our vision over and over and over again until our creation is just as we want it. It's a true gift for those of us who have a lot of ideas but don't always back ourselves up sufficiently to get our idea born precisely as we experience it.

I AM the complete articulation of God, expressed fully in form.

Motherwort *Leonurus cardiaca*

Motherwort speaks, "I AM a venerable and ancient being in your midst. My towering presence, my strong purple wands of Flowers and sharply serrated leaves on stalks shooting skywards all echo my energetic strengths. I AM an anchor and liberation for mothers. I have a "Don't mess with me!" energy that serves a mother when she is defending her children. I also support mothers when someone or something is taking her off task and out of a centered clarity about her pivotal role in the world.

My scope is broader than the creative task of child rearing. I offer support for the entire feminine aspect of creation. My support for creative endeavors is strong and unwavering. I will help you deliver your creation into the world without interruption, uncompromised.

There is nothing mamby pamby about me. I help mothers know their own strength and power without the false sentimentality of your culture, a culture that really does not see or acknowledge the immense authority and creative wellspring that is motherhood. Your culture compensates for this blindness with superficial and rootless notions. I AM the response to such senseless ideas. I AM the truth that existed before such misguided notions stepped to the fore. I will endure as a mirror of truth long after they cease."

I AM the wisdom of the grandmothers.

Mustard- *Brassica nigra*

A profound Flower Essence for very deeply seated depression or a deep gloom that does not seem to have an identifiable source. This Essence is helpful for those of us who have had difficulty shaking loose from a long term depression or sorrow.

I AM the light that illuminates all darkness.

Niella *Mentha canadensis*

This wild mint calls itself Niella. It cleanses, balances and aligns the chakras. It has a very powerful effect on the chakras, opening the way for significant life force energy to enter the chakras and augment healing. It can reverse the direction a chakra is turning when this is appropriate.

I AM the pure energy of light moving in perfect order through my chakras.

Nodding Ladies Tresses *Spiranthes cernua*

Each white Flower of this beautiful orchid arches downward in a saucy curve, joining with other blossoms in the unwinding of a double spiral around a central stalk. This unraveling and release is part of the Flower Essence's gifts. If something is knotted in your life, this is the one to reach for. It offers major support for untangling mental, emotional, physical and spiritual tangles, even those that have resisted untangling. The Angels call this the conditioner of the Flower Essence world.

I AM release from all mental, emotional, physical and spiritual tangles. I AM the rebirth of freedom.

"Nodding Ladies Tresses. This orchid comes up A LOT for physical illnesses. For people with fibromyalgia, multiple chemical sensitivities, cancer, AIDS. It seems to be good for strengthening our health, for our immune system, for the nervous system, for the liver, for the gallbladder, for the circulatory system and it may be good as an anti-inflammatory. I include it in a selection of essences I test for health issues and it came up for all these problems...I can tell you Nodding Ladies Tresses came up for cancer 7 times!!!! E.G. Barcelona, Spain

Orange Hawkweed *Hieracium aurantiacum*

Everything about Orange Hawkweed conveys its healing purposes. Composed of a flat topped, exuberant circle of radiant orange petals, the Flower's resemblance to a paintbrush boldly suggests its connection to creative expression. The orderly petal configuration of the Flower also reveals the way this Essence helps us to manage our flow of creativity energy in constructive ways. Without inhibiting any impulses towards self-expression, the Essence helps us channel potentially aimless or even disruptive energies in orderly, yet satisfying creative directions. This has made it a particularly helpful remedy

for children who have tremendous creative energy and seek viable, satisfying ways to express this creativity. In fact, Orange Hawkweed helps a child channel any kind of energy more constructively. It is also wonderful for the artist who wants to focus any flood of creative ideas into focused results.

I AM the creative use of my energy.

Partridgeberry *Mitchella repens*

This Flower is also known as Twinberry, a name that underscores its wisdom about partnerships. Partridgeberry Essence is here to illuminate common ground in partnerships, be these marriage partnerships, business partnerships, partnership between animal and person or any endeavor involving two sentient beings.

Each Partridgeberry Flower is composed of two small white trumpet blossoms joined at a common base into one Flower unit. Each pair of blossoms eventually forms one aromatic red berry, the fruit of their joint venture. This suggests Partridgeberry's support in helping partnerships bear fruit.

Partridgeberry helps each of us to see our partners as spiritual equals and part of a common divinity. Partridgeberry helps us to experience personality strengths and weaknesses as a less compelling factor in comparison to this shared divinity. By helping us experience this common divinity as the foremost reality, differences and conflicts in partnerships can become doorways to innovation and creative exploration of divine identity versus divisive crises. In this way, Partridgeberry helps us experience rough spots in partnerships as opportunities and the beginning of new fruit not the death knell for the relationship.

I AM centered in the knowing that this partnership is God's plan for me and therefore all is unfolding in divine order.

Purple Flowering Raspberry *Rubus odorata*

This beauty has intense magenta Flowers and unusual deep raspberry fruits. It often grows in woodland shadows, evoking a quality of mystery. This Essence beckons us into a deeper relationship with the unknown, both within us and without. To spend time with this Essence is to experience a banquet of intense piercing love, a deepening of sacred self-awareness and a celebration of the mysteries of creation. This is a wonderful Essence to take when we feel restless or bored with the circumstances of our situation or when we are involved in a quest to know ourselves better either through a creative project or therapy. I can think of no greater Essence for Jungian work or other forms of therapy.

I AM the song of divinity calling you to the unmet corridors of your heart, and to the glorious wilderness of your soul.

Pyrola Elliptica *Pyrola Elliptica*

This is the Essence for dreamwork. Waxy, white bell shaped blossoms shoot up along a central stalk like stars shooting up from underground. This echoes the vibratory wisdom of Pyrola Elliptica as it helps us to bring the wisdom of the unconscious into the conscious. One friend who was skeptical about Flower Essences in general, took a group including Pyrola Elliptica just to see what all the fuss was about. Several weeks later, he reported back that he was a believer. He told me that he finally stopped taking his drop of Pyrola Elliptica at night because he needed to get some rest. He was remembering every dream all night and could not keep track of all the data.

In a dream I particularly appreciated, I was leaving a building of great significance to my tribe of origin. It was decayed and crumbling, and I felt great relief to exit the structure. As I came out of the building, there was a shaft of light illuminating a Flower at my feet—a Pyrola Elliptica!

I AM one with all aspects of my consciousness therefore my dreams and their meaning are revealed to me with clarity and ease.

Queen Anne's Lace *Daucus carota*

While its blossom presents an illusion of great fragility, Queen Anne's Lace Essence offers a powerfully unifying energy. It can help us find inner strength and an integrated sense of well being when we are scattered or feel divided either from the human community or from within ourselves. In situations in which illusions of frailty, powerlessness or hopelessness ensnare us or scatter our energies, Queen Anne's Lace offers its service. It brings an energetic reminder of the complete power that dwells in each of us to gracefully pull the threads of a divided situation back together into healing and strength.

I AM a scepter of cohesion, healing and beauty.

Rattlesnake Master *Eryngium yuccifolium*

When asking the Angels to explain this new Essence, a traditional Native American remedy, they reminded me this plant's lore. Native American healers were said to rub their hands with juice from this plant and then handle rattlesnakes without getting bitten. While there were, no doubt, many additional factors involved in these safe encounters with rattlesnakes, the Angels said it was suggestive of the plant's strength to help us stay protected from all sorts of negativity and venomous energies, particularly when there is volition behind the venomous attacks. The Angels explain, "This very strong remedy shows you the way to rebuff negativity willfully directed at you as well as move through poisonous situations in sanctuary and calm."

I AM light inviolate.

Red Clover *Trifolium pratense*

Red Clover is a very ancient Flower Essence with a staggering track record of service to humanity. Red Clover offers vibrational help with panic and any escalating anxiety. Red Clover helps when we feel anxious about events unfolding around us, when we are swept up in situations of extreme stress or find ourselves in an emergency situation. Red Clover calms the emotional body and helps defuse any chain reaction in our energetic system that might exacerbate our feelings of distress or promote a reaction of panic.

I AM eternally part of God and therefore I AM always safe.

St. John's Wort *Hypericum perforatum*

St. John's Wort offers tremendous wisdom about protection. It does not take up combat with external forces so much as help us remember the shining golden armor of light that we already wear. It teaches us that strong, protective golden light permeates our entire being and is our essential nature and birthright. Once discovered and claimed, this light easily protects us from environmental negativity, negative thought forms or any firestorms around us.

I AM the light of God therefore I AM protected from anything not of the light.

Self Heal *Prunella vulgaris*

Self Heal is a dynamo of liberation. She clears out any ego illusions and erroneous thought forms that diminish a clear understanding of ourselves and our innate power to heal. This one is both profound and practical in her gifts. To call her a dynamo begins to convey how she roots out illusion and opens us to the powerful truths of who we are.

I AM the power of complete healing in my life.

Silver-rod *Solidago bicolor*

Silver-rod is a wand like, white flowering member of the Goldenrod family. As a Flower Essence, it helps with electrical adjustments in the chakra system. You may notice the effect of the Essence most noticeably in the 7th crown chakra and 6th third eye chakra particularly in relationship to the pituitary gland, but it is a master Essence supporting the whole chakra system.

Ours is a time in which greater electrical voltage is being introduced into the Earth's electro-magnetic field as a means to raise up the vibration of the planet. This voltage is a gift to the planet and to us, but our bodies' responses to these higher frequencies may be uncomfortable. Our bodies have undergone several rewiring processes with more to come. However being rewired and running the electricity in this wiring are two different

things. We have heard from many folks who feel extremely fired up for no apparent reason. Some also notice a cloudy and overstuffed feeling in their heads. Silver-rod is a godsend for situations like these. It helps us run higher voltage through our electrical systems much more smoothly. It also helps us manage the changes in voltage from place to place, keeping us even keeled and sailing along through changing electrical terrains.

I AM aligned with the electromagnetic field of my Creator and thus can ride disturbances in the field with ease and grace.

Skullcap *Scutellaria lateriflora*

Skullcap explains his evolving mission, "I enhance your healing. I enhance any healing session by helping you to better receive the healing energy on offer. I enhance your ability to bring in the new vibrations flooding Earth into your crown chakra. It would be good to use me in combination with Essences that can help move the energies down from the crown chakra into your whole system such as Coralita, Corn, Silver-rod, Sunflower or Calendula. I help those of you who have been asked to help hold these new energies at specific points on the Earth. I am very good for grid work."

I AM the perfect blossoming of Earth's potential and so too, my own

Swamp Candles *Lysmachia terrestris*

This gem lights our way during dark night of the soul experiences when we feel caught in a death process that looks to have no end. It illuminates and restores faith when we feel hopeless or certain that nothing can pierce the darkness of our inner and outer swamps.

I AM the light in the valley of shadows.

Teasel *Dipsacus sylvestris*

Teasel offers support for almost everyone. The Angels suggest it for an enormous variety of situations, and what a powerful healing vibration it brings to these diverse situations.

Teasel's architecture speaks to its profound purposes as a Flower Essence. This Flower has four different protective systems. The stalk leading up to the Flower is covered in very sharp thorns. The oval Flower head resembles an orb shaped pincushion. From this orb of geometrically arranged spines, delicate purple Flowers appear in concentric rings. Some of the sepals at the base of the Flower are composed of extremely sharp thorns. Other long sweeping sepals of thorns rise up protectively around the entire Flower head. All in all, Teasel is a fortress.

Each Teasel Flower has one or more rings of Flower petals encircling the oval Flower head. From Flower to Flower the placement of these rings is in a different location.

When I asked the Angel of Teasel what this meant, I was told that the placement of each ring indicates that particular Flower's protective gifts as related to a specific chakra. A ring on the bottom of the oval indicates first chakra support while a ring at the upper middle is for the fifth chakra. When I make Teasel Flower Essence each year, I am guided to use Flowers with a variety of rings, with at least one Flower to support each of the seven chakras. As a consequence, the Teasel Flower Essence we offer gives support to all the chakras.

The Angel of Teasel explains, "It's more than just support that these various rings offer, this Flower Essence will help seal energy leaks in every chakra." When I asked how someone might know they had a leak in a chakra, the Angel of Teasel noted, "Physical symptoms any place in the body indicate energy leaks in the associated chakra. Emotional issues also hold links to specific chakras and reflect similar leaks. This Teasel Flower Essence will help close all these leaks. Furthermore, I AM an Essence that knows how to perfectly balance the give and take of energy into and out of any energetic system. I address all parasitic infections as well as viruses since I know exactly how to remove as well as rebuff energies foreign and inappropriate to the system. I do this while also encouraging a dynamic flow of positive energies into the system."

Teasel Flower Essence is an excellent remedy for Lyme disease. I learned this from the deer as well as from the Angel of Teasel. When I left Teasel plants overwintering in the garden, I noticed deer digging up the snow so they could eat the plants. I had to build a structure of branches over some of the plants so there would be enough Teasel for us as well as the deer. In this way, the deer alerted me to the support Teasel offered their community, beleaguered as it is by Lyme disease. We keep it available for all affected by this disease.

I AM the sanctity of my being.

Thistle *Cirsium muticum*

Wonderfully prickly Thistle helps us get clear when we have confusions about responsibility or appropriateness. Most of us experience at least an occasional lack of clarity about what we are responsible for and what is not our concern. We search for a way to be a brother's helper but not a brother's keeper. This Essence is for these times of questioning what our role should be. It is for the times when we have had our own privacy invaded or have been overly involved in someone else's affairs. It returns us to a closer relationship with our source, so that the appropriate boundaries are easier to discern and maintain.

I AM attuned to exactly what God calls me to do, no more and no less.

Titan *Corallorrhiza odontorhiza*

Each of the many Flower blossoms along this orchid's central stalk are crisply defined petals of pale green, pink and soft brown, yet the overall impression this Flower makes is one of towering strength. This is reflected in its choice of name. Titan is defined as any person or thing of great size or power. In Greek mythology, the Titans were the original Greek Gods. As a Flower Essence, Titan is an immense energetic dynamo offering useful information about energetic boundaries. The core of boundary work is knowing the sovereignty our own energy systems. Titan knows this in spades, making it an excellent model for vibrant good health. Titan also offers helpful information for the regulation of many body processes including those regulated by the para-sympathetic nervous system. Reach for this one when seeking practical and clarifying information about life in an evolving light body.

I AM the full glory of my God realized identity.

Trillium *Trillium erectum*

A balanced way to grow spiritually can be expressed symbolically by the Star of David. Opening to new learning can be represented by an equilateral triangle with its point at the bottom. The process of grounding this information into a useful form can be represented by an equilateral triangle with the flat part of the triangle at the bottom. When these two triangles are put together they create a Star of David.

Learning not grounded into our lives is the top-heavy triangle. It can leave us dizzy, unfocused, harried, confused and in a state of overload. Grounding without openness to new ways of understanding life is the bottom heavy triangle. It can leave us feeling weighed down, spiritually starved as if we're cruising at a snail's pace down a dead end road. However, if we integrate both approaches together, the harmonious total is greater than the sum of its parts.

Trillium, an exquisite spring Wildflower, has three flower petals of maroon and three alternating sepals of soft green composing a six pointed star like a Star of David. It also carries the Star of David energy with its balance of learning and grounding and its quality of integrated, centered peace. Trillium Flower Essence helps us to find and remain steadfastly in this place of peace and balance. It encourages us to feel at one with our Creator while at the same time fully present to life in the physical. It does not offer a drifty fake peace of avoidance and nonfocus but a vibrant full-bodied peace that cannot be rocked by external circumstances.

I AM centered in God's perfect peace.

True Wood Sorrel *Oxalis acetosella*

True Wood Sorrel is a diminutive forest wildflower that thrives in extremely cold and inhospitable microclimates. The Flower has translucent white petals with delicate scarlet veining set atop clover shaped leaves. Even in a forest landscape of towering trees, True Wood Sorrel blossoms stand out, for they have a quiet but very strong presence.

True Wood Sorrel Essence helps us remain calm, balanced and centered in our own immutable self no matter what happens. If we are pulled out of balance by our own or someone else's excessive emotion, fanaticism or frantic behavior, True Wood Sorrel helps us return to the centered place of calm and wisdom in our heart, the seat of our divinity in the body. If we find ourselves in a situation that leaves us feeling small and insignificant, True Wood Sorrel helps us feel the power of the light within us and thus helps us to hold our own. True Wood Sorrel knows the invaluable, inviolable nature of our eternal self.

I AM centered in God and God only, no matter what is happening around me.

Vetch *Coronilla varia*

Vetch helps us follow the spiritual thread in our lives. It helps us experience every chain of events as a meaningful sequence. This helps us grasp the gifts within experiences of apparent difficulty or limitation and also helps us view situations with more detachment.

Vetch knows we are spiritual beings having important learning lessons, not physical beings hopelessly lost in a morass of meaningless drama. By helping us access the spiritual thread running through our lives, Vetch helps us see beyond our own illusions to a view of life as an experience of liberation. This makes Vetch an excellent remedy for times of confusion or times when we cannot understand any of the reasons for all that is unfolding around us. Just as Vetch grows in long connected skeins dotted with lavender blossoms, this Essence illuminates our life differently so we see the significance of events more clearly.

I AM centered in a full understanding of my journey to becoming all that I AM.

White Baneberry *Actaea pachypoda*

This one is for blood health, offering especially helpful information to the white blood cells as they defend the body against infectious disease and foreign bodies.

I AM harmony in my blood.

White Sweet Clover *Melilous alba*

Much loved by bees, this six foot tall clover has delicate wands of white Flowers. White Sweet Clover explains, “I help you express yourself with love, fearlessness and a natural sweetness. I am especially good when you need to take your wisdom into alien even hostile territory and need courage to stand tall in your essential nature. I help you feel impermeable to other’s judgment and hostility. I am particularly good for sweet people who must face cynical audiences. I show you the strength of your position and help you speak without apology.

I AM sweetness without apology.

White Water Lily *Nymphaea tuberosa*

The perfect geometry of White Water Lily as it unfurls from bud to wide open radiant blossom translates into a Flower Essence that helps us surrender with confidence and joy to the perfect geometry of divinity's unfolding plan for each of us.

If you feel adrift, unclear of your purpose or unsure there is a plan for you, if you feel your spiritual path has been random and chaotic or is only about things falling apart, this Essence may help you anchor in a different understanding of your situation. White Water Lily helps you know all is unfolding in divine order. It helps you feel a part of a seamlessly beautiful process. It will remind you that what appears to be a “losing game” is really one of winning the only valuable reward, your freedom from all illusion and remembrance of your oneness with God.

I AM that I AM

Many times the Angels suggest we send people a three-bottle set of Pink Water Lily, White Water Lily and Yellow Water Lily. This trio of Essences supports the healing of old sorrows and expansion of our hearts with the Pink Water Lily, a grounding of divine wisdom in our daily lives with the Yellow Water Lily and a confidence in the perfectly unfolding plan in the White Water Lily.

White Yarrow *Achillea millefolium*

The Yarrows are a wonderful family of energetic protectors. This White Yarrow Essence has a particularly strong protective quality. It helps to give protection from anything that might disrupt the smooth electrical functioning of our energy systems. It offers a particularly helpful protective energy to those who spend their days in front of computers or in the electro magnetic fields of other modern equipment.

I AM the perfect protective power of divine light.

Wild Iris *Iris prismatica*

Wild Iris Essence supports the alignment of the creative process with the healing process. Working with this Essence helps an artist create the most healing work possible. This will make the creation of the art a more healing experience for the artist. It will also give those who experience the art a more healing experience.

I AM one with divine creativity.

Wintergreen *Pyrola uliginosa*

Wintergreen is an energetic powerhouse. The plant is low growing with small white bell shaped blossoms nestled beneath powerfully pungent evergreen leaves. It often grows on exposed mountain slopes, flourishing in the most extreme conditions.

For those of us who have a tendency to tone ourselves down so we hardly seem to exist, Wintergreen is ready to help us shine. For those of us who have a tendency to be the doormat to all creation, Wintergreen is ready to help us say no. It helps express our own passions not just facilitate for others to express theirs. When we get on with being ourselves, Wintergreen helps us articulate ourselves fully and unapologetically. It encourages the vitality and pizzazz of our inner selves to surface. Throughout this process, it supports the creation of very clear personal boundaries. It helps us ride out tough challenges of establishing a new sense of ourselves in human community without giving up on ourselves or letting ourselves get trampled. It is a strong Essence that helps us shed the need to look a certain way or do a certain thing in order to feel that we are acceptable. Wintergreen helps us toss all sorts of false responsibilities and false personas, so we can get on with the vital task of being our true selves. Yahoo!

I AM that I AM.

Yellow Mullein *Verbascum thapsus*

Over the years, this Wildflower has appeared in various locations in our gardens. It is always determined to stay right where it seeds itself. This determination reflects its properties as a Flower Essence. It knows what it wants and goes for it. One year, Yellow Mullein seeded itself in the Venus Garden right in the middle of a patch of purple beans. It grew into an eight-foot spire of yellow Flowers lifting the garden higher with its glorious and unfettered self-expression.

There is a resolute, unapologetic reaching for the stars AND catching them quality to this plant and its Essence. This makes it a great gift for any of us who are still wondering if it is okay to be the whole, complete, and glorious beings that we are. Yellow Mullein, a vibrational vote of confidence, reminds us YES! YES! YES!

I AM centered in the knowing that I can do what God calls me to do. I AM defined only by God and God knows I can do it.

Yellow Water Lily *Nuphar variegatum*

No matter the weather, Yellow Water Lily remains beautifully articulated and unruffled. The crisp, brilliant yellow petals and inner pistil and stamens remain unaffected by even the wildest storms. No matter the weather, Yellow Water Lily remains extremely well rooted to lake bottom, one source of its nourishment and life. Through the rising and falling of the water table, Yellow Water Lily knows how to grow so that it sits perfectly atop the water, soaking in further nourishment from the Creator in the forms of sunlight. This Flower never wavers in its certainty of its connection to its source or its confident ability to receive the nourishment it needs from its source.

This unwavering sense of rootedness in a God above and below, its unhesitating self-expression, and its impermeability to outside forces are the vibrational gifts it offers us as a Flower Essence. At present, our old security blankets are being ripped from us to encourage us to understand the only anchor we need is our anchor in divinity. Yellow Water Lily helps us know this. It also shows us how to remain calm and confident in our God connection, no matter what storms rage. It reminds us that our only job is to stay rooted to God, and from this place, express our true self. As with many Flowering plants that live in the water, Yellow Water Lily offers a model of spiritual resilience as we undergo this watery cleansing time. I consider it an unequaled vibrational lifeline.

I AM one with God.