

THE HERB-ALL

# Projekt



*cultivating possibilities for Chicago Herbalists*

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## THE ELEMENTALS OF GREEN HOPE FARM

Flower essences are a vibrational healing botanical made from the infusion of flowers in spring water. Infusing the flowers in



morning sunlight captures the energetic imprint of the chosen flower. The perfect high vibrational frequency of a chosen flower, when ingested, can work to correct low frequency vibrational imbalances of a person on the emotional level and effect subtle changes in emotional patterns that

left unchecked eventually lead to physical illness or discomfort.

Molly Sheehan is the proprietor of Green Hope Farm which distributes a large line of flower essences. Insights into daily life on her farm provide us with an opportunity to understand the process of developing flower essences and help us appreciate what a truly earth-centered modality flower essences are. The following is an interview conducted over e-mail this spring.

**HP:** *One of the things that makes Green Hope Farm Essences special is the involvement of the Elementals in the selection, cultivation, and development of the flowers for the essences. Molly, can you explain what the Elementals are, how you*  
*(Green Hope Farm, continued on page 8)*

beds heavily with straw, I went to mark where to plant each rose. The magic of working with the Elementals never ceases to amaze me. Each rose came with a specific space requirement yet I did not lay out the beds with these requirements in mind. After I had staked the placement for each rose as directed by the

Elementals, the perfect size of the space was apparent. Every rose had a place of exactly the size it required and all the roses fit perfectly. Today we will plant the actual roses and then we will spend the rest of the season caring for them in accordance with the directions of the Devas. When the time comes, probably next season, the Devas and Elementals will guide me in making Flower Essences from these roses. I know these rose Essences will bring great blessings to many. First the roses will be of very high vibration and health because we will have cooperated with the Devas and Elementals in giving each plant the perfect matrix for its experience in the physical. This means that the vibrations of each rose blossom will be particularly high. Not only will the vibrations be high because of our cooperative efforts during this growing season but the momentum of over a decade of working together — Devas, Elementals and Humans — in these gardens means that the roses are sinking their roots into land that has high harmonious vibrations to begin with. When the Deva of Green Hope Farm told me we would get to plant this rose garden this year I felt it was a sign that we had accomplished a certain vibration milestone which allowed for the physical manifestation of this garden. Roses are the oldest most evolved family of plants on the planet and the fact that the vibration of this farm was ripe to receive 25 new roses felt like great news to me. Whenever we get the word to make Flower Essences from the

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*Nothing can exist in form  
without an elemental  
holding it there..*

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in humidity, but not always. Then I will ask which blossoms from which plants. This can leave me running all over the garden with my bowls of water. I ask permission to pick each blossom and move through the process with the

awareness of the sacred nature of our cooperative task. When each blossom is in the bowl, I call to every Elemental involved, to the Deva of Flower Essences and to a large group of entities I specifically work with and I ask them to transfer the Divine healing energies into the water. I have a prayer of request I say, and I do so often in a state of total joy. My heart feels the love of the flower and the presence of all these forces of Nature. I know that there could never be a Flower Essence without their presence and I know in working with them consciously, the Essence can be particularly light infused. As the Essence sits in the sun, I go about the other jobs which the Angels and Elementals have planned for us for the day. I continue to be in awe that I get to work cooperatively with such an amazing, unconditionally loving, humorous and wise bunch. I have come to respect my own role in the mix as I link the work of devic planning and elemental manifestation more efficiently than can be done without my involvement and I also am the free agent in the mix who can innovate and encourage new ways of thinking or working together. You call me the proprietor of this farm, I really never think of myself as anything but the lucky and grateful human getting to dance a dance of creation with beloved friends.

*conducted by Laura Bailey*

arden was to go and asked the Elementals to help me draw the parameters of these new beds. In a walking meditation with the Elementals, I drew outlines on the grass with lime. The nature spirits usually are not worried about how we get the work done though sometimes they have very firm opinions about technique. In this instance, it was okay with them to use a high tech approach to preparing the bed so I rototilled the new beds and dug in all the manure and organic soil amendments which the Elementals requested for these beds. After mulching the

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guardian Deva overlooking it.*

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roses, I will follow the procedure which I use for every Essence we make. I will ask the Devas

to pick the day and they will choose the day according to guidelines mysterious to me. Usually it is a clear, bright, sunny day low

(Green Hope Farm, continued from page 1)  
came to be aware of them, and how they help you while you make the essences?

**MS:** The Elementals have been "elemental" to everything I have done at Green Hope Farm. Fifteen years ago, when I first embarked on an intensive spiritual path in this life, I read everything that I could lay my hands on. My lifelong love of flowers and gardens meant that, in particular, I read everything I could find about Findhorn, a spiritual community in Scotland where the founders worked consciously with Nature to create amazing gardens of unusually large produce.

I sometimes wondered if my extreme love of gardens and flowers might be a diversion from my serious spiritual path. Reading about Findhorn was the first inkling I received that my spiritual path WAS in the garden. Nonetheless, I read all the literature with the assumption that while the founders of Findhorn could talk to the Nature spirits, I would never be so lucky. This of course was nonsense. We are One with all creation and this includes Nature Spirits. Everyone already is in relationship with them and intention can and will crisp this up into cooperative friendship. My own moment of understanding came in early spring when I was looking for signs of life out in the asparagus patch. I heard a voice say "We are coming." Clearly it was the voice of the asparagus talking to ME!

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Next thing I knew every plant in the garden was talking to me, offering information, encouragement and wise counsel. Being an enthusiastic soul I asked all these voices to guide me in the creation of joint gardens and also to explain their various roles so I could know how best to work with them. The gardens we began to create were astounding in their health, unusual geometries and mixes of plants and exuberant beauty. What I learned about the Nature spirits was also a great harvest.

From the Angelic kingdom come the Devas. They design all form and hold the architectural blueprint for all creation. They actually design my gardens each fall, offering me the blueprint on the Winter Solstice. There is a Deva for each piece of

land as well as a Deva for each flower, herb or vegetable. The Deva of Eggplant, for example, knows what an eggplant is supposed to look like, how it will grow best, what its spiritual service is and how it will probably evolve in the future. The Deva of a piece of property knows what will grow best on a piece of land, how to layout gardens in harmony with the divine purpose for the land, and what highest purpose the land holds. There is no piece of land on this planet that does not have a guardian Deva overlighting it.

The Elementals are different from the Devas and perform different tasks. They are often depicted in literature as fairies and elves who have nothing to do but annoy humans. This could not be farther from the truth. They are a tireless, busy bunch. They take the blueprints created by the Devas and manifest them in form. For example, an apple tree is the physical manifestation of the Deva of Apple trees design. One elemental is responsible for holding the whole tree in form for the entire lifetime of the tree. Without the concentrated continuous focus of the

Elemental the tree would dematerialize. When the tree blossoms, more Elementals join this Elemental, as there is an elemental with each blossom. Each blossom Elemental holds the idea of apple blossom with such force of mental concentration that the blossom manifests in form. The Elemental will

stay with this blossom until it becomes an apple and is eaten or decomposes. If the blossom is not pollinated, this Elemental will return to higher dimensions with the dropping of the blossom. Elementals evolve just like humans so an elemental that starts off being a Dandelion will graduate onto more complicate assignments until at some point he may be the Elemental holding a planet in form. They actually go to school in between each assignment! Incidentally, there is an Elemental in each machine, in each car and in each human. Nothing can exist in form without an Elemental holding it there.

As I noted, Elementals work through mental concentration. The Devas, because they are from the Angelic kingdom, work

with emotion. In a typical garden season I receive detailed blueprints from the Overlighting Deva of Green Hope Farm about plans for all the gardens during the first three months of the year. Then at the Spring Equinox the baton is passed from the Devas to the Elementals whom I work with from there to manifest all the plans in form. This year, for example, Elandia and Thela the two Devas at Green Hope Farm whom I work with most frequently, explained to me that we would be creating a new rose garden encircling the existing herb garden. They gave me a list of the 25 ancient and rare roses we would plant this year. Last week I went out to the site where this