

The Faerie Flowers Transformational Essences.

Each of these Transformational Essences was created in response to a call, an invitation, an impetus, that developed into what felt like a Sacred Dance between myself, Nature, and Faerie, sometimes over days or even weeks, sometimes with magical or synchronistic input from nature or other humans.

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

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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 and Descriptions of the Faerie Flowers Transformational Essences

Each of the Transformational Blends was made using a combination of energies that were called together at the same time in order to create a particular matrix within which the essence was brought into being. Often several flowers participated as well as other environmental energies. Each time I am called to make one of these blends it is delicious – like creating a fabulous and unique new recipe.

Alder Equinoctial Blend.

Alder connects you to the river, the River of Time. It encourages and supports you in releasing and launching into the flow. Whispering of courage and safety within the adventure. For standing still is not possible; you must flow with the river. Surrender and enjoy the adventure. Let any terror you feel as you travel into the unknown be transformed into anticipatory pleasure, claiming the confidence that you have all you need to meet this or any challenge...

Use Alder Blend when you would cling to the bank for fear of the current, or when it feels the river is flowing too fast and you are out of control...

I made this essence over Spring Equinox, when the exuberance of the spring awakening can heighten imbalance, encouraging us to push the wheel with our impatience, or resist our emergence and keep our heads under the covers.

**Brother Sun, Sister Moon:
*Finding Love's Legacy.***

Facilitates healing through space and time so that we may find again the Thread of Love that brings us into right relationship with ourselves.

This is a Blend that connects us to Dominion – that allows us to revisit and remember – bring together in harmony – those warring factions within ourselves, those parts of us that refuse to find the Higher Truth within all story that shows us the Love that was always there. It helps us find our Legacy of Love – our lost heritage that we have come to believe does not, and could not, exist. With the potency of this blend, you can re-member what you have lost and be reunited with Self.

Use this Blend if you find yourself still repeating stories of pain and discord about your childhood, or your family history, to open you to larger truer perspective, or pro-actively to access the amazing bounty of your Legacy of Love.

I made this Blend during a magical 24 hours on the 22nd and 23rd of April 1996 with 33 different kinds of flowers that were blooming in my father's garden in northern England on the second anniversary of the opening of the vortex. My father had died the previous year, and my mother two years prior to that, and this Blend was a teaching and a healing of my lineage stories, and a reconnection for me to my Legacy of Love. It was also the full moon, and I carried the Blend as it was potentizing to the top of Warton Crag, a local limestone crag to receive the full benefit of the moonlight on the top of one of the magic spots of my childhood.

**Full Moon Magic in Sedona:
Through the Eyes of the Ancient Ones.**

This Essence is about Clarity of Vision - allowing us to see through the Eyes of the Ancient Ones, and replace projection with vision, to step out of the distorted perceptions. Clarity of vision affords the ability to let go of the garbage, the misinformation, that we've collected about ourselves and our world, and to claim our personal spiritual authority.

This essence illuminates a situation so we can see what is really going on, and to the extent that we can align with the Eyes of the Ancient Ones, we are able to create and allow congruence and authenticity. Sometimes we may be surprised. For the projections and distortions, self or other sourced, can be very convincing. It is time for us to stand in our Power; it is time for us to claim the realness of our essential Self, our Sacred Self.

Use this essence whenever you want clarity about a situation. Greet the unmasking with gratitude, even if sometimes the information is not what you prefer. Ultimately honesty and truth always serve us better, and as we welcome this level of truth and honesty, our path becomes an ongoing adventure of our design. No longer filled with drama or crisis that we congratulate ourselves for transforming or averting, but filled with ease and choice. This is Magic.

**Healing Waters Solstice Magic:
Holds the Light with Intensity & Focus.**

This Blend is imbued with Balance, the Balance of Winter and Summer, of Night and Day, of Nature and Human, Human and Faerie, of the elements. It connects you to the Shining Ones, those Beings of Light from many realms that illuminate the heart and mind, dispelling confusion and doubt with their radiance, and inspiring and igniting hope and trust. This Blend holds the certainty that no matter what “All will be well.” It is a potent ally for the winter dreaming, and for Shadow work, and can also be of value for people who suffer from SAD.

Use this essence when you need to be infused with the light of illumination. This essence will infuse and imbue you with this light – your own Inner light and Other light, so you can see rightly who you are and what is the truth of a situation. Allow this essence to teach you about Balance, and to help you establish or deepen your connection to the Shining Ones.

This Blend was made over Summer Solstice in 1998 at the Chippewa Falls, just before the Chippewa river enters Lake Superior in Ontario, Canada. Seven native species of plants that were growing at the Falls were used to hold both the healing energy of the flowers and the connection to the Ancestor energies that held the spirit of this sacred place, together with the Nature energies of undine, sylph, salamander, and gnome.

The air felt thick with layers of energy and magic, the presence of Eagle, the intense immediacy of the Ancestor energies and the Elementals. Yes, it was Solstice, and yes, it was a moment when time stood still. Part of the Magic of this Blend.

As part of the solstice weekend, the group of women that gathered charged crystals with love and with healing intent for the waters of the Great Lakes, and the Waters of the World. The potentiated crystals were offered to the falls at the moment of solstice, with the understanding that these crystals would be further potentiated by the constant rushing and pounding of the waterfall, so that their healing intention would be made available to all people and communities downstream from this place – through Lake Superior, through the rapids at Sault Sainte Marie, through Lake Huron, the Saint Clair River and Lake Saint Clair, through Lake Erie, over Niagara Falls and through Lake Ontario into the Saint Lawrence river and out into the Atlantic Ocean. To this day, these crystals continue to offer their healing intent with undiminished potency.

The Blend was completed after this gift had been formalized.

Hearts of Oak Transformational Blend: Communicating with Love.

This Blend offers continuity through space and time, and beyond space and time. What is “Essence of Oak”? What is the power, the resonance, the healing, accessible through the heart energy of an oak? Longevity. Community. Continuity. Wisdom. Endurance. Loyalty. Generosity. Tenacity.

The oak energy of this blend offers playful and potent access to strength and power, and lightens the denseness of the energy we call endurance into the transcendent strength of persistence and tenacity. The Forget-me-not carries Memory, via Mnemosyne, Mother of the Muse, and teaches us to choose the Past and Future memories that hold the highest healing resonance for each of us; Dwarf Dandelion holds the milky flow of unassuming self expression, being who one is called to be; Poison Ivy offers her warrior strength to recycle the spoils of war and turn them into nourishment, capturing what we as humans leave behind, composting, turning back into soul stuff, restoring to the flow.

Use this Blend when you need encouragement and to find deep inner resource, when you need to discover the rich reserves of strength and potency that are contained within endurance, that transform endurance into transcendent delight.

The Hearts of Oak Blend was made over several days near Hamburg, Michigan, USA, in September of 2002, and includes the heart-vibrational energy from two specific white oaks, one holding masculine energy and one holding feminine energy. It also includes the vibrational energies of thunder and lightning, sun and moon, and rain, the clarifying energetic intent of Poison Ivy, Rhus toxicodendron, together with the flower energies of forget-me-nots, Myosotis, and the dwarf dandelion, Krigia.

The oaks were both white oaks, in an area rich in magnificent huge ancient ones, both black and white. Many of these oaks had already shared their heart energy into the environment, huge specimens with massive stems and spreading branches from a low crown – all indications of an early childhood with lots of space to grow, whether from cleared pasture or the lucky individual taking up stewardship of an oak opening – now with huge scars from fallen limbs, and dead limbs slowly dismembering onto the earth, yet still each year leaves and flowers and fruits, seeding the next generation of wisdom teachings into the earth and the environment.

The ‘masculine’ oak sat at the edge of an “oak opening,” an almost circular grassy space that included the Birdsfoot Violet, Viola pedata, as part of the woodland floor at its feet. A massive trunk, straight and true for six feet or more before widening to embrace a heart shaped entry into its inner space, leading straight down to a toe hole at my feet. The ‘feminine’ oak, wide spreading her limbs at the base, her inner womb space hollowed and offering rich environment for new growth. Attracting and sustaining numerous lightning strikes.

All trees are giving trees, but especially oak... English oaks that gave the ships of the Royal Navy, traveling oceans of the world, giving and receiving stories: used as the planks of ships used to transport slaves, tea from China, or people to the New World; or oak barrels for whisky and brandy. And the Red, Black and White Oaks of Michigan that gave the floors of Chicago...The Hearts of Oak have endured and witnessed many stories of heartbreak, no less their own. Who listens to the stories of the oak hearts? Once it was the children and the wise ones. Who listens now? Who gives back to the Oaks? Time to tell the true stories – the stories that tell what the hearts of oak can reveal, to honor their wisdom and honor.

Love of the Mother: *Transforms & Transmutes Mother Hatred.*

This magical Blend was created one summer with two flowers from my “urban wilderness” garden, two species of Avena (Geum), the North American species with white flowers, G. canadensis, and to my surprise, the yellow-flowered English import, G. urbanum, not one of the common North American yellow species.

Yes, this can be used when there is hatred between mother and child, or child and mother, for good or bad or no reason, but the primary conception of this Blend turned out to be to protect women (and men) from the damaging impact of the Global Hatred directed towards the Feminine, and through the use of this essence to infuse healing and transforming energies into this Hatred – to end its reign - and thereby make it easier for both men and women to claim authentic partnership between the true masculine and feminine.

This is what my guidance has to say about this Blend:

“We are here to support the different Choice and choices you are making; the choice to love, the choice to be in partnership; the choice to let go of the old stories; the choice to not only consider, but take the risk of faith and act, to create a world based on dominion, on partnership - to take on the awesome and delightful responsibility for crafting your life. Mother Hatred has reigned too long, sometimes expressed as self - hatred of women for themselves, or as hatred and disrespect by men or women for their sisters, or for their mothers, or their mother’s children; sometimes expressed through the lens of patriarchy as violence and domination towards women, or each other. Time to dethrone her, to feed her no longer with your life blood, and instead put her out to pasture, to grow old and toothless with her work done, at peace with the elements. Yes, you can visit her and reminisce if you wish, but do not be seduced to open the gate and let her out; you have work to do – life to live, joy to experience, dreams to dream, a world to create – and you do not want to spend your time rounding up Mother Hatred again.....

Use this Blend when you feel victimized or discouraged, when you feel the world is doomed, when you feel some aspect of creation (another Being, energy, object) is extending negative intent towards you. She will purge the mistaken energies, cleanse and purify your conception, so again you can feel your world new-born, and new life waiting to be born.

Love of the Mother Elestial:
Aligns with the Sacred Feminine

Love of the Mother Elestial carries the same intensity of the Love of the Mother Blend for transforming Mother Hatred, and in addition includes the energy of Elestial crystal, a crystal energy that has a particular gift for grinding up negativity or negative energy so that we may experience a more light hearted way of being in the world...

**Meadow Magic:
Reweaves and reveals the Matrix of Sacred Community.**

Meadow Magic teaches us about community, a community that has existence through space and time. The meadow in her winter state is just as alive and vibrant as in her summer state, but she has carried and directed her energy inward, meeting in the deep earth's embrace, gestating her new cycle of growth.

Humans have impact on meadow - they cannot be excluded and meadow would not exclude humans, for above all nature is inclusive. Meadow Magic shows us how each part of meadow is a valued and essential contributor whether manifesting in physical form in a particular season or not, whether present transiently, or for long duration

Some meadows participants are alien to the meadow environment - intruders who have gained footholds from the unbalanced energies some human visitors leave behind - not just the trash and physical detritus, but also the toxic unbalanced unseen energies, the emotional unbalanced debris, negative thought forms and spiritual shame spewed forth to settle on all. It is important to notice how meadow responds to these intruders. Once, long ago, the people of this land were responsible stewards who loved this meadow and knew how to curate what they brought to the meadow so she was always well, nourished and taken care of. Meadow has waited patiently, graciously, for us to notice and take the appropriate steps to nourish her essence, allowing her meadow memory to awaken. Now, again, some people are beginning to consciously express the love in their hearts for this meadow and take care of her - comb her hair, walk with love and attention, marvel at the beauty and complexity, give her the food she needs, the resources, let her express her passion in fiery combustion, remember her true colors by gifting her with seed...

Use this essence to open the hinges of your heart and allow it to open wide to the experience of sacred community - to the living experience of our constant embrace in the love of the sacred feminine, and of nature and her expressions as form. To instill and restore our lived experience, our sense, of safety, and awaken our abiding gratitude for the deep love with which we are always embraced by nature.

I spent many years walking in this part of the Arboretum that I'm calling "Meadow", which included prairie remnant as well as planted areas. I walked in all seasons, night and day, reveling in her beauty, enjoying her love, singing her song as she helped me sing mine. Here I watched the moon rise and the sun set, here I honored Sirius and her starry companions.

Finally this essence asked to be made, gathering together ancient wisdom, reminding us of the sacred community to which we all belong. The flower that specifically offered for the making of this essence was a huge Queen Anne's Lace blossom - bigger than my hand. Usually Queen Anne's Lace has a single deep indigo flower at its center. This blossom had a whole umbel of 13 indigo flowers at her heart.

**New Moon in June, Garden of Delight:
*Natural Abundance.***

Let us infuse you with gratitude, the resonance that is the only possible and appropriate response and invitation to the abundance that embraces you in her arms every moment of every day, whether or not you let yourself feel it. Allow this infusion of gratitude, surrender to the deliciousness of its call, and gradually - or suddenly - your heart will open up, and it will be as if the lights turned on. Now you can see the world in its true colours, full of sparkle and intensity, and you see the blessings and abundance at work and play everywhere in your life..

Use this essence when you wish to align or realign with the flow of abundance in your life.

This Blend was made from 33 different flowers that were all in bloom at the time of the New Moon in my “urban wilderness garden.” Some of these flowers might be called weeds, certainly many were volunteers, but together they created a potent synergy that combined with the New Moon energies to infuse this essence with a natural affinity for abundance, for the grace and flow of abundance, and the natural order that is the essence of abundance.

The Power of Water: Restoring, Holding and Creating True Memory

This transformational essence activates the water in your life – in your body, in your home, in your environment – to access its potent healing and transformative power. Even though humans impose their mental misunderstandings on water, through technology or pollution, the inherent transformative power is still there waiting to be remembered. This essence helps you to remember. It helps the water in your body to remember. And it helps the water you use to remember. It aligns you with the inherent transformative and healing power of water, and aligns water with its archetypal blueprint for maximal and optimal healing.

Use this essence as you would any other – orally, or in a bath or spray - for infusing, awakening, and restoring this resonance. Use in bodies of water – your own human body and those used for drinking and cooking, bathing and washing; add to lakes and rivers, bathtubs and oceans. Let your instincts and intuition be your guide.

The making of this essence.

*I made this essence over a period of weeks in late summer of 2003, culminating in Fall Equinox, on the East shore of Lake Superior in Canada. It is the second essence I made in this area (see Healing Waters Solstice Magic). I was initially called to make the essence in response to the intense domination energy I felt permeating this particular region of Canada, the East shore of Lake Superior, in relationship to the use of water for generating hydroelectric power. Many energies were gathered and used in its creation: the water of the Montreal River, both above and below the turbines of the hydroelectric plant, and the Magpie High Falls. The plants used in its creation were Soapwort Gentian (*Gentiana saponaria*), Eyebright (*Euphrasia*), and ?, from the area of Magpie High Falls. Its final incubation was at a cauldron on the river ?, held within a matrix of ancient white cedar roots (*Thuja occidentalis*). Seagulls provided the connection to Faerie during the incubation of the essence. My role was to provide a human vehicle for the grounding of the energy of the feminine and of dominion into this process, and allow a facilitation of a change in the energies accompanying energy generation through hydroelectric power. In this process, the primal essence of water was activated and made available through this essence. It is a connection to the original intent of water, the love energy that transforms and regenerates. Using this essence allows you to activate this intent within your body, or any body of water to which you introduce it.*

Yarrow Protection Magic: Multidimensional Protection.
Pink, white, golden, and hybrid pink-white Achillea species, rock salt crystals.

Yarrow Protection Formula can be beneficial for addressing both "mundane" stress and stressors in your day to day life, and also can be called on under particularly challenging times to provide additional protection. Each individual is unique and what is stressful to one may not be stressful to another, yet it is also true that many individuals are finding their sensitivity has increased and a shield or sheath of protection is needed while they develop the energetic "muscle" to handle this increased sensitivity.

Yarrow Protection Formula offers a shielding from physical environmental stresses, such as fluorescent lights, electromagnetic frequencies, toxins in your food and water supply, "alien" energies that are hazardous or unbalancing to your systems like viruses, as well as emotional and psychic toxicity that is human or Other generated.

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