



The Sicily & Santorini Collection

Because they maintained an unwavering sense of self through experiences of violation, subjugation and explosive events, the islands of Sicily and Santorini and their Flower Essences help us gain an equally immutable sense of self and help us anchor in our eternal identity and soul purpose even when we too face of these kinds of tumultuous situations.

More about this Collection

The island of Sicily has a strong sense of self, born in part from experiences of violation, subjugation and attack. Through trial and tribulation, Sicily came into an ability to move through tumultuous experiences while anchored in a clear experience of her eternal identity. She learned to be Sicily no matter what transitory experiences swirled around her. This wisdom is one of the essential gifts she imparts to us via her Flower Essences.

Islands frequently have a very strong sense of self-identity and self-awareness, and this is particularly true of Sicily. Her Flower Essences help us take forward a similar deeper understanding of self and soul purpose no matter what events fill our daily life. These Essences help us harvest the wisdom from painful experiences while also helping us understand ourselves to be undiminished by these events. These Flower Essences help us anchor in our eternal identity as a soul.

Santorini is all that remains of a volcanic explosion that destroyed a larger island 3600 years ago during the height of the Minoan civilization. Just as Santorini pulled the threads of its geography together again, its Flowers echo the strength it found to recreate itself. These are Flower Essences to help us find a bead on ourselves after explosive experiences.

Origins of this Collection

Emily Sheehan lived in Ortigia, the oldest part of Siracusa, Sicily during the winter and spring of 2010. She created this collection of Flower Essences in the same order as her travels in the Mediterranean. Initially, Emily perceived her time in Sicily and her geographical travels in the Mediterranean to be random, yet as she learned about each of the Flower Essences she had been called to make along the way, she discovered this collection reflected and offered a purposeful journey of self definition in the face of challenges and self expression in alignment with a deepening experience of self.

Emily made these Flower Essences and took on the responsibility of bringing them forward as a collection. She designed a logo for the collection based on the landscape of Cefalu and La Rocca, Sicily. All photographs posted on the website with the collection were taken by her. In the following document, Emily describes each Flower Essence as well as the places where they were made. The writing process was a collaborative effort of give and take with the Angels, Emily Sheehan and Molly Sheehan.

This collection of Flower Essences and these descriptions were over a year in the making as we worked to find the authentic voice of each Flower and its Essence. Ultimately, Emily and Molly felt they had been given an experience of what it was to be Sicily, holding fast to her truth and authentic self.

Descriptions for this collection's Flower Essences are given in chronological order of creation. On the order blank they are listed alphabetically.

From Outside of Siracusa, Sicily

Early on in my time in Sicily, I took a walk with a friend in search of green space. About an hour walk outside of the city of Siracusa, I discovered a lemon grove in a field of Wildflowers. Here in the fresh soft light of late afternoon and early evening, I found myself surrounded by Flowers and enveloped in love and light. The first steps in any journey of self-discovery are self-care, surrounding ourselves in love, light and comfort as well as asking for what we need.

These two Fumitory Flower Essences support us to take care of our most basic needs and essential selves by seeking fundamental and simple ways to comfort and wrap ourselves in loving light. On that day in the lemon grove, it was reading and napping in the shade of the lemon trees, lying in a bed of Wildflowers. At that moment when my body and soul were craving nature to hold me and help me let go, breathe and just be, I found these two Flowers calling to offer their support.

Fumitory Bella *Fumaria bella*

The blossoms of Fumitory Bella are a strong pink, tipped in a deep red. This Essence supports us to fill ourselves with light and life force energy and in doing so, create and sustain an energy reserve so that we have the energy to do the trying, tiring work of self-articulation. In addition, Fumitory Bella helps us to envelope ourselves in love and light.

This Flower Essence works well with Ramping Fumitory because it is only with our energy system contained by appropriate boundaries that we are free to restore ourselves with the vibration of love and light.

I AM the restoration of my self.

Ramping Fumitory *Fumaria capreolata*

The blossoms of Ramping Fumitory are white with intensely dark red tips. Each petal resembles an arm extended outwards. This Flower Essence helps us find the delicate balance of self-protection without defensiveness. Ramping Fumitory supports us in creating, maintaining and enforcing self-supporting boundaries that keep us and our energy fields clear. This Essence allows us to radiate our own energy and vibration at a higher level by keeping us tuned to our truest selves while also keeping other influences and energies at bay and out of our energy fields.

I AM the balance of self-protection without defensiveness.

From Taormina, Sicily

Flower from the Gardens of Taormina

In the beginning stages of movement towards more alignment with divine will and the divine plan for each of us, this Flower Essence will encourage acceptance and openness even as things appear to fall apart. The beginning stages of this work can leave us in a vulnerable state. As the path we must take begins to unfurl in front of us, things fall away. Often this is a sorrowful place of uncertainty.

This Flower Essence supports us to trust the path as it presents itself to us, trust that even when there seems to be only loss, there is love and light and divine order which will become more apparent as we move forward.

In the uncomfortable early moments of anger, lack of understanding and denial, this Essence supports us to let go of outcomes. It supports us to keep untangling and keep moving towards acceptance of what is and isn't meant to be.

I AM open to the path that is being laid before me, and I understand that it is in service of my life to move forward this way.

Seaside Flower from Taormina

Found at the base of Taormina near the beach to Isola Bella, this Flower Essence helps us to be optimistic and positive in the face of hard circumstances and challenges. This Wildflower lives in a harsh and windy environment but maintains its sweet appearance, positive nature and high vibration. It is soft, kind and open amidst difficult conditions. This Essence supports a positive state of mind when accepting what is happening in our lives and where events are headed.

No matter the winds of change, I AM optimistic and of good cheer.

From Santorini, Greece

My time in Santorini was complicated. I felt hopeless, wandering with no purpose. I didn't feel the place was spiritually grounded, and in that moment, I didn't feel I was either. I floated unhappily through my visit, unsure what I was doing, where I was going and how things were meant to work out in my life.

Looking back I believe this trip was when I arrived at clarity about my circumstances, though on the surface all was confusion. During my time in Santorini, I was beginning to take hold of what I really needed to do to bring my life into balance, but I wasn't quite ready to completely look at what being asked of me. The Essences from Santorini were Flowers that called to me in this period of my spiritual journey.

Red Flower from Santorini

The volcano that comprises Santorini erupted almost four thousand years ago and completely altered the landscape of the island with its massive explosion. The mass of the island now arcs around a caldera filled by the sea. Adrift in the center of the caldera stands a barren rock island, the mouth of the volcano. On this windblown, exposed and inhospitable rocky island this Flower had spread like wildfire.

As a Flower Essence it serves to strengthen, support and encourage our own inner resolve. The wisdom of this Essence is about adaptation to new circumstances with strength and courage. It supports our ability to thrive after things erupt and fall apart in our lives. This Flower is fearless and supports us in digging in for the real fight, the real challenges with a fire energy that is not destructive but sustaining, creative and adaptive.

I AM the manifestation of my new life with creativity, strength, fearlessness and adaptability.

Tree Medick *Medicago arborea*

This Flower in both its physicality and spirituality is composed of cups of light. This Essence demonstrates how to hold and radiate light from internal sources when external forces have made our lives hard and heavy work or we feel bogged down spiritually and emotionally. This Flower reveals how to hold and radiate the abundance of light within us.

I AM imperishable light.

Sicilian Wild Sweet Pea *Lathyrus odoratus* "Francis Cupani"

According to plant historians, this Sweet Pea is considered the mother of all Grandiflora Sweet Peas. It was first collected for domestic cultivation and hybridization in 1699, and there are now 250 varieties of fragrant and beautiful old-fashioned Sweet Peas that come

from this plant. And here it was, having made a bit of a Mediterranean leap from Sicily to Santorini yet still carrying its Sicilian wisdom.

This Flower Essence creates a direct and forthright space for us to see and experience the realities of where we are in our journey then asks us to face these truths. It brings our reality into focus and encourages unimportant surface ideas to fall away. It both guards and reveals the divine plan for us, encouraging us to dive in and align our will to the plan. It offers a backdrop to these essential truths but more importantly supports us to come forward and embrace the work head on.

In calling us to this work, it strengthens us for the next step in the journey: moving purposefully on from this moment of truth towards greater alignment with divine will.

I AM open to the truth of my situation and ready to begin a process of harmonious change.

Purple Viper's Bugloss *Echium plantagineum*

This Flower Essence is a soft place to fall in times of great upheaval, transition and spiritual change. While the leaves and stem are rough, coarse and covered in delicate spikes, the blossoms themselves are soft and delicate with colors that are warm and supportive. This Essence is a safe embrace. It will hold us and take care of us when everything else feels turned upside down.

I AM safe.

Fodder Vetch *Vicia villosus*

Fodder Vetch has a true sense of self. Its elegant blossoms rise up in a graceful column, each looking forward, unafraid of movement, change or what lies ahead. This Essence supports us to let go of fear as we continue forward. It helps us find and recognize our true course and then supports us in moving forward in confident alignment. Even in a strong wind, the blossoms don't swivel or change direction. They stand strong and true in their course and help us do so as well.

I AM sure of my way forward.

Amphitrite

On my last afternoon in Santorini, I walked out to a series of rolling grassy hills near where I was staying. I felt drawn to one particular area of a field behind a large stonewall. For reasons I couldn't explain, I could feel that on the other side of the wall there was blue. I'd never had an experience like this before. I couldn't see blue. None of the Flowers filling the fields were blue, but I knew blue was there. After I climbed over the wall, I found this lovely lone blue Flower whose energy and presence had called to me.

This wise and ancient Flower had an immense energy and tremendously clear sense of itself and its strengths. It supports us to know these truths about ourselves. This Flower with its eternal blue core helps us let go of surface ideas we hold about ourselves to uncover deeper truths. It helps us to understand that this release and movement forward will alter the surface of our lives but not change our souls. Instead, this change and growth will only allow us to connect and embrace our essential selves more easily.

I AM in the flow of my essential self and purpose.

From La Rocca, Cefalu, Sicily

In late March, my brother, Ben, came to visit me in Sicily. Together we traveled to Cefalu, a beautiful old city on the northern coast of the island. On our first day we hiked up La Rocca, an enormous rock mountain that sits right on the coast with the city of Cefalu curving around its base, nestling into its roots. The trail up La Rocca climbs and loops. It covers a vast amount of diverse landscapes, each offering a unique and breathtaking panorama of the surrounding sprawl of Cefalu, its mountains and coastline.

Scarlet Pimpernel from La Rocca, blue variation *Anagallis arvensis foemina*

This was the first Flower I found on La Rocca and one of the most powerful. Having just climbed high on the mountain, I walked away from Ben out to a ledge overlooking the landscape around Cefalu. Everything was green and lush, but this small blue Flower yelled out to me more loudly than the beautiful view. Its piercing blue color with a direct yellow core reflects this Flower's deep and true sense of self as well as its great strength. This Flower is understated but not weak, small but not unimportant.

This Scarlet Pimpernel Essence helps us overcome feeling small and overwhelmed in the shadow of all the work that needs to be done and all the spiritual movement that is being asked of us. This Essence supports us to know our own strength and feel our personal power. Being one with God means that none of this work can be bigger than us; we can do the work, we do have the strength.

I can do all I AM called to do.

Tree Germander *Teucrium fruticans*

The Tree Germander is an incredibly intricate and interesting Flower. Its icy blue petals, great reaching stamen and deep purple veins are unique, elaborate and elegant. As our surface lives and circumstances change, there are aspects of our souls that are constant and eternal. As part of our journey towards being our truest selves, Tree Germander facilitates a retrieval of our unwavering strengths and unique soul qualities so we can express and relish them. These gifts may be from past incarnations, and they may

come to us as unexpected facets of ourselves. During this process, it is important to re-access truths about ourselves in a positive way and back ourselves up, own our strengths and courage from past incarnations and enfold them into our current journeys, situations and lives. This Essence allows us to bring hidden and often unsuspected treasures from within us to the surface and shows us how to express these gifts with true abandon.

I AM self knowledge expressed with true abandon.

The Letting Go Flower

The architecture of this Flower doesn't hold things in. The petals are soft curves forcing things out, off and away. They are not defensive angry points but soft bends that calmly support us to let things fall away that are no longer part of our journey. Although it is sad and hard to let go of things and people, if they do not serve to support and encourage our growth forward as souls or to fully be ourselves and own our authentic lives, we have to do the hard work of moving forward without those ties that hold us back. This Flower supports, in a kind and gentle way, this process of letting go.

I AM unburdened.

Mediterranean Thistle *Galactites tomentosa*

Mediterranean Thistle Flower Essence is about the full expression of self in a framework of appropriate protection. If we have done the work of going within to know who we are, then we are ready for the balanced and clear self-expression that this Flower Essence supports. In particular, this Essence supports us to expand outwards into new parts of ourselves, unafraid and unedited. This expansive dynamic helps us own and actualize our true inner desires, thoughts, and emotions.

In addition, Mediterranean Thistle helps us protect ourselves from outside forces that would serve to slow or stop us during this branching out and articulation of what we really need for our souls to grow and be happy. It helps us know how to defend who we really are and what we really want.

I AM the beauty of self articulation.

From La Marchesa, Sicily

La Marchesa is a place where the water and rocks meet, a world in between agricultural fields and the sea. It is an expansive coastline: open, fresh and vast.

Flower from La Marchesa

Having let go of known territories and all the things we thought were set definitions of self, we find ourselves in a sort of in-between world like La Marchesa, no longer where we were but not yet where we will be. This Flower looks out in all directions with an inquisitive yet centered peace, and its Essence supports us in being open to possibilities in all directions. It teaches us to delight in the unknown, to appreciate the expansiveness of moving forward and the openness of our situation. This Essence supports us to let go of fear and worry related to not knowing where our lives and journeys are headed but instead feel the positive in this moment, the open, exciting, adventurous place our lives find themselves.

I AM open to the gifts of the in-between worlds. I embrace the gifts of the unknown.

The West

Reaching the end of my time on the island, I traveled through the west of Sicily where I saw breathtaking landscapes and landmarks and felt an increasing connection to this incredible land.

From the Island of Motia, Sicily

The ancient Phoenicians transformed this tiny island into one of the most affluent cities of the ancient world. In the fight for Sicily during the 6th century BC it was a stronghold of Phoenicians and Carthaginians against the Greeks. In 379 BC the tyrant Dionysus the Elder from Siracusa destroyed Motia. The island is now empty of human inhabitants.

Italian Sainfoin *Hedysarum coronarium*

In the dry harsh salty climate of Motia, this brilliant red Flower stepped forward as a survivor. As a Flower Essence, it offers wisdom about constructively holding our energetic and emotional response when something explodes in our lives or we experience violation or violence against us. Italian Sainfoin encourages us to find a state of emotional balance in response to these intense energies. It supports us in not being passive, lying down and just accepting these events. It also supports us in not being reactive to violent upheaval thus just continuing the cycle. It encourages us to bounce back with strength and to make use of experiences that feel like a battle by organizing our reactions in creative directions.

First, Italian Sainfoin helps us acknowledge and own the full range of what we have experienced. This is necessary to rebuild our sense of wholeness with grounded acknowledgement of what happened.

Second, when we are on the receiving end of violent behavior, it is vital to transmute the energy we have received into a different form, thus breaking the cycle of violence. Energy that is hurtful is still energy and can be transmuted into something good. Being reactive

to violent upheaval just continues the cycle, but suppressing the energy within us just moves the violence into a place within us. It is important to let the energy move and shift into a different form then channel this energy into life affirming inspired directions. Italian Sainfoin helps us use experiences that feel like a bloodbath by shifting the energies into something constructive, beautiful and inspired.

I AM the creative transmutation of all violence directed at me.

From Segesta, Sicily

The beautiful ruined city of Segesta was invaded by Phoenicians, Athenians, Carthaginians, Romans, Vandals and Normans among others, yet Segesta still has a fresh, clean, expansive and authentic vibration of self. Throughout all these upheavals, it was known as a place of harmonious blending of influences, peoples and cultures. Today Segesta is a popular tourist destination and archeological park, but it has not lost its strong sense of place. Segesta shines through as a genuine place with a true sense of its unique self, unaffected by transitory surface ideas, cultures or values.

Segesta

The Flowers encircling the ruined city had bright intoxicating colors. The combinations were incredible: fluorescent oranges, purples and yellows. The Segesta Essence made from these Flowers is about identity. This Essence, in homage to the strengths of Segesta, supports us in finding our authentic selves amidst cultural pressures and shifts. It helps us be our authentic selves in a fluid and complex way, owning different facets of ourselves while remaining grounded and true to our core identity.

I AM my authentic self no matter the culture that surrounds me.

From Morgantina, Sicily

During my visit to Morgantina, I soaked in the place. I'm not sure, even now, that I can articulate what I was taking in, but I felt like a sponge absorbing Morgantina's profound vibration of ease and harmony. It was an experience of being in a place that felt like where I wanted to take my life. In that moment in time, Morgantina represented all that my essential self craved.

On the day of my visit, Morgantina was lush and green with rolling hills surrounding its heart. It was both simple and beautiful. Mist hovered over the whole area but not in a containing or closed in way. Instead, it made me feel present right where I was. Rays of sunlight shone down onto the land, cutting through the gentle mist and drawing my eyes to certain hills in the distance. Nothing beyond Morgantina mattered or felt real. The whole world, its worries, outside people and places disappeared, and I was just there. I felt overwhelmed by a deep love for the place. It felt magic and also like home. It was a

still place paradoxically moving in the right divine direction. It helped me feel on track and also able to own how I felt about my life in an articulate and tangible way.

Eruca *Eruca sativa*

The simple white petals of the Eruca are direct with strong purple veins. The Flower is understated but clear, calm and assertive. It is sure of itself and open. The deep purple veins of the Flower cause the petals to look transparent, demonstrating the Flower's truth, honesty and forthrightness. This Flower is not harsh and aggressive but direct and strong in its truth. It supports us to be this way with our own truth. This Essence is about letting go of illusions in order to see a situation for what it truly is. It is about seeing and owning the pure, white truth and the real light of what is happening.

This is who I AM and I AM this truth.

Mallow-Leaved Bindweed *Convolvulus althaeoides*

The bud of the Mallow-Leaved Bindweed is curled up tightly, while the blossom is open and welcoming. As the bud twists open, it throws its arms out in embrace and spins finished business and all negativity off and away. This Essence supports us in throwing off old burdens and opening our arms to the joy and possibility of all that is now available to us. It allows us to relish in things that are now in line with a more true sense of our spiritual journey, to feel wide open and willing to take in love and learning as we move forward.

I AM wide open to the joyful life awaiting me.

Tassel Hyacinth *Muscari comosum*

This Essence is about accessing the different layers of movement forward and allowing ourselves to feel many things on many levels. It encourages us to understanding what we are feeling and how it is connected to different parts of ourselves.

For example our personalities may feel sad and hurt by unfolding events, while our souls may anchor within us a vibration of calm certainty about the divine order of what is happening. Tassel Hyacinth helps us hold a simultaneous awareness of these levels while also experiencing their purposeful unity. This Flower supports us to see ourselves and the work we are doing in overview. It also helps us not to beat ourselves up about our different responses to the same events.

This movement forward often feels more like waves of forward and back, forward and back, but in truth the momentum is forward, and Tassel Hyacinth helps us know this. This Essence helps support us in fully engaging in the whole multilayered dynamic. By giving everything, every emotion, every reaction its place and acknowledging all, we can

let go and be fully open to the process of living. This Essence helps us accept that we are still one even in our diverse reactions. When we open to the many layers and pockets of our true selves, we engage more fully with the intricate nature of our true self and purpose.

The profound strengths of this Flower are indicated in its structure. With this Flower there are three distinct realms blending harmoniously. The bottom is reflective of our personality and the mixed dynamic of articulation and assimilation on a surface day-to-day level. The middle represents the underlying dynamic of balance and connection between what can feel like two distinct realms: physical life and spiritual reality. The top represents our expanded self as it exists as one with something bigger. The pinnacle of the Flower is about our oneness with divinity.

In the diversity of creation, I AM the unity of Life.

Star Clover *Trifolium stellatum*

This Essence supports us in ascending towards a higher purpose and aligning with our real path and destiny. The petals and energy of the Star Clover funnel from deep pink and red up to white. The whole Flower faces up, seeking God's wisdom and guidance. The Flower's base is covered with protective spikes that keep personality and surface ideas at bay during this search for realities of higher meaning.

I AM one with God's plan for me.