



Additional Essences available from Green Hope Farm

This list holds many new Flower Essences as well as many Flower Essences tried and true that simply want a less high profile place in our collection than the main line up on the website.

If you don't see a Flower Essence you are looking for, ask us! We may well have it! Check out our Alphabetical List with Latin names of all the Flower Essences we have- request this list as a pdf or find it in the resource section of our website!

Additional BERMUDA FLOWER ESSENCES

Asarina *Asarina*

Bermuda Easter Lily- *Lilium longiflorum* Bermuda Easter Lily tells us, "I amplify positive energies. I amplify your good intentions. I amplify the beauty of your soul. I help you see your divine purpose and the divinity in others. My energies are very purifying, yet I hold no energies of judgment about what has been released. I wash you clean, pure and simple."

Bermuda Shell Rose- see Duchesse de Brabant Rose

Bermuda Snowberry- *Chiococca bermudiana*

Bermudiana *Sisyrinchium iridoides* This is a beautiful and tenacious Bermuda wildflower. Its exquisite, vibrant purple Flower with its clear yellow center speaks to its wisdom and purposes as a Flower Essence. Bermudiana assists us in finding our unique calling. It brings clarity, confidence, and balance to this process, helping us to be a clear individual note of truth and healing regardless of our surroundings. It increases our ability to share our truth with others in a balanced manner and with a strong sense of purpose, but without attachment to what others do with our truth. Bermudiana works to clear and align the fifth, sixth, and seventh chakras. It strengthens our spiritual connection and brings skills of discernment to the hearing process. Bermudiana helps each of us to strike with assurance the musical note that is our part in the music of the spheres. This ties into our fifth chakra work of divine self-expression. In tuning these three chakras, Bermudiana helps us to effectively ground greater spiritual understanding in our physical bodies and in our daily lives. It helps to make our awareness of our spiritual identities resilient and immutable. It helps us to be our truth without in any way being abrasive or arrogant. Bermudiana reminds us that the still small voice of God has its own authority. *I AM the full expression of my part of the music of the spheres.*

Black Ebony *Albizzia lebeck* Black Ebony Flower resembles a powder puff of thin white filaments of light. As an Essence, it helps us to efficiently absorb as

nourishment all the healing benefits of God's light in all its forms. This means Black Ebony has a lot of practical as well as spiritual applications. Among other things, it helps us to maximize what we receive as gifts from the sun and minimize the difficulties we have with gently assimilating the sun's gifts. For instance, many people have used this for sun related skin issues. It also helps us recognize, access, and make use of our own inner light more fully. *I AM the light of the world.*

Blue Dayes- This Essence is used by a number of practitioners to help clients experiencing depression.

Blue Sage *Salvia farinacea*

Bougainvillea- *Bougainvillea* A flower celebration of diversity, Bougainvillea supports us to enjoy our differences. It can help heal a toxic climate of intolerance and help something joyful to flourish in its place.

Bouvardia- *Bouvardia*- This Essence is particularly good for women. It helps women bring to consciousness gems of their own wisdom that have perhaps not been available for them to access. This wisdom belongs to them and was earned by their own efforts but additionally helps them access archetypal wisdom of the sacred feminine. It unlocks situations and helps bring needed wisdom to consciousness.

Bromeliad- Support to make the best of reduced circumstances, get the most out of basics, ground without a lot of obvious support, and generally experience tough times while expressing yourself fully, not just marginally surviving.

Calophyllum- *Calophyllum* This one was made during a very intense tropical storm. The Angels asked me to climb on the hood of a car in a gale force winds and harvest these blossoms. The four petaled white flowers are waxy and shaped like cups. The womb is its territory as it helps us tap into old wisdom we knew while still in the womb and also helps us find that womb like androgynous state in which sexual differentiation wasn't so necessary or so important.

Capeweed- *Lippia nodiflora* Early Bermuda settlers used this small endemic "weed" as a tea. Much like other "teas", Capeweed tea helped to energize settlers who were feel run down and low in energy. Its tiny flower is like a twinkling star in the sky, small in appearance but packing a powerful punch. *I AM Life Force energy lighting every fiber of my being.*

Century Plant- *Agave americana* Nature never fails to send in the right tool, at the right time to shatter humankind's illusions. Right now illusions about aging are slated to go. I promise you that Century Plant is up to the task. Century Plant blooms once every thirty years. When it does, the blossom towers 6-10 feet into the air. Quite an energetic moment, dramatically pulling us into the eternal NOW. But Century Plant insists on assistance with other human illusions too. In fact, Century Plant explains that it offers a door to anything and everything and really, this is not a vague or idle comment! The first time I talked to the Angel of Century Plant, someone called on the phone and wanted an Essence for "letting go, being present, trusting and rising to my potential". "Exactly!" said the Angel of Century Plant. *I AM the Open Door.*

Clerodendrum, The Butterfly Flower- *Clerodendrum ugandense* This ever blooming Flower has petals resembling a butterfly taking flight in shades of marine blue. Butterfly Flower tells us, "Freedom! I support you to find freedom from your bindings be they mental, spiritual, emotional. I support you to find that window opening when all doors appear to be shut. Consider me when you

feel trapped by circumstances or when in the midst of transitions your options feel limited. I will help you discover expansive options that might not have been apparent to you previously."

Clerodendrum Glory Bower *Clerodendrum thomsoniae*- A healer friend in California received this message from this Flower, "Oh happy and glorious day! I am the wings that are carried by the winds of glory, blowing all illusions off the path of Light. If you are feeling muddled and disillusioned, let me help. I AM a glory blower."

Coast Sophora *Sophora tormentosa*

Cochineal Cactus *Dactylopiidae coccus*

Crossandra - *Crossandra infundibuliformis* Pale orange flowers encircling a central stalk give this Flower a centered stately quality. This reflects its support of the female aspect of creation. It supports the fuller flowering of any creative idea, and its still and centered vibration helps to pull a project back to its center when it has gotten off course for whatever reason.

Croton- *Croton californicus* Issues of visibility. Moving in both directions this will help you fit into your surroundings and be less visible if you want to cultivate a lower profile. It will also help you make more of a splash if you are tired of being a wallflower.

Cyperus Papyrus- *Cyperus papyrus* For paradigm shifts particularly in terms of one's ability to coherently, concisely, and clearly express one's feeling and ideas. Among other gifts, this Essence helps people to find and put to paper their unique voice. It also helps artists cross mediums and find their voice in new ways and new fields of expression. Also good for chakra realignment especially with charkas above our crown chakra.

Dracaena- *Dracaena* This Goddess Essence appeared to me in hidden alcove of an ancient Bermuda garden. It was love at first sight. Dracaena opens us to the feminine aspect of Goddess and her love for us is a love that celebrates us, empowers us, and consoles us in a tender embrace. Language does not begin to convey the love infused in this Essence or its gifts of Goddess energy. *I AM Loved by Goddess. She and I are One. I AM Goddess at my point in the Universe.*

Duchesse de Brabant Rose- *Rosa odorata Duchesse de Brabant*- This tea Rose from Bermuda was first brought to the island in 1857. Bermudians call it the Shell Rose. It is a very large double cupped fragrant Rose with petals from soft rosy pink to bright pink. It blooms freely in our favorite Bermuda garden, a haven of many nature spirits and one very precious human gardener. Duchesse de Brabant Rose speaks, "I AM an energetic mover and shaker. Consider me to help bring your mind and your circumstances into greater order. I AM an excellent remover of inner and outer clutter and offer my services to support you in these tasks. As one Green Hope farm friend comments: "Re the Duchesse, I think she's helping me "clean up" -- getting rid of stuff in the office and apartment but also eating better...I think the Duchesse is more about paring down and getting rid of excess, as in "less is more" or getting rid of all of the stale extra layers to the simple beauty of what's at the core -- I keep having the picture of a breath of fresh air coming through a place that had been static and musty. B.S., NYC, NY

Easter Lily Vine- *Beaumontia grandiflora* Support to experience the connective strands linking all religions of the world. For tolerance and a lifting out of any parochial or circle the wagons mentality about spiritual ideas and practices. This

is a very expansive Essence that nourishes our spiritual identity while also cultivating within each of us an open hearted embrace of other points of view. This Essence holds absolutely no judgment and so is a very wonderful one to help us make that leap ourselves.

Firecracker Plant aka Coral Heath Plant- Finding our passions in dampened and muted circumstances.

Floppers or Life Plant- *Bryophyllum pinnatum* Support for finding new life when there is great loss or things have fallen apart in a big way. This would be one to consider while working with Maltese Cross Flower Essence. That one helps us to survive tearing apart experiences, Floppers helps us to find the doorway to a new life in what is left. This gift for renewal is reflected in this plant's ability to grow a new plant from just a leaf of the plant.

Golden Rain Tree- *Koelreuteria paniculata*

Golden Showers- *Cassia fistula* Make way for abundance! This one is especially helpful if our scarcity mindset comes from our family of origin's value system.

Hoya Purpurea fusca *Hoya Purpurea fusca* - Each finely articulated Hoya floret is set in balanced relationship with the other florets all hanging from a central stalk. This configuration reflects Hoya Essence's ability to support us to balance demands on our time, multi-task without losing track of other projects, or simply give many projects a balanced and clear focus. Hoya helps us do all this with an energy of measured calm.

Jamaica Dogwood- *Dodonaea viscosa* Jamaica Dogwood is a small tree, native to Bermuda. It is found in uncultivated spots all over the island and is considered a waste ground weed. This doesn't stop it from being a significant energetic presence. Jamaica Dogwood supports the optimum configuration and health of our DNA. In combination with Date Palm, Jamaica Dogwood encourages us to reclaim the full possibilities of our genetic coding, reorganize this coding, and then retrieve information stored within our energy system, which offers liberation on many fronts. *I AM Freedom in every cell of my being.*

Jatropha *Jatropha*

Justicia Carneia *Justicia Carneia* Helps women in specific to find balance and structure in their creativity and heart centered activities, good for overworked women as it helps them say no while supporting what matters.

Kalanchoe *Kalanchoe*

Kangaroo Apple- *Solanum aviculare* A beautiful deep purple star shaped blossom in the same family as the Potato Vine and with a common area of service- the crown chakra and the five chakras in the etheric above the crown chakra.

Kangaroo Apple helps us to integrate the input from these five chakras above the head in our etheric bodies. In early 2000 these chakras began to open more fully as a consequence of rising planetary vibrations. This opening releases a great deal of energy into our systems that needs to be moved to the heart in order to be assimilated. Difficulties with assimilating these energies can cause blockages in all the chakras from the crown down with symptoms including headaches, dizziness, skull soreness, throat issues etc. Angels suggest working through these blockages by focusing on moving all the energy into the heart. Here is one Flower Essence practitioner's take on Kangaroo Apple "*Kangaroo Apple first felt like a roto-rooter in my crown. Then, I felt GREAT warmth in my heart area. As strong a sensation as I've ever felt from an Essence.*" J.S., Pittsburgh, PA The Angels suggest applying Kangaroo Apple to the crown of the head. *I AM Cosmic Bliss.*

Medinilla Magnifica *Medinilla magnifica*

Mexican Flame Flower *Senecio confusus*

Mimosa *Mimosa*

Monkey Flower *Mimulus* - For unraveling dense dark knotted family issues including abuse, incest, betrayal, and for healing the wounds suffered from these situations or from any instance in which one person in a family misuses his or her power to control or hurt another. This can also help with other relationship wounds. We have a red, purple and orange variety of this Flower.

Monkey Tail- *Acalypha hispida* This one goes into our Flow Free mix as is a powerhouse for all circumstances of blockage and disturbances in the flow of things.

Neomarica- *Neomarica* Walking Iris or Apostle Plant

Pandorea *Pandorea jasminoides* **also known as Zimbabwe Creeper-** Helps to unlock closely guarded issues and reveal old wounds and secrets so they can be healed. This can lift great emotional and spiritual burdens from us as Pandorea helps us to release as well as acknowledge old baggage and things we may have hidden in ourselves that we haven't wanted to look at. It also releases the negative charge around these hidden matters so that we can "houseclean" ourselves with detachment and calm.

Panama Rose *Rondeletia leucophylla*

Peace Lily -*Spathiphyllum cochlearispathum* Vibrational nourishment to nurture peace within us. Consider this one when your sense of inner peace feels tentative and in need of cradling or support. Peace Lily is also a wonderful remedy when you are called upon to be peace in action in a broader context than previously. It will help you radiate inner peace in a clear and grounded way

Phalaenopsis, pink - This orchid has tremendous depths. Its vibration is deep, calm, loving, and gentle. At the same time, it is joyful and uplifting echoing its butterfly like anatomy. Its strength echoes the nature of slow process such as the effects of water on a stone over eons of time. It is an Essence of longevity. *I AM the door eternal, open to joy eternal.*

Phalaenopsis, striped - This striped Phalaenopsis is very different than the pink Phalaenopsis, reminding me how orchids are really as unique as individual human souls even when they resemble one another. The energies of this orchid are quick. It works on the mental body, offering a tuning fork for balanced right and left brain function. A very efficient friend who offers up this *I AM affirmation, I AM the perfect flow and function of the left and right hemisphere of the brain.*

Pineapple Guava- *Feijoa sellowiana* Supports us to fill in our vision of change and manifest these new directions with unbridled love filled creativity and joyful self expression. Helps us to fill in the details of a new direction as an artist might transform a penciled sketch into a completely realized painting. Helps the even the most dreamy of individuals to manifest very comprehensive creative changes. A real game changer.

Pink Begonia *Begonia*

Pink Calliandra *Calliandra emarginata* Heart awakening. A tremendously supportive Flower friend for these times in which we must open our hearts and let the love and light flow.

Pigeonberry- *Duraanta erecta* Pigeonberry tells us, "I AM about metamorphosis. Small acts can translate into a satisfying harvest. I help you see and acknowledge the harvest you are creating with the tasks of your daily life. I also help support you translate whatever you are doing into the most creative harvest possible.

This is useful when you just don't like the way your life is adding up and want to shift your daily activities to something more colorful, creative and satisfying."

Pittisporum- *Pittisporum tobia* Nourishing, centering, calming- this Flower helps us find the Earth mother within ourselves so we feel whole, complete, centered and calm.

Potato Vine- *Solanum wendlandii* This glorious lavender flowering vine is lush, generous and overflowing with beautiful purple healing energy. When I took a photograph of my daughter Emily sitting underneath the Potato Vine arbor where I made this Essence, the picture came back with an enormous ball of white light filling the arbor. I wasn't surprised the Nature spirits in the yard gathered underneath Potato Vine's shelter. This plant has a most powerful vibration.

Potato Vine opens the way for God's energy to pour into our system via our crown chakra. It is an excellent remedy to take when our spiritual life seems to have run into a roadblock or when our chakras seem to need a little more steam.

I AM the chalice of God's healing energy and wisdom.

Prickly Pear- *Opuntia stricta* Finding sweetness beneath the prickly exterior, aids in the ability to look beneath the surface to the heart of the matter or to the true God self of an individual, helps us to see purpose and meaning in inscrutable and difficult learning lessons thus helping us get through these lessons.

Prickly Poppy- *Agrimone mexicana*

Queen's Tears- *Billbergia nutans* While this gorgeous bromeliad, with its vivid Flowers in yellow, pink and blue, helps us harvest the gifts of suffering, it also supports us to see the wondrous divinity at play in all our circumstances, be they enjoyable or painful. Queen's Tears also helps us make the most of our situation and bring color, even glamour, to our world, even when the raw ingredients for this color and delight do not seem easy to enjoy.

Rangoon- *Quisqualis indic* This vine is native of India, flowering in two shades of rose pink. Medicinally this plant is linked to eradicating parasites. As a Flower Essence it carries a similar vibrational focus.

Red Ginger *Alpinia purpurata*

Rondeletia (Panama Rose) *Rondeletia leucophylla*

Rose Apple- *Syzygium jambos* Rose Apple has astonishing blossoms composed of hundreds of pale yellow stamens that somehow have a warm rose colored aura. The effect is one of large powder puffs filling the tree. If you are dealing with a complex situation defying solution, Rose Apple may be a great help. She moves in from oblique angles, yet she often can find a way to sweetly break open and transform even the densest of problems. Rose Apple explains that she helps open up the heart chakra, heals ancient rifts and brings new light and healing balm to deep wounds of ancient beginnings.

Rosa Banksia- *Rosa Banksia* This ancient delicate white rose covers the Alhambra in Spain. She carries sacred wisdom for healers and if called upon can offer a unique experience of unconditional love.

St David's Rose *Rosa St David* - Here is the brilliant illumination of this Essence by one of you, "St David's Rose called to me- LOUDLY! He revealed to me that he is about "choosing your authority" - to whom and to what (thoughts, patterns, illusions,

etc.), do you give your authority. I cannot express the sheer strength and power, the authority of his vibration. I felt for the first time ever that I AM the Authority. I felt it so strongly in my physical body, finally feeling safe because I can choose the authority. . . For the first time since I was only a few months old, I feel like I am the one in charge of my life. For years, I have wished that I could just "exchange" my internal organs for a fresh "set" and start anew, to not feel like my entire family of origin had made themselves comfortable in my "house" (body)! Now it seems like this is really happening, albeit differently than I had ever imagined. For anyone, like me, who is working on healing scars from abuse and who does not have access to an appropriate body worker, St David's Rose is an exceptional ally"

Sansevieria *Sansevieria* This one has awful common names like "Mother in Law's Tongue". When a plant has names like this, the plant usually has a profound purpose that others have tried to squelch. This is true with the strong, purposeful *Sansevieria*. *Sansevieria* has close ties to the temple of Isis and carries an immense Goddess energy that will support women to manifest their highest vision for the world. Its leaves and Flowers, which point to the sky, reflect this uplifting quality. No nickname could interfere with this Flower's supportive purpose and I hope more and more people will partake of its encouraging vibration.

Shooting Star Black Gold Spider Orchid- *Brassidium* This one is for healing situations of resentment. I thank the practitioner who called this Essence and its purpose to our attention! What a great ally to have where resentment has carried the day.

Snow Plant *Breynia nivosa variegata*

Sophora Martima *Sophora maritima*

Star of the Veldt- aka Pink Bermudiana *Bermudiana coerulea* This is a small red Flower that commands attention despite its small stature and helps us do likewise.

Suranim Cherry *Eugenia uniflora*

Temple Cloud Orchid- *Phalaenopsis Temple Cloud* Supports the etheric/memory body to assimilate and organize data much as a conductor organizes an orchestra into harmonious music. This one has a very serious fan group that LOVE this Essence!

Thumbergia *Thumbergia*

Uncarina Grandidieri- *Uncarina Grandidieri* A native of Madagascar, this climbing plant blooms continuously in the greenhouse at the farm. It has lemon colored blossoms with a very deep dark maroon center. It is for translating and assimilating deep wounds and very painful events into integrated wisdom.

Vanda Javierae-*Vanda javierae* A white Vanda with very strong energies, this one is a big time "mender of fences" When I made the Essence and brought it into the bottling room, I felt that Vanda Javierae immediately began to do widespread service for the Earth from here- My experience is that it illuminates space much like a sun or star- " *Vanda Javierae flows easily into places of previous woundedness unravelling emotional scar tissue whilst infusing loving light, generating wholeness: a clear stream replenishing and nurturing an abused environment*" M.S., Lafayette, CA

Vanda Rothschildiana- *Vanda Rothschildiana* A powerful wise Orchid Flower Essence that helps with shifts in the electrical patterns on Earth- She also helps individuals with their own seismic shifts. There 's something of the spider

woman in this Essence. Her energies are present during large shifts of the electronic grid of earth, She has an energy which both holds & directs during these transitions. A formidable ally if you find yourself called to this work.

White Calliandra *Calliandra calothyrsus* An essential ingredient in our Flow Free mix. This is one profound Flower Essence

White Cedar *Tabebuia pallida*

Yellow Hibiscus- *Hibiscus* An intense deep yellow Hibiscus, as a Flower Essence it offers energetic support to bring spiritual wisdom into the domain of sexual/partnership choices and supports a grounding of this wisdom into action.

CHILEAN FLOWER ESSENCES kindness of Laura Levitt

Floripondio- *Brugmansia* When Floripondio arrived from Chile, he started to talk to me right away in a deep impassioned voice. This Flower Essence holds both the vibrational gifts of the yellow trumpet Floripondio Flower AND also holds the vibration of the overlighting Deva of the garden in Santiago, Chile where this Essence was made. Floripondio is an immense and ancient presence. Chile is one of the floral kingdoms where Flowers originated on this planet. I wouldn't be at all surprised to find that Floripondio has been holding the light since that time of the birth of Flowers. It was an honor to talk to him and a profound gift to us all that he sends his vibrational wisdoms into our hemisphere. Floripondio tells us, "The wisdom I carry to you is much needed by the northern hemisphere. I come to rebalance. I AM the ancient wisdom that knows the primacy of the heart. Long have I served souls of the southern hemisphere who have understood my call to the heart. Now I must bring this north to an undisciplined audience. Will you have the stillness to listen or heed my call? I hope so. Be silent and go to your hearts. Consider it the request of the wisest being you can imagine and heed my call. Take this Essence and be still. I need to speak to you in the sanctuary of your heart. I bear a message for each of you. Please listen."

Corona del Inca Laura Levitt is a Green Hope Farm friend who frequently visits her husband's family in Chile. She brought us Floripondio Essence from Santiago and now Corona del Inca Flower Essence. Corona del Inca, a tree from the poinsettia family, gives forth its dramatic red blossoms during the winter months. Laura made this Essence in the Andean town of Vicuna at about 6,000 feet above sea level. She described Vicuna as an isolated town with a timeless quality and a culture reminiscent of the 1950's. This town was the birthplace of Nobel Laureate Gabriela Mistral and Mistral was said to have slept in the room next to this enormous Corona del Inca tree where Laura made this Essence. Laura explained to me that this region is famous for its large and abundant produce. Papayas, celery, and grapes are three of the regional crops. The health of the produce is credited to the extremely clear skies and lumious light of the region. This light, Laura felt, lent the process of making the Essence a particular quality. The Essence that arrived here certainly filled the room with its presence and strength.

Here Corona del Inca speaks, "In this play of creation, there are many

opportunities to rebalance and restore. The planetary news may appear grim, but with each event a door opens for rebirth and renewal. Let me help you sow a different crop. I hold a wisdom born from a different template than the values of the predominating northern hemisphere. These present values hold the globe in an apparent vice grip of mistaken notions of purpose and truth. Yet, do not fear. This is no stranglehold. In bringing my energies and wisdom to the northern hemisphere, seeds of rebalance are sown. Work with my Essence. Keep a bottle of my Essence in your home. You need not understand exactly what my seeds are or what they will sow. You need only feel into my vibration to know that I offer a new way to move, a chance for rebalance, a view from, as you say, "down under." As you work with me, you can also ask me to explain myself in greater detail. There is little that would delight me more than engaging with each of you. Like Floripondio, a kindred spirit, I want to share generously with each of you. While Floripondio carries a cool vast wisdom, mine is about the heat of the southern hemisphere, a purer flame of light than you know in the north, one pared down of its ambitions, illusions, and sorrows. And in truth these are the same things. Mine is a pure flame of truth and will help you with all work of discernment and choice, purpose and direction. Please let me assist you on your journey. I am ready. In closing, I would like to thank Laura Levitt for answering my call and listening to this call, which is in fact the self same call as the call of her own heart. "

Additional COLORADO ESSENCES kindness of Alli Howe

Alpine Poppy *Papaver alpinum*

Colorado Lupine *Lupinus* Lupine family Flower Essences focus on making the most of available resources. This Lupine, thriving at the extremes of high altitudes, once again takes up the charge of building from limited resources to express a balanced and beautiful form. This Lupine's particular strength is achieving a strong foundation then building from that to the fulfillment of the project at hand. It will help with making the most of what appear to be limited resources and also help one bring any project to completion even when under constraints or faced with limited materials.

One Sided Penstemon *Penstemon unilateralis* Single minded focus on a project or undertaking. Helps to minimize distractions and help us live with greater intention.

Sub Alpine Jacob's Ladder *Polemonium pulcherimum*

Whipple's Penstemon *Penstemon whippleanus*

COSTA RICAN FLOWER ESSENCES brought to us kindness of Yessenia Araya Mesen from her hometown in on the Osa peninsula of western Costa Rica

Barbados Lily - *Hippeastrum puniceum* For bold creativity in alignment with divine will. This brilliant orange red lily has not only a very strong life force energy, but an energy of helping us persist in expressing our creative purpose.

Consider this one when you are uncertain you have the stamina to follow through on creative plans or ideas. This is also a helpful Essence for women in search of rejuvenation after draining experiences.

Clerodendrum Splendens- *Clerodendrum splendens* For maintaining good cheer no matter what people think of you. Traditionally called Bag Flower. What is that about? Why do we so often give Flowers such ugly names? The Flower responds, "I don't mind this name. I don't really care. I get to be me anyways no matter what I am called. I can pick you up and carry you with me on my cheerful journey. Come with me!"

Crinum Lily- *Crinum angustum* For the healing of extreme trauma and deep emotional wounds. Crinum Lily offers to help bind and heal the wounds when events in our personal lives leave us in an extreme state of emotional anguish. The white and maroon striping of its slender curving petals conveys this Flower's mission as a healing balm for those who would like emotional release from their suffering. The upward pointing blossoms speak to hope and consolation amidst deeply painful situations as does the fact this Flower blossoms at night. *I AM hope and consolation amidst suffering.*

Peanut Grass- *Arachis glabrata* This plant is grown extensively in tropical regions as a perennial high yield and high quality foraging crop. It has bright yellow Flowers. As an Essence it helps us find sparkling spiritual sustenance in the mundane events of daily life. This one helps us harvest wisdom from what sometimes seems like the same old grind. *I AM the glory of the daily bread.*

Pride of Barbados- *Caesalpinia pulcherrima* Traditionally the Flowers of this shrub are brewed for the relief of menstrual cramps. Pride of Barbados Flowers can be bright red or yellow or any shade in between. Clusters of Flowers co-exist with their seed pods and trail long stamens from their blossoms. This Flower has the same joyful flamboyance of Bignonia. It offers encouragement for women to let themselves be their full zesty exuberant selves. *I AM the pride of womanhood.*

Spiral Torch Ginger- *Costus malortieanus* The leaves of Spiral Ginger spiral around a bamboo like stalk. The blossoms come out of the top of the stem in a cone-like bract. With this Flower, white blossoms come out of a red bract. As with the entire family of plants, this ginger is about the evolution and realization of spirituality within earthly material experiences. This Flower offers assistance to someone who is having a difficult time finding their spiritual core identity and the spiritual vein amidst the clamor of physical sensation and material circumstances.

Ylang Ylang- *Cananga odorata* This tropical tree bears wild curls of yellow blossoms falling in thick clusters from the leaf axils. When Yessenia brought this Essence back to the farm the water itself held the intense fragrance of the Flower. Such perfume is unusual in a Flower Essence. We sat for a number of moments enjoying its soothing perfume. Ylang Ylang has a long history as a medicinal herb. Its traditional uses include support with issues of depression, high blood pressure, heart rate, and romantic passion. Wow! I asked Ylang Ylang what it wanted to say about itself as a Flower Essence, "I AM delight, the pure bliss of diving into creation and savoring its precious gifts. I encourage a return to enjoyment when the world feels stale or you feel uninspired and flat. I am not so much a wallowing in false pleasures as joyful zesty embodied gratitude. Let me lift you into a place of feeling this joyful embrace of life. *I AM gladness.*"

CAPE FLORAL KINGDOM, SOUTH AFRICA- This is the most important floral kingdom on Earth

Flowering plants originate from six distinct geographic regions known as Floral Kingdoms. Each Floral Kingdom contains plants endemic ie originating only in this Floral Kingdom as well as plants that have been transplanted there from other Kingdoms.

Most Floral Kingdoms cover vast areas of the planet. For example, the Floral Kingdom we live in here at the United States, the Boreal Kingdom, covers 42% of the Earth and includes all of North America, Europe and Central Asia.

In contrast, the Cape Floral Kingdom is by far the smallest Floral Kingdom comprising just .04% of Earth. It is entirely contained within the country of South Africa. Amazingly, this tiny Cape Floral Kingdom gave birth to the greatest biodiversity of any Floral Kingdom. Nine thousand flowering plant species can be found in this Kingdom with over six thousand of these plants originating only in this Floral Kingdom.

This explosion of Flowers in the Cape Floral Kingdom represents an evolutionary leap forward and a collective mutation that the Angels describe as the result of a previous shift in the planetary vibration eons ago, a shift similar to what we are going through right now.

What this means for us is that Flowers from this Kingdom hold wisdom about navigating the kind of high speed, evolutionary changes we are going through right now. If we are to ground the vibrations coming to the planet, we must give birth to a new world of peaceful divine oneness in great diversity, and the Cape Floral Kingdom offers us a manifest model of this.

Agapanthus Agapanthus

Calla Lily- *Zantedeschia aethiopica* An original cornucopia of God- allows for deeper and wiser expressions of love for those we know and those new to us.

Freesia *Freesia refracta alba* Freesias grow in wild abundance all over Bermuda. "The Freedom to Be" is Freesia's keynote. Freesia Flower Essence will help to illuminate and activate the experience of inner freedom which is every God being's birthright on this planet. Freesia activates the realization in each child of God that as a God being, we are free to explore ourselves in an unlimited way. The experience of feeling closed in, claustrophobic and despairing within our life is a reflection of illusion not of truth. The truth is, no matter what events constrict us in a physical Earth dimension way, we are the experience of consciousness observing and understanding ourselves and we can do this with greater objectivity and fuller dimension at any time. Death is not the operative process here. Instead, Freesia helps facilitate a shift in perception that sets us free to see and be complete in every direction and in every sense of the word. Flower Essences including Freesia are gateway and perceptual tools that will help in this movement out of limited perception into truer perception of freedom and the

vastness of each soul's personal experience of God and all consciousness. *I AM the full experience of my unlimited being.*

Healing Soap Aloe *Aloe saponaria*

Plumbago- *Plumbago auriculata* also called Cerato by Bach Flower Essence folks, Plumbago tells us, "I bring a lifting of spirits when you feel blue for no apparent reason. I know how to lift my blue blossoms skyward and this capacity to uplift is what I share as a Flower Essence."

Other Flowers from the Cape Floral kingdom that are in our main collections include Montbretia which we have in our Irish collection, Cape Hyacinth and Cape Fuschia "Moonraker" which are in the GHF collection and Bignonia, Bird of Paradise, Blood Lily, Clivia, and Ice Plant which we have in our Bermuda collection.

Additional Essences from the DESERTS of the Southwest- Death Valley, the Mojave Desert, the Sonoran Desert, Rio Verde Valley, AZ and Sierra Nevada near Bishop, CA- Thank you Elizabeth Sheehan, Catherine Barritt and Jayn Bier for our Desert Essences.

Desert Yellow Evening Primrose *Oenothera primiveris*

Ocotillo *Fouquieria splendens* The long branches of Ocotillo shoot from the ground in a multitude of directions, creating an impression of a plant on many quests to fully explore its world. Scarlet Flowers form on the branch tips of Ocotillo with bold confidence, as if the seeking branches have returned from their search with vivid answers. So it is that Ocotillo's architecture reflects how it helps us find what we seek as well as shows us what to do with everything we gathered to us during our quests for truth. Not only does it demonstrate how to make full, confident and wise use of everything we have learned, but it also helps us find vibrant new life when the old way of life has died. *I AM the resurrection and the life.*

Woolly Marigold *Baileya pleniradiata* Openness, cheerfulness and the ability not only to acclimate but to flourish and thrive with grace and generosity despite seemingly barren or desolate circumstances. An oasis of joy. *I AM able to flourish with grace, equanimity, and generosity in times of difficulty.*

Additional GREEN HOPE FARM ESSENCES Made in the gardens of Green Hope Farm

Abutilon- *Abutilon* Abutilon offers a blueprint for energetic protection when inharmonious sounds move into our energy field or when we feel that our energy system needs a sound buffer. This one also calls us to and helps us to calibrate ourselves to receive the gifts of the nurturing sound vibrations constantly at play in all reality. We also have **Wild Abutilon "Velvet Leaf"** *Abutilon theophrasti* available as well as this Abutilon growing in our greenhouse and use both Abutilons in our Golden Armor combination mix.

Ageratum "Lelani Blue" *Ageratum houstonianum Lelani Blue* This Ageratum offers support for issues of longevity and vitality. It cushions the impact of time and helps with time related issues such as memory.

Ageratum "Red Sea" *Ageratum houstonianum Red Sea* Supports problem solving in a dramatic "parting of the red sea" sort of way. Its greatest gifts are with untangling mental tangles and helping us make paradigm shifts to vastly different ways to move through difficulties.

Alfalfa- *Medicago sativa* This plant has a very deep root system with blossoms that form a pyramid of deep purple petals. Alfalfa Essence offers a very grounded vibration that is both centering and uplifting. Here is one Green Hope Farm friend's comment: "The Alfalfa that the Angels selected for me is working right away. It put me immediately into my "farmer" frame of mind: down-to-earth, rock solid connected to the here and now Mother Earth" M.S., Port Allegany, PA

Applemint- *Mentha* This mint is a bit more of a sparkplug than Catmint. Its soft leaves and pale blue Flowers suggest its light touch, but its extremely robust growing habit and sparkler-like Flower stalks suggest its strong life force. As a Flower Essences, Applemint offers information about accessing ample energy while also keeping our cool. It helps us find that lovely balance of vigorous life force used in a balanced, mellow way. I AM the balance of great vitality combined with a soft touch.

Asparagus- *Asparagus officinalis* Good for filtering information, gathering wisdom from the most delicate nuances of experience, and prevailing with a light touch even when circumstances are extreme.

Aspen- *Populus tremuloides* Dr. Bach brought this remedy forward in his pioneering work. Aspen supports us to move through and dismantle vague fears of unknown origin.

Autumn Olive *Elaeagnus umbellata*

Ayurvedic Trio- Vata, Pitta, Kapha- These three combination mixes were made for an ayurvedic practice. We consulted with members of the practice, read about ayurveda then turned the mixes over to the Angels for formulation. We are very pleased with this trio and delighted to have it to offer to a wider group of people.

Baptisia- *Baptisia* Support to create spiritual community and remain resilient and open hearted during the inevitable growing pains involved in any effort to create community with a group of people.

Basil- *Ocimum basilicum* Re-invigorating, good for pain relief and general recovery from any kind of cut, bruise, or illness. Basil also has a knack for helping us get to the bottom of and resolve an emotional crisis or situation in which an extreme, even hysterical, reaction has prevailed.

Bachelor Button aka Cornflower -*Centaurea cyanus* This Essence was made from the classic deep cobalt blue Bachelor Button.. It helps us regroup, muster our strength, maintain our cool in stressful of situations, and use our unique strengths with control and flair. This is a good one to support wallflowers step out from where they have been "buttonholed" so they can live from their genuine power and calmly reveal their unique strengths and beauty. This one is particularly helpful for the animals right now.

Beauty Bush *Kolkwitzia amabilis* This large flowering shrub smothers itself in pale pink Flowers. I felt called to this Flower because I noted that the throat of each trumpet shaped pink blossom was an equally soft shade of orange. I suspected this indicated a helpful strand of strength and serene certainty was mixed with the shrub's vibration of love. Beauty Bush tells us, "I AM that surrendering into love which leaves one both soft and flexible as well as firm in one's resolve. If you find yourself on a difficult path where it is hard to feel that it is safe to rest in love, I can offer both a soft place to rest yourself and also show you why going to love is always the strongest position to take. So reach for me if you feel stuck in a hard place, unsure how to get to love or unsure if it is the wisest course and I will help you." I AM confident love.

Begonia- Made from all the Begonias blooming at the farm, this is an extraordinary heart Essence, much stronger than we anticipated in its support of all issues of the heart. This one helps all chambers of the heart to work together to know purpose and unity.

Black Cherry *Prunus serotina*

Bleeding Heart- *Dicentra spectabilis* As with all Bleeding Heart varieties, this delicate variety with its heart shaped blossoms supports us to mend our hearts after heartbreak or heartache.

Bunny Tails *Lagarus ovatus* From very ordinary looking tufts of grass spring these soft wands resembling bunny tails. As an Essence Bunny Tails helps us find within ordinary life magic, soft moments of happiness, comfort and joy, moments that elevate the whole experience of our lives into something refreshingly delightful. This one is especially good when we feel weighed down by the sameness of daily routines. I AM the magic of the ordinary.

Buttercup- *Ranunculus acris* Good remedy for Seasonal Affective Disorder as it helps us experience sunshine even when skies are literally gray. Buttercup tells us, "We offer the light that illuminates the world. We open your heart to the warmth of the sun and shine light on all possibilities. We bring inner sunshine to gloomy and overcast times." I AM the eternal light of summer.

The Butterfly Garden- The main vegetable garden in 1999 was planted in the shape of a butterfly taking off to the south. The garden was playful and filled with colorful vegetables and flowers. The combination Essence, made from all the Flowers blooming in this garden, has a liberating, expansive, and joyful quality that supports us as we leave our cocoons, lift off, and take flight. I AM cut free from the illusions that contained me. *I AM my true self.*

Cabbage- *Brassica oleracea* In our early years, the Angels chose Cabbage as our logo. It made a splendid if unorthodox logo. This Essence came from a cabbage that bloomed in late October, shooting up a long flowering stalk from its purple head. As cabbage is a biennial, blooming only in the second year, this first year bloomer was an unusual gift. Its Flowers were the clear primrose yellow of Broccoli flowers but it has its own unique energy. Cabbage Flower Essence gives us its affirmation, "*I AM the balance of an anchor of truth and its free expression. I AM both entirely at one and at peace with life in the physical and also completely detached from the sway of its illusions. I AM Love and Truth blended with detachment.*"

Carolina Thermopsis *Thermopsis villosa* This North American native offers elegant wands of yellow lupine like blossoms in early summer. Carolina Thermopsis explains, "I AM for clearing cobwebs, be they emotional, mental,

spiritual, or physical. I clear the etheric or memory body of memory garbage and work extensively with the air element." *I AM the winds of rejuvenation and change.*

Castor Bean- *Ricinus communis* This Essence was made from blossoms of spiky pink globes rising up above six feet of enormous serrated maroon and green leaves. The Essence and this statuesque plant have a very out of this world energy. It supports "outside the box" thinking or grounding radically new ideas into form. It is an excellent Essence to support you through transitions in career or life purpose as it supports the manifestation of bold new terrains.

Catmint *Nepeta faassenii* All summer long, Catmint's soft gray foliage rises into wands of blue flowers, the focus of a honeybee rush hour. Like its cooling but restorative presence in the gardens, Catmint Flower Essence helps us to feel full of vitality, but not overwrought. This one brings the stimulation of mint, without the side effects of heat or burnout. While cats can go a bit nuts over the leaves of Catmint's sister plant Catnip, as with Essences like Coffee, Sacred Tobacco, and Grape, the Essence of Catmint offers the electrical strength of the Flower, not the shadow side of over stimulation. *I AM the steady energy of vibrant good health.*

Cherry *Prunus cerasus* "Montmorency" Stimulates cheerfulness, vitality and optimism as in "Life is like a bowl of cherries."

Cherry Tomato- *Solanum lycopersicum* Cherry Tomato is a different sort of cleanser than full sized tomatoes- not so much one that might physically clear the system but one that helps us when we have chains, links, webbings, skeins, networks, knots, or anything tying us to situations or people that do not serve us- It is great at untangling ego personality chains in particular.

Chinese Forget Me Not- *Cynoglossum amabile* While the western version of Forget Me Not, or Eyes of Mary, has a female energy that helps us to see clearly with loving detachment, Chinese Forget Me Not has a more male energy. It helps us to actively hold a position of loving detachment and transform this vision into wise action.

Companion Connection – This combination has been created in collaboration with *Animal Soul Connection* as a resource for animal communicators and pet owners alike to strengthen their bonds and develop avenues of communication and understanding between people and their beloved animals. This mix is filled with essences that help to strengthen these unique soul connections and make for deeper friendships and more expansive and intimate ways of connecting.

Working closely with the Elemental kingdom and connecting to our intuition are key elements of this combination. This mix helps us to let go of personality-based ideas in favor of connecting to the wisdom of our one-ness with all creation.

Includes: *Harmony with all Kingdoms, Dog Rose, Foxglove, Wild Lily of the Valley, Maple, Wild Pea, Rosemary, To Hear the Angels Sing, The Fairy Rose, Through Angels' Eyes, Black Eyed Susan, Niella, Bignonia, Calendula, Grounding*

Cornflower- see Bachelor Button

Cosmos Cranberry Double Click *Cosmos Cranberry Double Click* This deep magenta Cosmos looks exactly like the drawings of the Seventh chakra as depicted in a number of spiritual traditions including Buddhists drawings of this seventh Sahasrara Chakra. This Flower is a recent hybridization done in divine order. The Angels say it was created to help us embrace the incoming divine energy so our seventh chakras can more deeply blossom than ever before. The

Angels suggest applying this Essence to the crown of the head. *I AM the full flowering of my seventh chakra.*

Cosmos Rose Bon Bon *Cosmos bipinnatus* "Double Click" Rose Bonbon Cosmos helps us speak from our hearts, and this particular Cosmos helps us refine and fine tune our self expression. Good for detail work, bringing a treasured dream into full articulation or illuminating your talents to a state of gem like clarity. This Flower is a real showstopper, and its Essence will help you be one too.

Crambe Cordifolia- *Crambe Cordifolia* When our gardens were very young, I looked for plants that did big things fast. Crambe Cordefolia fit the bill. I planted one in the Rose garden. Right away, from a relatively unprepossessing cluster of leaves, it blossomed into a five foot in diameter orb of beautiful white Flowers. Placed amongst the Rose garden where it's a challenge to have a big moment, this Flower easily had and continues to have its own unrivalled moment of bloom each growing season. This echoes its strength as a Flower Essence, a surprisingly profound gift from a plant commonly known as Giant Kale. *"I AM Light freeing your conscious mind from all constraint so that you merge fully into God Mind"*

Crocus- *Crocus sativus* Making the most of an occasion, staying optimistic amidst challenges and lean circumstances, embracing good cheer no matter what.

"David" White Phlox- *Phlox paniculata* Purification experiences can be seen as taking away versus revealing power when, of course, this could not be further from the truth. Essences are all about purification in that they help us let go of external illusions so we can discover the powerful divine self ever within each of us. David Phlox, with its tall wands of white flowers, holds a tremendous energy of purification. It works vibrationally to anchor us deeply within ourselves and to fully own our divine self.

Delphinium- *Delphinium Pacific Giant series* "Black Knight" Made from a stand of deep purple Delphinium, this Essence helps us own our power in any situation. As we take up this Flower Essence sceptre, we find support to remember our own divine authority no matter what we face.

Echinacea- *Echinacea purpurea* In its herbal form, Echinacea is a traditional blood purifier. As a Flower Essence it offers information about cleansing, clearing, uplifting and revitalizing our whole system. The emotional note of Echinacea is one of profound love making the cleansing and revitalizing both loving and potent.

Echinops- *Echinops* "Taplow Blue" Each Echinops Flower is a sphere of metallic blue spikes. As a Flower Essence it helps us rebuff unwanted energies and protect our electrical system no matter the situations we find ourselves in.

Edelweiss- *Leontopodium alpinum* Edelweiss supports us to translate a love of a particular country, culture, or family into a more expansive and universal love. Consider how this alpine native blooms high in the mountains where the views are vast and expansive. So too, Edelweiss Essence helps us expand any framework of love into an experience of greater love. In reading about this plant's many heartfelt associations, I found that it was the symbol used by anti-Nazi youth groups during the third Reich, a perfect use of this noble, wise Flower. It is hard to communicate how friendly this Flower Essence is, even as it offers such a big gift. This Flower is so cozy and welcoming in its vibration that when working with its Essence, I feel like the best grandmother ever has just

given me an enormous encouraging hug that sets my heart free to joyfully love more and more and more. *I AM universal love.*

Envy Green Zinnia- *Zinnia elegans Green Envy* For bringing out hidden group issues or unfinished business so that they can be healed. This one is particularly good for issues of jealousy and envy.

Epimedium *Epimedium grandiflorum* Epimedium blooms in very early spring. Its vivid, crimson Flowers arise in a dormant landscape. This reflects part of the Flower's purpose as Epimedium promises the return of life even when the landscape of our lives looks dead. Epimedium blossoms are gems of geometric precision and clarity. Looking from above the Flower is a crimson cross. Underneath, at the center of the flower, is another cross-shaped configuration of white. The Flower signature of a red exterior with a white center reflects its energetic ability to bring order after chaotic events and to pull things together when they have flown apart at the seams. Epimedium is a very reassuring, calming Essence. It helps us collect our thoughts and feel solid and centered after experiences of being torn apart, reminding us of the cohesiveness at the heart of all events. *I AM complete and whole, made sacred by the unifying love of my Creator.*

Epstein Barr Release- This Combination Flower Essence supports us to move out of our physical body and energy field this family of viruses, linked with so many health issues in this era. Flower Essences in this remedy are: *Bee Balm, Calliandra, Celandine, Fennel, Feverfew, French Marigold, Indian Rhododendron, Larkspur, Little Ironweed, Maple, Mutabilis Rose, Pink Calliandra, Precious Blood, Rose Apple, Rose Champion, Teasel, Tomato, White Calliandra, Wild Ginger*

Eryngium- *Eryngium giganteum* This is a spiky Flower of metallic blue in a lozenge shaped blossom. It offers helpful information about protecting ourselves in unusual situations. One Flower Essence practitioner reported that she dreamed she needed to take Eryngium for galactic travel during her night work. This dream ties in with Eryngium's support to protect ourselves from inappropriate astral energies. A drop of this Essence placed at the top and bottom of the spinal column can often help when one feels under psychic attack.

February Daphne- *Daphne odora* This Flower offers an outrageous sweet perfume and brave blossoming in late winter when no other Flower but Snowdrop has shown its face. As a Flower Essence it encourages us to know that sweet people can assert themselves too! Consider this one if you struggle with being a doormat or have difficulty asserting your voice and vision in the world. And remember, like February Daphne, the world needs your sweet, brave song!

Fennel *Foeniculum vulgare*

Flowering Dogwood- *Cornus florida* Helps us express ourselves with measured calm, proportional reactions, emotional restraint and balance.

Flowering Quince- *Chaenomeles speciosa* Supports us to find a balance of vitality and stillness, life force expressed and contained in equilibrium. Here is what one Green Hope friend has to say about Flowering Quince, *"I really love the Flowering Quince. It feels like such wonderful, centering Feminine energy. I feel like it tells me that I am enough, just as I am; and everything is perfect and complete, just as it is--very Zen! Thank you again so much for sending this to me. It is, of course, exactly what I needed."* B.S., NYC

Forsythia *Forsythia New Hampshire Gold* Support to bring to consciousness wisdom born from periods of quiet hibernation, or times of death, destruction, and dormancy. Like many spring Flowers that bloom very fast in a near dormant landscape, Forsythia has a very strong energy. This means that as a Flower Essence it helps to break patterns and bring needed change to our inner landscape. Consider this one if you have been in a period of winter in your life and want support to harvest lessons from a bleak landscape so as to begin to move forward towards new territory and rebirth.

Foxglove- *Digitalis purpurea* Foxglove has an intense and zesty relationship with the Elementals. It tells us, "I harbor gifts for communicating more fully with Elementals. Come and visit with me and open that door."

Fringe Tree- *Chionanthus* This elegant tree has slender white blossoms covering its every branch. The individual petals look like insubstantial slivers of pure white giving the tree an ethereal quality. Yet taken as a whole, this flowering tree makes a big splash when blooming. Having once noticed a mature specimen of this tree blossoming in a nearby town, I go to look for its blossoming each spring and consider myself lucky to see its annual glory. It is very slow growing. The twenty five year old specimen at the farm is still only about six feet tall and six feet wide, but it too has its moment amidst all the glories of June. Fringe Tree speaks, "Fringe movements and fringe interests may seem both insignificant and insubstantial with no possibility of affecting mainstream life, but this is where an error in thinking occurs, because fringe ideas and fringe activities are actually where the movement in civilizations happen. With this Flower Essences, I offer my encouragement for you, if you find yourself outside the mainstream in your thinking, passions, way of life, vocation, or avocation. I offer support and encouragement so that you know that what may feel insubstantial and on the fringe is often the most vital and beautiful points of creation coming into manifestation and that shifts in civilization may very well come out of your "fringe" efforts". *I AM unwavering support for unique self-expression.*

Garlic- *Allium sativum* When Garlic flowers, it sends up a very tall wand topped with a perfect sphere of delicate Flowers. As a Flower Essence, Garlic is for appropriate relay of electrical data through the sixth chakra aka the third eye. Garlic also widens the third eye, thus increasing clairvoyance, but in a coordinated manner. Sometimes clairvoyance can be disorienting, especially in our culture, a culture that does not always validate this skill. Garlic's role as a Flower Essence is to help us keep on keeping on even when we are temporarily rocked by our experience of knowing or by people's reactions to what we know. This one helps us fully know what we know even if by necessity this knowing is in defiance of the social order. The Angels suggest applying this to the third eye/ center of the brow. *I AM serene in the experience of divine truth. There is no impediment to what I know.*

Garnet Cornflower- *Centaurea cyanus* "Garnet" "In a word, I pop. I make things pop out at you so you see them clearly and generally improve your observation skills.

Geranium- *Pelargonium* A Flower Essence of unbridled joy.

Golden Glow- *Rudbeckia laciniata hortensia* Towering seven feet in the air, Golden Glow likes to grow in colonies of plants, each stalk topped by abundant clusters of brilliant yellow generously full Flowers. Golden glow supports us in

our onward and upward journeys by helping us access wisdom that has previously been out of our reach and by expanding our conscious awareness of what we know. More specifically, Golden Glow is concerned with the nadis, points at which divine wisdom can move in a coordinated disbursement throughout our energy system. The Angels suggest applying Golden Glow in a line from the top of the head down to the back of the neck with a particular focus on placing the Essence on the back of the neck. *I AM the full knowledge of my divine self.*

Golden Yarrow- *Achillea filipendulina* “Coronation Gold” Yarrows have a very protective energy. Golden Yarrow helps us remain true to our spiritual wisdom, centered in our power and immune to the energetic battering of false prophets be they advertisements, opinions given as truth, or the literal energetic bombardment of the airways.

Gooseberry- *Ribes oxycanthoides* “Pixwell” This small four petaled white with a hint of pink blossom attracts a very large number of bumblebees and other pollinators when it blooms. Its berries are a translucent green with noticeable veining. Used extensively in English cooking, the Angels asked us to grow Gooseberry and offer it as a Flower Essence. Yes, it has a dopey name but it is NOT a dopey Essence. Gooseberry helps to restore vitality and heal the void left when something has been taken that belonged in place. For example, it is necessary to spay animals because of population issues but it does leave an energetic void that can be uncomfortable for the animal post surgery.

Gooseberry will help restore a sense of wholeness to the animal even as it cannot bring back the lost parts. Gooseberry also helps land recover from logging or other traumas. The Angels here at the farm had us plant and use Gooseberry very early in the farm's history. In retrospect, I realize Gooseberry was used as a balancing tool to heal the wounds held by the land when we arrived. *Gooseberry is helpful when a person has “lost” a physical ailment, neurosis, mind set; one that has been so much a part of their life that it leaves them feeling disoriented to no longer have it, there can even be a sense of loss. Gooseberry can help to fill in the “hole”, give a sense of wholeness. I have found this especially true when there has been body or energetic work that has helped to open and release something of long standing and one is in the shaky newness of it. This has been true for animal and human both. D.S., VA, The Gooseberry really seems to have made a difference for Tito, my one eyed dog. He now seems to “focus” more with his good eye and he seems more present.” B.S., NYC*

Grape Hyacinth- *Muscari armeniacum* If the edge is off our experience of daily life in any way, this precious Essence helps restore our sense of wonder. As a spring Flowering bulb with scented Flowers that resemble upright bunches of grapes, Grape Hyacinth effortlessly captures our fancy. As an Essence, it helps us to find delight in the primal experiences of tiny moments of beauty. It helps us to palpably regain a sense of wonder. It helps restore our capacity to enjoy small things and small pleasure deeply, finding them as fascinating as we found them when we were small children.

Hawthorn- *Crataegus Paul’s Scarlet* The Hawthorn family is linked energetically to the heart chakra. This variety of Hawthorn helps us to balance the giving and receiving of love until a balanced flow is the state of being. *I AM the perfect rhythm of unconditional Love flowing into and out of myself*

Hellebore- *Helleborus Royal Heritage strains* This wildflower blooms in winter snows and is known as the Christmas Rose. As a Flower Essence, Hellebore has

many purposes. It helps us to know the spiritual gifts of the aging process, freeing us to accommodate our aging with grace. Hellebore also understands the gifts of wintry experiences be they the end or the hibernation of a relationship, the death of a dream, the loss of a beloved or beloved place or a wintry time in one's life. Hellebore helps us to see that we can and do flower and grow during these times.

Hens & Chickens *Sempervivum* Support to make the most of extreme deprivation and harsh conditions including support to bring to flower a focused project or creation even in these circumstances. This one helps us and our creations flourish and thrive in even the most difficult of circumstances. It is particularly helpful to older people as it supports them and their wisdom to flower despite the constraints of age.

Hollyhock- *Alcea* The single Flowered Hollyhocks used in this Essence help us to smooth and balance all our chakras and enhances our receptivity to the incoming divine energies in all the chakras. Its overall balancing support helps steady us as our locus of consciousness moves upward. This combination of encouraging an overall balance of all the chakras while simultaneously encouraging our evolutionary upward journey through our chakras is a rarity in Essences. *On my evolutionary journey, I AM the coordinated, smooth and balanced function of my electrical system.*

Home Away from Home This combination was made from all the Flowers in the greenhouse. It helps us to feel at home when we are not home. This is a situation with so many permutations and variations both literal and figurative, including prosaic situations like traveling to strange places or a new puppy adjusting to a new home or spiritual situations like being on earth but not feeling quite at ease. For all these issues the greenhouse plants offer their support in the form of this Essence mix since they too know how to live uprooted in a micro-climate that has nothing to do with their true home.

Horseradish *Armoracia rusticana* Support to stand in our truth absolutely, immovably but also politely. This is a dynamo of towering strength and helps us be one too.

Iris Reticulata *Iris reticulata* This dwarf iris blooms in early spring before almost any other Flower in our gardens. One morning it is not there and the next day there is a small sea of its articulated and exquisite deep blue and purple blossoms breaking through the soil. Iris Essences support creativity. This particular Iris supports a return of creativity after wintry times or when the inner creative wellspring seems frozen. As a Flower it has a very strong ability to bloom swiftly and vibrantly in a winter landscape. As an Essence it supports a bold blossoming from any wintry time in our creative life.

Jacob's Ladder *Polemonium caeruleum* Jacob's Ladder tells us, "I AM nothing to do with religion, despite my common name, but I do help in any multi stepped process to keep any process moving forward smoothly from one step to the next. I AM a very strengthening, motivating, and empowering Flower Essence." *I AM the smooth and steady accomplishment of all endeavors.*

Johnny Jump Up- *Viola pedunculata* A young friend with physical challenges in many areas including mobility told me this Flower Essence was for her. Since a tiny child she has known which Flower Essences she needed for her often challenging journey. I am certain she knows deeply of Johnny Jump Ups

support to rise up and bounce back after a set back and keep on going, no matter the difficulties.

Larch- *Larix leptolepis* From the moment we planted our Larch as a one foot baby tree splinted with a Popsicle stick after being broken at the nursery, to now, as it towers 70 feet over our heads in an ethereal display of beauty, this tree has been all about LOVING TO BE LOVED! And what confidence in its God given right to this love! Consider this one in building confidence in your lovableness!

Leopard's Bane- *Doronicum caucasicum magnificentum* This radiant yellow daisy is good for supporting us and the animals to handle radiation on the planet and other radiation issues. The Angels often suggest Leopard's Bane when x-rays are necessary, for plane travel, or when an animal or person is receiving radiation.

Lily of the Valley- *Convallaria majalis* With its bell shaped blossoms, Lily of the Valley says, "Let the sweet truth be heard". This is a very good Flower Essence for people who keep drifting off into illusion and need a gentle reminder to stay focused on the actual unfolding events of their daily lives.

Logan's Force of Truth- Logan was a young girl of twelve when she came to the farm. In her lives since the time of Atlantis she had been holding this flame of truth in her body. It meant that lifetime after lifetime she was stoned, shunned, and hated because she was carrying this strand of truth that others did not want to look at. Her etheric body was shredded and torn. It was time for her to lay down this burden and carry this flame no more. She anchored this flame of Truth here at the farm and during that process she made this Essence. Logan's Essence helps to heal the wounds of those who have carried burdens like Logan's. This means it can be an Essence that is painful to work with because it deals with painful memories and very old wounds within us, but it also is a genuine balm, addressing and releasing the deepest layers of pain. Consider this remedy for scars that need to be healed because you have held a truth and have suffered for doing so. Logan's Force of Truth helps us align with the divine flame of truth and feel safe doing so, even in the face of a judgmental tribe of origin. It is especially good for dissolving away the energetic scars left when our childhood experiences of spirituality were in conflict with our family's ideas about religion. This is a great Essence for anyone who has been burned at the stake, literally or figuratively, in this or any other life.

Lotus and Lily Under the Angels' guidance, we designed a custom Essence blend of Yellow Water Lily and Wild Yellow Lily to supporter readers of Janet Conner's book and students in her course The Lotus and The Lily. This Flower duo was the Angels' choice for the two Essences to best hold the vibration of the spiritual traditions of Buddha and Jesus as pulled together in Janet's work.

Lovage- Finding balanced self-expression. This plant has enormous personality with its six foot anise scented stalks. Yet Lovage has an incredible ability to belong in any garden landscape,. It knows itself, and fully expresses itself, but is a part of all that is in an extremely graceful way. This gift of balanced self-expression is the gift of Lovage Flower Essence. It will support both the person who has not felt safe to be their unique self in the public domain for fear of standing out and also the person who has found being their unique self has been isolating because they stuck out like a sore thumb.

Love in a Mist- *Nigella* Support for anchoring loving action and loving choices for self and others during trying and confused circumstances when we literally cannot see our way clearly.

Lungwort- *Pulmonaria* Not surprisingly, this powerhouse Essence's focus is on the lungs.

Lupine *Lupinus perennis* Lupine tells us, "I broadcast the wisdom of water. I do not so much teach about coexistence with water as some wetland plants, as I send out water's message. It does not matter if I am near water or not. I share the messages of sea and fresh water. I bring this message to places that are dry and places that are wet. Come hold this wisdom with me. As a member of the pea family, my message is one of wisdom about sharing this profound resource, but it is also simply a magnification of water's message." I asked Lupine why this was an Essence anyone who already appreciated water would want to work with. Lupine said, "You are composed of so much water. Until you find yourself God realized, you have things to learn about yourself in terms of water. I will help you better know yourself even as you know the water of all creation better as well." *I AM the transformative love of water.*

Medlar- *Mespilus germanica* Medlars are a small, beautifully branched fruit tree native to Persia with an ancient history of cultivation including cultivation by the Greeks and Romans beginning in the 2nd century BC. Medlars bear beautiful white Flowers that become an odd brown fruit much appreciated in Victorian times but now well out of favor. This may be because Medlars must be softened by frost, almost rotted, before they are ripe to eat, a process known as bletting the fruit. This need to rot the fruit before eating it has led to many references to Medlars in literature to indicate someone or something that is rotten before it is ripe, such as a person who has suffered physical difficulties and declines in function in order to gain wisdom or a woman who is considered used goods. As a Flower Essence, Medlar helps us know our own shining and impermeable value no matter what has happened to us or how we have aged. Making this first during my recovery from a badly broken arm, Medlar helped me remember my eternal value during a period in which I could do very little but rest. During my recuperation, Medlar supported me to release my lifelong habit of equating my value with my productivity and skill set. *I AM of imperishable value no matter the vicissitudes of time.*

Mignonette- *Reseda odorata* Empress Josephine's favorite flower, Mignonette, is for problem solving, following the scent of a situation to a solution, pulling the pieces together so as to see or resolve any knotty situation, often in unusual but highly successful ways. This old friend of a Flower Essence has a deeply devoted group of fans.

Mock Orange- *Philadelphus lemoinei* Mock Orange tells us, "I sort the genuine from the ersatz. Having been giving a moniker which suggests falseness, I am, in point of fact, a very loyal and true ally. I will help you be steadfast and true to any cause and I help you know what cause is worthy of your deepest commitment. I give so much of myself when I bloom that sometimes my very branches die from my efforts, yet I give without regret. I help you live with equal fearlessness."

Oak- *Quercus rubra* Oak helps us access and align with the steady, reliable, dependable, and complete energy of the God within us. This is a good one to take if you seek to become more solidly connected with the God within, able to

more fully access God's abundant recharging balanced love and light. Oak is especially good for despairing people struggling to find the strength and optimism to go on.

Olive- *Olea europaea* Olive helps our creative life flourish even in arduous circumstances. It supports us to literally manifest our creative dreams even when conditions indicate this is not possible. Olive also helps us access previously unknown creative talents that may have long laid dormant within us. *I AM the full and timeless flow of my creative life.*

Orange Amaryllis- Similar to Amaryllis as described in the Guide but offering particular help with understanding the complicated messages given by our female reproduction systems and clarifying our decisions about how to proceed with treatment plans.

Orange Marigold- *Tagetes* This gem encourages greater gratitude to God.

Oregano- *Origanum vulgare* Just like its use as a spice in cooking, Oregano punches up any mix of remedies we might be working with and also helps us feel the zesty possibilities in our life and generally enjoy our daily life more. Think of this one as revealing your "Inner Spice"!

Pasque Flower *Anemone pulsatilla* Pasque Flower offers support for the process of harvest and rebirth when a chapter in your life closes. Whether the closing of a chapter involves an interpersonal relationship or a long running spiritual theme that has moved to resolution, a feeling of emptiness sometimes follows such closures. The extremely abundant yellow stamens of this rich purple Flower indicate Pasque Flower Essence help with harvesting the wisdom from what we have experienced. This wisdom offers a kind of fullness that cannot be lost, even when a chapter is finished. Pasque Flower also holds out the promise of the renewal and new life coming after loss. It helps us understand the bowl is emptied out not to stay empty, but to be filled again with new love and life. *I AM a full reckoning of what was and what will be.*

Pentas or Egyptian Starcluster- *Pentas lanceolata* With its star flowered brilliant pink tropical blossoms, Pentas helps us see the sparkle in the mundane, the literal starlight in any situation, no matter how bleak.

Persimmon *Diospyros virginiana* Support with sexual issues in a relationship.

Petunia St. Germain *Petunia* This Petunia is a velvety purple color of a distinct warm hue. Its Flower Essence holds the Violet Flame of Forgiveness and Transmutation's vibration of forgiveness and transmutation. It is through unconditional love of self and all creation that we know ourselves to be God. This Essence is for helping every cell of our being totally understand that all is for learning and there is no judgment. *I AM the Cosmic Law of Forgiveness and the Violet Transmuting Flame of all the mistakes I have ever made.*

Pink Cleome- *Cleome hassleriana* For discovering and experiencing love in situations where love has not flourished and where people or the situation seems impermeable, even allergic, to love. Helps reveal love as the prevailing, abiding reality that was and always will be no matter what exists on the surface.

Plume Poppy- *Macleaya cordata* Good for work with the element of air. This one helps clear the air so it is good to spritz in a room that needed to be refreshed and cleared of heavy or dense vibrations. Plume Poppy also offers helpful information for our lungs, intent as they are on filtering out everything in the air that does not serve us.

Pom Pom Poppy- *Papaver somniferum* It seems important to note here that all Flower Essences including this one contain NO physical plant ingredients but are strictly energetic. This plant has been used and abused through history. We hope in offering it in its purest vibrational form, it will be able to offer its highest gifts of divine love, power and wisdom, in this case, energetic support to transform painful difficulties into healing, paradigm shifting experiences.

Primrose- *Primula* This particular Primrose is an early spring beauty that bears a candelabra of pale yellow Flowers. Its Essence softens the integration process of inner wisdom as it comes into consciousness from the subconscious.

Primrose Bulleyana *Primula bulleyana*

Purple Leafed Chokecherry *Prunus virginiana* Canada Red Support with harmonious metamorphosis. This flowering tree bears green leaves in the spring that turn to a deep purple color by early summer. Our job description as a spiritual being in a physical body requires us to constantly evolve and grow. Sometimes all this harmonious metamorphosis required of us is a challenge. This is an Essence to consider when we feel we could use some support adapting to change. It helps us change, even radically, without getting derailed or losing our way.

Purple Loosestrife- *Lythrum salicaria* This plant has spread like wildfire through wetlands of the east. People are encouraged not to plant Loosestrife but to root it out wherever they can. Whenever I hear of a Flower spreading like this, I know there is some necessary balancing process that is going on thanks to the plants' presence and that weeding it out doesn't address what is really going on. With Purple Loosestrife and its spires of magenta Flowers, the balancing is all about helping us to access our spirituality and bring it down into useful form, especially within the realms of the emotional body. Purple Loosestrife helps us to ground a higher vibration much as a lightning rod grounds lightning. Those who are doing work in their geographic location to ground the new vibrations into the Earth often feel drawn to this Flower and its Essence. Healers seem to recognize that it is part of the team doing work to bring about vibrational change on Earth. A new spirituality is destined to prevail on this planet, for the movers and shakers who are helping to birth this new ethos, this one is a helpful tool and kindred spirit.

Purple Queen Snap Beans- *Phaseolus vulgaris* Supports our self-expression in harmonious but unique ways. Sometimes dramatic self-expression can be disruptive but this one offers a path of creative yet practical, exuberant yet regally restrained expression.

Purple Sensation Allium- *Allium Purple Sensation* This glorious globe of purple Flowers is a wonder of geometry and a stunning presence in the early spring garden. It tells us, "I bring order to new growth, serenity to chaotic situations and help you to birth the new in your life with a gentle, forgiving view of self. Bringing forth the new can be a messy process, I help you to ease up on the judgments and stay centered in the energy of birth."

Radish- *Raphanus sativus* Amplifies the healing energy of other Essences and modalities. This one kicks it up a notch.

Raspberry- *Rubus* Raspberry is a marvelous as well as traditional tonic for women. The Flower Essence made from its fascinating green and white flowers of Red Raspberry presents much vibrational data to support female reproductive system wellbeing and vibrant lush good health.

Red Amaryllis *Amaryllis belladonna*

Red Chestnut- *Aesculus hippocastanum* This tree from the horse chestnut family is a tower of strength with the most beautiful red candelabras of Flowers. Dr. Bach believed this to be a helpful remedy for those who get anxious for others. Here Red Chestnut speaks for itself " I AM indeed a vibrational light of strength and calm for those who fret and worry in advance of difficulties. I offer my vibrational clarity and calm during actual traumatic events as well as during every day life to help you to find an emotional state of sweet clear wholeness that leaves worry behind."

Re-Union- Made from White Cleome blossoms, this third Essence in the triad is for gathering together of members of a group who have been separated. It also supports us to feel individually whole and intact while also relishing the experience of belonging in a group.

Rhubarb- *Rheum rhabarbarum* Rhubarb has robust flowering heads which tower into the sky. Each blossom turns into a shield shaped seed head. The Essence helps promote a vital immune system.

Rodgersia - *Rodgersia aesculifolia* In my quest for large leaved plants that make a bold statement, I planted this not quite hardy bog plant native to China in a sheltered spot. Happily it has thrived in this place and now makes that wonderful bold statement I was hoping for. The gorgeous leaves are a foot or two in size and in June, the plant throws up a beautiful wand of white blossoms. As a bog plant with spires of white blossoms, Rodgersia appearance suggests its strengths. Rodgersia tells us, " I AM a cleanser especially of emotion based issues such as grief related illnesses. Consider me and my Flower Essence a dynamic and powerful cleanser for boggy wet situations for that is what I AM."

Royal Purple Smoke Bush *Cotinus coggygria* An ally of great strength, it helps us be seen when this serves us and remain unseen when that serves us.

Rudbeckia, Cappuccino & Cherry Brandy *Rudbeckia* "*Cappuccino & Cherry Brandy* In my first attempt to describe this Flower Essence I mentioned that it helps us to shift gears more quickly and adapt better to necessary change. Since I was in the middle of many technology snafus when this Essence was first made, I noted that it helped me set aside my resistance to technology, eased me through some necessary technology upgrades and generally softened the whole process for me. This first plunge into defining the Essence proved a rather shallow overview of this Essences strength as we heard from those of you testing it that you felt it helped with transitions of a more profound nature. One of you explained that after decades of roadblocks in your efforts to move beyond an intellectual understanding of significant childhood trauma, this Rudbeckia Essence supported you to go to the heart of the wound, showed you the place where you went unconscious in dealing with the wound and helped you go into that place and breathe into it, thus bringing the wound into greater consciousness. So not only does this one softens our resistance to necessary shifts, ease our reactions to snafus, support with general translation issues and help us feel loved as we adapt and upgrade our inner software, but it helps us cross formerly out of reach healing thresholds.

When I went back to the Flower for a necessary upgrade to my first definition, this Rudbeckia Essence explained, "As two of the new hybrids coming forward in our family of plants, we hold different energies and help you do that as well.

Some of our gifts will address more surface tensions like your aforementioned issues with advancing technology, but our real gifts in the times that lie ahead are in the way we hold energy about unlocking the keys to a number of change paradigms. If you feel the pressure to change but don't feel the tools are quite in reach to shift gears, look to this Essence to help you make the transition. *I AM the spark that lights the fire of change.*

Ruby Gold Orchid- This orchid Flower is both a deep maroon and a deep golden yellow, revealing its connection to the Ruby and Gold Sixth Ray of Peace and Ministration. This Essence might be a good one to consider as a way to support any service work you undertake, both to inaugurate a project or keep a long standing area of service in joyful focus.

Rue or Herb of Grace- *Ruta graveolens* This green and yellow flowering herb has a tremendously vital but also restful energy. Rue offers solace to those who feel overwrought and overspent, wrung out by swirling events. It settles and quiets the electrical system by both organizing and cooling our wiring. Its vibration is like the feeling of resting in shady cool grass on a hot summer day. This is another Flower Essence helpful with the task of assimilating the expanding light into our physical bodies. *I AM certain of where I AM going no matter how unfamiliar the territory.*

Saxifrage- *Saxifraga dactyloides* This family of plants is much better known in Europe than in America which is a pity since it is a charming family of Flowers. This variety, known as Mossy Saxifrage, has a mat of dense foliage. Its small white Flowers with their lovely green centers blossom several inches above its foliage. From the moment I planted this plant in the Arbor Garden it talked to me with such clear determination that its vibrational strength was apparent from the get go. It tells us, "I AM for purity of intent." If you desire greater clarity about your motivations or a distilling of motivations into their purest wisest form, work with me and I will help you find your truest soul expression, deepest most pure feeling, and wisest course of action." *I AM purity of intention.*

Scotch Thistle- *Onopordum acanthium* Offering robust protective energy like Thistle but in a very big way. Scotch Thistle stalks are an extremely spiky eight feet tall with blossoms twice the size of most common Thistles.

Sea Lavender *Limonium carolinianum* Growing at the high tide mark in very exposed of places, Sea Lavender looks fragile, as if it might be washed away by the very next tide. Its blossoms appear almost too delicate for any environment, yet this ethereal looking cloud of pale lavender is an incredibly resilient Flower. It prevails in the face of relentless organized daily change in its tidal environment as well as through storms and other weather extremes. This makes it a great Flower Essence. Sea Lavender Flower Essence helps us feel buffered from the organized changes aging brings. Consider Sea Lavender for any issues of rhythmic or cyclic change. For example, the Angels recommend Sea Lavender for women dealing with issues of menopause. It also crops up for young children dealing with problems falling asleep in any semblance of a daily rhythm. Sea Lavender help us feel able to endure and prevail in the face of erratic, extreme, and disorganized changes as well. The Angels frequently suggest it for folks dealing with dramatic changes in their environment including floods from hurricanes. This one helps us keep our equilibrium no matter what kind of change we confront. *I AM the certainty of loving purpose in every*

variation of circumstance in my life. *I AM the one who knows that everything God does is for the best.*

Siberian Squill- *Scilla siberica* This prolific spring bulb has an intense blue blossom and spreads with such abandon that a few bulbs can self seed to swiftly carpet an early spring landscape. As a Flower Essence, Siberian Squill has a refreshing and grounded vibration. It supports a feeling of inner expansiveness that helps us after the staleness of winter. It helps us roll up our sleeves and cheerfully, even joyfully, get on with it after times of hibernation, confinement or wintry seasons.

Smoke Signals This mix offers an alternative to our Purify, Restore and Inspire trio to help stop smoking.

Snowdrop - *Galanthus nivalis* This one is about the presence of light in dark times. This might be helpful during sudden life transitions and unexpected turns in the plot that we may not experience as good fortune. It brings the gift of joyful embodiment in harsh or unusual circumstances or conditions. Snowdrop reminds us that God's kiss is the reality beneath every event and that all events are different masks worn by God as part of the drama of reunion.

Society Garlic- *Tulbaghia violacea* Being our true self with a light touch and good boundaries!!!!

Speedwell- *Veronica officinalis* This Essence is made from what wildflower books call Common Speedwell. From its ground hugging foliage rise up small spires of periwinkle colored Flowers. A traditional healer, Speedwell brings a steady vibration of recovery and underlying support to any healing situation. *I AM the swift recovery from this difficulty.*

Sugar Maple- *Acer saccharum* We make our Maple flower Essence from the brilliant red blossoms of the red Maple but the green blossoms of this tree called out to sing its own vibrational song for us. A great one for ANY third chakra issue especially issues of sugar metabolism.

Sweet Annie *Artemesia annua* Until God realization, we are all in the fog about who we are. Sweet Annie works like a foghorn to awaken us to the truth that we always were, are and will be one with God. The dominant fragrance of this plant smacks one in the face. In a similar vein, the effect of this Flower Essence is to wipe out other impressions so as to clear the way for a full experience of our divinity. *I AM one with God.*

Sweet Bell Pepper- *Capsicum annuum* Inner peace

Sweet Pepper Bush *Clethra alnifolia*

Sweet Woodruff- *Asperula odorata* "I AM restorative in a soft but sparkling way." Much used medicinally throughout the Middle Ages, this is an herbal friend whose traditional uses reflect its vibrational strengths as a restorative Flower Essence. It was often hung in homes or put in with linens as an air freshener since it works to disguise unpleasant odors, a sort of medieval and less toxic Febreeze. This is because when its leaves and Flowers are first picked they have little perfume, but as they dry they hold a refreshing scent of new mown hay, one that lasts for years. This reflects the essential quality of its Flower Essence. Sweet Woodruff also was used and continues to be used to fix the fragrance of other herbs in potpourris. This fixative property also references its strong restorative and enduring vibration. *I AM refreshment and the restoration of the senses.*

Tansy- *Tanacetum huronense* Strong vibrational support to help us to be committed in our purpose, solid in our physical presence, and confident in the wisdom of our choices. Helps repel negativity being directed our way while also helping us know the nature of the attack.

Tibouchina- *Tibouchina semidecandra* Receiving the divine energy flooding our systems right now can create fiery situations in our physical vehicles. Tibouchina works at the very top of our seventh chakra to soften the impact of the higher vibrations as they move into our system. This has the effect of smoothing electrical glitches in the seventh chakra that then eases extreme reactions to the shifts throughout our entire energy system. It is particularly good for those whose symptoms of change are a dark night of the soul cosmic despair, extreme angst for all creation or who experience their minds running out of control. The Angels suggest applying Tibouchina to the top of the head. *I AM the expansion of my seventh chakra in order and calm.*

Tiger Lily- *Lilium tigrinum* Support to heal from painful sexual experiences and sorrows. Support to heal the scars from sexual abuse.

Tithonia or Torch Flower- *Tithonia Fiesta del Sol* For firing up after burn out, this Flower Essence was made from the brilliant deep orange Torch Flowers of Mexico. The Angels chose them to be the centerpiece of the marvelous Phoenix Rising garden and with good reason. It is a Flower Essence of rejuvenation.

Top Chakra Teasel- *Dipsacus sylvestris* Made to the Angels' very specific requirements, this one creates a complete sanctuary for the top chakra so that we can assimilate the new divine energies uninterrupted and in calm. Top Chakra Teasel offers very strong protection for the seventh chakra at a vibrational turning point for humanity in which it is important for us to be moving energies in our seventh chakra unimpeded by anything that seeks to disturb. The Angels suggest applying to the top of the head or using in a spritzer bottle to spritz one's entire head. *I AM serene, undiminished and unaltered by anything that seeks to disturb.*

Tulip *Tulipa* The Angels suggested I use a Tulip hybridized in Turkey where so many Tulips originally came from for this Flower Essence. They explained that Turkish hybridization was done in the spirit of beauty serving the divine. This Essence is made from two species Tulips; low growing plants bearing thin almost grass like leaves with wide open pink and orange blossoms in clusters several inches from the ground. While all Tulips are meant to offer their beauty in service to the divine, this intention comes through more clearly in Tulips that have not been modified in the Netherlands. The energetics of the Netherlands on Tulips has been focused on Tulip as worldly commodities and while Tulips coming out of centuries of Dutch hybridization still hold a strand of their pure identity, it is often obscured by other pressures brought to bear on their flowerings. The Angels suggest that our Tulip Essence is for anyone, any animal or any project that has lost the thread of its divine purpose and wishes to find its way back to a purer and less commercial sense of identity. For example, when a project begun in creativity with great joy has drifted towards being overshadowed by economic concerns and worldly standards of measure, Tulip would be a good Essence to take to help the project find its pure Flowering again. If your own sense of purpose has moved in a direction in which you no longer see its connection to the deepest wellspring of self, this Essence can be used to support you in finding your own sacred self and purpose again. If an animal has

lost its joy in its role in a household, this Essence may help him reclaim his own inner sense of purpose in a family. For show animals that have lost their enthusiasm for showing, this Essence taken by both the animal and his person may help both to know whether this path continues to be in Divine order for the animal.

Turtlehead *Chelone glabra* Excellent for cranial plate alignment, especially good for newborn babies.

Valerian- *Valeriana officinalis* I AM for sleep, sweet dreams, I deal particularly effectively with situations of too much stimulation or stimulants. I am a godsend for all persons who work "off shifts" or find themselves stimulated in the evening hours and unable to sleep. *I AM the antidote to modern life.*

Viburnum or American Cranberry Bush- *Viburnum sargentii 'Onandaga'* This shrub has beautiful wide flat blossoms most notable for the interesting configuration of larger white blossoms encircling a large cluster of smaller pink blossom at the center of each flowerhead. I made this for the first time when stopped in my tracks by my badly broken arm. I could feel how this Essence offered support for me to come to a new balance and understanding of my inner and outer life in the wake of this "break". Each Flower is a perfect balance of its beautiful outside flowerings and exquisite inner ones. I hope it brings as much helpful information to you about this ever-shifting balancing act as it has brought me.

Violet Sweet Pea *Lathyrus odoratus* This carries the same energies as Sweet Pea but is made from only violet colored sweet peas. Some babies and other folks just know this is a fine tuned mix appropriate for the sleep issues of their energy system.

Vision Made from Red Shiso Flowers from a garden of Red Shiso shaped in the shape of an eye, this is a profound nuanced even mysterious friend. It has proven helpful for all issues of vision including inner vision as well as literally seeing more clearly. *"The "Vision" essence works like magic according to my daughter in helping to correct her visual acuity" A.K., Carlisle, MA*

The Watchman- *Althaea rosea* This deep maroon almost black hollyhock has been a fixture in our gardens for two decades. The petals have a metallic quality similar to a butterfly, while the center of the blossom is a bold star of creamy white. The Watchman helps us release our anxieties when the source of the anxieties has not yet been revealed. We suggest it for any situation of anxiety when you can't figure out why you feel the way you do. We include the Watchman in our Anxiety mix, but it has served many people and animals as a comforting supportive individual Flower Essence.

White Bleeding Heart- *Dicentra alba* Powerful healing balm for the broken hearted, reminds us of the lessons and purpose behind break-ups. Very helpful for opening our hearts when we feel barricaded in by our wounds and fears.

White Mulberry- *Morus alba*

White Nicotiana- *Nicotiana alba* White Nicotiana is a member of the flowering tobacco family. It supports a letting go of counterproductive living patterns. The Flower holds a vibration more powerful than the hold these habits have on our energy system. Sometimes our addictions are a smoke screen so that we cannot see ourselves clearly. We fear seeing ourselves clearly because we do not realize looking closely will be good news. White Nicotiana supports us in the process of

letting go of these fears so we see beyond the smoke screen addictions to see our divinity. When we see ourselves clearly and realize we are God, we are set free to be our true self with every thought, word, and deed. Poof! No more need for a smoke screen or our addictions. *I AM free of all ego limitations and illusions.*

Willow- *Salix babylonica* Essence for issues of faith, optimism and recognizing one's role in the unfolding events of one's life. Willow offers a wonderful electrical role model for FLEXIBILITY. This is one of Dr Bach's original 38 remedies. It is a beauty.

Winter Aconite *Eranthis hyemalis* Sometimes when we see an unconstructive behavior pattern in ourselves, we can find ourselves bogged down in remorse and a "How could I have behaved this way?" sort of regret when really the best thing for all concerned is to let go of the past, move on without self flagellation, and do our best to do better. This Flower, from the Buttercup family, blooms in the snow; its bold cheering vibration encourages us not to stay frozen in our regrets or an old dead season, but to cherish what we have learned by fully embracing a new way of being. *I AM the wisdom of letting go to begin again unburdened.*

Winter Solstice in the Shaker Feast Grounds- Made during the full moon and solstice of December 1999 on the spot where the Enfield, NH Shakers did their ecstatic dancing. This dancing was their way to receive visions and information from spirit. The Essence sat for a number of hours surrounded by candlelight in the dancing grounds. Then with a candle lit lantern we walked the Essence off the hill where the dancing ground was, down through the Catholic shrine of La Salette, built on Shaker grounds after the Shakers departed. When we brought the Essence back to Green Hope Farm the Angels asked us to keep the lantern lit during the journey home. Then they asked us to place the Essence in our Mary Garden here at the farm, the garden full of Roses and herbs, and to keep the light burning throughout the solstice night. It was only later when we asked spirit what the Essence was for that we were told, "It is to help carry the light from one spiritual tradition to another."

Wisteria- *Wisteria sinensis* A profound friend during experiences of loss. She anchors us amidst loss to the eternal, but has a very comforting mothering feeling to her anchoring. Think Mother God holding you in the most comforting embrace while you accept what was lost and find a new life in the face of this loss.

Wood Betony- *Pedicularis canadensis* The first place I visited with this Flower was in the Canterbury, NH Shaker herb gardens. Its presence in the gardens of this celibate community offers an indication of this Flower's gifts. Wood Betony helps reconcile conflicts in how to use our sexual energy. In particular, it clarifies issues around the choice of celibacy. If celibacy is chosen, it is meant to be an experience of inner calm not agonizing struggle. This Essence helps us know if we are genuinely called to this path and if so, the Essence helps us stay peaceful in this choice. Wood Betony's gifts are broader than this service, as one Green Hope friend commented, "*Helps release on a very deep level long held old emotional trauma. Offers a feeling of being very secure and protected during the release. You feel it work and your body feels more expansive afterwards*" P.L., Richmond, VA

Yerba Mate- *Ilex paraguariensis*

Yellow Fairy Bells *Disporum flavens*

Yellow Violet- *Viola rotundiflora* Illuminates and amplifies the wisdom offered in tiny “inconsequential” events. Helps us to slow down, settle more fully in the now and experience our lives as significant and meaningful moment to moment.
Zebrina Hollyhock This one is for the disbursement of the energy of divine authority and power throughout the seventh chakra. It helps us organize chaotic impulses of action and reaction into steady stream of action in alignment with divine energy thus using this divine energy in accordance with the highest good. I AM the movement of divine power in alignment with divine will.

Additional INDIA Flower Essences from Meherabad, India

Apta Tree *Bauhinia racemosa*

Baba’s Bougainvillea *Bougainvillea* from Meher Baba’s Samahdi in Meherabad, India

Marigold from the Samahdi *Tagetes* from Meher Baba’s Samahdi in Meherabad, India

Neem *Azadirchta indica*

Additional IRELAND FLOWER ESSENCES

Birdfoot Trefoil from Gallarus *Lotus corniculatus* This Essence speaks for itself, “I sing a song of vibrational harmony with the rock kingdom. I am cooperation between human and rock to create a beauty which neither of us can sustain without each other. When you, Molly, arrived at Gallarus Oratory, we arranged to clear the site so we could download this vibration into an Essence. We used Birdfoot Trefoil as our Flower vehicle because its ability to move vibration through the etheric or memory body is so sophisticated and this is what this Essence is all about. An unparalleled level of harmony between rock and stonemason existed at this site with Gallarus Oratory left behind to sing the vibration of this cooperation. This Essence will bring humanity into closer connection with the rock kingdom, and its profound wisdom and also support anyone endeavoring to work with rock to find a new level of cooperation and creativity.” *I AM the music of human and stone.*

Bog Pimpernel *Anagalis tenella* This exquisite Flower opened midmorning on the grassy terrain of Omey Island. Its Latin name means delicate delight, a most appropriate description. Bog Pimpernel tells us, “I AM not so much delicate as master of the light touch. I can prevail without heavy handedness or aggressiveness. I offer the reminder that quiet self-assertiveness can accomplish as much as any other approach. Consider me if you worry that your gentle style is not enough. I will help you know it is not only enough, but perfect.” *I AM confident in the gifts of my gentle nature.*

Common Spotted Orchid *Dactylorhiza maculata* Common Spotted Orchid speaks to its strengths, “The human mind takes a word like common and demotes. The erroneous idea is that something common is by its commonness less valuable. However is any love or kindness no matter how common of lesser value? I AM not common, nor are you. Nothing described as common is common. Everything is a miracle. I remind you of this with my Essence. My spots are never the same, blossom to blossom, nor are your spots the same. Six

billion human Flowers all unique. I remind you of this." I AM the only soul in creation who can love as I love.

Heath Milkwort *Polygala gerpyllifolia* Heath Milkwort tells us, "I offer support to those who live in the shadow of others, those whose presence goes unaccounted and those whose gifts seem unnoticed. I affirm you and your steady, sturdy, quiet gifts. I offer consolation and an energetic boost when you need encouragement or feel that maybe your seeming invisibility in the worldly world is a true accounting of your gifts. I come to tell you it is not and to thank you." Heath Milkwort, an exquisite ground hugging sapphire blue Flower, was abundant in low grasses throughout western Ireland. However, I could not find it described in any Flower book. I asked various cousins if they knew what it was and while all of them recognized it, none knew its name. Finally one cousin, Janet, tracked it down in a Flora and Fauna of Great Britain book. Such a reminder that the Flowers hold their vibrational strengths because they have had to walk their talk! *I AM a true accounting of my strengths.*

Navelwort *Umbilicus rupestris* The first morning of our most recent trip to Ireland, I found Navelwort growing out of an ancient stone beehive hut on the Dingle peninsula. I really must look pretty nutty a lot of the time- Here I was, just off the plane, arguing with a Flower! Why were we arguing? Navelwort asked to be my first Essence. I told him that I really did not want to desecrate a sacred site by picking his blossom. He replied, "We already thought of that, look to your left and you will see several freshly broken stalks of our blossoms just waiting for you." With no compunction I could make this Essence as the damage had already been done. I like this Flower and its Essence. Such a good sense of humor and so practical when dealing with humans! Navelwort tells us, "My name is no accident. I do return you to an elementary experience of self. I restore a clear view of your primal connection to your divine source. In this technological age, in which information sifting seems to represent such a hallowed skill, I come to remind you the primal strength and value of your being lies in a given that exists every moment of your incarnation. You are one with your source. You are divine and nothing can subtract from that invaluable truth. You are valuable, not because of what you do or what technological data you wade through each day, but because of who you are and always will be. Your eternal soul knows this and I come to remind you of this central, primal truth when your life circumstances, in all their dizziness, lead you away from this knowledge." *I AM valuable because I AM not because of what I do.*

Purple Marsh Orchid

Pyramidal Orchid *Annacamptis pyramidalis* This orchid tells us, "Spiritual practices when codified into religions tend to get colored by the personalities of the codifiers. Hair shirts, guilt, the view of humanity as sinners in the hands of an angry God are not truths, but ideas of various personalities. God is about unbinding not binding. Your spiritual practice is meant to bring joy, love, exuberance even bliss into your life. Yes, there is no denying you will suffer in life, but your spiritual practice is not meant to add insult to injury by adding to your burden of suffering with more self imposed suffering. I AM a bull in a china shop of bad ideas. I clear out religious dogma and leave sparkling joy producing truth behind. I have a tremendous amount of life force energy to offer you if you want to break some dogmatic debris and free yourself to sail to God,

confident you are love and loved in a sea of love." *I AM love and loved in a sea of love.*

Rhododendron *Rhododendron ferrugineum* Rhododendron describes its gifts, "I illuminate the spiritual wheat from the chaff in a world marketplace offering both. In this cacophony of choices, I help you know those that will serve your true self and those that serve no purpose. If you are transplanted to an unfamiliar land or culture, I help you find any spiritual traditions in your new home that will enhance your journey as an eternal soul. I also help you avoid spiritual dead ends. If your cultural situation has remained a constant, I can help you see any available resources that will serve your journey back to God. My Flowering shrub came originally from the Himalayas, but I have a knack for finding what will feed my divinity in other locales. This is why I flourish in so many places around the world. This is why my vibration can help you find the spiritual soil most likely to support you in your divine unfolding as a soul."

I AM grounded in the spiritual soils that serve my divine light.

Spring Sandwort *Minuartia verna* Tiny soft pink blossoms cover this ground hugging plant. "I AM tiny, but I have my place and purpose. I uplift the downtrodden and would be an excellent remedy to bring to crowded urban environments or other places or situations where people feel insignificant, or a dime a dozen. I know my own value even in a landscape of flashier Flowers. I will help you know yours." *I AM a valuable part of all that is.*

Tormentil potentilla from Giant's Causeway *Potentilla erecta*

White Heath from Inishbofin *Calluna vulgaris*

White Orchid from the Burren This beautiful orchid explains, "Just as with Fragrant Orchid Flower Essence, I work on the Fourth Ray, the White or Crystal Ray. While the Fragrant Orchid Flower Essence sings a vibration of Hope, my area of vibrational strength is clarity of intention. In any endeavor, I help you to see and implement the tasks at hand with a motivation worthy of the task and a better sense of divine purpose. I AM a big picture Essence and will help you get clear on the most important spiritual tasks in your life, as well as help you follow through on these tasks with the least personality baggage." *As I follow my divine purpose, I AM clarity of intention, motivation and purpose.*

JAPANESE FLOWER ESSENCES kindness of Tomoyo Rezvani and Vicki Ramos-Glew

Special Mix for Japan- Available free of charge for anyone in Japan who would like a version of Emergency Care especially formulated for the post earthquake situation.

Ajisai This Essence was made from Flowering Hydrangeas in the Japanese city of Nagasaki. Ajisai is considered THE Flower of Nagasaki. After a long history of closed borders, the port of Nagasaki was the only city open to foreigners in the 16th century. It is also a city recovering from the atomic bomb. A wonderful Green Hope friend and native of Nagasaki, Tomoyo Rezvani, made this Flower Essence with the help of her family. Tomoyo made three different versions of Ajisai. One version was made on July 6th, 2005 with Tomoyo's parents in attendance. It was her father's birthday. One version was made on July 7th,

“Wishes Day”, the day on which children in Japan place their wishes in bamboo groves. The third version which Tomoyo brought to us was made from Pink Ajisai while the other Ajisais were the more typical though no less gorgeous purple and blue hydrangea blossoms. Tomoyo works with Angels and was guided to make this Essence for us. When she told me of the project, I burst into tears. This is a very special Flower Essence.

Ajisai tells us, “ I AM the return of beauty. I AM the restoration of the eternal. I AM light beyond the vagaries of history. I AM your sacred dreams in flight. I hold a timeless place for you to create beauty. My July 6th Essence helps restore the beauty of family. This is a soothing Essence for those who have suffered difficulties in the midst of their families. My July 7th Essence helps your most beautiful dreams, the deepest wishes of your eternal soul, take root and grow. The Pink Ajisai is a kiss that lights up the beauty in your life so you see it and feel it and rest at ease in its embrace.

Japanese Andromeda *Pieris japonica* Vicki Ramos-Glew made this at a traditional Japanese garden outside Tokyo in a place called Ukai-Toriyama or Bird Mountain. An evergreen shrub, Japanese Andromeda’s flowers flow in generous cascades of bell shaped blossoms. It is also called Lily of the Valley Bush which describes its blossoms well. Its healing purposes echo Lily of the Valley’s work to help us hear the truth beyond the events in daily life which sometimes distract us. Japanese Andromeda speaks of its purpose as a Flower Essence, “With my vibration, I ring a bell, calling you to the elegant simplicity of your true self. I help you move through any clutter to the resonant heart of yourself and the unfolding truths of your life. I AM the music of a simpler life, one of greater satisfaction and fewer distractions. I call you to this life and support your passage to this life. *I AM the beauty of a life unfettered by the ersatz and anchored in truth*

Ume or Japanese Plum Blossom *Prunus mume* Plum trees were introduced to Japan from China in the 8th century. In ancient times, Plum blossoms were so revered that the word Ume was a synonym for Flower. Later cherry blossoms would receive more attention, but the Japanese still honor and cherish the blooming of the Ume trees each spring. For example, the Japanese have web sites which report the places to go for peak viewing of Ume blossoms. The Flowering of the Ume is considered a true harbinger of spring. Many Haiku celebrate Ume. It is considered an auspicious and joyful Flower and is believed to ward off danger. The Ume fruit is more sour than western plums. One traditional use of ume is to make umeboshi a sort of plum pickle. Our much loved red shiso is the preservative in umeboshi, imparting its lovely red color to the pickle or plum paste. It was actually because of umeboshi that we first read about red shiso. You can imagine our gladness to meet this Flower Essence and have Ume Flower Essence preserved in red shiso to offer you! This particular Essence was made in the Toji Temple gardens in Kyoto. The photo of the Ume blossoms used for this Essence brings me near tears every time I look at it. This is an exquisite Flower. Against the coppery warm bark of this weeping tree, the blossoms spray out in a perfect balance of white blossoms, yellow stamens with a ring of delicate deep pink at the base of the blossoms. Ume tells us “ I bathe the world clean after wintry times. I restore after the heaviness of winter. Consider me to refresh you. I AM a spring tonic. I serve to restore after the literal winter season but also after any passage through a cold, dark time of dormancy or death.”

Additional ROSE GARDEN ESSENCES

Agathe Incarnata Rose- *Rosa Agathe Incarnata* This Rose, first cultivated in 1800 and grown at Monticello has a name that literally means “good body.” It helps us assimilate the light pouring into the earth right now into our physical bodies. As This Rose explains it, “I AM a grounding Essence, helping you translate the desire to love into love incarnate. I AM a bridge from intention to action, helping you translate the intention to be your most loving fully embodied self into a state of actual being. *I AM the full embodiment of Love.*”

Beau Narcisse Rose- *Rosa Beau Narcisse* Helps us see to the core truth of our circumstances and move beyond surface preoccupations and cultural obsessive ideas to penetrate into the Essence of things. Helping us find purpose beyond any material preoccupations that have held sway, this one really cuts to the chase. *I AM my deepest truths seen, owned and realized. I AM one with the eternal verities of life.*

Belle de Crecy Rose *Rosa Belle de Crecy*

Blanc Double de Coubert Rose *Rosa Blanc Double de Coubert*

Blush Damask Rose *Rosa Blush Damask*

Camaieux Rose- This Rose Essence softens the integration of painful memories or realizations.

Cramoisi Picote Rose- This Rose tells us, “I AM discretion. When tempted to kiss and tell or share a secret, I am an ally. I help you button your lips and be your sweetest, most discreet self. In this way, I keep romantic love sweet.”

Eden Rose- A climbing rose of the palest blush pink, this truly looks like a Rose first minted at the dawn of time. Eden Rose helps us embrace new experiences with more confidence. It softens the impact change has on our nervous system, cushioning us from the blows that change can sometimes bring. It holds the vibration of joyful creation at the beginning of time. Its vibration is like the Cole Porter song “Begin the Beguine.”

Frontenac Rose *Rosa Frontenac* This beautiful Rose Essence tells us, “I offer helpful information about dealing with temperature fluctuations in your energy system and smoothing fluctuations from hour to hour in terms of hot and cold. I will help you handle chill and other fluctuations in your extremities.”

Great Maiden’s Blush Rose or Cuisse de Nymph Leave it to the French to have the sexy name of Nymph’s thigh for this Rose while the English have tried to sanitize its glory with the staid moniker Great Maiden’s Blush. Here this gorgeous Rose speaks for herself, “Get real. Let no one place a definition on how you should live and express yourself. Let me support you! *I AM the irrepressible expression of myself.*”

John Davis Rose- One of the four climbing roses chosen by the Angels for the Rose Arbor, John Davis Rose climbs upwards in a great generosity of soft pale pink blossoms. This Rose tells us, “I AM a pillar of support and nourishment without attachment to outcome. I climb without grasping and offer you energetic support to do likewise. With my healing, unfolding, and uplifting onward movement without concern for results, I AM a free ride.”

Lady Penzance Rose *Rosa eglanteria x Rosa foetida*

This single Rose opens with brilliant and unusual salmon petals with a luminous yellow star at the heart of the flower. Over the course of several days, the blossom transforms itself into a pink flower with the same star shaped yellow center. Its description and I AM affirmation are one and the same. *I AM without apology empowered truth and love. I support you to embody the physical STRENGTH necessary so that you too can confidently complete each of your missions to be your own bold combination of love and wisdom. "Lady Penzance said it would help me with decisions and to move ahead with projects." B.D., OH*

Madame Hardy Rose This Rose tells us, "I AM for heartache. I know you think you have heard it all before, yet I offer a sweet and unique note of consolation to those who lose a lover or a most cherished friend or place. I AM consolation and comfort amidst loss."

Rosaraie de l'Hay- This deep magenta Rose is extremely generous in size, fragrance, and abundant beauty. This is how it described itself, "I echo bounteous abundant overflowing sweet love pouring into your life everlasting. My gift is to encourage love's glorious movement in each cell of your body. *I AM Love electrifying each particle of your temple body, now and forever.*

Santa Rose Red Rose

Sissinghurst Castle Rose- This deep pink Rose has an ancient quality and told me even as I made the Essence for the first time, "I am a much older Rose than the famous gardens at Sissinghurst. My name is surprisingly appropriate for I am about fortification. I support you to feel strong from within and without, resilient and fortified in the face of significant changes in the world. I do this by helping you KNOW your own strength and also helping you feel more aware of the spiritual beings that buttress you so that you can experience yourself as the eternal and imperishable spiritual being that you are. *I AM imperishable beauty and strength of purpose.*

Tuscany Rose- A deep maroon velvety Rose of such beauty, Tuscany Rose encourages a fresh experience of ancient places, ancient truths, and things that are as well known as the back of one's hand. She offers an energy which is like plunging a bucket into a sacred well of truth and pulling up the bucket to find it overflowing with glorious refreshing life sustaining wisdom.

Will Baffin Rose- Support for exploring new territory, staking a claim in new terrain with the strength, vision, fortitude and courage of an explorer.

Yellow Rose of Texas or Harrison's Yellow Rose There are so many funny stories about this Essence including the day Lynn wrote the labels as Yellow Rose of Taxes! More to the point, we have seen this Essence have a profoundly helpful effect upon people stuck on a problem that just will not unravel. This one truly cuts to the chase and helps us find solutions to knotty issues on all fronts such as financial difficulties or infertility issues.

White Rose of York *Alba Semi-Plena*

Additional ST. JOHN FLOWER ESSENCES

Bay Bean *Canavalia rosea*

Bay Grape- *Coccoloba uvifera* Support when we are in between spaces or between times. Bay Grape is one of the few plants that will grow in the sand between

water and land with topsoil. It is an excellent remedy to consider for times of transition or when life has us betwixt and between.

Black Broom or Tea Bush *Melochia tomentosa*

Brazilian Golden Vine *Stigmaphyllon floribunda* Brazilian Golden Vine tells us, "Yes things do fall apart. However, they also fall together, sometimes even when it appears they are falling apart. I AM the accretion of separate goodly deeds into one, the coming together beneath the falling apart. I will help you see the coming together, the wholeness, and unity resulting from seemingly separate, even divisive events." *I AM the act and experience of unity.*

Casha Acacia- *Casha acacia macracantha*

Clashi Mulat *Convolvulus nodifloris*

Coco Plum *Chrysobalanus icaco* The honeybees called me to Coco Plum. They obviously liked the small slightly greenish Flowers of this small beachside tree. Coco Plum tells us, " I AM for healing the particular. My small green Flowers cluster round to offer their vibrational wisdom about healing and nurturing in the particulars of life. I AM for the little things, the small insults, the little hurts, the insect bites, the tiny discomforts. I work on the emotional, mental, spiritual, and physical levels, offering ways to soothe discomfort in the particulars. *I AM a soothing balm, mending and healing the discomforts of daily life*

Day Blooming Jessamine- *Cestrum*

Desert Rose *Adenium obesum*

Dog Almond- *Andira inermis*

Earring Flower Balanced use of curiosity.

French Grass *Commelina erecta* French Grass is traditionally used in the Caribbean as a cooling infusion for flu and as an ingredient in protective baths. Its Flowers, which close in the heat of midday, attract many bees because of its abundant pollen. The flowers are a brilliant clear blue, a matched pair of two petals with brilliant yellow curling stamens. It is a small ground-hugging Flower, but makes a striking note in the landscape. French Grass declares itself an Essence for everyday life, "I encourage clear thinking, clear action, and clear purposeful responses to events. I AM helpful for the shy and retiring person who wishes to more boldly live his or her life. I AM particularly helpful for partners in all endeavors who seek clarity about their work together and also momentum to get their purposes together off the ground into constructive action and greater visibility. I AM clear purposeful action. I AM partnership in harmony, clarity, and unified intent.

Giant Milkweed *Calotropis procera* This gorgeous milkweed grows up to fifteen feet tall. Its beautiful blossoms have the same highly articulated and inspired feeling as our local milkweed, but with more splash. Giant Milkweed says, "I AM the amplification of divine self expression in form. Think of me when you want to translate big dreams into big action." *I AM the complete articulation of divinity in its most vibrant and expressive form.*

India Rubber Vine aka Purple Allamanda *Cryptostegia grandiflora*

Jacquemontia pentathos *Jacquemontia pentathos*

Lion's Ear- *Leonotis nepetifolia* Encouragement to be lion hearted and fearless in our life choices.

Limeberry- *Triphasia trifolia* This three petaled blossom of pure white has an intense and haunting perfume. The blossoms are the same texture as citrus

blossoms but the three petaled configuration is unique in my experience of citrus blossoms. If there is a feeling of disconnect between the mind and body, the body and spirit, or the spirit and the mind this Essence will support a reintegration. Limeberry explains, "The trinity is one of the most misunderstood concepts of spirituality, we would like to suggest here that regardless of one's concept of what this is, this Essence represents a merging of the trinity and a necessary unity and balance of mind, body, and spirit. *I AM the one in the three.*

Maiden Apple *Momordica charantia* The traditional medicinal uses of this plant are many and it is experiencing a resurgence of attention from modern medicine. Its traditional applications include use as a tea for colds, sore throats, fevers, diabetes, high blood pressure, skin problems, as a deterrent against cancer by checking the growth of the tumor, and as a vermifuge for children. The fruit is an abortifacient and the plant is useful for menstrual problems and for birth control. Considered a waste ground weed, Maiden Apple is also referred to as Jumbie Pumpkin and Old Maid Plant, a reference to its use as a contraceptive. One person I asked about this plant spoke vehemently against it. As we lose our traditional wisdom about plants, rumors that a plant is dangerous creep in. A patriarchal society like ours is going to want to separate us from the wisdom about this plant, because it offers women an internal locus of control about such issues as birth control and female reproductive health and offer all of us greater freedom from the health industry. Maiden Apple, with its clear yellow flowers on vines reminiscent of the squash family, has not suffered from our neglect of its gifts. It is we who have lost through this turning away. Maiden Apple tells us, "This is a time of reclaiming your inner wisdom and confidence. I help you to know your glory so fully that you stand immutable to any lesser force. A time is coming when many will find themselves choked on the consequences of their own choices. This patriarchal world order will pass away. It will be done. I help you quietly prepare a different vision and a different way to be in the world that is coming to meet you. I AM this reclaimed inner wisdom that walks softly on the Earth. I AM this reclaimed inner wisdom that supports you to live a life in alignment with your soul's purpose and destiny. I help you prepare and be clear. I AM a radical friend, but also one that helps you move peacefully, confidently, and clearly towards your destiny." *I AM the full embodiment of my wisdom and purpose.*

Marsh Mallow *Waltheria indica*

Moses in a Basket *Tradescantia spathacea* This Essence offers tender support for precious projects and creations. The delicate white Flowers of Moses in a Basket are tucked in sturdy protective folds of deep purple leaves much like a baby tucked in a basket. *I AM safe as are my most cherished creations.*

Orchid from Sloop Jones

Passiflora- *Passiflora* This wild Passion Flower had small green petaled flowers with yellow greenish stamens. The vine grew with abandon over other plants on a scrubby hillside. This variety of Passion Flower tells me it has a particular strength for those whose return to oneness involves a close association with the natural world. *I AM release into spiritual freedom .*

Pipe Organ Cactus- *Pilosocereus royenii*

Sceptre of Power Flower This torch like flower head is covered in pale orange flowers. A recent cleansing of the feminine aspect on Earth has left women free to rise up into their glory and power without the weight of long held sorrows,

anger, and limitations formerly held collectively by women. This flower supports a reclaiming of women's truest, unfettered divine wisdom, love and power.

Sea Purslane *Sesuvium portulacastrum* This Essence comes from the edge of a salt pond where a continual wind whips across its blossoms. These five pointed brilliant pink blossoms shine through piles of salt foam and relentless conditions that would leave most plants wilting and dead. Despite this unceasing assault, this plant remains cheery in its Flowers as well as tasty. I say tasty, because this plant is a salad green, used extensively in Asia. Sea Purslane supports us to remain of good cheer during extreme, stressful, or traumatic situations. Sea Purslane helps transform earthbound personal love into more universal forms of love. It helps to release us from sorrowful burdens and disappointments about human love. It helps us find a love that has no expectations of possession or specific outcome, but simply is. One way in which this particular patch of Sea Purslane revealed its support to transform personal romantic love into universal love was its location exactly at the bridge of land between ocean and a salt pond. The ocean represents romantic love while inland bodies of water represent spiritual love. These Sea Purslanes literally and energetically bridged these two worlds. I AM universal love.

Smooth Rattlebox- *Crotolaria pallida* Rising above community disputes and interpersonal drama to lead with clear and wise action. Can help us find resolution to interpersonal problems that have resisted solution

Sorrel Vine- *Cissus trifoliata* With striking leaves and white blossoms clustered in sprays like grapes, this vine is covered in bees, always an indication of a high vibration Flower. Strengthens our ability to hold the thread of love between ourselves and fellow humans in a joyful, exuberant and playful manner. *I AM the joy of community.*

Spiked Mallow *Malvastrum americanum*

Spoon Tree- *Bourreria succukenta* For clarity of creative vision. Creativity comes from many places, within and without. It springs from the interface of objects, mediums, personalities, as well as from a place deep within each of us. Yet creative acts call us to refine our own distinct voice out of this welter of stimulation. An artist recently asked me what Essence might help when a creative person is feeling "too porous", when creative juices get murky, when there is too much stimulation to sort the wheat from the chaff. The Angels offered up Spoon Tree, an elegant white blossomed tree. Each blossom has a noticeable clarity. Other kinds of Flowers sometimes blend and merge in color tones and petal divisibility. Some, like Spoon Tree blossoms, seem particularly articulate in their self definition. I had wondered why the Angels chose Spoon Tree as the common name they wanted us to use for this Flower Essence. There were so many other nicknames for this tree to choose from. But as I thought about this in light of Spoon Tree Essences' mission, it made more sense. Just as a spoon allows us to take a separate bite, so too Spoon Tree Essence allows us to initiate an unique expression of creativity out of the creative soup which is reality. *I AM the clear expression of my creative self."*

Strongbark *Bourreria succulent* Extensively used as a traditional medicine, this one

Tridax Procumbans *Tridax procumbans*

White Indigoberry -*Randia aculeate*-

White Orchid Tree *Bauhinia acculatea*

Wild Bush Bean *Macroptilium lathyroides*

Wild Frangipani *Plumeria*

Wild Pea- *Tephrosia cinerea* This gentle Essence friend helps to strengthen fragile interpersonal connections that have, at their root, deeply positive purposes but that have come under fire from various personalities involved. This would have been a good one for Romeo and Juliet for example. It's very supportive for freeing ourselves of familial bindings that interfere with us being our true self and in relationship with the people we are meant to be in relationship with. *I AM free to choose my own friendships.*

Wild Tamarind *Leucaena leucocephala* Wild Tamarind helps us to see the miraculous, spontaneous combustion of divinity in every day circumstances, even in the most mundane situations. This is an excellent remedy for when our daily life bores us. It re-ignites passions, reveals the magical in the every day, and reminds us of the fodder available to us to be in a zesty and bold life. *I AM the sparkle in life.*

Wild Yellow Morning Glory

Yellow Torch aka Princewood *Exostema carobaeum*

Additional VENUS GARDEN ESSENCES

Prince of Venus- *Venidium fastuosum* *I AM the complete expression of my Christed Self.*

Serafina- Serafina is for stamina during firestorms. This bold and fiery colored Dahlia grew in the Phoenix Rising version of the Venus Garden. Serafina is a real help with the task of "keeping on keeping on." Linked to the Seraphim, part of the Angelic hierarchy, this Essence is a vibrational way to call in a very high level of vibrational support staff, one that knows how to transmute fire into momentum. *I AM the easy assimilation of all fire energy into fuel for the journey.*

Sweet Alyssum *Lobularia maritima* Our Christ selves were created as mediators between our Earth personality selves and our eternal Divine selves, what sometimes is referred to as our I AM Presences. This happened during a time in our collective history when our personality selves fell a very long way away from our God selves into deep illusion and a mediator was needed to keep some sort of communication happening between the I AM or God self and the personality. .As we rejoin the Fifth dimension, on our way towards full God reunion, the plan is that each of us will merge with our Christ selves, thus rejoining a unified consciousness called the Christ Consciousness. Sweet Alyssum acts to help us tune to the Christ Consciousness vibration. The flower head of Sweet Alyssum resembles a continually evolving globe of exquisite white flowers. So too, the energy of the Christ Consciousness permeates the globe of Earth in a flawless, all encompassing love. This Christ Consciousness energy matrix is the reality that we are awakening to. Sweet Alyssum may be the loveliest wake up call you ever receive. I hope I am not belaboring a point to note that though the word Christ is used, this is not Christian territory but territory to which all souls on Earth aspire to and will return into. *I AM in complete attunement with the Christ Consciousness of my beloved planetary home.*

Additional WILDFLOWER ESSENCES

Ashleaf Maple or Box Elder- *Acer negundo* The Angels requested we make this one to add to our Grounding Mix. Its particular strength is supporting and grounding fast growth be it physical, emotional, spiritual, or mental. This one is particularly good for teenagers.

Beech- *Fagus grandifolia* For tolerance. Beech helps impatient people easily annoyed by other's frailties to let go of this dynamic of judgment. Beech supports us to see the good in others versus dwelling on some notion of their shortcomings. In fact, it helps us know that judgement as a way to sort the world is a system based completely on the false premise that there is anything to judge.

Birdfoot Trefoil - *Lotus corniculatus* This little yellow roadside beauty has many strong gifts, It helps us to hear clearly during confusing or overwhelming situations. It sorts auditory wheat from chaff so we hear what we need to hear without having to process all the static noises of our modern world. It helps us feel both connected and in the flow of a situation if we have been marginalized or shunted aside. This one helps us find our place front and center on the map of our lives. We have seen this one used very successfully when an animal is searching for its role in a family or in its life.

Bladder Champion *Silene vulgaris* This one is for bladder health especially promoting a healthy lining of bladder. It also good for anyone with scar tissue in the urethra or problems with controlling urine flow including incontinence. Of course, we have added this to our Flow Free combination remedy.

Bladderwort- *Utricularia cornuta* Tonic for the bladder- also in Flow Free.

Blue Eyed Grass - *Sisyrinchium montanum* These are complicated times with much pressing upon all of us. What is our specific role in unfolding events? How do we know when to act and when to refrain from action? With so much conflict and so many conflicting views, how do we stay anchored and true to our own inner wisdom? Blue Eyed Grass offers a vibrational model for this territory. It helps us discern what we need to do or not do and then supports us to march to our own drummer, even when this may be difficult. It knows that our true-blue self-expression is right for the whole and part of the fabric of underlying unity. This is true, even when our choices appear to separate us out from the pack and appear to cause rifts. Blue Eyed Grass helps us to know our role and feel comfortable in bold choices when our deepest truths call us to a singular path. *I AM as I AM. In a sea of unity, I AM true self-expression, one with creation yet true to my unique vibration*

Blue Vervain- *Verbena hastata* Excellent remedy for restlessness, hyperactivity, or nervous tension. Blue Vervain helps us tune to a calmer frequency and find the bead on inner peace when we find our nerves overwrought.

Box Elder- See Ashleaf Maple

Buttercup- *Ranunculus acris* Good remedy for Seasonal Affective Disorder as it helps us experience sunshine even when skies are literally gray. Buttercup tells us, "We offer the light that illuminates the world. We open your heart to the warmth of the sun and shine light on all possibilities. We bring inner sunshine to gloomy and overcast times." *I AM the eternal light of summer.*

Branched Bur Reed *Sparganium americanum* Rising up from murky water, this plant has spiky orbs of white Flowers set at regular intervals up its straight stalk. It helps us to stay anchored and clear during toxic emotional crises or dramas. It helps us rise above the dramas to see and hold the bigger picture. Branched Bur Reed is a really fabulous ally if life calls you to hold the light in difficult geographic locations or amidst toxic high dramas.

Bunchberry *Cornus canadensis* A current of divine love washes over us when we work with this Flower Essence, a soothing, centering, but also invigorating vibration that restores uplifts and settles us into our most peaceful clear self.

Canada Anemone- *Anemone canadensis* This five petaled white blossoming wildflower is a strong presence in early summer woodlands. It often grows in large groups, filling its environment with a powerful vibration. It helps us to express our divine purpose with clarity while co-existing harmoniously in a sea of divine unity. This is one to consider if group dynamics get contentious or a group begins to lose its sense of enjoyment about being together.

Canada Mayflower aka Wild Lily of the Valley *Maianthemum canadense*

"The Wild Lily of the Valley that you sent is lovely. It gives me a feeling of being deeply rooted or connected to the heart of Earth and Sacred Feminine energy." PL Keswick, VA

Clintonia or Dogberry- *Clitonia Borealis* Also known as Dogberry, Clintonia helps us rise beyond immediate chaos into centered power and clarity about who we are and what we can do about our situation. It has exquisite lemon with a hint of green lily shaped flowers rising from a single stalk. These Flowers produce unusual vibrant blue berries in the fall. This transformation from yellow Flowers to blue berries is indicative of its strength at clarifying information into wisdom and then supporting the translation of this wisdom into clear, powerful, and unapologetic, fearless action.

Dewdrop- *Dalibarda repens* As an essential part of divinity, we and everyone else are valuable beyond calculation, but how to feel this? Dewdrop is an excellent remedy for someone trying to get a bead on his or her self worth and to feel, at long last, the divinity in ALL things. This Flower Essence acts to revivify our inner sight so as to magnify the God and Goddess in all things, within and without.

Dogberry- See Clintonia

Dutchman's Breeches- *Dicentra cucullaria* A wand of this Flower looks like a series of white pants strung on a clothes line. It helps us to own our own power and volition in any given situation. It offers a balancing of male energy if we have been reluctant to wear the pants in a situation. As a member of the bleeding heart family, it encourages us to move on from a reckoning with our sorrows towards appropriate action. The Essence is about balancing female energies with the male energy of ACTION. If you need to wear the pants in a dynamic or relationship to get things balanced then this Essence helps you do it. *I AM the confident use of my male energy.*

Field Chickweed- *Cerastium arvense* For mending tears in the etheric field of land or in the etheric memory body of a person or animal.

Fire Pink- *Silene virginica* This one is a light turning on. It offers a 'drawing out' and 'drawing in' of the unique. It initiates and invites a singular, precise, simple expression of light in times of darkness and dormancy. The expression is outward but based inwardly and draws other souls. *I AM with no apology.*

Foamflower- *Tiarella cordifolia* This wildflower grows in moist cool areas of the forest, sending up wands of creamy white Flowers. It's Essence offers information about finding relief from situations of too much heat. It helps us feel like a cool rain has fallen or a gentle breeze has cooled us on a hot day even when this is not actually happened. Foamflower is fabulous for hot flashes.

Fringed Polygala or Gaywings *Polygala paucifolia*

Gall of the Earth- *Prenanthes altissima*- Help to experience the unity of Heaven and Earth.

Ginseng- *Panax quinquefolius*- In herbals this plant is considered useful for every ailment under the sun. As a Flower Essence, consider Ginseng as a means to bring extra energy or voltage to any situation. The Angels discussed this Flower with me in terms of voltage, explaining that it will positively amp up any situation to which it is brought. I asked if this meant it was like Radish Flower Essence with its ability to add extra kick to any other Essence and they said no, it is more that Ginseng really is an herbal panacea with widespread implications for vitality. They said to consider it as a supportive and appropriate ally no matter the disturbance in one's energy field or what needs support.

Grass Pink Orchid- *Calopogon pulchellus* Grass Pink Orchid tells us, "I AM support for the creative expression that comes when we harvest the long submerged material of our root experiences of being. I support those that work to translate deep primal experiences into artistic expression. In my Flower form, I rise from the slow percolating matrix of peat bogs to an expression of exuberant joyful magenta petaled abandon. I AM born from the deep subterranean mixing of elements and yet I shine in the world of light and blue sky. Consider me for times in which you work to harvest the truth of your earliest experiences. Consider me when you know you are plunging to the very depths of your being and want a friend at your side who can encourage you to believe you will assimilate all you bring to light. I will help you be able to give forth this one of a kind expression of yourself into the world in glory and celebration."

Groundnut- *Apios americana* This is a very fragrant chocolate and pink Flowered late summer vine. The Flower has a striking tropical feeling to it yet this pea family gem thrives in cold climates. Even this reflects its strengths as a Flower Essence Sometimes by necessity you spend time with people with whom you have no apparent connection. The meetings have a flat even monotonous feeling. Sometimes you must for a variety of reasons meet again and again with people with whom there seems to be no connection. Groundnut helps to make these interactions more vibrant, zesty, and interesting. Groundnut can help punch the emotional climate up from neutrality into genuine liking even love. This would be a good one to spritz during any gathering that feels like a duty versus a pleasure. This one is a real boon for the holiday season!

Hepatica- *Hepatica americana* This early spring beauty has liver shaped leaves, hence its name Hepatica. Consider this one as offering helpful vibrational information for all liver related issues.

Hop Clover *Trifolium aureum*

Indian Cucumber- *Medeola virginiana* This plant is from the Wake Robin family of plants, the same family as Trillium. Both share vibrational strengths as calming and centering Essences. Indian Cucumber's two whorls of leaves fan out in perfect symmetry from a central stalk. The set of the leaves reflects the Flower

Essences offer of measured stability in all circumstances. From above the top whorl of leaves dangles down pale yellow Flowers with long red stamens dividing the Flower in even thirds. There is orderliness to every part of this plant's above ground configurations while its edible cucumber-like root also suggests the Essence's restorative, calming and cooling vibration. This Essence is an excellent choice when a situation is heated up or we feel fiery and out of balance. When first talking to Indian Cucumber, it said to me "I AM the Flower which reminds you where true nurturing comes from. I take you home." One Green Hope friend felt called to this Essence but wondered if home meant death. Indian Cucumber clarifies with this calming explanation: "Home is where you know who you are, never to lose your center in God again." *I AM in God, an expression of perfect geometry.*

Lady's-Thumb *Polygonum persicaria* Trusting the universe's divine and energetic thumb print for your life.

Lobelia spicata- *Lobelia spicata* Supports us to make peace with major life decisions and life choices. This wild Lobelia helps us to get grounded and settled in our life changing decisions so we can proceed as calmly and courageously as possible. When I found a bank of this pale blue spiked beauty blooming in a place I had never seen it before, it explained its gifts right away and offered its immediate support for a situation I was working to change in my life. Soon after, I found great clarity about what I needed to do and felt the strength I had been seeking for many months to do what I had to do. Consequently, I can attest to Lobelia's strength and clarity as an ally when difficult and major change is necessary. *I AM at peace with my life changing decisions.*

Marsh Marigold- *Caltha palustris* This deep hued yellow Flower rises up with great clarity and sparkle from marsh waters in early spring. It is not only a harbinger of spring but all things bright and beautiful. As with many marsh grown Flowers, Marsh Marigold Essence helps us find good cheer, optimism, the courage to begin again. It helps us find constructive solutions in times of trial, confusion, and murk. It offers a steady steadfast vibration that helps us see our way clear of tangled emotional or otherwise swampy situations. *I AM sunshine during murky times.*

Meadow Rue *Thalictrum dioicum*- Simply said, this is a fairy Flower. With its gossamer leaves and fuzzy white puff blossoms, it is a delicate reminder of God's enduring presence and love in the face of any ego assault. Its gentle energies do not aggressively blast away ego illusions, instead they quietly and resolutely hold their own in the face of ego illusions until the ego illusions just crumple and dissolve like tired temper tantrums. Meadow Rue will be there, singing its song long after this planet and all its inhabitants have finally shed all ego. Let Meadow Rue help you with this shedding process. It will help you see the insubstantial nature of ego in the face of eternal divine creation. *I AM delight in ALL CREATION. The web of illusion is gone and therefore I AM the joy of my eternal freedom.*

Miterwort-*Mitella diphylla* The base of this plant has a pair of leaves across from each other and a long straight stalk that bears exquisite and tiny cone shaped blossoms with fringed edges almost like snowflakes all turned in a variety of directions. This flowering stalk looks a bit like an elegant cell tower and that is the exact offering of its Flower Essence. Miterwort helps us to hear each other better especially during arguments. It is especially good for partnerships, but

will support anyone who would like to listen better AND hear what is actually being said.

One Flowered Wintergreen- *Moneses uniflora* When things appear to go deeply awry in our lives, we have a choice in our attitude. Will it be an unceasing cry of "Why me? Why me?" or will we pick ourselves up with as much poise and dignity as we can muster and go down the path chosen for us by our divinity with a faith that there is purpose in our difficulties? One Flowered Wintergreen helps us to pick ourselves up and feel God's presence during such times. It is also a good Essence to help with spiritual disorientation caused by too much information as well as confusing events. Why is One Flowered Wintergreen helpful in these situations? It knows how to hold diverse information and events in our daily life and synthesize them into an experience of God's unity in all creation.

Panicle Aster- *Aster simplex* This Aster, a cousin of Fleabane, asked to be made into an Essence so as to add its support to our Flee Free mix! Yahoo for its generous support!

Paper Birch *Betula papyrifera* For peeling away layers of a situation so as to deeply heal. Support to get to the bottom of a healing crisis.

Pearly Everlasting- *Anaphalis margaritacea* Physical stamina no matter our age.

Persimmon- *Diospyros virginiana*

Pickerel Weed- *Pondetaria cordata* Pickerel Weed is a seventh chakra receptor that helps us continue to receive divine energy even when we are surrounded by emotional chaos. This support to stay calm amidst the emotional fray is necessary because these energy changes are going to leave many destabilized people acting out around us. Additionally, Pickerel Weed helps us be a torchbearer for received energies as well. It helps us stay true to our spiritual principles in thought, word and deed even amidst radical change or extreme emotional stormy times pressing upon us. The Angels suggest applying this to the front of the neck in a placement on the fifth chakra, on the third eye and on the top of the head. *I AM serene in my role of spiritual torchbearer.*

Pink Lady's Slipper or Moccasin Flower- *Cypripedium acaule* This orchid Flower Essence can be useful in situations in which you anticipate being unable to hold the thread of love. No matter how overwhelming the circumstances, this Essence helps us to remember our true identity as a force of unconditional love in a sea of love. The Angels explain, "This one helps you to walk this loving path when it might seem impossible to do so."

Pink Laurel *Kalmia augustifolia* This flower is an eight sided, rosy pink cup with precise markings and strong, unique contours. It is a chalice for feminine energy on the planet. It knows its own self and lives from that knowledge with graceful assertiveness. As a Flower Essence, it helps us to be our divine self with clarity, appropriateness, total love, and an unswerving, unapologetic commitment to our calling. It helps us stick to our spiritual path with unswerving determination. This Essence resonates to the same frequency as the Taj Mahal. It helps us come into alignment with our divine eternal self. *I AM Goddess in perfect action.*

Pipsissewa *Chamaphila umbellata* This is a centering and clarifying Flower Essence especially appropriate when our roots or links with our family of origin have been challenged, pruned, or even severed. Pipsissewa is from the same family of plants as Pyrola Elliptica and like Pyrola Elliptica, Pipsissewa brings

things to the surface to be seen and healed. Only in this case, it is our family history and links to the past, not our dream world, that is brought into greater focus.

Ragged Robin- *Lychnis flos-cuculi* For faith even amidst a new world of circumstances.

Red Bud- *Cersis canadensis* The trees that offered their blossoms for this Essence grow in a pink haze by the banks of the New River in Virginia, the second oldest river on Earth. Red Bud Essence calls forth ancient wisdom particularly in the context of community. The hazy full blush color Red Bud offers each spring is possible thanks to the massive number of individual pea like Flowers that bloom along the trunk and branches of old wood. This signature of blooming on old wood indicates its area of service, the re-invigoration of community structures with a new paradigm of love. "I AM an ancient but new configuration of community. I come to awaken you to what already is. So much of your ideas and experiences of community have been based on a notion of scarcity. You view your interpersonal connections on the ideas that all transactions involve commodities ie you give me love and I give you love in exchange. I help you understand the matrix of the planet is LOVE and therefore there is abundance for all. No one needs to feel beholden to another for love received or anxious that Love can be withdrawn. Love is your birthright, closer to you than the air you breathe. As my haze of pink Flowers reminds you in spring, Love is the vibration permeating all reality. Love is already yours and does not need to come from outside you. I will help you KNOW this."

Seaside Goldenrod *Solidago sempervirens*

Shadblow or Juneberry- *Amelanchier arborea* Shadblow offers a Flower Essence that helps us stay centered during pounding experiences pushing us forward whether we are ready or not. Two specific areas in which it will help us are with adjustments to changes in the seasons and also changes in our own life stages. For example this helps with an identity switch from being the child to being a parent while also still someone's child. Shadblow is great for menopause as well. Shadblow also helps us handle dramatic change in fortune, job, partnership, or situations that leave us feeling like we are swimming upstream.

Small Blossomed Skullcap *Scutellaria parvula*

Small Woodland Orchis- *Habenaria clavellata* This delicate white orchid was growing on a sunken log on my favorite pond in the Adirondacks. When I am at this pond, I always go exploring the logs to see what is growing. There are always pitcher plants and sundews. As I was wading ashore after a visit to these logs, a voice called to me and sent me a wave of love that just about knocked me into the mud. Turning around, I saw it was this tiny orchid. She says she is a lighthouse for swampy times and offers her immense love to help light your way on your journey.

Spring Beauty- *Claytonia virginica* An extremely early spring wildflower of delicate white petals veined with pink. "I support the shy and meek to know their contribution matters and they shall prevail."

Starflower- *Trientalis borealis* For clarifying and smoothing the flow of electrical current in the etheric or memory body as well as cleansing the etheric body. Starflower also orchestrates a crisper connection between energy centers including the main chakras and also the secondary nadis. Consider this one if your head feels fuzzy, you feel uncoordinated as if signals are not getting from

one part of yourself to another or if you feel your electrical wiring is in any way misfiring.

Toothwort- *Dentaria diphylla* Early spring beauty which the Angels recommend for various dental difficulties.

Trout Lily- *Erythronium americanum* Helps GROUND a higher vibration in our physical bodies.

Virginia Bluebells- *Mertensia virginica* Steady encouragement for new ventures, balanced support to help us pull our wisdom into focus and also get it out there in form. Opens heart to joy.

White Fringed Orchis- *Habenaria blephariglottis*

White Lady Slipper- *Cypripedium*

White Mullein *Verbascum lychnitis* This Essence is support for the Ascension or God realization. It promotes a cleansing of the emotional, mental, and etheric bodies to a state of vibrational purity. It also will cleanse and purify our spiritual intentions and motivations on the way to our Ascension. It softly and gently strips away personality residue so that we can know and become one with the divine plan for each of us. In case you are thinking that this sounds a little too far fetched for you to see yourself as a candidate for this process, let spirit remind you of a few things. First, momentum for your Ascension may have been created in other lives. You do not necessarily know where you are in this process; so do not count yourself out. Second, just as this is a specific and tangible remedy for the Ascension process so is the Ascension process a practical, concrete process. Third, the Ascension does happen. God's laws work and they work for everyone. I AM the Ascension in the Light.

White Snakeroot- *Eupatorium rugosum* One fall I was taking a walk with my daughter Lizzie when this plant called to me and said it wanted to be made into an Essence. We were well away from the farm and on our way into the woods not heading back home, so I told the Flower rather officiously, "I'm taking a walk!" As I moved on, Lizzie, who had not heard my inner dialog with this Flower said, "That Flower really wants you to make it into an Essence." Chastened, I stopped and apologized to the Flower for my imperiousness. I carefully took the blossoms it indicated back to the farm where I made an Essence. Several days later my son, William, broke his arm for a second time. The first time he broke this arm, the Angels had me make Boneset the day before his fall. This time it was White Snakeroot they had me make several days before the break. I guess they knew they were going to have a hard time selling me on the project so left themselves a couple extra days to MAKE SURE the Essence would be in the bag! White Snakeroot is another Flower in the same family as Boneset. The Angels tell me it brings more healing information to the issue of broken bones especially when the issues are karmic. We have added it to our Run & Play mix and of course, it was a part of William's life while in his cast. Those patient, ever helpful, and persistent Angels! How grateful I am for their kindness and PERSISTENCE!

White Trillium- *Trillium grandiflorum* Help overcoming judgment about one's behaviors. This helps relieve us of the burden of carrying the scales of justice around on our backs. This one helps when we feel no one seems to measure up. This one can help us really understand each life is a new beginning and a clean

slate and that every day is a fresh blossom and chance to be our best selves in a beautiful pool of God's love.

Wild Abutilon- *Abutilon theophrasti* This plant, also known as Velvet Leaf because of its soft heart shaped leaves, arrived on its own in the Rose garden. We were guided to use it in our Golden Armor because of its information about protection from all dissonant sound vibrations. "I need a replenishment of Wild Abutilon (it) really helps me sleep. L.O., Winston-Salem, NC

Wild Aster- *Aster novae-angliae* and *Aster puniceus*- Another Flower Essence which encourages us to delight in every moment of any day, even when the moment contains a sink full of dirty dishes! Helps us feel both grateful for and joyful about even the most ordinary of days.

Wild Columbine- *Aquilegia canadensis* No matter how extreme the situation, Wild Columbine helps us have the tenacity to stay centered, hold the light, and see the truth of the matter. This one is very helpful when a situation has escalated into violence and we must hold our truth and the light in these extremely challenging situations.

Wild Evening Primrose- *Oenothera* "I help your system make the most of oils. I cultivate wise use of fats both encouraging wise use of fats and aiding the metabolic process. I help to set up a system whereby one is simply attracted to needed fats and not attracted to what is not needed."

Wild Ginger- *Asarum canadense* Tucked out of sight under dramatic leaves this three petaled Flower has such a penetrating strong presence that it stopped me in my tracks the first time I saw it. It has the same kind of grounding, calming, strengthening vibration as a deep bass instrument such as Japanese Koto drumming. As an Essence it offers us a model of vibrational strength, stamina, vital life force energy that is tremendously grounded and centered.

Wild Lettuce *Lactuca canadensis* Resembling a canopy of twinkling yellow stars in the firmament, this amazing Flower orb lifts us from pedestrian concerns into an imaginative, expansive realm. As a Flower Essence it is good for dream work, creating in expansive ways, seeing the big picture, living outside the box, taking flight. It also offers a very consoling energy as well as an expansive one, like falling asleep under the stars, part breathless expansive wonder, part feeling this is my place, my home, my realm. *I AM at home in the cosmos.*

Wild Lily of the Valley also known as **Canadian Mayflower** *Maianthemum canadense* A pixie Flower that encourages us to remember our connection to all things wild, elemental, sacred, and true. "The Wild Lily of the Valley that you sent is lovely. It gives me a feeling of being deeply rooted or connected to the heart of Earth and Sacred Feminine energy." PL Keswick, VA

Wild Mint-*Mentha* Energizing the system especially the mental body, but without the liabilities of stimulants such as caffeine. Energy, focus, and clarity without heat or erratic flare ups of energy, but instead a cool green intensity.

Wild Oats- *Uvularia pudica* This one reminds us to see the beauty in our everyday life. Helps to bring clarity and definition to life direction especially to one who has many talents and has sought numerous paths. Points the way toward fulfilling and satisfying activities.

Wild Pink Azalea- *Rhododendron nudiflorum* This airy delicately blushed pink and white azalea blooms beside a small path through a magic wild garden of quartz rocks and moss on the crest of the Blue Ridge mountains. The Essence was made on the magnificent rocks there and is filled with a grounded yet

dancing fairy energy of celebration, joining, and journeying. Similar to the Rhododendron essence from Ireland, it holds a reconnecting energy. Ancient journeys, ancient wisdom, ancient mountains, rocks, fairy communities are all part of this Essence's gifts, helping us to reconnect in the timeless now.

Wild Strawberry- *Fragaria virginiana* This one also has a link with the sweet memories of childhood. Small, sometimes hard to harvest kernels of sweetness from our childhood are returned to us as we partake in the vibration of this Essence. This Essence also helps us feel that we can bring forward a sweet harvest even from barren, difficult passages in our life. As a Green Hope Farm friend explains, "*I've been working with Wild Strawberry. I didn't even know why I was drawn to use it, and then memories of my childhood began bubbling up. I had locked away the remembrances of some of the carefree, joyful times in my past because they were tangled up with things I wanted to forget. It was like the painful parts of my past created an amnesia over really large areas of my past. Wild Strawberry helped all of the memories come forward so that I could reconnect with the love that those positive memories had in them. I have a level of new faith in my ability to remember and in my ability to deal well with whatever might be there. A.H., La Jolla, CA*

Wild Wood Violet- *Viola palmata* Calls our attention to the divine no matter what the landscape. This one is like the focusing mechanism on a telescope zeroing in on the divine.

Wild Yellow Lily- *Lilium canadense* Support for bringing up wisdom from the subconscious and for finding unrecognized deeply submerged talents and skills. There is a quality of illumination about this Essence that does more than reveal, it helps our inner talents glow.

Witch Hazel *Hamamelis virginiana* Supports us to find fiery potent dramatic and zesty new life after periods of hibernation or after experiences of loss, endings, deaths, or wintry times.