



The St. John Collection

This collection of Flower Essences offers the unique strengths of St. John, USVI, an oasis of protected land and sea in a region at the mercy of the highest bidders. This collection also offers the strengths of all seaside Flowers with their ability to link the separate worlds of sea and land. All these strengths translate into Flower Essences that show us how to cross similar divides, find common ground between different worlds and people, navigate the ebbs and flows of romantic partnership, solve problems that have defied solution, even pull together and close wounds that have resisted healing. These Essences help us bridge the gap between what we know about ourselves and what we must do to be ourselves. They help us bring ashore new paradigms of creativity. St John's feminine nature also brings us Flower Essences that support us all to access our sacred feminine, one self-affirming moment at a time.

Green Hope Farm Flower Essence Missions

When the Angels send me out on a Flower Essence gathering mission to St. John in the Virgin Islands or elsewhere, I look for new Flower friends that I might have missed on previous trips as well as old Flower friends. I talk to any Flowering plant that wants to talk with me. I only make a Flower Essence if the plant is interested and the Angels want an Essence made from the Flower. This sounds like more of a distinction than it is, because almost always if a Flower wants to become an Essence, the Angels guiding me are in accord that it will make a good Flower Essence.

Flowers sometimes tell me that they are not interested. At the other end of the spectrum, sometimes a Flower will send me a wave of love vibration to get my attention so that I pursue a conversation. During a 2005 trip to St. John, Pavonia Spinifex sent me a wave of love that was so strong; I stopped in my tracks to see what Flower was greeting me in this way. Needless to say, Pavonia was one of the lovely Essences made during that trip.

Why do I mention the traditional medicinal uses for plants?

Plants that want to become Flower Essences almost always have been used medicinally down through the ages. Plants that want to share their gifts with the human community now have usually done so before. One reason I offer information about traditional medicinal uses for plants is because this information indicates the vital and integrated role plants played in our lives up until the industrial revolution. Most plants are our healing and nourishing allies. Until recently, most human communities knew and appreciated this.

Modern culture scares us about plants. The National Park on St John has few plant identification signs besides an enormous one warning people not to touch the bark, leaves or fruit of one poisonous species. Yes, there are dangerous and toxic plants, but the degree to which we have thrown the baby out with the bath water is unfortunate. To know the plants in our world is to know that many more are helpful to our health and well being than are harmful. My hope is that we will reclaim our kinship with the green world, respecting those plants that are poisonous while also honoring the vastly greater group of plants that have long offered healing gifts to humanity.

Flower Essences offer a very safe way to receive the healing gifts of plants without fear of a poisonous encounter with an unknown plant. This is because Flower Essences are NOT an infusion of the plant or composed in any way from the physical plant. They are the electrical pattern of the plant transferred from the blossom of the plant to our stabilizer of red shiso, white vinegar and water. Flower Essences offer the healing wisdom of the plant accessible through a safe medium. This makes them a wonderful way to get reacquainted with the healing plants of the world.

Bacopa Monnieri *Bacopa monnieri*

Bacopa petals have a delicate texture similar to impatiens flowers. They are ground hugging, morning blooming Flowers in many shades of magenta. Bacopa is found primarily in tidal waste grounds, sea level sandy land that floods during storms or high tides. When I make this Essence, I return early in the morning to the same rocky peninsula covered in Bacopa. I love this spot because, before the day warms up, hundreds of white butterflies flutter above these Flowers. Like this scene, Bacopa holds an energy of unfettered and unpretentious appreciation of physical life. This is a happy Essence supporting us to be happily and fully present in our daily lives and physical body no matter the circumstances.

I AM physical happiness.

I AM the steady integrated smooth functioning of my physical body during the ebbs and flows of daily life.

Bay Cedar *Suriana maritima*

This plant has so many traditional medicinal purposes that it could best be described as a physic or “cure all”. In light of this, the strength of its Flower Essence comes as no surprise. Bay Cedar Flower Essence helps us to recognize and then be our wisest and most genuine self in action. It especially helps us hold our position when our values have undergone a sea change, and we need to make radical changes in our behavior in order to be in integrity with what we now believe.

This Essence helps us be strong and grounded in our truth without aggression or force. On the beach landscape, Bay Cedar is a commanding presence. It is not that it physically dominates the landscape so much as it is so articulated in its energetics that people who are not even interested in plants want to know what it is. To say it helps us be a force to be reckoned with sounds too violent for this lovely plant. It helps us BE true to ourselves, especially when a sea change has brought us a whole new understanding of who we are.

I AM one with the wisdom of my eternal self.

Beach Pea

Beach Pea sends magenta colored blossoms on big exuberant tendrils down the beach toward the sea. It easily handles the searing hot sand in this in-between world’s microclimate and also attracts the enormous black bees abundant on St. John.

Beach Pea tells us, “I AM a fence mender. Consider me when you stand between worlds or groups of people divided and circumstances call you to help bridge the gap or bring these groups towards greater unity and togetherness. I AM a very practical Essence and build from my strength of pulling together the world of sea and land in my beach world. I help bring people together into greater harmony at meetings or any kind of gathering even political ones or gatherings of relatives. I want to help you find the common strand of experience beyond personality, so please consider working with me in all the situations of peacemaking and community building.”

I AM the remembrance that we are all one.

Blue Snakeweed *Stachytarpheta jamaicensis*

This plant is a traditional herbal remedy used in the Caribbean and Africa. It bears a cluster of intense blue Flowers half way up its wand-like stalk. This mid stalk blossom is part of this Flower’s signature indicating its area of expertise is the heart chakra. Blue Snakeweed helps to unknot and release any dense clusters of energies in the heart chakra area. The Angels suggest this Essence for many situations of intense grief, heartbreak, unresolved heartaches and other complex and knotty heart chakra related situations. Blue Snakeweed offers wonderful information for processing and releasing such traumas.

I AM the full release of my heartfelt sorrows.

Box Briar *Rochefortia acanthophora*

Box Briar explains, "I offer support to untangle tough and seasoned problems that have resisted previous efforts. I will help you with your oldest, most world weary problems, bringing new ways to look at and release these resistant nuggets of stuck energy so your life can flow more fully on its true course."

I AM release from old troubles.

"I must share a story that happened today after your goodies arrived. I was laying in bed after taking a few drops of Inner Child & Box Briar, anyways I put them back in the boxes they came in & fell asleep with them all next to me. I had such vivid dreams of flowers and essences speaking to me in a dream, it was remarkable. I only slept an hour but awoke feeling soooooo good it's hard to describe." G.M. Marblehead, OH

Button Mangrove *Conocarpus erectus*

This one offers support to ground the light when we live in isolation from other healers or light workers. Much is being asked of light workers right now in terms of anchoring light in difficult territory and holding new earth grid paradigms in manifestation in challenging geographic areas. Button Mangrove comes to help these light workers and service their overtaxed electrical systems.

When I asked the Angels why this demanding work is done so often in isolation, they said that they must depend on those who are willing to do the work right now and while they don't wish to overload these willing souls' energy systems, the work is so pressing that they must ask these light workers to hold more than is comfortable. They further explained that much as they try to awaken more souls so larger groups can hold various earth grids, there are situations where solitary light workers are holding the energies because no one else will awake to help. In conclusion, they note that given this situation, they want to support these light workers with this Essence and also offer their bottomless gratitude via the matrix of this Essence.

I AM the link between dimensions. I hold this paradigm with grace and purpose. I AM capable of this work and receive the support of the Angelic kingdom in all I do.

Calabash *Crescentia cujete*

Calabash is a night bloomer, pollinated by bats. Each beautiful pale green blossom only opens for one night. It has an unusual configuration of fruit and Flower placement with its Flowers and green fruits hanging together from the trunk of the tree and from its main branches instead of from smaller ones as is the case with most fruits. This adaptation occurred because Calabash fruits can get to the size of basketballs and are too weighty to be held on the tree by smaller branches.

Calabash shells are extremely difficult to break. They have long been used to hold food and water or as masks. As a traditional remedy, roasted Calabash pulp was given to newly delivered mothers to help with the delivery of the placenta. All these uses suggest a protective quality to Calabash that is also reflected in its Essence.

In discussing Calabash's strengths, the Angels explain that it is time for women to get clear about what is their true calling in the world as opposed to what the world is telling them to do. The Angels use the word hemorrhage to describe the current situation of women leaking their life force energy and creative energy into projects, lives and situations that are not their responsibility. Just as we must sustain the placenta while giving birth, we must let it go completely after birth. This complete cut and dried necessity underscores Calabash's great support to help us get clear what is and what isn't our work in the world. The time has come to know what we must let go of, even though these things we must release once served us and those we love. It is time to radically improve our boundaries.

Calabash speaks for itself, "I AM a nurturing vessel. My ability to cradle water for civilization indicates my essential vibration as nurturer and sustainer. As a Flower Essence, I bring you generous support and sustenance for your spiritual journey. I help you make it a practical journey, a well stocked expedition and one in which you feel amply supported, so supported in fact, that you do not need to barter your life force energy away in order to get what you need from outside yourself.

I embrace you and help you sustain yourself so that you can carry on with what you are CALLED TO DO, not what others expect you to do. I AM good for the weary and foot sore. I AM good for those birthing new creations. I offer much needed support after the birth. I help you jettison all that you don't need after a birth process, helping you know it is safe and necessary to let go of things that once served you, but no longer do. I AM both a comfort and a rock of strength. I help you feel strong and able to keep on keeping on. I AM for you. Avail yourself to me and feel my bedrock love for you."

I AM a wellspring of love.

Cassia Alata *Cassia alata*

Composed of immense candelabras of golden yellow blossoms, this is one powerful plant. The family of Cassia shrubs where I made this Flower Essence was fifty feet in diameter and covered in large wands of golden yellow Flowers. It brought much lit to a desolate stretch of unloved waste ground.

Beyond the obvious of lighting the way in murky or dark times, this Essence has helped people to illuminate all sorts of situations with its high voltage light. Seasonal affective disorder, depression, spiritual dead ends, new beginnings, mysteries, problems defying solution, landscapes of low vibration, interpersonal situations needing more light and

warmth- these are just some of the presenting issues in which the Angels have suggested Cassia Alata. Think of it as a very bright light ready to shine its light wherever you need more light. Certainly that is how the Angels see it.

I AM the Light illuminating my life.

Cat's Claw *Macfadyena unguis-cati*

This gorgeous yellow Flowered vine is one you requested we make into a Flower Essence. When I made this Essence I had to guard it with great care as native birds would just not leave it alone. Their relentless interest in the Essence indicated to me that Cat's Claw was going to be a vibrant and helpful healing ally. After all, if the bananaquits and pearly-eyed thrashers needed this remedy so much, even while living in a tropical paradise, what a source of helpful information it must be for animals and humans more removed from nature, like us humans and other domesticated animals of the modern world?

Cat's Claw is a tendriled liana, a vine with hooked tendrils resembling animal claws. These hooks help the vine to grow upwards. The Angels explain, "One gift of a cats' claws is the ability to smoothly engage and disengage as needed." Many difficulties faced by humans and animals alike come from misunderstanding when it is time to let go of a situation and when it is time to hold on. This Essence brings its wisdom of discernment to this issue with additional support for de-escalating and disengaging from any sort of tangle if that is appropriate."

We have seen this Essence help people de-escalate tension in relationships as well as back away from engagement in counter productive situations and friendships. Many animal caretakers report its helpfulness when an animal in their care is engaged in a counter productive pattern that it cannot seem to abandon. Use of the new couch as a scratching post, climbing the curtains or habitual bickering with other animal companions are some situations in which Cat's Claw has been helpful.

The Angels note, "Holding the image of the engagement and retraction of a cat's claw will help you know when this Flower Essence will serve you."

I AM the balance of engagement and retraction.

Christmas Bush *Chromolaena odorata*

When I met this Flower for the first time, I suspected it would be a marvelous Flower Essence. Its presence was sparkling and its Flowers closely resembled Boneset, a veritable font of healing energy and information.

When I went to research this plant, I found it is a well known healing plant, used in topical creams throughout the world and studied by many scientists. It is used clinically in the treatment of soft tissue wounds, burns, skin infections and for plastic and reconstructive surgery. Its leaf extract has anti-oxidant, anti-inflammatory and anti staphylococcal properties. It enhances the growth of fibroblasts and endothelial cells. Fibroblasts provide a structural framework for many tissues and play a critical role in wound healing. Endothelial cells line the entire circulatory system and reduce friction of the flow of blood, allowing fluid to be pumped further.

As a Flower Essence, Christmas Bush will do what all Flower Essences do. It will offer a road map for healing without bringing the actual chemicals of the plant to bear. It offers a tutorial to our own electrical system about how to maximize our own wound healing, circulatory flow and viral and bacterial resistance capabilities.

Christmas Bush clarified that its wound healing gifts extend well beyond the physical body and that this should be an Essence considered for emotional wounds as well. Since beginning to offer this Essence we have noticed how often the Angels suggest it for wounds beyond the physical dimension, particularly relationship wounds.

I AM the safe closure of all wounds.

Clitoria Ternatea *Clitoria ternatea*

This variety of Clitoria is a soft lavender color with streaks of a magenta violet. Among a myriad number of gifts, this Essence helps release self-hatred and shame resulting from painful sexual experiences. It supports those who have been victims of other people's sexual rage or violence to unburden themselves from any emotional scars. It also helps us let go and begin again when we have made decisions we regret in our own sexual choices and behaviors. Clitoria Ternatea notes, "One vital thing to remember about my gifts as a Flower Essence is that I help untangle and release every kind of tangle in your sexual chakra. This makes me a useful source of healing information for most people."

I AM forgiveness and release from sexual guilt, remorse, regret, sorrow, shame and anxiety.

Coralita *Antigonone leptopus*

Coralita often has been described by you as a "missing link" Essence, one that solved the problem that had defied solution. This gorgeous vine has abundant pink blossoms linked together like faceted jewels on a strand, falling in generous panicles. The vines spread with abandon, covering old buildings, hillsides and all other vegetation. Bees love it.

Coralita tells us, "I AM a mover and shaker. I hold information about clearing the mental body of false limitations. I support the emotional body to jettison painful memories that seem to reinforce these illusions of limitation. I help transmute the "I

can't do it" thought form into "I CAN DO IT!" I untangle electrical tangles especially in the central trunk of the main chakras. This is part of my unraveling from limitation work, but it has broader implications in terms of electrical movement through the chakras and the general vitality of your electrical system. Consider me for information about spinal fluid health, clarity and movement. Consider me for clearing and organizing any system organized around linkages or skeins. I cleanse and reorganize with such love that while the results are apparent, the process feels easy."

I AM the smooth flow of information, free from limitation.

"Thanks you once again for the lovely essences and for the Angels suggestion of Coralita. Mixed with the Sacred Feminine, I feel freer and more centered than I can ever remember. What a powerful combination!" J.H., Middlebury, VT

"Spiritually, Coralita helps you to trust so you can receive information. Emotionally, it helps you move forward fear so you can let it go. Physically, it helps to readjust the core of the spinal column and release spinal fluid blockages." M.V., NY, NY

Ginger Thomas *Tecoma stans*

Ever wish you had a wise elder in your life to offer perspective and guidance? This Flower, the official Flower of the Virgin Islands, offers itself as a vibrational elder. Ginger Thomas explains, "I AM the translation of inner wisdom into wise action, refined and pure, unsullied by discordant and extraneous ideas. I help you ground in your inner wisdom, helping you make wise choices in your life, because I hold the vibration of the long view, the wisdom of a true elder."

I AM the translation of inner wisdom into wise action. I AM the long view.

Inkberry

Scaevola plumieri

also known as Fanflower, Beach Lobelia, Sea Lobelia, Gullfeed, Half Flower, Waxy Bush and in Ghana, West Africa, it is known as "blue fruit of the spirits."

Native to western Australia, this plant is rarely found outside Oceania. As a drift seed, Inkberry will occasionally drift to Africa, the Pacific and the Caribbean after a journey of tens of thousands of miles. Drift seeds account for 0.1 percent of the 250,000 seed bearing plant species on Earth. Half of these drift seed species will not last for more than a month in ocean waters. Inkberry is a valiant and tough exception in the seed-bearing world. It can withstand yearlong journeys to new shores before establishing itself on new beachheads. An Inkberry seed found its way to the beach overlooking Tortola in the BVI and established itself convincingly there.

The Flower resembles other Lobelia Flowers, though it is larger with soft striping on white petals. Its fruits are a dark inky purple, giving rise to the name the Angels chose from amongst its other common names. Inkberry's wide open and spreading bottom petals resemble the open tailgate on an amphibious vehicle that allows vehicles onboard to drive onto the sands, reflecting how this plant lands and colonizes on shifting sands.

Once ashore, Inkberry forms many spreading branches anchored deeply in the sand. It traps the sand in this many branched configuration and thus creates and stabilizes dunes, all of which contribute to land formation. Once Inkberry is in place and has stabilized the terrain, other plants are able to grow.

Inkberry tells us, "I AM for grounding new ideas, new visions, new ways to solve old problems and new intellectual properties into daily consciousness. I support the bringing of new thought forms out of the unconscious and then grounding these ideas in a way that others can grasp and then make use of. I can help bring into form a project that felt out of reach. I offer my support to innovators during the transition from idea into form and will serve anyone who is part of a paradigm shift, big or little."

I AM the indelible manifestation of the new.

Jerusalem Thorn Tree *Parkinsonia aculeata*

Jerusalem Thorn Tree's wands of yellow Flowers lift optimistically to the sky, even as its branches are covered in large thorns and its serrated leaves hang down like small crosscut saws. Jerusalem Thorn Tree explains, "I AM the wisdom gained from suffering. I will help you to know what you have learned from your suffering. I help you to let go of regret, anguish and all the residues of your suffering, leaving you unfettered from these burdens and aware of the grace of your circumstances.

I AM the wisdom gained from suffering.

Madagascar Periwinkle *Catharanthus roseus*

The Angels frequently ask us to send love to the island of Madagascar, the birthplace of many healing plants. This Flower is a shining example of a healing plant from Madagascar and one that I wanted to make into a Flower Essence for a long time. When a St. John friend taking us across the island stopped at the Love Market Mini Market in Coral Bay, he gave us a chance to hop out and buy a bottle of water. Instead, I high tailed it through the underbrush when a glint of this Flower showed its bright face.

Extracts from Madagascar Periwinkle have been used for centuries to treat diabetes, high blood pressure, asthma, constipation and menstrual problems. More recently extracts have been shown effective in the treatment of various kinds of leukemia, skin cancer, lymph cancer, breast cancer and Hodgkin's disease.

As a Flower Essence, Madagascar Periwinkle offers a tutorial on igniting our own healing capacities around these and many other issues. The Essence will not offer the same gifts as the extract but will offer a comprehensive roadmap of what Madagascar Periwinkle has learned on its way to becoming such a profound healing plant.

Madagascar Periwinkle speaks for herself, "I know how to break up recalcitrant thought forms and other stuck energy. I am both precise and complete in my healing movement. I have a great deal of star energy. While this may sound like an obscure reference, what I mean to suggest by mentioning this is that I bring higher dimensional healing energy to Earth and can help you utilize this energy through exposure to my vibrational matrix. I AM a force of illuminating star energies, and my Flower Essence is a very potent way to access my wisdom.

I AM illumined by starlight.

Nicker Nut *Caesalpinia bonduc*

Nicker Nut tells us, "I AM another drift seed like Inkberry, but we have different trans-global missions and move about the oceans of the world bringing different gifts to the same shores. I offer gifts of discrimination. My upright wands of yellow Flowers, my prickly protective seed casing and my extremely hard seeds all reveal my diverse wisdom. My chosen territory on the between world of the beach, a place that is neither land nor sea, suggests the terrain of my wisdom. When something is being born, be it a project, a new idea, a new way to live or a new understanding of your life purpose, I AM adept at supporting you to know if it is something you want to continue on with. I illuminate the change process so that you can move forward or let go with much greater confidence. As my travels suggest, I also support you to find the courage of your convictions. I help you do what you are deeply called to do, even if it takes you from Kansas to Oz. I also help you know how to protect your new creation. My seedpods are so spiny and sharp that very little gets to my nut, my kernel of manifest wisdom, until my say so. And my nut is a gem of resilience, beauty, solidity and presence. Once a path is chosen in all your wisdom, I support you to bring it to fruition safely and surely."

I AM discernment, articulation protection and courage during the birth of the new.

Painkiller Plant *Morinda citrifolia*

A number of years ago, staff goddess Teddy got interested in a product called Noni, a fruit juice made from a tropical plant found to be an invigorating tonic for all sorts of situations. Teddy hoped we all would try it. The Angels whispered in my ear, "Noni is already with you. Your beloved Painkiller Plant is the very same plant from which Noni juice is made, and the Essence is the most refined and powerful way you can work with this plant." With this news, there were smiles all round.

Native to the East Indies but found throughout the West Indies as well, this is a fascinating flowering shrub. The Flowers are small, brilliant white blossoms that grow directly out of an irregular fruit, source of Noni juice. As the trumpet like white blossoms drop away, the fruit increases in size, growing into an odd, fist sized, green fruit of irregular geometric configurations. In the West Indies, people use the plant's leaves to relieve headaches, heal sprains and address any situation of pain management.

This is a very significant Essence for all issues of pain management. Its pure, perfectly formed blossoms springing from a misshapen fruit speak to its ability to transform painful situations into transcendent ones. Consider this Essence for any situation in which pain has obscured the divinity, and you want help to know that nothing is real but God.

I AM the pure flowering of all creation.

"The recent package was a boon for both me & my dear labrador retriever, Max, who was put to sleep the next day. The "Transition" and "Painkiller Plant" especially seemed to help Max get ready, and he kept drinking from his water that morning. We put him to sleep in his much loved front yard with all the birds singing, and the wind blowing and blowing, and now I am taking lots of essences as I grieve- they are very helpful" P.M., Santa Barbara, CA

Pavonia Spinifex *Pavonia spinifex*

This is a bright yellow Flower slightly reminiscent of a small Hibiscus with extremely spiky seed balls. It was made during a trip in which the Elementals I encountered seemed generally very subdued. This Flower was a rare exception. It sent out a big wave of love as I walked by it and enthusiastically offered its blossoms for a Flower Essence.

Here this yellow beauty speaks for herself, "I embrace you all. I like human community and am glad to serve your light. I am very discerning. I recognize truth and its counterpart easily. I help you to discern the truth of anything anyone says to you. I help you find your own inner truth in any given situation. I help you express this truth while also maintaining appropriate boundaries. I am a balance of self-expression and good boundaries. I also help you rebuff falseness. Consider me if you want to hone your skills at recognizing truth, handling situations in which you must confront lies with poise and balance, or situations in which it is important for you to speak your truth in a calm, clear and safe manner.

I AM discernment of truth. I AM truth inviolate.

Psychilis macconnelliae *Psychilis macconnelliae*

Blooming on an arid, windswept peninsula on the eastern end of St. John, this orchid is a startling presence in an ecosystem that receives virtually no rain but is subject to relentless

wind and scorching heat. Its Flower stalks boldly rise four feet into the air before launching vivid blossoms of brilliant pink and red into its extreme environment.

The first time I visited with this orchid, he said, "I AM the successful grafting of new life into extreme terrain and alien landscapes. Consider me when you have been transplanted to new terrain. I calm the emotional body when it finds these changes difficult and also help with the actual physical transplanting process. I also help when the graft is not taking well, and you still feel that you do not belong in the landscape where life has planted you. I support those who have been called to hold the light in difficult locations, as well as those who are having difficulty understanding the reasons for their placement in certain Earth grid locations."

The next visit, several years later, Psychillis went further with his remarks, "I come with more urgency to suggest my energetic problem solving skills are broader and more relevant than my first conversation with you suggests. All of you find yourself on a planet vibrationally heating up. To a degree not as yet fully apparent, you are grafting yourselves to a new terrain, a new planet. While the changes move you towards a golden age, it is a bit of a leap to stay astride this transitional planet as it moves towards your freedom and its own as well. Yes, the transition will be a bit of a ride. I hope more of you will work with me to support yourself on this transitional journey. It's going to be a bit bumpy, a bit unexpected and a bit difficult. I offer very useful information for holding on and thriving amidst this unusual journey. So consider me when you feel like giving up or throwing in the towel or just feel weary because this temporary terrain feels so strange. I will help you refind your stamina, good cheer and faith."

I AM stability amidst radical change. I AM the successful grafting of my life to new terrain.

Red Mangrove *Rhizophora mangle*

Some Essences have such unusual word choices in their affirmations, like the word firmament in Red Mangrove's affirmation. What is firmament? My dictionary describes it as the vault of Heaven with its clouds and stars. When the affirmation says: "I am the firmament of Heaven," it indicates to us that this Essence holds the vibration of a manifest Heaven. To feel anchored in the firmament of Heaven, to integrate and hold the vibration of this Essence is to feel anchored and secure in the eternal verities. Red Mangrove offers to help us find this anchorage during a time when all the other things we have looked to for stability and safe anchorage are crumbling.

Consider how this plant reminds us of its energetic mission with every facet of its being. If you tie a boat to a Red Mangrove root during a hurricane, the anchorage is much more likely to hold than if you tie your boat to anything else. This echoes Red Mangrove's ability to anchor to divine reality and hold fast no matter the storm. Each four petaled Red Mangrove blossom is embraced by a small pagoda roof of sepals, reflecting the unwavering shelter and stability of God reality. Each Red Mangrove blossom becomes a

small plant, which break off from the mother plant and floats, sometimes for up to a year, before it roots wherever it comes ashore. Red Mangrove knows that it is safely anchored in God reality, no matter where it plants itself. Mangrove swamps, formed by these floating plant babies, offer a vital protective environment for seacoast areas offering sheltering nurseries to young fish, plants, and seashells. So it is that versatile Mangrove Essence nurtures and protects new ideas and ventures. Red Mangrove helps us know the truth that we are safe and firmly planted in our Creator wherever we are, even when the waves rock and roll us.

I AM the firmament of Heaven.

"I am so happy with the Red Mangrove. It seems to be just right for me- giving a deep sense of calm and buoyancy. For me, it is "the missing link" Essence. It brings my Heaven into my Earth and my Earth into my Heaven." L.J., Las Cruces, NM

Scarlet Cordia *Cordia sebestina*

Scarlet Cordia Flower Essence is a superb second chakra cleanser for women. Their brilliant red trumpet shaped blossoms are a very clear vibrant red without any muddy shades. This coloring reflects how Scarlet Cordia offers information about cleansing and breaking up blockages as well as strengthening the second chakra. Consider this one for any kind of blockage or flow issue, especially if it is related to your reproductive organs or the second chakra in any way.

I AM the vibrant good health and free flow of energy in my second chakra.

Seaside Heliotrope *Heliotropium curassavicum*

Seaside Heliotrope tells us, "I offer support for issues of guilt, especially in terms of romantic relationships. I help you dump the vibrational sludge filling your etheric/memory body. This sludge is the memories of everything that has gone wrong in other romantic encounters in this or other lives. This sludge interferes with your ability to see yourself or any romantic partner clearly. I help you to let go of this energetic detritus that might leave you full of trepidation, doubt, insecurity, fear, shame or insidious guilt about romance. I help you clear it all out and begin afresh, able to experience the new beginning that exists in each now, even in partnerships of many years or relationships that have fallen into tired or negative patterns.

*I AM the freedom to experience romantic love unclouded and unburdened of other memories.
I AM a new beginning in my romantic life.*

Seaside Mahoe *Thespesia populnea*

The stunning Flowers are a pale lemon yellow with a deep maroon center. This small tree blooms abundantly on the beaches of Caribbean islands. Its Flowers were traditionally used as a remedy for fevers. If water represents emotion, the sea often represents romantic love, so it is no surprise that Seaside Mahoe's area of service is romantic love.

Seaside Mahoe explains, "In the past, my Flowers were used to ease the fevered grief of romantic heartbreak. Via my Flower Essence, I still bring this calming vibration to situations of romantic heartbreak, challenge or difficulty. This is because the vibration of my Flowers offers helpful information about transforming the grief of romantic loss into wisdom and acceptance.

I help ease bitterness and regret about failed romances. I help move the grieving person along on his or her journey towards reconciliation with what is and peaceful acceptance that a relationship is over or has changed its definition. I do this by helping you to feel what you have gained from the experience. I help you to know what you learned in a tangible way so that it does not feel like you have loved and lost. This sounds saccharine, but my gifts are practical. Every experience is for learning. I help you know the harvest your finished romance has given you. Grounded in this learning, you are set free to move on without regret, remorse or second-guessing yourself.

I AM the transformation of my grief over a romantic loss into confidence about what I have learned, acceptance about what happened, and an opening to new opportunities to love.

Spineless Prickly Pear Cactus *Opuntia ellisiana*

This Flower supports us to trust and follow through on divine guidance and inner knowing, even when it goes against our basic nature. This cactus was hybridized by Luther Burbank. He divested it of its spines so it could be used to feed animals. To go with the flow of this project was to go towards a complete expression of selflessness. This Flower succinctly notes that it is glad it made this evolutionary leap in Burbank's hands.

I AM full delight in my surrender to a higher purpose.

"Aids in the ability to look beneath the surface to the true heart of the matter—or, in the case of dealing with individuals, looking beyond the surface to their true self, their true essence. Particularly helpful in "difficult" lessons—helping to ease one through to the true meaning and outcome of the experience." N.T., Baltimore, MD

Turk's Cap Cactus *Melocactus intortus*

This glorious plant engaged in lively conversation as I hiked a remote peninsula on the eastern windswept and arid edge of St. John. Its vivid pink flowers spiral around the top of a flat spiky surface with gem like magenta fruits rising from this spiky matrix.

Turk's Cap Cactus tells us, "I help people to "get" you and "get" what you are saying. This is a visceral experience that can bypass much misunderstanding. While you take the Essence, the effect is to bring you into focus for others. I also help clarify to you your right to be. If you have any doubts about your right to be in your life, consider working with me.

I help you clarify your boundaries so you can hold an appropriate relationship with your environment and the community you are in. There is no need to feel apologetic or ambivalent about being here. As Sufi poet Hafiz said, "The place where you are right now, God circled on a map for you." I help you feel and know your right to be where you are.

I thrive when conditions work for me. I prefer open ground and bold sunlight, but if my microclimate changes and things get too shady, I withdraw my energy serenely. Thus, I help you with graceful withdrawals when circumstances shift and you need to no longer be engaged in some of the same relationships or endeavors that once served you."

I AM confident and serene about who I AM, where I AM and what I AM called to do in the world.

West Indian Sage

Dear grandfatherly West Indian Sage explains, "Many of the Sage Essences that you have at Green Hope Farm give clarity about direction while also encouraging right action. They move you along on your outward journey in the world when you need to get moving, helping you set off in the right direction like a good compass and a map. I AM a different kettle of fish. I AM about stillness. I AM about encouraging you inward. You are everything already. Sometimes the solution is not external but an inner turning towards your eternal inner identity. On the map of your life, I hold my finger on this still place within. I have a very strong energy, marked by my very strong essential oil. This helps you find the trail inward, the spiral towards your center. Working with me is like following a scent as a dog might, only mine is a different kind of hunt. I help you keep on the scent and keep going inward toward the timeless eternal place that is you."

I AM the inward journey to the true eternal self.

Wild Physic Nut *Jatropha gossypifolia*

This plant is under study as a potential chemotherapy medicine. The first time I glimpsed the small maroon Flowers, I was in the back of a fast moving truck. The Flower had such a commanding presence that it caught my eye even though the rest of the roadside vegetation was just a blur. When I described the plant to a local man, he commented that people on St. John used it medicinally as a traditional physic or remedy for every ailment. This Flower Essence has an enormous healing energy. It is a significant source of healing information for anyone in an intense healing crisis.

I AM the full and manifest glory of creation.

Wild Pink Morning Glory *Ipomoea*

Wild Pink Morning Glory tells us, “I AM all about receiving love, giving love and being the presence of love in difficult terrains. I can thrive and bloom with abandon without much encouragement in arid waste grounds and other inhospitable places. Thus as a Flower Essence I help you open to give and receive love in harsh situations. One quality I share with my family, the morning glories, is my rebirth in an array of new blossoms each morning. My particular strength is helping people believe they will find new love when old loves have died or friendships have died on the vine. This makes me helpful for any recovery from romantic heartbreak or any situation in which love has appeared to withdraw or die in your life.”

I AM the rebirth of love.

Wild Red Morning Glory *Ipomoea*

A stunning Flower, this beautiful trumpet-shaped Morning Glory speaks for itself, “I manage the life affirming powerful energy of red with precision and honor. I never have to overplay my hand or push my agenda to bring legitimacy to my choices or myself. This is because I KNOW my strengths. I KNOW my power. I will help you know your own strength. I AM a particular support to women. Women continue to be devalued in most world cultures. Women’s primal power of regeneration is an Earth shattering gift of power. Instead of honor, this power often brings women negativity. This negativity can lead women to lose sight of their immense co-creative powers and slip into echoing the abuse they receive with their own self-demeaning patterns. I help women know their own power. When women are grounded in this primal awareness of who they really are, it brings them and their lives into vital, powerful, life affirming balance.”

I AM the complete knowledge of my invaluable self. I AM a pearl of infinite worth.