

The Faerie Flowers Individual Essences.

Bronwen has developed over 100 Individual Essences over the last twenty years, as well as sets of essences, Synergy Blends and Transformational Blends. Many of these essences were prepared from plants from her Wildflower Sanctuary Gardens; some of the plants came to her through other routes. Each holds a particular healing energy for releasing energy patterns that do not serve our highest healing intent, and for claiming our joy and lightness of being.

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About Bronwen

Bronwen Gates, Ph. D., is a healer and mystic who combines the discipline and knowledge from her formal training in Biology with her intuitive gifts as a shaman and spiritual midwife. She has a practice as a holistic health practitioner and spiritual therapist, with more than 30 years of experience as a teacher and facilitator in many contexts. Bronwen is an herbalist, botanist, flower essence and homeopathic practitioner, and maker of salves and the Faerie Flowers flower essences.

Complete List of the Faerie Flowers Individual Essences.

Amaryllis: Opening Safely to Love.
***Amaryllis* sp. "Royal Easter"**

Amaryllis gently dissolves old hurts and wounds that keep you from moving into the exploration of the infinite expansiveness of love. It can reduce the fear of loss to a level of awareness that is purely and primarily informational, so that your development of authentic intimacy with self or other is facilitated and accelerated.

Use Amaryllis when you are ready to let go of the past and take that leap into the uncharted future that you have hardly dared to dream, where love and happiness entwine in a never-ending dance.

Apricot: Harbinger of Transformation.

This essence reminds you that all things are possible and points to, and opens, the door to paths of transformation when you move from one state of being to another more expanded state of being. Apricot sings in your ear to keep the hope alive, or perhaps to distract you while the change occurs, until you step forward – different. Listen to her song.

Use this essence when you are feeling that what you want is beyond your reach, but you are willing to have your reach extended....

Aster Blend: Star Magic. Seven species of Aster.

"Reach for the stars" is the message here offered - the cosmos within. We are spacious beyond our knowing and reason and so we are asked to leave behind our knowing and our reason, to be still and allow the power of the song of the cosmos to be heard in the stillness of our inner being. It can happen in a moment - an eternal moment - and from that moment we are changed. Forever.

Use this essence when you are feeling stuck and that you do not know what to do next. Aster Blend will help you make the connections you need to go forward sure-footed...

Basil: Calling Spirit Home.
Ocimum basilicum

This essence helps you stop your ceaseless searching for home and instead to recognize more and more you are already home. The universe is your home and you are the universe. You have found what you have lost – for it was never truly lost – and it is within. Open to the mystery – the mystery of you, of your nature as spirit in flesh. Let this be source for all your becoming.

Use this essence to overcome endless "soul searching", or to heal deep trauma at the soul level from use of drugs or other chemicals/foods that have blocked the channels between you and your spirit.

Bellflower: Resonating Truth.
Campanula rapunculoides

There is a resonance that permeates all things, whose name is Truth. It is an energy of congruence, of inner certainty, a domain that illuminates the way, the path of right action. This essence helps you connect to that energy within and without, by offering a sense of its resonance, so you can match it. What is not Truth dissolves and falls away in its presence.

Use this essence to bring clarity, and to release the need to be right. Truth stands in its own light and does not need defense.

Bittersweet Nightshade: Turning Loss into Light.
Solanum dulcamara

Transcendence. Do we ever really lose anything? Can anything of real value ever be lost? When you lose a dear friend – human, animal, plant or even object or created one – there is grief as you dissolve your attachment to what was – and joy at what will always be. The love. The intimacy. The Essence. The gifts received. The Beauty of Soul. This is not lost. You may move on. Sometimes the energy comes with you, the friendship continues to unfold in another dimension. Sometimes you call the energy to you again, in another form that more honors and supports where you are going. Honor choice – your own and other's. Become part of the Sacred Round. This essence will show you how.

Use this essence at times of deep soul healing when your belief in Life and Love, in the triumph of goodness, truth and beauty is challenged – or simply if you are holding on to something that needs to be released so you can both shapeshift into a form that better serves you.

Black and White Oaks: Receiving the Enduring Gift of Love.
Quercus spp.

Spanning continents and oceans, oaks offer their strength and their endurance to all. They have endured our apparently unending commitment to struggle, never giving up, always extending to us a song of love if we will let it in. A sweet, sweet song. Still the oaks persist, unstintingly giving so we can reclaim ease by learning to receive. What they offer together is Peace and harmony, brotherhood, sisterhood; community, and respect for neighbors. Oaks have majesty. Presence. Dominion. They awaken these energies within us, seeds of our imaginal self now stirring into form. Loving ourselves enough to enjoy each moment.

Use Black and White Oaks when the pain of the past would overpower the sweetness and joy of the present moment, for all enduring pain is ultimately from the past. Let them awaken you to the Truth of this knowing and awareness.

Black Cohosh: Shedding Fear, Renewing Hope.
Cimicifuga racemosa

Black Cohosh lifts off the veils of fear so that you can stand firm in your love and your power in the face of the unknown. If you stand unveiled and see only horror or fear or disillusion, pull down the veil, call on Black Cohosh and let her remove these illusions, so that what is now revealed is the deeper truth of what lies beneath the fear. Hope is a masculine - feminine balance, the balance of anticipation and expectation. Black Cohosh will bring the memory of the valor and honor of each of these energies in their authentic expression.

Use Black Cohosh when the seduction of hopelessness has called your name. Let her help you think new thoughts and birth new realities.

Black-Eyed Susan: Facing Your Darkness.
Rudbeckia hirta

The richness of your origins, of your fertile imaginings, of your becomings. This essence facilitates your access to the richness and fullness of who you are, and in so doing allows the dissolving of the cloaks and masks that you have used to hide this truth from yourself. Here lie some of your deepest fears, and with the help of this essence you can de-fuse these fears, and let them fade and shrink to their appropriate size – caution, attention, intention – and enjoy the radiance of your light.

Use this essence to bring the light to your day-mares and night-mares, to see them for what they are – stories you tell yourself where you have forgotten the happy ending....

Blackthorn: Lightens Your Burdens.
Prunus spinosa

Illuminate what burdens you – shine the light of your attention there – and I promise you that with my help your burdens will become lighter and ultimately lifted from you or transformed into joys, depending on their provenance and their future. I pierce the illusions of struggle and let you glimpse what is more true. You pick up your 'Cross' and discover it is not really a cross at all. And then the choice is yours. More struggle or more light... Choose enlightenment...

Use Blackthorn when you feel 'burdened', to clear old patterns of thought and feeling that keep you feeling so, and then you can stand in your power at the axis of your world.

Bloodroot: Healing The Motherline.
Sanguinaria canadensis

This essence helps to dissolve the old wounds and hurts to your foremothers and sisters throughout time that keep you trapped in memories of victimization. It offers a healing amnesia so that you may step forth in the beauty and wisdom and power of your authentic feminine energy, so that you can connect to the true motherline of your heritage, a path of dignity and well-being.

Use this essence to nourish your wise bones and wise blood, the spirit bones of the Goddess in your future memory.

Bluebell: Joy in Nature.
Endymion non-scriptus

Carpeting the old woodlands with its heavenly blue, bluebell truly makes the land sky-clad. Expressing the joy of existence, unashamed, reveling in the beauty of being, of essence, Bluebell reminds you of your essential grace, and the ecstasy of feeling your alignment with Nature.

Use this essence when you feel separate from nature, to dissolve the shame and self hatred when you identify too strongly with the negative impact humans have imposed upon Nature. Allow your reconnection to the Joy of Nature.

Broccoli: Growing Where You are Planted.
Brassica sp.

Like all members of this family, this essence carries warrior and pioneer energy, a vitality and willingness to engage with the new, to be open to whatever comes without reservation. Broccoli is for that time or place where you consolidate your gains and victories: broccoli comes from the borderlands, tenuous territory that can be reconfigured at a moment's notice, yet does not permit the uncertainty of the future to interfere with the living of today. Broccoli will teach you to enjoy this dance so you tread lightly and are nourished by the new opportunities presented, rather than swept away by uncertainty.

Use this essence when you feel ungrounded, or when it feels as if your foundation has become a shifting sand. Broccoli helps you grow roots wherever you are – your own roots that you carry with you.

Buckeye: Enchanted Wisdom.
Aesculus glabra

Wisdom only becomes enchanted when you are open to see and receive it, when the pace of the life you choose does not preclude time for entering the mystery – the mystery that can open and close in a moment and change you forever. First you have to believe in the possibility of enchanted wisdom, then you have to create and allow the opportunity. Buckeye is a reminder to believe and see the enchanted wisdom in the day to day moments of your life.

Use this essence to remind you of, or open you to, the magic and mystery that surrounds you in everything, even in what you label the most mundane. Let Buckeye re-enchanted your life.

Buckthorn: Opening Your Heart to Gladness.
Rhamnus catharticus

Rhamnus invites the quiet celebratory concentration of doing what is necessary, what is the next thing, the right action that follows, as night follows day, and day follows night. Trusting process, trusting that guidance and direction are present in each moment however conscious or otherwise we choose to be. By choosing greater consciousness, we can both chart the course, and steer the vessel with the gladness in our hearts...

If you take a walk down the street with Rhamnus, you notice that she pays attention to every place she encounters, she never loses focus or attention. Like a deer in a thicket, observing and responding yet often invisible to our eyes. And not only is she paying attention, but know she is also responding in the moment to the energy of the place to invite and offer her wise intervention to sort and sift, human energy from nature, restoring balance if we will receive the message that is being offered.

Let Buckthorn open your heart to gladness, piercing the blockages on your guided path.

Bur Cucumber : Claiming Your Place in the Sun.
Sicyos angulata

Waste no time on unnecessary activity; it is time to accept the willingness and permission to enjoy the nourishment and support for claiming who you are. It is time to let go of whatever limitations you perceive and allow the strength you have to be sufficient. You can use the strength and will of your allies to help you realize your dreams and desires.

Use this essence when you hold yourself back from the fear that if you win, others will lose. Know that your willingness to be a winner supports others in becoming winners too – and that in the world of Spirit, there is no competition because we are all unique. No two individuals are on the same path...

Bur Marigold: Surrendering Your Shame.
Bidens frondosa

Why do you still hold on to your shame as if it is a precious gift? Or use it to pop your joy balloons, or needle yourself when you fear you are too happy? Perhaps because you received it from someone you love, perhaps because you refuse to forgive yourself, or because you refuse to claim the vulnerability of your humanity. Whatever, it is time to surrender this energy for composting and reuse, to let go of the frictional drag of your shame.

Use this essence when you feel stuck and don't know why – old shame is often opaque to your understanding. Allow Bur Marigold to dissolve the smog and muck so you can see and breathe and move with freedom and grace. You'll be glad you did.

Burdock: Parenting Power.
Arctium minus

Power is in your core being but without the perception of appropriate parenting, often remains undeveloped and weak. Women often mistakenly believe they don't have it and men fear that they will lose it, but the truth is that we all have it. Power is an essential quality of the feminine within us all. Allow the cauldron of gestation to continuously generate the inexhaustible power that is a part of the essence of who you are.

Use Burdock when you need reminding of, or are just recognizing, your core of power. Let Burdock remind you that you can never lose this power – it is yours even if you have let yourself become enslaved or have otherwise seemingly given it away. Let Burdock reweave or reawaken the cradle for your power.

Buttercup: Shining Forth the Sun Self.
Ranunculus acris

The foundation of the Sun Self is the Self Worth that is the birthright of every human; it is the spark of love, of God / Goddess, that is your Spirit. Even though many people may have forgotten their authentic nature as spiritual beings, their unbreakable connection to God / Goddess that is their true worth is still there, waiting to be discovered.

Use Buttercup when you are claiming the golden essence of who you are, and need help in releasing whatever “base metal” substitutes have taken its place. Buttercup helps you polish your lamp and turn up your light.

Butterfly Weed: Claiming the Primal Pleasure of Play.
Asclepias tuberosa

Butterfly weed teaches you about play – reminds you of the passion and pleasure of play. Play is the work of the child, work is the play of the adult; play is about light heartedness and delight. With the guidance of butterfly weed, you let go of your fears that you aren't being serious enough, and discover how you can accomplish your heart's desires with ease and playfulness.

Use Butterfly Weed when you are feeling too serious and worn down by your responsibilities – or when you just want to add more sparkle to your life. Butterfly Weed helps you be more lighthearted by lubricating the bellows of inspiration.

Butterfly Weed: Claiming the Primal Pleasure of Play.
Asclepias tuberosa

Butterfly weed teaches you about play – reminds you of the passion and pleasure of play. Play is the work of the child, work is the play of the adult; play is about light heartedness and delight. With the guidance of butterfly weed, you let go of your fears that you aren't being serious enough, and you discover and rediscover your heart's desire. And I, Butterfly weed, can show you how you can accomplish your TrueHeart's desires with ease and playfulness.

Use Butterfly Weed when you are feeling too serious and worn down by your responsibilities – or when you just want to add more sparkle to your life. And use me also when you want to know more clearly what is your Heart's Desire.

Catmint: Enfolds in the Arms of Love.
Nepeta

Catmint is like a warm hug, an enveloping warm fuzzy blanket of safety and love that provides a context for life on purpose. With the support of Catmint, you feel empowered to go out into the world and live your life-adventure, knowing within and around you are always the arms of love. Catmint creates safety in intimacy, and gently frees you from the fears of exclusion or humiliation that you too often expect from your intimate experiences with other consciousnesses of whatever realm.

Use Catmint when you are seeking to experience more joy and safety in your relationships, to soften the scar tissue or remove the thorns that keep you from that freedom. Catmint establishes a whole new level of safety in relationships.

Catnip: Gentle Warrior of Play.
Nepeta cataria

Catnip loves to gently or aggressively bring out the wild side in you, that playful spontaneous authentic part of you that does not need to keep looking over its shoulder for approval or affection. It heals the adaptive child, the child who has been separated from her identity as source – reminding the child that even though they are dependent on parents and other caretakers for resources and support, they already contain all the potential of their chosen destiny.

Use Catnip when you feel bullied, by self or others, to be other than who you are. Allow Catnip to bring a delicious playfulness that steals over you, so that when you look up and return to your focus, everything is different....

Celandine Poppy : Freedom to Be Who You Are.
Chelidonium majus

Celandine brings you freedom, freedom by affirming your vision of your Self, your chosen path of selfhood, while at the same time sprinkling forgetfulness over the old patterns and thought forms that would keep you chained to the past and interfere with your ability to manifest the future you choose.

Use Celandine when you find yourself too distracted by worry or self-doubt, or self critical thoughts and objections, or when you want an infusion of clarity to keep you focused on the future.

Chicory: Finding Your Authentic Voice.
Cichorium intybus

Chicory teaches you to sing your song – the sacred song of your Spirit and Soul singing in harmony, leading you home. A siren song, mistakenly represented as a voice that leads you astray, when really it is the voice of your destiny calling you home. When you believe the lies about the song within, and discount or ignore it, then you are truly led astray. This song is playing in your Soul; turn up the volume and learn the tune.

Use Chicory whenever you find yourself feeling overwhelmed, as if life is a plot against you; Chicory will help you hear and sing the Light-Song of your Soul, and with its rhythm find your way free of struggle and filled with pleasure and delight.

Clary Sage: Ebullient Wisdom.
Salvia sclarea (Labiatae or Lamiaceae)

Clary Sage holds an enthusiasm and vitality that overcomes resistance. Beloved by hummingbirds, she nurtures joy and casts out depression; she offers and expresses wisdom as a source of high delight. She casts out those stories of victimization that keep our energy depleted, stories of our ancestors that emphasize the grief and loss, the trauma and the despair. Such energy separates us from the ebullience of wisdom, and so our access to wisdom herself is impaired and distorted.

Use Clary Sage when you are needing an infusion of enthusiasm, of vitality, that holds an appropriate chalice for Wisdom's gifts.

Cleavers: Holding On and Letting Go.
Galium aparine

Spreading, searching, reaching for the sun. Using resource. Maintaining every increment of growth. Climaxing into flower and fruit and then releasing, relaxing into the embrace of the earth, ready for rebirth. These are the gifts of Cleavers - include within your growth and ecstasy the mechanism for dissolving, for changing form, for releasing what has been gathered for other use, holding on only to what is sequestered in the fruits, those storehouses of potential, those jewel caves of possibility.

Let Cleavers teach you about maximizing your potential and about long term planning, about releasing resources no longer needed, about the value of the path from order, to chaos and apparent clutter, to order restored.

Clematis: Dreaming You Home.
Clematis vitalba

Clematis is a dreamer that calls you home. She holds a map for your life path, potential and fruition, showing the way and lighting the path. Adding her strength and power to your dreams, no shame, only the cosmic "yes." Dreams of peace, dreams of success and prosperity for all, dreams of human dignity and grace. Dreams of a future you are imagining, a future that has never been.

Use Clematis to add potency to your dreams for yourself and your future, and for the world that we all share. She will transmit your dreams to the Universe and gather to you the resources to make them true.

Coltsfoot: Breathing Room

Tussilago farfara.

Coltsfoot creates an infinitude of space for your heart by holding the spaciousness of your Heart-Protector's energy. With every breath drawn deep, you invite the depths of your love to reveal themselves to you; to feel the safety and homecoming of loving deeply. Coltsfoot reduces the fear of deep love and supports you in accessing its mystery to you – the very unique and personal mystery of your love. Coltsfoot offers you 'Breathing Room', the time and space you need to embrace more of the love of who you are.

Use Coltsfoot when you are feeling constriction and fear in your life, whether sourced in past or present betrayal of self or other, to free up your breath and your breathing. By allowing Coltsfoot to create this space for you, you will find new flowering of your love.

Comfrey : Reweaves the Integrity of Soul.

Symphytum officinalis

Ah Comfrey! Comfrey's healing goop knits together the gossamers of Soul, so that Her dance can be rekindled, slowly at first, testing the mend to see if it will hold. Soon becoming ecstatic, as She discovers her tensility and strength are better than even before the woundings.

Use Comfrey for wounds that will not heal, griefs that seem unending, sorrow that cannot be contained, past, present or future. Comfrey will create a sacred vessel for the containing of these, mix their juices with hers and together use them as warp and weft for your Souls' alchemy.

Crab Apple: Clear Channel for Grace.

Malus coronaria

Crab Apple restores to you your humanity and allows you to remember in each moment that you are forgiven, even before you err, by God / Goddess. As you live within this knowing, you are able to extend this same forgiveness towards any hurt or injustice, real or imagined, that comes your way. You open up the channel for your human grace to flow – the grace that knows that you are a part of Source, from which you can never be separated.

Use Crab Apple when you are feeling flawed, to open your own heart, or when all you can see and feel are the imperfections of another, or the world. Let her healing grace connect you to your human grace.

Cucumber: Re-establishes Trust.
Cucurbita sp.

When trust of yourself or others has been severed, then there is over your world a mist, a gauze, that mutes the joy and extinguishes the passion. Cucumber holds together the jagged sides of yourself that have been rent by distrust until the healing is done, and you remember that you are trustworthy and loveable. Trust is an act of choice and courage, an affirmation of the goodness, truth and beauty of who you really are.

Use Cucumber when you feel suspicious of yourself or others, or of the world in which you live. Trust once re-established allows you to reinvent the world, and create a world in which trustworthiness is the norm.

Daffodil: Ensouled Self Love.
Narcissus sp.

Self love, love of self, the body is the chalice for this choice. Not the self love of obsessive self attention but of clear attention to your Soul's call, to embrace and be embraced by the love of your Soul. Daffodil supports you in heeding and responding to that call, the call that you have designed that is in your future. Like a trumpet of freedom, this call heralds and embellishes your path.

Use Daffodil when you are seeking more of that love for self that holds your vulnerability as you grow and expand. Daffodil will mark your path with blossoms of beauty.

Dame's Violet: Magical Maturity.
Hesperis matronalis

Her perfume and her presence carry the memories of the inner worlds into your life. She reminds you that magic is alive and all around you; that maturity is not about reality and rationality, but about dreams and possibilities carefully nurtured and followed through all their stages to fruition and manifestation.

Use Dame's Violet when you are feeling discouraged and tempted to retreat into critical parent thinking or limitation. She will hold the door of possibility ajar so that the fragrance escapes to remind you to imagine, to dream, to create....

Dandelion: Irrepressible Strength and Courage.
Taraxacum officinalis

Dandelion is the quintessential tonic for the soul. It feeds the love and shovels out the fear. It carries its beauty into the world regardless of whether its gifts and beauty are recognized. It adapts to any situation, changing to accommodate the needs of that particular piece of mother earth in which it grows, while maintaining its essential identity. Dandelion helps you maintain your identity, your dignity, whatever the external situation may be. This is the essence for bravery, for the gallant in all of us, the part that recognizes beauty and truth, and will compromise nothing in its commitment to this truth and beauty.

Use Dandelion when you are feeling discouraged, or find you are paying too much attention to what other people or the consensus reality says. Dandelion will infuse your soul with the tensility and conductivity of gold.

Dayflower: Living Magically Every Day.
Commelina communis

Dayflower helps you to unfold your magic day by day by reminding you to engage spirit and nature as allies on your path. You are not asked to travel alone; your path is filled with helpers, some travelling with you on your journey, some offering their help along the way, whenever needed. When you consciously engage your allies and unseen friends, your life truly becomes magical.

Use Dayflower when you are feeling that you have lost touch with the magic, or to remind you of the magic of living. Dayflower will support you in remembering that there is truly magic all around you.

Deptford Pink: You Matter.
Dianthus armeria

Deptford Pink reminds you that it is not size or showiness that count. It is your willingness to know that you make a difference by even the smallest action, that paying attention to detail matters, and that no effort is wasted if done with intention.

Use Deptford Pink to support you when you are faced with what seems like an unsurmountable task, or a task that dismisses by its apparent mundanity. Deptford Pink will remind you why you are doing it - or support another choice.

Dog Daisy (Ox-Eye Daisy): Finding Your Visionary Guardian.
Chrysanthemum leucanthemum

Dog Daisy offers a key to accessing your Heart's Protector so that your true vision, the vision of your Soul, is made available in its exquisite undistorted form. With your visionary guardian engaged, you can see the light of Goodness, Truth and Beauty beyond the distortions.

Use Dog Daisy to heal and make whole so that you can engage your visionary Guardian.

Early Goldenrod: Finding Spiritual Family.
Solidago juncea

Like many members of the daisy family, goldenrod addresses issues of community. Early Goldenrod connects and reconnects you to your true family, your family of unseen friends that accompany you on your many life journeys. This family is there for you before you are even born, and reconnecting consciously to them reminds you of the help and love and support that is always present to you.

Use Early Goldenrod to connect to your guides and counselors and other unseen friends in a more conscious and present way, and to facilitate your ability to communicate with them.

Elderflower: Goddess Grace.
Sambucus nigra

Elder offers a portal through which the grace of the Goddess can enter your world and your being. She balms your wounds and salves your sorrows, and reminds you of the inexhaustible wellspring of Her being. She reminds you that you are not flawed, that you love with generosity and passion, and that she has gifted you with all you need to pull to you the love and joy and happiness you seek. Your task is to receive, to say yes to your dreams and to the Goddess' dream for you.....

Use Elderflower to remember or be reminded that the Goddess loves you, and has never, and never will, abandon you. Elderflower reconnects you to the bliss of this knowing, and the lightness of being and ease that are the consequences of surrendering to Goddess' Grace.

English Daisy: Healing the Battle Scars.
Bellis perennis

You have been embattled for so long that you are battle weary and scarred, yet from such long familiarity have forgotten that life does not need to be a battleground. English Daisy connects you to that future where the battle is over, won or lost. It is irrelevant for you are living from a different history where embattlement is obsolete. There is challenge willingly and joyfully undertaken from the knowing that triumph will be the outcome.

Use English Daisy to heal the old scars that would tempt you to look to the past, and to help you keep your focus on the future of freedom that you seek.

English Plantain: Purification of Intent.
Plantago lanceolata

I support you in clarifying and purifying your intent, by extracting from you what is not yours - foreign matter that is poisoning your system, that perhaps has been with you so long you have mistakenly come to believe it is you. I will magnetize it out of your system and arrange for its appropriate loving disposition. This is my gift of love if you will receive it.

Use this essence when you are doubting Self, and seek clarity and purity of intent, a reconnection to your inner knowing. Let English Plantain remove the poisons that source your doubt from your system.

I bring healing. I love to heal – I bring healing to the earth, to her mantle, to her skin, just as I do to yours. I extract pain and foreign matter; I lubricate with healing juices to allow regeneration, I offer my pollen and my fruits as carriers of this healing. I hold a resonance of transformation.

Evening Primrose: Golden Portals.
Oenothera

Evening Primrose opens the portals to your inner resource, the treasure chest of your Self Worth. It affirms and reaffirms the beauty and splendor of your Core Essence by revealing to you the Portals to your multidimensional self. Even if you do not choose yet to explore beyond these golden portals, you are changed by knowing that they exist.

Use Evening Primrose when you are experiencing low self worth, or to heal the past experiences of denied self that still have impact into your present and future. Use Evening Primrose also when you are seeking to acknowledge and explore more of your multidimensional self. She will safely guide and guardian your Journey.

Fairy Rose: Faerie Magic.
Rosa sp.

This rose opens doorways to magic, faerie doorways.

Garlic Chives: Fear-Be-Gone.
Allium tuberosum

Garlic Chives carries a resonance of power and of strength that allows the dismantling of fear. When you are caught in a place or experience of fear, let this essence break apart the synergy that keeps the fear feeling more powerful than you. Then, with bonds broken, let Garlic Chives expose the fear, the real fear, the fear beneath it all, so that you can see the fear for what it is – information. Energy as information. And let it go. Receive the love that the fear was hiding. Move forward, unfettered.

Use this essence when fear is stalking you, or has caught you in its teeth and talons, to loose its grip and move you through to resolution.

Garlic Mustard: Focused Productivity (Shape Shifting)
Alliaria officinalis

Look at my exuberance, my tenacity, my strength. I carry gifts of healing that you need, when you are ready. I carry gifts of balance, gifts of joy, gifts of exuberance. Gifts of self acceptance. Why do you blame me for my presence? - I respond to a call. When the soil is polluted and wounded, when the eyes of greed and development settle on the woodlands, I am there to hold and intercept. When people have used the wild places mindlessly and have not completed the loop with gratitude, I am there. The message is clear "This land has been attacked, physically, or emotionally, or psychically." It is the heart space that is held when people recognize responsibility and mutual interdependence with nature that will heal and allow co-creative harmonious balance to emerge. Change happens; do not hold too tightly onto the perceived beauty of the past or create fearful futures. Imagine boldly a new dream emerging.

Use Garlic Mustard when you need to see the truth beneath the superficial, when a change of perspective is needed. Garlic Mustard will shape-shift your perception away from blame to gratitude so you can see through the lens of nature's bounty.

Goatsbeard: .
Tragopogon canadensis

Goatsbeard connects you to the global energy that is so needed at ths time –the global memory that is awakening

Goldenrod: Belonging.
Solidago canadensis

You are a starseed among many, yet are each a part of a larger whole. You belong to the Universe as the Universe belongs to you; you are nourished by the infinite resources of the universe and so are always truly nourished. You belong to yourself, that domain of consciousness that extends beyond space time into the mystery of mysteries, and so can never truly be lost. Goldenrod helps you remember and unfold these mysteries and access the spaciousness that is yours when you truly inhabit the domain of self.

Use this essence when you feel at odds with the world or your reality, or are overcome with the majesty and awe and mystery of what is. Let Goldenrod bring you home to yourself.

Ground Ivy: Detoxifies and Defuses Lies and Half-Truths.
Glechoma hederacea.

The lies and half-truths you have been told and believed. The lies and half-truths that you have told yourself and chosen to believe. That you are flawed. That you are evil. That you are not good enough. That you are unworthy. That you don't deserve. That you are helpless. That you are not responsible. That you don't know how to love. Ground Ivy will bring her gentle grace to cleanse away these toxic beliefs, when you are ready, and allow you to stand in the higher truth of Who You Are. She will help you see the truth of who you are and forgive yourself for living out of alignment with that Truth.

Use Ground Ivy when you feel, or suspect, that the discord in your reality is sourced in some false understanding of self that is so close to where you live that you cannot gain perspective. She will work her healing magic and reveal the truth to you.

Hawthorn: Dark Maiden Magic.
Crataegus sp.

Hawthorn brings the gifts of discernment and choice: this I keep, to this I give death; this I release and let go, this I hold and transform; this is lost, and needs to be grieved; this is not ready to be born, and needs further nurturance within the Void of the Unmanifest. Hawthorn connects you to the wisdom and compassion of the Grandmothers to activate the courage of the Maiden Self, the one who is complete in herself. Hawthorn develops and strengthens your access to personal authority, to wholeness, and to impeccability as a warrior. With this connection, the Maiden Self teaches you how to develop a new level of courage, a greater willingness to stand firm for what you believe, and enhances your ability to act from this place, even knowing you may be wrong. Hawthorn teaches you about self-trust, and helps you develop your trust in your inner guidance system - your own personal GPS – so that in time the unresolved imperatives activated by the Maiden do not activate fear and alarm, anger and eruption, only a willing engagement with the Grandmothers, and wise trusting in the Unknown.

Use this essence to access and integrate the magic of the Dark Maiden by inviting the guidance of the authentic Grandmother energies. Let their wisdom and compassion grow and take root within your Being, as source and resource for your courage in taking responsibility for your life – all of it. Let the Grandmothers help you integrate the Dark Maiden energies so that you can determine the quality and content of your impact.

Hibiscus: Heals the Hurting Heart.
Hibiscus sp.

Hibiscus brings her pink and magenta healing energy to the heart, and to the heart of the Soul, that is hurt by wounds of betrayal and abuse, the kind of wounds that go so deep you cannot heal them yourself, without help. Mortal wounds. Lost innocence. Lost hope. Lost life. Let Hibiscus bring her flamboyant competence, and bustle around and take care of you. She will do what needs to be done, and the healing will occur. Out of sight, out of mind. By magic.

Use Hibiscus for yourself or others when you sense a wound that will not heal. Let Hibiscus bring her healing gifts and in proper timing, restore life and hope and innocence. Higher innocence, the innocence with open eyes and open heart.

Honeysuckles: True Memory.
Lonicera

True Memory is filled with compassion and wisdom, where we are connected to the larger story that includes the reclamation of our true stories of Ancestry and Ancestors, both personal and collective as a humanity. It is vital – energizing, transformative – that we allow these stories to emerge now to teach us who we really are, to show us the magnificence of our love and our Triumph through years of slavery and imprisonment, physical, emotional, mental and spiritual – a slavery that has required our enduring (till now) compliance with these enforced understandings of who we are and of our history and heritage. They are carried in your ‘bones of memory’, in the DNA that scientists have mistakenly labeled ‘junk’ DNA. We need all the stories and we each carry part of the Big Story, for our stories are interconnected in ways we can not yet fully comprehend.

Use Honeysuckles to offer the key to your True Memory, no longer off limits as a Bluebeards chamber, but welcomed as the nursery it truly is. With True Memory activated, you are able with ease to reclaim your authority – your authorship – of your life narrative.

Iris Medley: Emotional Multidimensionality.

Irises working and playing together to help you access your emotional complexity and freedom. Freedom from fear of your emotions, or rejection of certain emotions as bad – instead emotional mastery and intimacy so that you welcome and honor each component of your emotional palette. The synergy of this essence connects you to your emotional center, bringing clarity and healing. Adjusting the balance. Organizing and arranging. Making sure your emotional tools are in good order so you can live your life with passion and enthusiasm, with access to your full vocabulary of emotions.

Use this essence to support your emotional mastery and expansiveness, or to expose and realign emotional imbalances and blockages.

Kale: Instills Cheerful Courage.
Brassica oleracea

Kale – what a warrior of cheer. Kale helps you to see the bright side of any situation, however challenging, and with this perspective, your ability to accomplish the task at hand is facilitated. Everything becomes easier. New perspectives emerge. Burdens are lifted. Your spine becomes straighter and you feel empowered to walk forward on our path without obstruction.

Use Kale when you are feeling discouraged and overwhelmed. Or when you are initiating a project to set a tone of lightness and cheer, to instill the feeling of celebration that will accompany your success.

Jewelweed: Proper Timing. Nourishing What Pleases You.
Impatiens capensis

I work with irritation. When or where you have allowed something to get “under your skin”. I extract the irritation and repair the damage, and teach you, if you will listen, of the mistaken understanding that has created the vulnerability. I heal the psychic and energetic damage you have incurred. Sometimes when you get a reaction to Poison Ivy, my spirit sister, she is using her warrior energy to make the infection of your nervous system apparent, and I complete the healing. But you do not need to go through that process to allow my healing energy to be effective. I help you heal your relationship to pleasure. You no longer invite or allow irritation, either to express imperfection that you believe is your nature or to avoid accusations of hedonism or of being selfish or out of touch with reality. When you allow your moment-by-moment surrender to the pleasure of each moment you become a lover of life, more potent in your imagination, and able to invite pleasure and delight as year round house guests.

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Let this essence help you to allow your surrender to the pleasure of each moment and to become more and more a lover of life, one who invites pleasure and delight as year-round house guests.

Joe Pye Weed: Love Empowered Immunity.
Eupatorium

Joe Pye Weed reminds you of right relationship: of the need to honor and welcome that which nourishes you; of the need to name with clarity that which does not; of the need to establish and maintain clear priorities. These are priorities that you choose to honor your grace, both human and divine, and that you choose to frequently evaluate and affirm. Joe Pye helps you re-align your priorities, to release old patterns of thinking and feeling that do not support your highest intent.

As part of its magical gifts, Joe Pye Weed reminds you to honor ancient traditions of healing, traditions that remind you how to establish or activate a more nourishing relationship to nature and your body. Joe Pye Weed can also protect you from infection by toxic thought forms - "weapons of mass destruction" - through this right alignment and intent.

You can use Joe Pye when you are feeling beleaguered and under attack, and even more importantly when you need strength to maintain your most empowered loving choice in the face of resistance or opposition. Joe Pye will re-affirm your choice and nourish your more loving self.

Kale: Instills Cheerful Courage.
Brassica sp.

Kale – what a warrior of cheer. Kale helps you to see the bright side of any situation, however challenging, and with this perspective, your ability to accomplish the task at hand is facilitated. Everything becomes easier. New perspectives emerge. Burdens are lifted. Your spine becomes straighter and you feel empowered to walk forward on your path without obstruction.

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Lambs' Quarters: Nourishes the Pioneering Spirit.
Chenopodium album

Lambs' Quarters helps you go forward where you have never been before, aligning you with your sense of adventure and delight, ensuring your magical knapsack contains all that you need and yet is light enough for you to feel free of burdens. It connects you to knowing your needs are taken care of, that the path, though invisible, will rise up to meet your feet, and that the destination will be exactly where you wanted to go.

Use this essence when you are challenging yourself, in any domain, to take a leap, to go forward into uncharted territory, not as an expression of folly but of trust in your future unfolding. Lambs' Quarters will be there for you, supporting and nourishing every step of the way.

Lilac: Opening to Opportunity.
Syringa vulgaris

Lilac transports you out of this world into the realm of opportunity, the place where different options emerge, or options emerge when you believed no options exist. Lilac holds open the doorway long enough for these opportunities to travel from the realm of the more real into your world where you can grasp them and make them yours. Not only do new options emerge, but you are strengthened and supported in receiving and implementing successfully these new opportunities.

Use Lilac when you want to welcome new opportunities into your life, or to support your ability to move into a new opportunity with elegance and ease.

Lily of the Valley: Making Space in your Heart.
Convallaria majus

Lily of the Valley nourishes the growth and expansion of your heart space. It is a goddess gift, a fragrance from the heart of the Goddess to remind you of the exquisite happiness of living in the flow of Her love. As you align with the love of the Goddess, your heart expands and become more spacious. Lily of the Valley nourishes spaciousness.

Use this essence when you want to expand your ability to love, or are experiencing constriction in your experience or openness to love.

Magenta Bee Balm: Multidimensional Integrity.
Monarda didyma

Magenta Bee Balm supports your integrity, your ability and willingness to respond, to be responsible, in all aspects of your being. When you take responsibility for your life, your creation, then you have true integrity. You do not make excuses nor look for circumstances or others to blame. Instead you hold the vision of what you want in each moment, and adjust and correct in each moment to bring your experience in alignment with your vision.

Use this essence when you are feeling victimized in some area of your life, or experience too great a gap between what you say you want and what you are experiencing. Magenta Bee Balm will adjust your awareness so that you can move to a place of more integrity.

Magenta Morning Glory: Revitalizing Intuition.
Ipomoea sp.

Too often, you are too jaded by your past to allow the true potency and gift of our intuition to unfold. Too often, you are afraid of your intuition or deny its validity. Magenta Morning Glory reconnects you to the passion and clarity of your intuition that allows you to follow its guidance in all aspects of your daily life, creating ease and flow.

Use Magenta Morning Glory whenever you feel your intuition needs revitalizing, or doubts and negativity about the presence and usefulness of guidance surface.

Magenta Tulip: Safe Intuition, Intuitive Safety.
Tulipa sp.

Magenta Tulip brings balance between the first and sixth chakras, the intuitive aspects of your safety and security, and the safety we experience (or not) in your intuition. With Magenta Tulip as your ally, you can feel safe in your intuition and use it as the ally it is meant to be, and at the same time, enhance the authority you give to your intuition to bring to you a world, a reality, that you experience as safe and nourishing.

Use Magenta Tulip when you wish to enhance your experience of safety in your life, or when you are wanting to deepen and strengthen your experience of, and confidence in, your intuition.

Marigold: Holds a Healing Matrix for the Heart.
Calendula officinalis

So many hearts are hurting. So many hearts are carrying wounds, sometimes of known sourcing, sometimes at an energy level, felt but not understood. Dampening the passion and the enthusiasm; causing you to hold back from living and loving with passion and enthusiasm. This is the essence that holds the pattern for you to remember that love is exciting, and what your heart is designed for. This is the essence that keeps self-doubt at bay, that instills courage, that allows you to love “as though you’ve never been hurt” – not foolishly, but Whole-Heartedly.

Marigold holds that safety, that healing balm, so that you can reconnect and recommit to the expansive essence of love. Use this essence to expand love in your life.

Marsh Marigold: Connecting to your Majesty.
Caltha palustris

Coming Soon.

Milkweed: Knowing Your Power.
Asclepias

Ah! Milkweed! Such an abundant plant, with such vitality. Pregnant with possibility. Rich source of power to those who will use it wisely, with open heart and mind. Milkweed takes you deep into your unconscious mind where your unlimited power resides, and feeds it to you if you answer her questions right. For what will you use this power? To know self more? To love self more? To be more? Self and Other, together and separate, each with your own access to your own unlimited power.

Use this essence when you are feeling powerless, to remind you of the power that lives in the deep. Use this essence when you want to access that deep and claim your power.

Moonflower: The Beautiful Unknown.
Datura inoxia

Guardian of the Gateways. Halt! Who goes there? This essence challenges you to go consciously through the doorways into the Unknown, to find beauty, leaving behind at the entrance any energies that would blind or distort, and asking for and receiving protection for the journey. Here in the Unknown you will touch beauty, beautiful dreams. Perhaps these dreams will one day manifest, perhaps never, but just by allowing yourself to be touched by these dreams changes you.....

Use this essence when you are seeking more Beauty in your life, beauty without a name -yet.

Motherwort: Protector of the Heart.
Leonurus cardiaca

Her strength will protect you; she will not be victimized nor allow you to follow a path of victimization. Let her strength activate your own. So that you can open to the love, that deep and fierce love for yourself and who you are. She will protect you, not by defensiveness, but by her wise and resourceful strength, her commitment to life itself.

Use Motherwort when you need extra strength and courage to do what you need to do, when you imagine you lack courage. She will activate and enhance your storehouse of courage so that love prevails.

Mulberry: Alchemical Potency.
Morus alba

Mulberry: fruit of the loom, the loom of life, used by silk worms to weave the strands of life itself - your life, your choice. Mulberry accesses the underground streams of life and brings the counsel of these wise waters forth as healing transformative energies. Dismissed as trash trees by our arrogance and ignorance, let mulberry activate your magic.

Use Mulberry when you feel your magic needs a little more oomph, an infusion of resilience and warmth, of elemental alchemy. You will be surprised - and awed.

Mullein: Transcending Cruelty.
Verbascum thapsus

Flannel leaf. Soft . Resilient. Versatile. A counterpoise to the energy of domination. A beacon, a healing wand. Clarity and truth are not cruelty. Deception and withholding are. You need to see the truth behind and beneath each action, unflinching and with gratitude. It is not about what it seems to be but about what it is. Right naming and right action. Alignment with your Soul's path - when you choose to allow your Soul to follow a path of beauty and enchantment.

Use Mullein when you are still caught in the idea that you have to allow cruelty, or be cruel, in order to be kind, in order to grow, in order to love. Let Mullein show you another way.

Multiflora Rose: Unifying with Love.
Rosa multiflora

I am the many-flowered rose, perfuming the air with my love, offering so much healing and abundance to those places that need it most. I offer these gifts to the land where I am needed so much, though misunderstood and vilified for my generosity and dedication - and I offer these gifts to you. Take my essence and let it find those places that hurt the most, salve them with love, cleanse and purify, extract and transform. You may notice my effect immediately - a gently sense of well being - or you may sense my impact over time. I can heal the biggest wound of all - the one that says you cannot be yourself. That there is something wrong with you. That you must "borrow" identities. This Rose helps you heal this wound of multiple identities by offering a unifying construct - Love.

Orange Day Lily: Confident Self Expression.
Hemerocallis fulva

Orange Day Lily shows you how to put out your all with confidence and pzazz, knowing you make a difference, that you bring beauty to a day, to a life, to your life. That your love of life is always impactful, that you are noticed even when you think you are not. It is time for you to stop hiding behind fear or masks of feigned confidence because you feel the "real" you is not good enough. There is truly no other you than the real you and it is this you that is being called forth.

Use Orange Day Lily when you are faced with a situation where you might shrink, or hide behind a mask. Let Orange Day Lily instill and distil the confidence for your self expression.

Orange Hawkweed: Co-creative Teamwork.
Hieracium aurantiacum

Here is a plant that teaches teamwork. Not a teamwork that depends on competition or scarcity, but teamwork that depends on each part of the creative whole contributing its particular gifts fully and magnificently for the realization of a shared goal - the creation of more beauty and harmony in the world. The florets that make up the flower heads, the cluster of flower heads, the community of plants growing together, the species growing together, the microclimates of the soil and environment, all working together, extending their beauty and grace into the world.

Let Orange Hawkweed remind you of your beauty and magnificence that are present in whatever grand or apparently mundane activity you are engaged in. Let Orange Hawkweed remind you that you are an essential part of a whole synergy that you are learning to co-create with your unseen allies. Know that you make the difference by your choices.

Parsley: Flexible Complexity.
Petroselinum crispum

Parsley lets you claim complexity without the need for resistance. You seek simplicity when you are feeling overwhelmed, instead of realizing it is order you seek. Even within chaos there can be order. Your challenge is to seek and allow yourself to be shown the order that you need, the path through the chaos, and allow the rest to fade into the background. It is about allowing your inner organizing principle to take the reins and show the way.

Use Parsley when you feel bewildered and would resist the flow by flaccidity or rigidity. Parsley restores your faith in the process and returns you to the flow.

Peppergrass: Finding the Spice of Life.
Lepidium

Peppergrass keeps you open and opening to new love, to forward momentum, to growth, the orderly spiralic movement towards the future-that-has-never-been, that you are creating. It invites you to follow the spice, the thrill, of being alive, to never extinguish or dampen that flame of knowing, no-matter-what.

Periwinkle: Honoring Sacred Cycles.
Vinca minor

Cycles of our bodies. Cycles of seasons. Cycles of sun and moon. You live in a rhythmic universe. You cannot escape this reality, nor should you try. It is the breath of life, inspiration and expiration. When did you last stop to breathe, consciously and gratefully? You can no longer ignore the biological imperative that comes with our birth into this reality, AND it is time to claim and reclaim your authority in this illusion.

Use Periwinkle when you would force yourself to do more, or feel that you must ignore your own inner imperative. Periwinkle will restore sanity so you can choose again within the ease of ebb and flow.

Periwinkle Iris: Intuitive Creativity, Creative Intuition.
Iris sp.

Like all irises I spark and feed your creativity, and with this particular hue that I embody, I nourish and engage your intuition as a gift of artistry, allowing your intuition to be empowered so that it pre-paves the way along the path you choose. You choose. You are so afraid to choose - to admit and realize the power you have to choose. First you must choose, then Periwinkle Iris will find the way, the way that sparkles with the most creativity and the most fun. If you allow. Engage with gratitude the path of beauty.

Use Periwinkle Iris when you are feeling blocked, by fear or rage, and allow the blocks to melt. Allow your magic to blossom forth and be surprised and thrilled

Pokeweed: Empowered Will.
Phytolacca decandra

Empowered Will is the will you express when you have claimed your role as creator, fully responsible for your life. "I will" becomes your command, from a balanced place of freedom, knowing nothing stands between you and your desire but your own limitations. There is no forcing, for there is no need for force. Your will is your command, and the Universe moves to accommodate your will.

Use Pokeweed when you are feeling victimized to remind you of your power of authority, or to add oomph to your clear and balanced intent. Pokeweed will also teach you the map of empowered will so you know its resonance.

Prayer Plant: Multidimensional Prayer.
Maranta sp

When you pray you call on those resources that you perceive to have more power than your self alone. You access those inner resources that compose your more expanded self, as well as those unseen friends and allies that you perceive to be "other", not part of the domain of Self. Prayer Plant facilitates your access to these sources of help, drawing to you the resources and allies that you need for breakthrough and resolution. Sometimes this resolution may not be the resolution you had anticipated, but you can trust that you are receiving the resolution that is most elegant.

Use Prayer Plant to facilitate the engagement of magical help from the unseen realms, or to strengthen your belief in, and access to, the unlimited support of the unseen realms.

Pumpkin: Focusing Your Creativity.
Cucurbita pepo

When you focus your creativity, you engage the powers of the elements to accomplish your creative outcomes and you become unstoppable. You get into the flow and allow the current to carry you where you want to go; the only effort is to get out of your own way. Surrender to the pleasure and playfulness of being in the moment of your creation, and allow the drive for pleasure that sources the Universe takes over. Fear is replaced by wonder, resistance by curiosity.

Use Pumpkin when your creativity feels stuck, or you feel out of touch with your playful creativity through the bondage of the past.

Purple Coneflower: Positive Ego Strength.
Echinacea purpurea

Purple Coneflower (Echinacea) teaches you about your boundaries; Purple Coneflower draws attention to where those principles are being eroded so that you feel under attack - or draws attention to where you have never embraced principles as the basis for your actions, using instead the past, fear, blame, or shame as the excuses for certain aspects of your life. It is time for you to step forward and claim authority for all parts of self, and to empower the positive ego to play its appointed role in your functioning as an adult.

Use Purple Coneflower when you seek to enhance your ability to hold appropriate ego boundaries, whether your vulnerability is in merging with the other or an overdefensive stance.

Purple Crocus: Knowing Your Destiny.
Crocus sp.

Purple Crocus connects you to the power of your unconscious and the destinies that you choose, or that have chosen you. Knowing you have *chosen* allows you to choose again, to make a different choice, or to reaffirm the choice you have made. Purple Crocus connects you to the ancient star lineages of your ancestry and supports their unfolding in your life.

Use Purple Crocus when you seek more guidance in your life, when you question your life purpose, when you wish to access the power of knowing your destiny.

Purple Loosestrife: Uncompromising Freedom.
Lythrum salicaria

Purple Loosestrife teaches you about balance with Nature, that you cannot have our freedom at the expense of nature and the natural world. You have to move beyond domination of nature and move into co-operation and co-creativity, to look with different and less self centered focus. You have to claim your human impact on our world, and create and respond accordingly. Purple Loosestrife moves you beyond judgment of self or others into right alignment, challenging you to create alliances for peace without compromising your essential values, challenging you to make a commitment to right relationship to all life.

Use Purple Loosestrife when you are feeling that an imbalance you perceive in nature is sourced within nature, or that the only possible response to a situation is to go to war on nature or some part of the natural world, including your body. Purple Loosestrife will assist you in seeing the situation in a more balanced way that allows unexpected resolution.

Queen Anne's Lace.

Queen Anne's Lace gathers the messages of your ancestors and grounds them into the earth, into your being. She allows you to access this wisdom as effortlessly as breathing; she acts like a filter for the information of the universe - a kind of way-station between your subconscious mind and your conscious mind, helping you draw on just the information you need in the moment or at any given time. Queen Anne's Lace allows you to tap into the well of blessings that the Grandmothers have and hold for you.

Use Queen Anne's Lace when you are seeking inspiration and guidance, or feel a lack of clarity about your aspirations and your life purpose.

Ragweed: Appreciating Gender Diversity.
Ambrosia artemisioides

Ragweed helps you to develop a more expanded concept of gender as you accept more and more fully the knowledge of the duality of your own nature. As you claim the masculine and feminine energies within each of us, you are able to appreciate and enjoy the multiplicity of expression of this duality in individual humans and cultures. Judgment disappears and is replaced by wonder and curiosity.

Use Ragweed when you are feeling handicapped by gender stereotyping or gender role expectations. Allow Ragweed to create a lightness and joy in your experience of gender.

Rambler Rose: Courageous Love.
Rosa sp.

Rambler Rose empowers you to be courageous in your love, and to know that love is never wasted, for exercising your heart in this way is always to your ultimate benefit. All begins with courageous self love, the courage to put Self truly first, instead of the pain and self destruction of withholding love from ourselves. Rambler Rose helps you remember and align yourself with your courage to love.

Use Rambler Rose when your tendency is to withdraw, to believe that love is too painful, to choose again the familiar maps of self destruction. Let Rambler Rose re-infuse the courage you need to commit to loving more - not less.

Ramsoms: Inner Purity.
Allium ursinum

Coming Soon.

Red Bee Balm: Unlimited Potential.
Monarda didyma

Leave your baggage at the door! I act like a trap - a fly paper - taking from you, as you pass my portals, whatever you are willing to release of your burdens of shame and pain, allowing me to expose and restore your flamboyant passion for being. No more pale shades, instead your full emergence center-stage. Joy. Exuberance. Passion. Genius. Holding safely for you the matrix for the expression of these energies, for the realization of more and more of your unlimited potential.

Use this essence when you would limit your passion through shame and guilt, or when the passion that is you would be silenced by the voice of propriety.

Red Clover: The Gift of Self Love.
Trifolium pratense

Red Clover helps you to receive the gift - the gift of Self love - the love your Higher Conscious Self, your Soul and Spirit - all those more conscious parts of Self - have and hold for you. You resist the receiving by insisting you have to deserve and earn the love of your Self. Not so, and there's the rub for those accustomed to action or self reliance. Receiving is action too, a profound willingness to open to something beyond your control.

Use Red Clover when your self love feels shaky, or you are feeling lack in your life - so often a sign that you are refusing to receive.

Red Dead Nettle: Ending Self Sabotage.
Lamium purpureum

Why would anyone sabotage self? Old programs, old fears, old patterns, sometimes so engrained that you take them for granted as if they are the gifts of "fate." Sometimes so subtle that you think the voice of self sabotage is the voice of Truth, the voice of guidance. Most times now, because you are still unwilling to "step up to the plate" of claiming your power and potential, and living it. Red Dead Nettle offers a helping hand, to lift you from the mire of self sabotage. Red Dead Nettle knows what is self loving and what is not.

Use Red Dead Nettle to identify and deactivate the patterns of self sabotage. Let Red Dead Nettle help you sort and sift.

Red Dead Nettle, Silver King: Love's Triumph.
Lamium "Silver King"

Red Dead Nettle Silver King can be used for many situations to complete the removal of obstacles that have been identified, allowing the triumph, the ascendancy, of love to transform and transmute. It is an essence of completion, and of integration.

One example is the way in which Red Dead Nettle Silver King works hand in hand with the wild Red Dead Nettle, to shift the pattern of self sabotage by infusing love and cutting away what is incompatible with self love. The Red Dead Nettle prepares the way - puts the garbage out for disposal, performs the surgery - and the Red Dead Nettle Silver King offers the healing, restoring and regenerating of authentic self love. It allows us to see beyond death as entropy into Death as Soul Gift, into an act of profound transformation.

Use Red Dead Nettle Silver King to complete a transformation, to dilute or erase an old pattern till it is gone or so weak that it no longer has seductive allure. Let Red Dead Nettle Silver King imbue you with the taste of triumph - of Love's Triumph.

Red Impatiens: Claiming Self Mastery.
Impatiens carnea

Red Impatiens helps hold and create the activation energy needed to bring a task to completion, and alerts you to the dilution of self that occurs by premature harvest or exposure. It is essential that you learn to recognize and allow the appropriate build-up of energy to bring a task to completion, and resist the temptation to dissipation or abortion that occurs when you birth your process into the world prematurely. Why do you do this? Usually because it was learned or required of you. Now you can learn a different way of responding by allowing the expertise of Red Impatiens to teach you proper timing. Lift the veils of limitation, self- or other-imposed, and let your masterful self emerge.

Use Red Impatiens when you are feeling impatient for results or recognition, to (re)connect you to your ability to create the energy resonance to complete the chosen task from a space of mastery – your true home.

Redbud: Healing the Betrayal.
Cercis canadensis

Redbud heals the betrayal of self that occurs when you give away your power, or allow it to be taken, when you deny your access to the sacred feminine that is your Source. We all have done this in some context, past or present, and it is time to name this truth so that the healing can begin. It is a wound so deep, and so buried for most people, and sources much of the victimization experience in the world.

Use Redbud when you are feeling betrayed, or to begin the core healing that draws to you betrayal experiences over and over in your life. Redbud will carry the call to your soul.

Rhubarb: Letting Go of the Past.
Rheum officinalis

Rhubarb teaches you to let go of the past, to surrender your attachment to your stories as Truth. Rhubarb reaches deep into the foundation of your stories, to the reasons why you will not let go, and brings to you the wisdom that allows you to make a different choice. Unconscious, subconscious - wherever you have hidden the Truth, Rhubarb will find it and set you free. All it takes is your willingness to tell a different story, a story that has more power. Whether attached by pain or guilt or revenge or hurt, Rhubarb will find the way to let you make a different choice.

Use Rhubarb when you feel you cannot heal. Let Rhubarb bring the release for which you yearn in your heart of hearts.

Rose Campion: Generosity in Action.
Lychnis coronaria

I span the worlds - above and below - always offering choice. Many welcome my generous presence in their gardens, a connection through space and time to lineages apparently forgotten. I am one of those plants you cannot kill - or rather should not kill - for I carry the mysteries. Another rose in June, another flower of love. You may invite me to move, but first receive my gifts. For it is through your ability to receive that you can truly give. I teach generosity. Call on me when you would shut down your heart in fear and rage, to remind you instead of your eternal Truth and immortal Essence. Let Rose Campion bless your path with memory. Let her generosity help you open to more love, to finding and remembering the generous in you.

Sage: Accessing Wise Counsel.
Salvia officinalis

Sage connects you to the Wise Ones, the ones who have gone before and offer their wisdom and their teachings to help you on your path. There are many such, helpers with wisdom for whatever question you ask. Sometimes they sit with you directly and talk to you through guidance, sometimes they speak through others or a book that carries the answer you seek, that falls synchronistically into your path. You will learn the ways that are most common for their response to you as you trust more and more that the Counsel is always there for you to access. Your challenge is to recognize the answer, not because the Wise Ones are deceptive, but because you fear that there is not this level of support, and even if there were, you would not deserve it.

Use Sage when you are looking for answers, to questions great and small. Know that your questions are always answered. Sage will simultaneously bring you the answers and strengthen your ability to access your answers.

Saint Johnswort: Defends and Strengthens the Core Self.
Hypericum perforatum

Saint Johnswort brings the light and love into your awareness, not from outside, but from deep within where you have sequestered it. Saint Johnswort invites this inner fire to shine more brightly, to come nearer to the surface in safety and in joy. It is a guardian and flame keeper, keeping the flame of your Sacred Self strong and bright. With Core Self strengthened and protected thus, you can allow yourself to be known and seen more, until your confidence in the safety and strength of Sacred Self is beyond question.

Use Saint Johnswort when you feel afraid to shine, when you are ready - or at least willing - to move beyond the bruises and humiliations of your personality self, and allow your Sacred Self to run the show. You may be astonished at how much fun that is.

Sassafras: Root Wisdom.
Sassafras officinale

Sassafras carries ancient truth, transmits it far and wide through its 'root medicine', offering transformative wisdom by connecting us to the roots of our lineages, past and future. Sassafras offers a combination of purification and compassion to our heritage stories so we can find the truth and wisdom that offers nourishing interconnectedness among all traditions.

Use Sassafras when you feel alienated or disconnected in anyway. She will remind you of the truth and wisdom of your heritage so that you can relax into solution and resolution..

Self Heal: Nourishes and Strengthens the Inner Healer.
Prunella vulgaris

Self Heal brings healing, the awareness that healing is always possible, in any moment, in any place. But what is healing? It depends on your chosen intent. Sometimes Self Heal offers deep soul healing, or offers a tangible reminder of the ever present healing ability all humans embody. Self Heal helps you change your mind, to make a different choice, one that has more magic.

Use Self Heal to remove the limitations that block the way for your healing. Identify what you are ready to change, and let Self Heal loosen, remove, transform, transmute.

Siberian Iris: Enhancing Expectation.
Iris siberica

Siberian Iris teaches you to surrender flesh, the illusion, for the stuff of reality, for authentic expectation, where you know you can have our heart's desire. Expectation is a state of opening to what might be, by your desire and imagination, and bringing it into being, born aloft on the wings of expectation. Too often you say what you want, and you can smell and taste and touch what you want, but in your heart of hearts don't really expect to get it, allowing instead cynicism or realism or manipulation to replace genuine expectancy.

Use Siberian Iris to nourish your expectation and hold the resonance for you as you learn the feel and flavor of authentic expectation. See and feel the difference. Let Siberian Iris teach you.

Snowdrop: Affirming the Miraculous.
Galanthus nivalis

Snowdrop affirms the miraculous, that out of what seems to be frozen ground, from that magical realm we call the underworld, light and growth and creativity emerges. Snowdrop represents hope and truth - not the feigned hope of despair or of fantasy, but the true hope that arises from the truth held with humility - that life is created new each moment if you allow. You do not know all the answers. You do not need to know all the answers. And if you will release this need to know it all, miracles are not only possible, they become the nature of reality, the way you live.

Use Snowdrop to soften your skepticism and resistance to miracles, large and small. Allow Snowdrop to bring the miraculous into your life, to allow the miraculous to become the fabric of your life.

Solomon's Seal: Harmonizing Conflict.
Polygonum

Solomon's Seal brings harmony to duality, allows you to value difference and retreat from positions of inflexible righteousness. Not by abandoning principle, but by recognizing that often different value structures are at work, and if you recommit to finding the resolution that carries the most love, the most harmony, a balance of power will be achieved that endures. Whether the conflict is a minor disagreement, your own torturous inner thoughts, or a global conflict, Solomon's Seal brings its particular expertise for resolution.

Use Solomon's Seal whenever you feel you are at an impasse with a situation of conflict to ease your torment, and allow opportunities and resolutions to emerge where you thought there were none.

Spearmint: Earning Your Own Love.
Mentha

Spearmint teaches you to value all your thoughts and all your feelings, and to achieve a balance between them so that you can function with ease and productivity. If you let emotional turmoil prevent you from fulfilling your obligations, you are out of balance; if you allow your thoughts to dominate your feelings, and deny or negate what you are feeling, you are also out of balance. Spearmint helps you find that balance so that we can evaluate your ability to harmonize your thoughts and feelings and exercise appropriate self esteem.

Call on Spearmint when your self esteem is feeling weak, or when you need help in bringing your thoughts and feelings into balance. You may be surprised how fast Spearmint can change your outlook!

Spiny Cucumber: Economy of Action.
Echinocystis lobata

When you use Spiny Cucumber, you are realigned with Truth in such a way that you sense and function within a sense of proper timing, conserving and using your energies in ways that are both liberating and joyful. Spiny Cucumber can teach you the importance of economy of action and right timing to help you create a more ease-filled life where, despite the complexity and multiplicity of tasks and commitments that you have, there is a juicy sense of flow permeating both impetus and action.

Use Spiny Cucumber when you find yourself continuing to embrace struggle out of long habit or lack of imagination. Let Spiny Cucumber show you how to experience a whole new way of being.

Spiny Sow Thistle: Transforming Dark Laws.
Sonchus asper

A warrior with a heart of gold, finding the negativity, the misguided and misdirected, and transforming it into creative expression, spines and bitter milk. The potency of my ability to transform imbues my whole being - you can receive my impact through my spines, my bitter mild or let yourself be suckled by my flowers.

Sow Thistle seeks out and finds what has been deeply internalized as a mistaken understanding of who you are, of the nature of reality, and takes it and transforms it into a loving embrace. Dark Laws are rules, beliefs, to which you have given your power, that generate within your reality experiences of pain and loneliness and isolation, disease and despair. Let Sow Thistle seek and transform these laws for you, bringing with it understanding and solace.

Sow Thistle seeks out and finds what has been deeply internalized as a mistaken understanding of who you are, of the nature of reality, and takes it and transforms it into a loving embrace. Dark Laws are rules, beliefs, to which you have given your power, that generate within your reality experiences of pain and loneliness and isolation, disease and despair.

Let Spiny Sow Thistle find those fundamental choices, based on false understandings, that confound all your best intentions and bring you again and again to the wall of exclusion, to the prisons of isolation and despair

Use Sow Thistle to seek out and transform these laws for you, bringing with it understanding, and healing and solace – and the opportunity for new choice.

Star of Bethlehem. Collaborative partnership.
Ornithogalum umbellatum.

Star of Bethlehem offers access to a potent synergy that restores harmony and balance. Star of Bethlehem finds and brings to you the partner for any energy to create balance so that new form may emerge from the collaboration.

Stinging Nettles. .
Urtica .

Coming Soon.

Sunflower: Positive Inner Dialog.
Helianthus annuus

Sunflower teaches us how to use nourishing and true inner dialog. Some individuals are so deeply wounded that they believe negative and demeaning attributions towards self or other are Truth. Certainly no-one is perfect, and in honesty we each need to admit our humanity, and that sometimes we or others fall short of our or their highest intent. But the Truth in our heart of hearts is that we are Love, and for each of us the ultimate drive is to be loving. It starts at home, within each of us, with loving thoughts towards the self.

Call on Sunflower to show you how to value yourself, to find the higher truth beneath and within even the most apparently damaging behavior toward self or other. Let Sunflower align you with your Sun-Self.

Tansy: Living Your Priorities.
Tanacetum vulgare

Tansy teaches you to live your priorities - by helping you reach that center within yourself wherein you can find the inner organizing principle that allows you to know and follow your priorities - where love and will unite - the core of power. With her intensity of energy, she cuts through the clutter to find the thread that brings about this marriage and allows its expression into the world.

Call on Tansy when you feel confused about your path, or feel you need an infusion of clarity to help you identify your own heart based priorities. She will heed your call.

Thistle: Connecting Earth and Sky.
Cirsium

Thistle restores the deep heart connection between earth and sky, between our deepest longings for expression and the nourishment, resource and support that allows these longings to come into expression. Thistle restores balance and harmony, and the sacred trust between the worlds – between masculine and feminine, between human and faerie, between nature and human.

Use Thistle when you feel or depleted impoverished in spirit, or feel unsupported in your needs.

Toad Lily: Supports New Conception.
Tricyrtis hirta

Toad Lily restores the balance between the masculine and feminine energies, and lifts away the shame from our conception – the personal and global concepts within which we are enveloped that obscure our access to Truth. It restores our vision so that we are able to see the shame-based stories as what they are - limited, blotches of misunderstanding within the greater unity, rather than global truth.

Truth restored then allows us to see the luminous intent even within shame, so that we can restore the connection to the luminous. With this new and renewed illumination, we are drawn forward – lifted from the swamp of paralysis, and energized anew.

Use this essence when you are caught in destructive, non-nourishing thought patterns. Toad Lily will dissolve and transform the errant chemistry and offer the map for regenerative patterns to be substituted.

Trout Lily: Claiming Emotional Presence (PTSD)
Erythronium albidum and E. americanum

Trout Lily allows you to stay in the presence of your emotions - all of them - however painful or previously denied, so that you may claim your full humanity, your full emotional repertoire. Once you have this repertoire, you can exercise choice about which emotions you nurture and emphasize and enhance, and which emotions you own and then choose a more loving stance towards ourselves and others. Trout Lily also offers the gift of healing from Post-Traumatic Stress Disorder, by gently in your own time allowing the pain of an overwhelming emotional experience to be integrated and healed.

Call on Trout Lily when you seek to claim emotional presence, to release the fear and denial, conscious or not, of certain emotions, and to allow balance and immediacy be safely restored to your emotional presence.

Trumpet Creeper: Passionate Self Expression.
Campsis radicans

Trumpet Creeper calls on you to be yourself, to serenade yourself with your own song. A song of love, a song of beauty, a song of joy. Your true song, your soul's call. Persistent, infinitely renewing, not to be denied. It is time for you to sing your song, to let this song be heard whatever you are doing on the surface - conversation with your beloved, a presentation, a reprimand. Let your song be heard, the song of love that is your essence.

Call on Trumpet Creeper when you feel your voice lacks vitality, or you feel out of touch with your passionate core. She will show you the way.

Violet: Claiming Hidden Strength.
Viola sp.

Violet teaches you about your strengths, the ones you pretended or believed you didn't have. She brings illumination, so that not only can you recognize these strengths, but also you can claim them for yourself. Just as you are more powerful than you know, you have strengths, emotional, mental, spiritual as well as physical that you have not recognized and owned. Claiming these strengths makes your life more fun, more rewarding, more satisfying and more adventurous.

Call on Violet when you feel the strength you need is lacking, or when you need to discover hidden resources to create different solutions. You will be surprised!

Virginia Bluebell: Expressing Love Safely.
Mertensia virginica

Virginia Bluebell holds such vulnerability for you, to teach you how to love, to be open and vulnerable, in safety. Love must be expressed to grow, even if only to the self in recess of night. It is the expression of love, the ownership of your love, that keeps your heart open and exercised. It is not necessary for your love to be reciprocated in kind for your love to have value. Love and loving is a gift you give yourself and others, for its own sake, not for what you might expect in return. Practice expressing your love and feeling your vulnerability, and reveling in the safety of love's embrace.

Call on Virginia Bluebell when you are feeling afraid about love, or feeling a lack of love in your life. She will remind you that love is an action, of giving and receiving the love you have and hold for self and other.

Virginia Knotweed: Attention to Detail.
Tovara virginiana

Virginia Knotweed shines with reflected light. Easy to ignore, easy to dismiss if you withhold the love, the attention to detail, to uniqueness, that allows you to open your heart wider as you appreciate the beauty that you would have missed if you had withheld the light of your love. Virginia Knotweed teaches you to pay attention to detail, to find more and more what is loveable about self and other, and to celebrate it.

Use Virginia Knotweed when you are feeling isolated; she will engage or re-engage you in the mystery of intimacy, let you see with new eyes, with compassion and strength.

White Sweet Clover: Dissolving Blocks and Obstacles.
Melilotus alba

“I have a gift for dissolving blocks and obstacles through the fragrance of my intent. Irresistible. Blocks and blockages, grudges and resentments, obstacles of any kind, cannot be held in the same space with me. They are dismantled and diffused, broken down to their elementary particles for reuse, leaving only airy spaciousness and the opportunity to see things afresh, to make different choices.

Use White Sweet Clover when you are caught in struggle and don't know where to begin to reclaim your freedom. White Sweet Clover will find a way in and through. Let her do her work for you...

White Pine: .
Pinus

Coming Soon.

White Yarrow: Provides a Shield of Protection.
Achillea millefolium

White Yarrow is a shapeshifter, like ethereal white blood cells, scavenging and transforming energy that would wound or penetrate your personal psychic boundaries. She will come and go at your request to hold psychic space for you, so you live within the experience of ease and freedom - freedom from physical energies of any domain that would contract and disempower. She is a grandmother, a faerie godmother, and her energy reaches throughout vast reaches of the universe choosing and matching your personal boundaries with the energies that will nourish and sustain.

Use White Yarrow in times of vulnerability, or as a daily tonic, like a moment of prayer that connects you to the beneficent energy of the motherline. Learn to trust her presence and her love.

Wild Grape: Balancing Will and Love.
Vitis sp

Wild Grape has such a passion for life, such a love for the mother and her bounty - and also needs a firm hand to maintain her enthusiasm within the bounds of respect for others. She is like an adolescent, full of life and passion, and that particular certainty born of terror in the face of the looming responsibility of adulthood, that can inspire both the hubris of success born of arrogance and entitlement, or imagined pitfalls of duty and boredom and failure. What adolescents do not yet know is that as they fully claim their adulthood, their ability to take responsibility for their lives, resources, both inner and outer, pour forth to support their path. Choices made from that place are full of deep soul nourishment, that the adolescent cannot see through the lens of their terror and projections.

Use Wild Grape when you are embarking on a new project or relationship, and need a balanced perspective, or when you see your way forward in a pre-existing situation blocked. Wild Grape will connect or reconnect you to your passion, your will and your love, in a balanced way.

Wild strawberry: Letting Go of Attachment.
Fragaria virginiana

Wild Strawberry teaches you to move on, knowing that what you have gained from relationship with another human, or creature, or place, is not lost but becomes a part of you if you choose. There is no need to cling - what is important travels with you. Your ego would tell you to cling or to deny and reject; your shadow gathers what you forgetfully misplace from ego's demands or stubbornness. Release the fear, the anxiety, and allow right relationship to unfold.

Use Wild Strawberry when you feel unable to move on. Let Wild Strawberry restore your trust in flow, knowing the gifts you seem to be leaving behind will be waiting at journey's end.

Winter Aconite: Respecting All Your Emotions.
Eranthis hiemalis

Winter Aconite teaches ownership of your emotions and provides the space for us to safely and honestly claim what you feel. Aconite thus builds self worth and self respect, and develops your ability to claim responsibility for what IS your responsibility and helps you to break free of emotional shame. Emotional shame is that particular pattern of over-responsibility where you are shamed into taking responsibility for things that are not your responsibility.

Use Winter Aconite when you are feeling overwhelmed or confused by your emotions, to bring clarity and resolution.

Yellow Crocus: Aligning Will and Want.
Crocus sp.

Yellow Crocus brings forth your heart's desire, helps you identify what it is your really want of life and love. Not willfully, grabbing what you want without consideration, but with aligned will, will refined by the underworld into willingness, a willingness to receive the higher octave of your want, the choice with the most love. Yellow Crocus both allows you to know and nurture what you want, and to refine and align your wants with your Sacred will. Your Sacred will is in harmony with your chosen destiny, the path you have chosen to facilitate the adventure of your soul.

Use Yellow Crocus when you are caught in scarcity, focusing on what you don't want, or the absence of what you want. Yellow crocus will release the neediness and nourish the knowingness that you truly can have what you want if you are in right alignment with your will.

For additional information about the Faerie Flowers Essences or to order, contact Bronwen at:

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