



## The Venus Garden Collection

Each year a different mandala of Flowers is planted in the Venus Garden, the most magical high vibration spot at Green Hope Farm. Flower Essences made from this garden are the cutting edge Essences of our entire collection. They take us on an advanced course of spiritual study, setting us free to heal and evolve in unexpected, dynamic and surprisingly joyful ways.

## History of the Venus Garden and why we closed the gardens

In 1993, we planted our first garden in the place we call the Venus Garden. It was the year when the Angels asked us to open the farm to visitors. While there were people interested in every garden at the farm, this garden was packed from morning until night. The garden had such a palpable healing vibration that people could not get enough of it. They would settle down in the pine needle paths and stay all day. Sometimes we would look out the windows of our farmhouse in the middle of the night and find people still sitting in the garden. Often, we had no idea how that busload of folks from Ohio had heard about the garden. It was a wonderful, wild mystery.

During the winter of 1994, the Angels told me that the farm was at a crossroads. We could keep the gardens open and serve those who visited by giving them an opportunity to be in the healing vibration of the gardens or we could center our energies on the Flower Essences. The Angels explained that we could not do both things well because as a natural part of visiting the gardens, visitors tapped and drained the energies of the gardens. This meant that the Essences we would make if the gardens were open would not be as high in healing vibration as those we would make if we kept the gardens closed. I asked the Angels which direction would serve more people. They said closing the gardens and making Flower Essences from the gardens in sanctuary would serve many more people. This is why we closed the gardens.

Each year since 1993, we have been given a new design for the Venus Garden. Each year the garden is given a specific name and theme by the Angels. During the growing season, the work in all the gardens and for those of us who live and work here revolves

around this theme as if the whole farm is taking a specific course of study. At the close of most growing seasons, the garden becomes an amazing combination remedy based on the course curriculum of the summer. Very often this remedy is born near or at the autumn equinox.

Each incarnation of the Venus Garden has been a wonder. It never ceases to amaze me how different each design is and how perfectly the season's learning lessons dovetail with the garden and its theme. With the design come very specific instructions from the Angels and Elementals. Guidance includes information about plant choice, the number of plants to be planted, plant placement and method of planting. Throughout the growing season, we are guided about our ongoing involvement in the garden for such tasks as weeding, watering and dead heading. All movement in and around the garden is carefully orchestrated. Some years, for example, we cannot go in the garden at all. Other years we can deadhead and otherwise tend the Flowers.

This garden exists differently in time and space than any other place I know. When we did have visitors, people often would not see the garden even as they walked right by it. Nowadays, it's the vibration of the Essences that the Venus Garden gives us and the feeling of the garden that suggests it exists in another dimension. We have come to call this the fifth dimension.

## What is the Fifth Dimension

I can't speak to the physics of this or offer a learned discussion of string theory or anything else. I can say that the Angels have told us that the Venus Garden is the place at the farm where the fifth dimension is anchored and that being in the Venus Garden is a fifth dimensional experience. Pressed for more details, they note that, "The fifth dimension is both your destiny and already totally present in your lives. The fifth dimension feels both familiar and more real than everyday reality. It may remind you a bit of experiences in your childhood. You experienced the fifth dimension as a child more easily because it was the dimension from whence you had just come. The fifth dimension is the dimension in which Heaven exists. It is the dimension where you coexist with us, the Angels, Elementals and spiritual teachers, and you know this, because you experience us clearly. It is the dimension where you will reunite with the unlimited part of yourself that knows both oneness with all creation and the unconditional divine love, divine wisdom and divine power that is your birthright. In this dimension you feel totally present to the NOW and with that, all eternity. It is a place where your decisions are not reactions to friction but spring from deep felt inner truths. It is a place where quirky, marvelous miracles slip into your lives with ease. When Emily was seven and first stepped into the season's Venus Garden, she said, "Here is a place where I feel all light and floaty, where I have no worries." We say, but of course."

Below you will find a chronological list of the Venus Garden combination Essences. Because they often build thematically from one year to the next, I thought you would be interested in this chronology. Gaps reflect either gardens taking more than one season to create or an Essence being sold out. That is the thing about these mixes: when they are gone, they are gone!

## Chronological Order of the Venus Gardens

Phoenix Rising (2000)  
The Sunflower Spiral (2001)  
Love Prevails (2003 & 2004)  
The Alignment Garden (2005)  
Don't Worry-Bee Happy (2006)  
Loving What Is (2007)  
Gratitude (2009)  
The Eight Garden (2010)  
Balance in a Blue Moon (2012)  
Love It and Leave It (2013)

### The Alignment Garden

The sky was a deep gray blue with rain imminent. The garden had been re-dug to make a precise circle. Hundreds of seedlings had been moved from the cold frame in anticipation of finding a new home in the garden. Moving in a clockwise direction, we began to plant the seedlings. The center of the garden was planted in a spiral of White Cleome, under-planted with an unusual variety of red carrots, the only vegetable. The spiral was encircled by a ring of many varieties of white Flowers and bejeweled with a stunning Yellow Marigold. The rest of the garden was divided into seven large wedges. Each wedge was planted from the center out with the most colorful and diverse collection of annual Flowers ever grown here. When everything was planted, a soft rain began to fall. "Alignment. This garden is about Alignment." the Angels said.

The Angels explain, "Alignment grows increasingly important. As the vibration of this planet increases, events occur faster. This means that if you are out of alignment, you feel the consequences of this much faster. The big picture of this Essence is support to stay aligned with the divine plan for you. One nitty gritty gift of this Essence and its daily function is to support you to keep your mental, emotional, etheric and physical in alignment with each other and with the divine plan for you. The alignment of your etheric and physical has a particularly strong effect on overall health. If life force energy is not moving smoothly between the etheric body and the physical body then the physical body feels the effects immediately in terms of less voltage and life force moving through it. This obviously has an effect on the vitality of your physical system. This Essence not

only supports alignment of the etheric body and the physical body, but also helps maintain the health of the connective ethereal fluidium that is the actual matrix through which the physical and etheric body are connected.

Please do not believe working with this Essence is an elaborate and painful process. Alignment does not feel bad. It is no straightjacket. It is an expansive joyful centered experience of life and purpose. It brings a lessening of burdens and an increase of happiness. Let us and this Essence help you on your way to true freedom and a greater expression of all that you are.

### **More about this garden and Essence**

Way back when, God asked the question, "Who AM I?" How else to answer the question but to divide into the maya or illusion of separation in order to see oneself in the illusion of other? This is our journey. To experience ourselves as other until we can find the answer to the question and remember, "I AM not other, I AM God." The vast diversity of Flowers in the outer ring of this year's garden represented this amazing creation, maya. It was an honoring of the illusion, this beautiful glorious play of form so necessary to God realization.

The White and Yellow Marigolds in the ring of white Flowers towards the center of the garden represented the love and gratitude that fills us on our journey inwards to knowing ourselves. The White Cleome spiral at the heart of the garden represented the return to conscious oneness and held a vibration of reunion. The carrots represented the consciousness that is now grounded in oneness because of our journey into maya. When the Essence was being made, I was asked to bring a blooming Tuberose into the center of the spiral next to the Essence. Tuberose is a jewel of the crown chakra. It holds a vibration that helps to open the floodgates of God realization. Tuberose represented the kiss of God at the moment of God realization.

The Alignment Garden Essence supports us to honor maya without enmeshment. It helps us love maya but also let it go. It helps us stay aligned with our path towards God realization, loving the stage set of Earth but also flowing into the greater consciousness beyond the set.

The Alignment Garden Essence helps with other kinds of alignment as well. It helps smooth and align the emotional body into an expression of the divine. This Essence helps empty the mind of its own agenda into alignment with God mind. This is a particularly fine gift as the mind is the biggest monkey wrench to God realization.

Alignment to divine will on the path to God realization is a physical process as well as one involving the mental and emotional bodies. This Essence supports the alignment of our physical vehicle towards this destination of God realization as well. Specifically this Essence helps keep a smooth steady flow between the etheric body where life force energy

enters our system and the physical body. This connection between the etheric and physical body has been a particular focus of the Angels.

### Balance in a Blue Moon

The spiritual opportunity we have been given right now is ten thousand times as rare as a Blue Moon, and there are many tools available to us to help us make the most of this opportunity. This year's Venus Garden was a project to create a combination Flower Essence remedy that would help us ride these energy changes in a state of physical, emotional, mental and spiritual balance.

The garden design was a yin/yang of Purple and White Flowers. In early June, the seedlings from the greenhouse were transplanted into the garden with considerable love and care. White Flowers are often more ethereal than other Flowers and not as physically strong, so we were surprised when the White Flowered side of yin/yang was quicker to blossom than the Purple Flower side. As the summer progressed, the Purple Flowers became more vibrant and abundant, matching the energetic strength of the White Flowers in the garden. In retrospect, we saw how this reflected the way the spiritual energy on offer from divinity (as represented by the White Flowers) is pouring into our energy systems right now (our energy systems being represented by the more grounded Purple Flowers) and how this spiritual energy must be met, embraced and assimilated by us until we make this energy our own.

This Essence was made during this August 2012's blue moon and holds all the balancing energies of the Venus Garden, the Flowers in the garden and all the Angels and Elementals who have held the energies of the Venus Garden for the past twenty-five years. Butterflies were also a part of this Essence creation as the garden was graced with hundreds of visiting butterflies each and every day. Sometimes the symbolism of metamorphosis & spiritual change is hard to miss!

*White Snapdragons, White Cleome, Mehera, White Ageratum, Datura Sunlight, White Sweet Allysum, White Sonata Cosmos, Chamomile, White Zinnias, Profusion series, White Lavatera, Benary White Zinnias, Purple Nicotiana, Verbena Bonariensis, Heliotrope, Purple Petunias, Agrostemma, Purple Ageratum, Violet Cleome, Purple Statice, Black Knight Scabiosa, Purple Basil*

### Belerephon of the Open Door

Many years ago, Belerephon Flower arrived of its own volition in the Venus Garden. It was a harbinger of spiritual change for the farm and works in this capacity as a Flower Essence.

Belerephon is very adept at connecting us to our higher selves and ongoing spiritual destiny especially when there is some resistance happening in the process. It is a foot in

the door even when the door appears tightly shut. It can open a door, even when you do not know there is a door to be opened. The Essence has a very strong, bold and purposeful energy that supports the break up of anything that prevents this new doorway from opening and staying open. Belerephon carries an energy of unswerving commitment to ground whatever is needed to bring higher consciousness into manifestation.

Over the years, those called to this Flower Essence often report how their lives have moved into new realms as they worked with this Essence.

*I AM the open door to self-realization.*

### **Don't Worry-Bee Happy**

Is it ethical to not worry and be happy? What binds us to worry and unhappiness? Illusion or truth? Can we unravel this dynamic and find a freedom to love ourselves just the way we are, accept the world just as it is and know that happiness is a moral as well as joyful choice?

This is the arena and offering of the 2006 Venus Garden Essence. After a growing season of work and play in this garden, it was time to make the Essence. With the Flowers plucked and in the water, I lay back surrounded by Flowers humming with bees. It was the Autumn Equinox. A beautiful soft day. For many months I'd puzzled over the theme of this garden. Not once had I guessed its name: Don't Worry- Bee Happy. The Flowers, the bees and our beloved Creator pulled back the curtain to reveal the divine order in all things. Let Go? Why Not! Let God! Of course. Don't Worry- Bee Happy!

If the weight of the world's suffering feels yours to heal, if you are a person who does too much or if you know your life calling but find yourself awash in guilt as you let go of things that are not on your path, this Essence may hold helpful information for you. If it is hard for you to accept your own essential goodness without a marathon of proof, if the very phrase "Don't Worry- Be Happy" pushes your buttons or if worry is the bread and butter of your days, not happiness, this Essence may bring gifts to your weary self. It supports an unburdening, an unraveling and a letting go of the mind ideas of worthiness, duality, rules, shoulds and judgment. It supports a return to spontaneous happiness and a state of being in which you joyously know your immutable divinity in an ocean of divinity.

### **The Trio of Don't Worry-Bee Happy, Love Prevails and the Alignment Garden**

Don't Worry- Bee Happy will be an excellent Essence to use in combination with two earlier Venus Garden Essences; Love Prevails and The Alignment Garden. Love Prevails helps us know that love is the only abiding reality.

- **Love Prevails** helps us know that we are divinity safe in the arms of divinity no matter what the surface appearance. Love Prevails helps us know that everything else but love is a passing illusion, necessary for our learning but not real.
- **The Alignment Garden** helps us know our precise work in world. It helps us align with our divinity so that we can live this purpose. It is not about mind ideas of life purpose but soul truth. It sorts this wheat from this chaff so that we are clear about what is and isn't our life work and who we are.
- **Don't Worry- Bee Happy** supports us to let go of that which is not our work. It helps us let go of the self-judgment and guilt that would make us feel responsible for most of the planet's woes. It helps us to know that being who we are, living the life divinity created just for us and enjoying this life is not just enough, it is what is meant to be. The concept of judgment is left behind in an experience of grace. And happiness. Did I mention happiness? We can know happiness, at long last, as a guilt free experience.

### A Longer Explanation

From winter planning to spring planting to a fall harvest, this garden rested easily and joyfully in the green arms of the farm. The Essence from this garden took seven days to make, beginning on the Autumn Equinox, a day of balance.

Once, while flipping through a compendium about Flower Essences, I noted that the author put forth his theory that I lived through the healing dynamic of each Green Hope Farm Flower Essence on my way to making the Essence. It was a funny moment because until then, I hadn't seen this pattern that way. How I might have explained it was that I am attracted to the Flowers that hold helpful information about something I am struggling to resolve, be it an emotional tangle, a physical issue or a spiritual thirst.

For example, when I first began making Flower Essences, I was intent on resolving lung problems and the grief at the bottom of my physically weak lungs. This meant that many of the early Essences I felt called to make offer helpful information about issues of grief, the courage to speak your truth, find your path, stand fearlessly in your truth and know your right to breathe deeply and take in as much air as the next person.

This was an unconscious process. I just made Flower Essences from the Flowers that called to me. Because of the laws of attraction, these were the Flowers with the healing vibrational information I needed. My process first built a collection that would provide for such Essences as Breathe and Grief & Loss. Then, as I moved through this particular healing dynamic, other issues surfaced to be resolved. When they surfaced, helpful Flowers came into my ken. It has been a joyful and efficient way to heal.

In any case, what this author said in his book was true. I think about this truth before each growing season, because when I receive the plan for the gardens from the Angels in January, I know I am getting an overview of my learning lessons for the growing season. For example, if there are a lot of Zinnias, Borage and Calendulas in one of the gardens, I

know I'll be working on containing a dynamic of sturdy joy, courage and faith even as events in my personal life challenge my abilities to do this. In living through my lessons while the Flowers grow, I help contain the Essence being born and make it strong in the face of difficulties. Often, others here help to hold the dynamic as well, especially in the case of the Venus Garden, the highest vibrational space at the farm and the spot where many of our most helpful Essences have been created.

Sometimes, the Angels tell me the name of the Venus Garden when they give me its design plan in January. This clues me in further as to the theme of our project. During the season, I see how the Angels manifest this idea in form. I try to focus on what I am learning about this issue in my life, in and out of the garden. Usually the strands pull together after the Essence is created.

This year, I had no name for the garden, but I was given the hint that it concerned the issue of forgiveness. When in the depths of last winter the Angels offered that this year's Venus Garden and Essence would hold a vibration related to forgiveness, I both relished the project and felt unsure that I could contain the dynamic of the Essence. I have felt so confused and humbled by various notions and expectations of forgiveness that I sometimes refer to forgiveness as the f word. I wasn't sure I had a single idea about forgiveness that was helpful, and I certainly felt shamed by many ideas I have heard about forgiveness. It wasn't so much that I didn't admire other people's experiences of forgiveness, but that my own process seemed so much messier. In my own personal family of origin drama, I felt like a pinball bouncing from one emotional response to another. Yes, there had been moments my mind defined as forgiveness, but there was a heck of a lot of other stuff going on as well. All in all, it seemed an unlikely project for me to undertake but also a hopeful one. I felt that to grow this garden was to have my limited mind ideas of forgiveness washed from me in the face of a more complicated, but ultimately more loving understanding.

The Angels gave me the design, indicated the plants to grow and got things rolling in a very matter of fact way. No hand wringing. No suggestion they doubted my capacity to contain the garden. This was very reassuring. The design for the garden was a five pointed star outlined in Yellow Marigolds. The star was filled with many purple Flowers including Heliotrope, Aster, Chinese Forget me Not, Ageratum, Alyssum and Nicotiana. The center of the star was a spiral of violet Cleome surrounding a spiral of Mehera White Marigolds. The tips of each star point also featured Mehera White Marigolds as well as White Osteospermum. The entire star was encircled in a thick band of white Sweet Alyssum.

When I planted the Alignment Garden the year before, the directions had been as precise as anything I have ever done with the Angels. Everything was orchestrated with one directional movement around the garden. If I needed a trowel three feet counter clockwise from where I was digging, I had to walk all the way around the circle to retrieve the trowel. No volunteer plants or weeds were left in the garden or allowed to grow up

during the season. The focus was on alignment and with EXACTLY what was meant to be.

This Venus Garden had a different ethos. From the get go there was something relaxed, even forgiving, about the creation of the garden. As I prepared the garden for planting, I was asked to leave several rogue Flowers including a gorgeous orange annual poppy and a patch of white Love in a Mist. This would be a gorgeous garden but a quirky one too. Elizabeth planted the garden with me. It was a happy occasion of silliness, laughter and fun.

My first stumbling block of personal forgiveness came when I didn't notice the slugs decimating half the plants in the garden. I was so focused on protecting the Red Shiso garden from the slugs that my slug patrol did not include the Venus Garden. By the time I noticed the slug damage there, many of the greenhouse transplants, especially the Mehera White Marigolds, had been completely eaten. Many plants were dead. There were gaps everywhere. I felt badly about my forgetfulness and couldn't imagine that this garden would recover from this slugfest.

But it did, and this recovery was a gentle reminder that I am not responsible for everything, even in my own backyard. This was so much the thrust of the summer, the last year, the last six years, make that most of my life. When I get clear guidance from the divinity within me, I need to stop the second guessing myself when things go awry. In fact, I need to stop second-guessing myself no matter the quality of my guidance or what happens. I need to remember I am doing the best that I can. Doing the best I can is the best I can do.

As I planted this garden I was in my ongoing struggle with mind ideas like the notion that I was not doing enough, that a good person would not let unresolved situations and relationships go or that you work until the work is done even if that is never. The emotions? Guilt, worry, doubt, a lack of kindness to self. Frankly, even with clear guidance, such as the Angels giving me one word directions like REST, I could lose my way in my variation on humanity's grab bag of mind rules and emotional reactions to my mind rules. The time was ripe for "Don't Worry-Bee Happy."

This brings me to the bees. In many languages, bees share the same word as the verb to be. In my timeless time with the bees this summer and in my skirmishes with literature about bees, I came to sense that they move in time differently than most of us, that they experience doing and being with more unity than most of us, that even as we described them as busy worker bees, it's not so much a doing as a being with each Flower they visit.

As this summer unfolded, I found myself with the bees more and more. I asked them to be part of this Essence. They gently told me that this was really already a done deal. They already were one with the Flowers and with all of Green Hope Farm before I asked and therefore are part and parcel of all Essences here, this one included. It's typical of all

the loving parts of creation here that the bees were so gracious when I belabored the obvious. I also laughed out loud when I heard the name for this garden for the first time.

Before I finished this description, I decided to go sit with the bees to see if they wanted to say anything about Don't Worry- Bee Happy. I went down to sit six inches from one of the hives with my notepad. I felt a bit of trepidation. The last time I sat so close, the bees were explaining about a bee sting acupuncture point called "the reveal" and when the short lecture was complete, a bee came over and stung me right on "the reveal." Anyways, no stings today. Just this lovely bee song, all puns intended.

## A Bee Song

*To our human brothers and sisters*

Honey, bee

Honey, please, bee

Just bee.

The Happiness of Flowers, the Song of Flowers. We sing it.

We breathe it. We bee it. We be it.

This is our song, our hum, our buzz, our golden honey.

To bee is to be.

Not worlds apart. No difference. To bee is to be.

So Full. So Everything. So Sunshine. So Cloud bank.

So Warm. So True.

The Everything and the Nothing.

Don't Worry, Bee Happy.

This being

Your beeing

is a Honeycomb

of

Love

No more. No Less.

Perfection

Honey, bee.

## And Finally the Angels of the F-word

"It's been helpful to Molly for her to refer to forgiveness as the f word because it has lightened her energy around this misunderstood topic. There are few words in your culture more loaded. May our words lighten your load as well.

We want you to understand the intent of this Essence. We did not call it. "Do This, That, and the Other Thing and Then "Don't Worry, Bee Happy". We called it "Don't Worry- Bee Happy", a play on Meher Baba's exhortation.

In every moment you are love in an ocean of divine love. There is nothing to worry about. You are safe and loved and perfection just as you are. No proof necessary. No action necessary. So much of human mind ideas about forgiveness veer off into ideas of proving something through a big gesture, a dramatic moment or an avowal that all is forgiven. In truth there need be nothing done and no words spoken. This is the nature of Grace. Yes, it is Grace we speak of here. We created this Essence to help you cut through the illusions that keep you from knowing this Grace. For so many of you it is earnest notions of being impossibly good that spin you away from ever experiencing your essential goodness. The Bees and all beings of Green Hope Farm invite you to rest in this vibration of “Don’t Worry- Bee Happy” so that you feel the happy joyful truth of being you. We love you so very much. Ainsi Soit-il. So bee it.

*“Now that I am taking the essences I feel that I am remembering how to think and feel with my heart again. I felt the sun, the wind, the clouds inside me! How glorious it is! I haven’t felt like that since I was a teenager. I have longed for a glimpse of that person. I have buried that person for fear of being hurt, but I am diving into the divine feet first and it feels good.” D.S., MI*

## The Eight Garden

If life is calling you to manifest the “impossible” or bring the extraordinary into your daily life, this is the remedy for you. If you’d like to bring new realities, magic and mystery into your world, reach for this one. This Essence links us to the eternal, the place where dream and form meet and the glorious realm of partnership with the Elementals where manifestation is the name of the game.

### The History of the Eight

There were literally only a few drops left of the original 1993 Eight Garden Flower Essence mix when the Angels told me we would be creating a new Eight Garden in the summer of 2010. The original Eight Garden radically transformed our joyful work with Flower Essences then lived on to support many others in radical transformation and healing as well.

In the full circle moment of creating a new Eight Garden, it was hard to miss how the baton was changing hands from one generation to the next. The twenty somethings at the farm were deeply involved in the planting and maintenance of the new Eight and the creation of the new Essence. In fact, Olivia Fauver, who had played in the gardens as a two year old in 1993, was back as an adult staff Goddess, and she was asked by the Angels to bring the finished Essence into the bottling room on the Autumn Equinox.

1993 and the creation of the Eight Garden will always be linked for me with the launch of Green Hope Farm. While the farmhouse was built, many gardens planted and Flower Essences first made and shared in the late 1980’s, it was during the summer of 1993 that

Green Hope Farm really got rolling in a big way. In retrospect, I credit the energy of the Eight Garden for helping us manifest the dream of Green Hope Farm.

1993 was the one summer that the Angels opened the gardens to visitors and folks from all over creation flocked here by the thousands. All garden tours seemed to naturally begin and end in the Eight Garden with many profound experiences taking place there. The Angels explained to us that this was the spot where higher dimensions were anchored to the property, making it an excellent place to let go of anything we wanted to let go of and bring in anything we wanted to bring into our lives. Now we look forward to seeing what shifts this garden's return will bring to the farm and see what experiences you have with this enormously transformative remedy.

*I AM manifest divinity.*

## Gratitude

This Venus Garden mix, called simply Gratitude, was composed of Flowers that have mastered the vibration of Gratitude and that were grown in a garden designed by the Angels to hold and amplify the vibration of Gratitude. Our Gratitude mix offers us a tuning fork for the state of gratitude. This tune up opens the floodgates of gratitude within us.

### More about this mix and the Garden behind it

Our culture encourages a mindset of restless dissatisfaction no matter what our lives contain. Gratitude is an excellent antidote to this state of mind. The alchemy of gratitude is that it lifts us out of our mind ideas of less than into an experience of life as an immeasurable blessing. It sweeps us out of the doldrums of maximizing unhappiness and into a primal experience of joy, releasing us from the peak bagging burdens of the mind to plunge us into the contentments of the heart. Gratitude is a very high vibration state of being. It is a state in which we use our free will to give back to God the love our Creator has poured into us. This moves us into an energetic circuit that brings us closer to oneness with God .

For several years, the Angels told me that the 2009 Venus Garden would be about Gratitude. They also said it would be the highest vibration garden yet to be created at Green Hope Farm. As I received the design from the Angels late last winter, it felt deeply aligned with its purpose both because of its structure and because of its choice of Flowers.

The design was a five pointed star of Mehera White Marigolds with Ruby Moon Hyacinth Beans running four feet above the Mehera Marigolds in trailing vines that echoed the star configuration. In the five spaces between the Mehera star points, we planted solid beds of five different Marigolds as chosen by the Angels: one yellow Marigold, one gold Marigold, one orange Marigold, one gold Marigold with maroon

markings and one maroon Marigold with orange markings. The bi-colors were open pollinated old fashioned varieties whereas the solid colors were hybrids from a mainstream seed company.

While the open pollinated Marigolds bloomed throughout the summer, the hybrids had an early burst of Flowers and then through much of the summer their blossoms were sporadic. The Angels do not have me use any non organic plant food in this or any other garden so I knew these Marigolds would not bloom continuously as they do say, in the MacDonald's parking area where they get pushed by commercial fertilizers to bloom non-stop. Nonetheless, I knew that letting the plants find their own rhythm of bloom without these fertilizers would leave them free to make their own choice about how and when they blossomed. These hybrids responded to this freedom with an enormous display of late summer and fall blossoming. What grace to find these much manipulated hybridized Flowers had within them an unquenchable desire to give generously to this Gratitude project.

Those of you who have been watching the Venus Garden from incarnation to incarnation may recall how some years we are asked to weed out volunteer Flowers meticulously while other years we are asked to leave the volunteers to do as they wish. This was one of those years when all volunteer Flowers were welcomed and in response this garden of white, purples, yellows, and oranges was joined by a stunning array of colorful volunteers: Pink Cleomes, royal blue Chinese Forget Me Nots, Nicotianas in many shades of deep pink, White Nigella, and deep orange Nasturtiums. Nonetheless, the star configuration of Meheras, the exuberant purple of the Ruby Moon Hyacinth Beans, and the bold wedges of other Marigolds held their own. The resulting mix of Flowers in this configuration made for a stunning garden with an intensely joyous vibration. I found that whenever I went in this garden, no matter what my state of mind, there was an energy of such palpable appreciation of life that my mind went quiet, completely.

### **In Praise of Marigolds**

The generosity of this family of plants to a project about gratitude comes as no surprise as energetically Marigolds are all about gratitude. Much as our gardening culture frequently maligns Marigolds and this kind of Victorian type bedding design as pedestrian and predictable, this garden has been a refreshing, sparkling wonder, with a joyful as well as calming vibration. Made in this garden on the Fall Equinox, this Gratitude Essence is composed of all the Flowers in this garden. It is ready to sing in your life!

*"I have really noticed how powerful the Gratitude Essence is. It gives me a strong and powerful positive mindset where I can see and appreciate all that is." J.H., VT*

## Love It and Leave It

This year's Venus Garden was a gorgeous seven pointed star of Pink Flowers primarily Zinnias with inner rings of Red Shiso, soft pink Sunflowers, Pink Cleomes and a center of White Eagle Corn. Between each star point was a spiral of Mehera Marigolds flanked by beds of Sweet Allysum.

Even before we planted the garden, the Angels told me the Essence from this garden was going to be about that old chestnut: love with detachment. I rather dreaded trying to sort out the explanation for this confusing topic. When the Angels gave me the name for the Essence, Love It AND Leave It, I had to laugh. Paradox is like that! Yes, the path forward is to love whatever situations confront us ever prepared to give it back from whence it came. Fame, illness, best friends, worst enemy, success, failure: greet them all with poise, with care and with gusto, knowing at some point all will have to be relinquished.

In thinking about the paradox of loving it and leaving it, I thought of this list a friend keeps as her rules to live by:

**Show Up**  
**Pay Attention**  
**Do Your Best**  
**Let Go of Outcomes**

To show up, pay attention and do our best is the "Love It" aspect of this Essence. It is the full embrace of whatever challenges life gives us. To let go of outcomes is the "Leave It" aspect.

To Love It and Leave It is not a justification for not caring. It is giving each circumstance our attention and best effort, but also detaching from how events turn out. This is loving with no strings attached. The letting go of outcomes aspect is key and one of the essential conditions for true happiness.

Why is this so necessary to happiness? Real detachment is based on the unshakeable knowledge that all things of this world are momentary and passing. This knowledge releases us from the futility of trying to control outcomes. It releases us to genuinely enjoy whatever is happening without thinking it defines us. Nothing defines us but God. Real detachment leaves us free to discover the door in the center of the garden that leads to what IS unchangeable, and it ain't fame or fortune.

Focused love on divinity is our way through the momentary and passing to the absolute and eternal.

## Love Prevails

This is a strong combination Essence. It goes to the very marrow of our bones to reveal the abiding reality of love.

This Essence took two years and two different Venus Garden mandalas for its creation. The second season of 2004, the design I was given by the Angels was very simple. An outer ring of French Marigolds was intermingled with big circles of Sweet Alyssum. Inside this outer ring there were two rings of Red Shiso, our beloved stabilizer. Inside this was a ring of Mehera White Marigolds and inside this ring was a final inner circle of Red Shiso. The combination of Red Shiso and White Marigolds was striking. It was a wonderful boost to our Essences that our Red Shiso was grown in the transformative energies of the Venus Garden. However, one glory of this garden surprised us all.

As I explained earlier, once we plant a garden, we stay in close contact with the Angels and Elementals of the garden. The Angels know the divine plan for the garden and keep us to this plan. The Elementals tell us what the garden needs in terms of mulch, watering or other hands-on care. Usually with Venus Garden incarnations, we are asked to weed out everything we did not actually plant. With this garden the Angels had us leave the volunteer seedlings that appeared in the southwest quadrant of the garden, spilling from the center of the garden all the way to the outer edge of the garden. The garden grew up and the rings of Red Shiso and Marigolds became a cup or chalice for this outpouring of volunteer Pink Cleomes, spilling over like a flood of incredible, spontaneous, rejuvenating love.

The striking focus of this garden became this rush of ever renewing Pink Cleome blossoms. This stately plant had an orb of spidery pink blossoms that continued to bloom until heavy frosts in late October. Each orb of Flowers constantly budded new Flowers at its top, even as those farther down the Flower stalk turned to dramatic long seedpods. I know of very few Flowers that bloom continuously from the same Flower head until heavy frost. Pink Cleome does this.

After the fall equinox, the Angels said the garden was ready to be made into the long awaited combination mix. They called it Love Prevails. When making the Essence, the bowl of Flowers from the garden sat in the sunlight at the very spot the Pink Cleomes spilled over from the garden out into the larger world. It felt so perfect that the Pink Cleome arrived in divine order, unsought and unplanted by us, but central to the whole configuration. My illusions can make me wonder where love went, but it went nowhere. Love is. Love is here. It never left and never will. Love prevails.

*“I wanted to let you know that many of the Green Hope Essences were a great support to my mom during her passing from this life to the next last November. And to me as well, during the years I cared for her at home, during the last days of her life, and throughout this year as I adjusted to the loss of her physical presence.” C.M., Ithaca, NY*

## Loving What Is

The 2007 Venus Garden Essence was called, “Loving What Is.” It helps us live in our hearts. This Essence offers a roadmap to move from the mind’s territory of judgment about ourselves and our lives to the heart’s territory of embracing our lives and ourselves with peaceful equanimity and joy. If we know the way to our hearts already, it supports us to live there more of the time. The heart is the place we can relish our lives despite the fact that they have not gone according to the mind’s plans or expectations. This is why this Essence is called, “Loving What Is.”

## The Culture

Our culture puts the mind ahead of the heart. This is because our culture is a construct of minds. As a creation of minds, our culture believes in the mind’s authority and encourages us to keep our minds in charge of running our lives. The culture encourages us to listen to whatever mind ideas are screaming loudest on any given day and judge our experiences as good, bad or ugly in relationship to these mind ideas. No countenance is given to how mind ideas leave us suffering, because the mind really only cares about staying in control. To keep us in check, the culture constantly changes its collective mind standards. If we are always running after the new mind ideas of the culture, we have less time to consider that maybe the mind, either our own or the collective mind of the culture, should not be in charge of driving our lives. The collective mind of the culture and our individual minds have no interest in our happiness. What they want more than anything is to stay in charge.

It is grace that mind standards can never be met for more than short tension filled periods of time. This is because life is not a servant of the mind. In those times when our lives do not conform to the collective mind or our individual mind’s ideas of what life should be, the door opens for us to abandon the hold the mind has on us. This doorway is a blessing, not so much because it alters the abyss between mind ideas and reality, but because it encourages us to shift the place where our consciousness is seated from the always dissatisfied mind to the peaceful heart. This Essence is to support us to shift our consciousness to the heart, the only place we can experience peace no matter what is happening in our lives. We must make the decision to change our habit of living in our minds, a place of judgment and restless discontent, in favor of sinking into the heart’s place of unconditional loving acceptance of what life is. “Loving What Is” will help us make the shift and help us to stay in the heart even as every construct of the culture calls us back to the mind’s territory of judgment.

## Other Reasons to no Longer let your Mind run your Life- Some Ideas your Mind won’t Agree with!

### *What is the problem with the mind?*

When the mind is given the reins to rule our lives, it rules from a database of contradiction and confusion. This is because the mind is no more than a rag tag bundle of ideas collected from a myriad number of sources including childhood data collected from our family of origin. The ideas we have collected are based on other people’s unique

perceptions of reality as well as our own perceptions. These ideas are always going to be in conflict with each other because no two people can see things the same way. From the moment we are born, our minds collect conflicting perceptions. Our fathers' ideas conflict with our mothers' worldview and that is just the beginning of the dissenting opinions we collect and call our minds. No mind has any integrity. The mind is a body of information rife with conflicting ideas.

My mind would like me to belabor this point with lots of mind ideas. My mind would love it if I did this, because the mind has no capacity to be in charge but wants to be in charge anyways. It will use any idea in its database to keep itself in charge. This means the mind has no hesitation to throw out new conflicting ideas if it feels us waver in our allegiance to it. If we momentarily sink into the happiness of the heart and the mind feels its hold on us lessening, the mind will not hesitate to throw a grocery list of worrying, fearful, guilt laden, contradictory and unhappy thoughts into our consciousness in order to stay in charge.

To let our minds drive our lives is self-sabotage of the highest order. No matter what rises up from our tangle of mind ideas as the right opinion of the day, it is always in conflict with other ideas we carry and therefore literally sets up a dynamic of constant inner conflict. The mind, when given the role of running our lives, literally divides us from ourselves.

So what is the solution? As Einstein said, "The consciousness that created the problem can't solve the problem." The solution to this dynamic lies outside of the minds that created the problem. The solution lies in the heart. It is in the terrain of the heart that we can love what is, sink into a consciousness that is not in conflict with any other consciousness and therefore find the peace and harmony we seek. All hearts are kind and loving because the heart is an integrated part of all creation. Few, if any, minds are kind and loving because the mind, by its very nature, is a hodgepodge of conflicting information warring with itself for dominion. We will never find peace in our efforts to live according to our mind's myriad ideas of the good life. We will only find peace when we live in our hearts and discover its immense capacity to accept what is.

The shift to the heart opens us to love what is. Being in the heart is not a process or a struggle. It is the experience of love. This is because the heart is the eternal and divine part of ourselves that knows its oneness with everything. A life lived in the heart is the experience of what we were seeking all along, an experience of infinite love and peace. The dynamic of this Essence supports us to no longer allow our minds' to drive the show, to leap into the heart and to stay there long enough for the rewards of this choice to become self evident and we find the motivation to stay there of our own accord. If we have settled into our hearts to some degree, this Essence supports us to abide there as we navigate a world working overtime to call us out from our centered place of joy.

### The Mind as the Servant of the Heart

When the mind is given the task of implementing the choices of the heart, it becomes an excellent tool for manifesting these choices. This is the only role appropriate for the mind.

### How this Garden Grew

In January 2007, when planning the season's gardens, the Angels told me that this Venus Garden would be, among other things, about water. I spent time with the Angels figuring out which plants best represented the dynamic of water and was given a beautiful design that included juicy cucumbers, melons, parsley, nasturtiums, sweet peas and a White Lotus. Seven glazed blue pots filled with Nasturtiums encircled the Lotus; each represented one of the seven seas.

The garden was easy to plant and very elegant in its early weeks. When the Nasturtiums started their display, the garden became a veritable mass of Flowers. The Angels asked me to leave various "volunteer" annuals including a mass of gorgeous deep blue Chinese Forget Me Nots and a big swatch of White Nigella. How well these contrasted with the dizzying oranges, yellows, reds and creams of the Nasturtiums.

Oh my mind was so pleased with myself. What a splashy garden! How clever was I! Then the flowering ground to a halt. The Sweet Peas that had ringed the garden in abundant and fragrant blossom turned brown and died in the summer heat. The Angels asked me to leave every crisp brown vine in place. How my mind disliked this untidiness! Then the Nasturtiums did what they do when put in good soil. Their leaves got enormous and they stopped blooming. Soon there was not a Nasturtium Flower in sight. The garden looked as unimpressive as any I had ever planted. When I was in my heart, I felt the peace of knowing all was well and the garden was serving something in some way. But sometimes, I allowed the appearance of the garden to pull me off balance and back into my critical mind.

Then one day, very late in the summer, as I passed the garden with all its weeds, overgrown Nasturtiums and unflowering plants I burst into laughter. Quite abruptly, I fell in love with the garden just the way it was. As I rubbed against this garden in passing, its vibration had helped me fall out of my mind and into my heart. I was so happy to have made such radical peace with the garden. I was completely in love with this big brown weedy mess. In that moment, I experienced the gift of this Essence to move us from mind to heart. I knew there would be a lovely Essence born from this garden and that it would be about loving what is.

### Water

#### *Why a connection to Water?*

The Overlighting Deva of Water speaks, "Water represents the territory of navigating life from the heart more fully than any other element. This is because the flow of water has the least resistance to what is. It may experience the constraint of other elements defining it as a pool or river, but it never experiences separation or boundaries, being completely malleable in its own structure. Within this construct of formlessness, it never

rests in its movement towards the manifestation of oneness, pouring itself into union in seas and sky. It is the perfect balance of loving what is while simultaneously moving towards a manifest oneness.”

### Clutter and this Essence’s Support to De-clutter

During the time when I was mulling over this Essence’s purposes, a Green Hope friend called to ask for a remedy that would help him with his clutter. He knew a new life was pouring into him and he wanted a clean canvas for what was being born. For some reason, I was sure that “Loving What Is” would help him to let go of clutter.

To answer his question, I had to look first to my own clutter. I noticed that it involves attachment to stuff that has no real connection to my actual life. It either hangs on from my past or reflects some notions I hold onto about what will be in my life. Someday I will use that gewgaw. Someday I will write the great American novel. Someday I will knit a coat of a thousand skeins of saved bulky yarn even though I have never liked bulky yarn. After this friend’s call, I realized my clutter is the outward manifestation of my mind ideas about things that should have been, mind ideas about things that should be and mind expectations of the perfect life. Supported by ‘Loving What Is’, I encouraged myself to assess my clutter while grounded in my heart. I accepted that some things I expected to have or do in my life are not meant to happen and with that acceptance I found myself able to move clutter on its way. It was not the painful process of agonizing over each scrap of paper that de-cluttering has sometimes been for me. I was at peace while letting go effortlessly of some external stuff that was connected to things that weren’t happening in my life.

### Mehera *Tagetes* "Snowdrift" and "Snowball"

Mehera Essence is made from white Marigolds. We first grew these beautiful Marigolds in a spiral formation in the Venus Garden. Since then, Mehera Marigolds have been a treasured presence in this garden.

Mehera Essence is named after Avatar Meher Baba's beloved female disciple Mehera Irani. She embodied the divine virtue of single-minded love and devotion to God. Mehera Essence carries this same exquisite vibration of single-minded love and devotion to God. It offers itself to you as a tuning fork, which, like the sweetest of fragrances, calls you to awaken fully to love for our Creator.

After the Angels asked us to name this Essence for Mehera, we learned that Mehera spent many years in her gardens in India trying to grow white Marigolds. She would save the palest Marigold seeds each year, hoping that eventually she would grow a white Marigold Flower. We are so happy to honor her memory by growing these white Marigolds and making this marvelous Essence.

*I AM single-minded love and devotion to God.*

### **Nuuphretia Lavarissa Dahlia “Alfred Grille”**

Nuuphretia Lavarissa is a spider dahlia composed of two distinct colors. The outside is spikes of a warm vibrant pink while the inner spikes are a brilliant lemon yellow softening in the center to a pearly luminous white. It may sound garish, but it is actually a gorgeous Flower.

Nuuphretia Lavarissa tunes us to the flame of fearlessness. This flame helps us feel both courageous and comforted. When the Angels used courage and comfort in the same sentence, I thought this was as odd a combination as the colors of the blossom. I was told that comfort and fearlessness go hand in hand. The Angels note, “Fear is the acceptance that there is an opposing force. Fearlessness is all light and no opposite.” Comfort indeed!

*I AM centered in the light therefore I AM my complete freedom from all fear.*

### **Osteospermum Osteospermum pluvialis “Glistening White”**

Osteospermum is a ravishing daisy from the Cape Floral Kingdom of South Africa. The variety that we grow for the Essence has saturated white petals that can catch the eye across an acre of garden. Not surprisingly, it is in the Venus Garden that this treasure really flourishes. It holds so much light; it literally glows in the dark.

This Flower is grounded in its divine identity. It helps you too ground in this identity, impermeable to whatever other people do to you or say about you. Consider this Essence if you are dealing with any situation of betrayal. There are some Essences to which I feel I owe my sanity if not my life. This is one of them. Osteospermum gave me spiritual spine and the courage to keep going during a stretch of betrayals that required more inner strength than I believed I had. It helped me to go through these experiences with deep faith in my inner light. It helped me know the strength and light of God was within me.

*I AM my radiant God self, composed, created, and sustained by white light. I AM eternal, all-powerful and unlimited by time or space.*

### **Phoenix Rising**

This magnificent, powerful and restorative Essence is for situations of burnout, illusion busting, rebirth and recovery after firestorms. It shares with us the wise overview and deep faith of the bird kingdom. It is a friend beyond all reckoning.

The Phoenix Rising garden was planted with seven concentric rings of orange and flame colored Flowers: orange Snapdragons, Calendulas and French Marigolds in many shades, Apricot and California Poppies, Salmon Osteospermum, Serafina and orange Spider Dahlias, Nasturtiums and Bright Lights Cosmos to name only a few. Purple flowers shot

through this abundance of glorious orange blossoms in the form of seven rays. The center of the garden was a pillar of brilliant orange Torch Flowers encircling a planter of purple Morning Glories perched 5 feet in the air.

When we planted the garden, the Angels had us tie strands of jute over the seven rays of purple Flowers. We thought the Morning Glories were meant to clamber along these lines, echoing the purple Flowers below. Instead, it was to be feathers that danced in the wind over this garden. Everywhere we went, we found feathers. Woodpeckers, blue jays, chickadees, crows, turkeys, pigeons, sea gulls, ducks and geese were just a few of the blessed bird friends who gifted us with their feathers. Sometimes we would walk out of the office and a feather would fall from the sky, the bird owner calling from nearby to announce its donation to the project. All these feathers were tied above the Venus Garden. Wonderfully, many of you responded to the feather theme by sending feathers that you had been given. Feathers came from many tropical birds and from as far away as Australia. During a very dry summer of difficult fires across the globe, this garden, with its Flower flames and dancing feathers, was a completely joyful firestorm.

The birds' involvement was a particular blessing though a mysterious one. Eventually, the birds told us that the electro-magnetic stresses were affecting them particularly. They wanted to support the transmutation of this stress, which the Venus Garden represented. The birds explained, "We want to help, but we too need your help."

At the close of the season, there was a shift from fire to rebirth. During this transformation, we began a beautiful but complicated dance of Flowers and bowls of water. On September 20, 2000, the Phoenix Rising Essence was born. The Angels tell us about this Essence, "The promise of the firebird and of this precious Essence is that you are not alone in your suffering. You also are not in a wasteland of purposeless burning but in a fire of purification, which takes you to a new life, and an experience of greater closeness with your Creator.

These fires burn the strangers from your heart. What are these strangers but all things that are not one with your Creator and your true self. This is the housecleaning you have asked for and have been given. It can be painful work, but it is worth the pain. Your willingness to be housecleaned of everything your Creator sees as unnecessary, not what you see as unnecessary, makes all the difference. A new life awaits you. Let these fires bring their gifts and you will be set free. Let this Essence ignite, soothe, comfort and restore."

This Essence supports the purification process in the most harmonious of ways. When your system needs a little more burn to get rid of a big piece of illusion, Phoenix Rising helps to accomplish this. When you need a tangible buffer during turbulence, Phoenix Rising can serve in this capacity. When you need uplift, currents moving you into an updraft of hope, peace and acceptance, reach for this Essence.

Phoenix Rising carries all birds' wisdom of overview and conscious connection with the beloved Creator. It carries all birds' confidence that you can and will sail home to the full realization of who you are. Phoenix Rising also carries the firebird's knowledge that fire purifies even as it seems to destroy. It carries the essential firebird truth that what is most precious can never be lost to fire. It knows that the fire of God's love is necessary to find this most precious treasure of all; your eternal self."

*I AM life reborn. I AM pure love found again in your heart. I AM everything you ever looked for and more.*

### **Ruby Moon Hyacinth Bean *Dolichnos lablab* "Ruby Moon"**

Made during the harvest full moon, this Essence carries a strong clear vibration of spiritual liberation. It supports us to use worldly tools to accomplish the not of this world goal of spiritual freedom. It helps hidden spiritual undercurrents in our lives spring forth into manifestation. It is an Essence to support us to manifest our inner divinity.

Meher Baba said, "There is no greater gift than spiritual freedom and no task more important than helping others attain it." This Essence, made from an immense 15-foot tall bean vine with its Flowers, leaves and pods all a multitude of purples, offers energetic support for the alchemy of spiritual liberation in all its forms.

*I AM the full manifestation of spiritual freedom.*

### **The Sunflower Spiral**

This giant of a combination remedy was born on the Fall Equinox 2001 from the year's Venus Garden, a spiral of many different Sunflowers. Beginning at the outside of the spiral with petite Sunflower varieties and then circling towards the center with three, five, seven, nine and twelve foot varieties in a kaleidoscope of Sunflower colors, the garden culminated with fifteen foot Russian Giant Sunflowers in the center. When all the Sunflowers were blooming, this garden was an immense pyramid of flowers, full of butterflies, bumblebees and birds. Besides the birds' song, this garden made its own beautiful music. I do not think of myself as often hearing anything remotely like the music of the spheres, but this garden was different. It was Angels' singing so loud and clear that it just about knocked me over every time I went near the garden.

This Essence is clarifying. It helps us feel grounded in our spiritual journey, know who is there to support us and know whom we are there to support. The Essence lifts us up, supporting us to find our way on the spiral towards God realization. It renews and encourages us to keep going when the spiral gets demanding. It will support any soul, at any stage of its journey, but it will offer particular encouragement for those nearer the center of the spiral who bear the responsibility of holding more light and sharing that light with others.

Towards the end of the season, the Flowers in the center grew heavy with their seed and tenderly bent over the Sunflowers further out in the spiral. They did not face inward to the finish line as they approached the center of the spiral or all face south as Sunflowers usually do. Instead, these giant Sunflowers turned outwards to their brothers and sisters, sharing their immense harvest. This echoes the reality of the infinite number of spiritual beings at the center of the evolutionary spiral pouring light into each of us and thus encouraging each of us to turn outward and share this light with our brothers and sisters. This garden and its Flower Essence reminds us of our ability to be supported completely and tapped into God for complete renewal even as we unceasingly share our light with those in the spiral that can be helped through our efforts.

*I AM certain of my purpose, grounded in my own divine light, and illuminated on my path by the light of all that have gone before me.*