



*environmental
essence
descriptions*

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original writings by
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moon by moon apothecary

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All descriptions are for environmental essences (remedies of place & atmospheres) crafted by Chanelle & which are currently available in the apothecary's shoppe. In these pages you will find:

Craggy Circle
Forgotten Garden
Full Moon/White Mountains
Ice Moon
Löyly
Rose Equinox
The End of the World (The Night the Moon Moved)
Winter Trunk

environmental essences



Craggy Circle made on the drizzly afternoon of 27 May 2018, in a circle of mossy stones, beech, & birch trees, on top of Craggy Gardens near Asheville, NC. This essence fills us with the sense that we are returning home, wherever home may be. In this way it is deeply comforting, soothing, & gives us a a feeling of being held. It holds ancient & sacred space for us to conduct our rituals, journeys, spells, or anything in between, & it greets us as we return from these ceremonies. Like a cairn, Craggy Circle provides a ring of protection for us as we delve into the great mysteries, travel into other worlds, or commune with the spirit realm. It lifts the veil & invites us to walk within, quiets & centers us enough that we may find the stillness to simply be, & in turn to seek guidance from our spirits, guides, or other ethereal allies. This essence brings us into intimate connection with the landscape & all of the creatures who live upon & within it; it brings us into ceremony with the earth, calling us to open up to experiencing the magic of the mundane, the reminder that we are all creatures of this earth, & that no matter where we go, we are here we are home.

Forgotten Garden made in a forgotten garden in Bridgton, Maine that had begun to rewild itself. In this essence is the energy of a lush garden that has been abandoned by its human caretakers—and despite that, remains full of life & many protective guardians like Purple Columbine. This essence helps us to wear a sense of curiosity & exploration, especially when there is an element of rigidity or resistance to change, new opportunity, or there is an overarching sense of hopelessness/despondency. Forgotten Garden brings us into the places within ourselves that we have forgotten, neglected, or turned our backs upon. It brings us here to gently tend to grief & loss, to face that which we have been avoiding or that which we have abandoned. It also brings us here to remind us that no matter how long we have put aside the things, activities, or hobbies that give us joy & nourishment, we can always return to them, they are always waiting for us, waiting to be visited & tended to again. Forgotten Garden essence helps us to take up all the space we possibly can within ourselves, to let spaces remain wild, but to also tend to our inner gardens when they are calling out to us.

Full Moon/White Mountains made under a foggy full moon in Taurus on 17. November 2013 at the feet of the White Mountains in Bridgton, Maine. This essence is a clearing from fog to blue skies: it helps us to transform our mental state & encourages a sense of hope & optimism when we otherwise feel bogged down. It allows us to feel courageous, vulnerable, humble, & gracious. Instills a reverence for ourselves & the ones we love. Grounding, peaceful, sensual, generative, & overflowing, this essence is love & tenderness put into action. It brings us back down to earth when our heads have been too far up in the clouds. Very specific for those who often to do not feel in or safe in their bodies—this essence gently helps us sink into embodiment. Perhaps this is also what makes it so lovely as an aphrodisiac.

Ice Moon made in Bridgton, Maine under the first full moon of 2014 while the moon was in Cancer. This essence was left outside overnight on a large snow-covered stone slab until the next morning. When I went to collect it, the water had frozen into an ice-dome in the mug it was sitting inside of. Over the next few hours, I patiently let the ice melt of its own accord, its frozen belly turning back to liquid as the sun rose. This essence is about protecting & strengthening your gut-feelings, your inner waters. It is about trusting in your own personal emotional process: allowing yourself to harden when you need to, but it is also about letting your guard down, letting your protective shell melt away, & becoming more fluid. This essence helps us to understand the bite of the ice & the gift of the water, the universal give & take, the night & day, the hardening & the softening, the emotional body & the rational mind. It is perfect for the times we ask ourselves, "my head & my heart, which one do I belong to?"

Löyly made under the new moon in Aquarius on 30. January 2014 in a small sauna in Bridgton, Maine. Löyly is the ancient Finnish word used to invoke the "steam spirit" or the essence of sauna. In sauna, Löyly is summoned & takes form when a ladle of water is poured over hot rocks to create steam. This is an essence for deep cleansing on a emotional & spiritual level. It is able to soften, seep through, & permeate each layer of our being. Löyly essence opens us up for renewing our inner landscape & our frame of consciousness, for clearing out any clutter or toxicity in our subtle body. This essence is like receiving a gentle inner wash. It helps to revitalize the self on the deepest levels—like a warm compress for the soul. Löyly is for new beginnings, starting over, driving out, & release. It is the feeling you get when you are enveloped in the heat & steam of the sauna & once you leave a good sauna... "empty & ready to be filled again."

Rose Equinox made on the evening of the Vernal Equinox in 2013, with a small piece of Rose Quartz while I lit a fire in the wood stove & burnt many a thing & chanted over & over an incantation from my friend, Nicole Em "I am morning / I burn noontime / wash through evening / ground into night / call me in / Equinox is here / let's bud." This essence sat overnight on the windowsill in a little crystal cup, taking in the shifting of the stars & the first specks of sunlight & the rise of the morning. It sat beside the fire as it turned to ashes. This essence feels like a guardian/witness of the winter turned spring—the work that was done under the ice & snow, the stirring of the rootlets & buds: the promise of what is to come: a warm breath: a glimmer: a rememory. This essence is gentle, warm, inviting. It is a remedy full of spring, full of new, of intention, thawing, possibility, hope. It is heart medicine & transformative for our heart spaces. It encourages us to come out of our shells when we are ready, inspires us to try something new & put ourselves out there, reminding us that it is safe to hope & unfurl when the morning comes.

The End of the World (The Night the Moon Moved) made under the full moon in Scorpio, in 2014 in New Orleans on the levy in the Upper 9th ward, which is known as The End of the World. This essence gets us down to the bottom of ourselves & shines upon it with the reflective light of the full moon. It reminds us of the importance & transformative nature in spending time alone in order to cultivate our personal power & magic. This essence is about being your own witness, being the sole witness & having that be enough—you need no other to validate you or your experience & you have nothing to change or fix, you can simply observe. This essence gives us strength in our solitude & hushes us. It helps us to tend to our own inner fire. It is especially helpful for those who feel anxiety of or fear loneliness, who are at the end of one chapter in their lives & about to move onto the next. It brings us to the very lip of the unknown & washes us with a sense of calm & comfort.

Winter Trunk this essence was made in a rotted-out tree trunk on the trail to Carr's Pond in West Greenwich, RI on the first night of 2014, while the new moon was Capricorn. This essence holds the energy of walking into the dark & the unknown—of walking without a lantern, but not without the feeling of being guided. It is an energy of new growth; of growing out of old forms, old structures, out of the places & people we once were & are not any longer, leaving them behind us on our paths. This essence reminds us that we hold the seeds for new growth that come out of death/destruction of our previous forms. This is a remedy for intention setting, potential, & reminding us that we are the ones who can most masterfully create our lives: that we can create the world we want to live in. Thus, it is a powerful catalyst for manifesting one's deepest dreams & highest hopes. Clarity, strength, patience, perseverance. Intention & wishing. Ancestral visions. A fresh start bursting forth from the dregs of an old year. Where there is inspiration, there are new beginnings...