



tree
& shrub
essence
descriptions

.

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moon by moon apothecary

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All descriptions are for tree & shrub essences crafted by Chanelle & which are currently available in the apothecary's shoppe. In these pages you will find:

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Witch Hazel blossoms

tree & shrub essences



Apple blossom & leaf (*Malus* sp.) made on the 11th of April 2021 from the Apple tree in the Moon by Moon gardens. When we moved to this land almost four years ago now, there was a bare little sapling right in the center of the yard that seemed to arrive at the same time we did. We did not plant this sapling, but it was here all the same, & we decided to let it grow, to see what it would become. Then in spring of 2021, this (by now quite tall & full branched tree) finally went into bloom. And we finally discovered that we had an Apple tree in our yard, that had been rooting alongside of us in the gardens—it felt miraculous. And that is what Apple blossom essence feels like... an emerging possibility, a hope, & the remembrance that magic in this world is real & it is waiting for you. Apple blossom & leaf essence is the taking in of this knowledge. It reminds us that we are all connected, that we are in deep conversation with the wisdom of this beautiful planet, & that we are watched over by forces we might not quite understand. Thus, Apple essence brings us into the power of communal healing, connection, & nourishment. This essence also reminds us to let things unfold, unfurl, to take shape without our interference—to release control & trust. This gentle essence also ushers us into the heart & brings a sense of peace, clarity, & ease to the spirit. Apple blossom & leaf essence is a testament to enduring love, to growing with love & allowing love to grow. Offer this essence as a devotional love medicine, call on it as a sweet aphrodisiac, & in times when you need to be reminded of the “why” in your relationships.

Birch bark (*Betula papyrifera*) made at midnight on the 28th of October 2013 until the next morning in Falmouth, ME. Like a compass, a sextant: Birch bark essence connects us to the stars & enables us to navigate by them. This essence helps us to create maps home, connecting the dots like constellations, sharpening our senses, & giving strength to our structures. Birch bark gives comfort & direction to those who feel lost, uncertain, or stuck. It helps us to lay back into the dark, giving into the weight of gravity & the arms of stillness. In this place, we are able to listen to our instincts; to gaze up at the glowing stars, conversing with their quiet light imbuing us with a clarity of vision. For this reason, amongst others, birch bark also helps to prepare us for “lifting the veil” or entering into divinatory states.

Callary Pear thorn & leaf (*Pyrus calleryana*) this essence was made at dawn, on a new moon in Capricorn during January 2021 with a few woody thorns & one red winter leaf of the Callary Pear. The essence was placed in the Moon by Moon gardens, facing due east, & because it was let to sit in the cold morning, a thin sheet of ice first formed & then thawed as the sun rose. This essence holds the energy of a new dawn, a new day, a fresh start. It pierces through that which keeps us small, stuck, captive, or in a holding pattern. This essence is one of patience, discernment, & persistent beauty. It reminds us of the importance of tending to our body like the sacred vessel that it is, encouraging us to construct sustainable & loving

discipline in our lives. It asks us how we would like to be in reverence to ourselves & to those we love in our lives, it inspires us to be guided by these actions throughout our days. This essence reminds us of the simple ways we must tend to ourselves, our basic needs, & how to infuse them with intention. Callary Pear thorn & leaf allows life to unfold around it, & thus inspires that peaceful abiding in us, within our hearts. This essence is a slow but precise unfolding—like the sunrise that pierces & then softens the night sky with light. In this way, it teaches us to soften in the same way, especially in areas that have gotten hard, cold, or rigid within our being.

Crepe Myrtle bark (*Lagerstroemia indica*) made during the late morning from a beautiful bright pink Crepe Myrtle tree growing along the paths of Hampton Park in Charleston, SC in the humidity of June 2016. This is an essence that speaks to us of that same peeling & regeneration: a stripping away from one form to the next, a shedding of the old skin & stories to reveal what lays beneath: layer by layer, bit by bit. Crepe Myrtle bark is an essence that strips us down to the basics, to an elegant simplicity. It teaches us how to integrate our days, releasing the excess, shedding what is no longer needed so that we can move with ease & strength throughout our lives. It is from this place of unification that we can truly allow our selves & our work to burgeon forth unabashedly. Similarly, work with Crepe Myrtle to help ground into & find comfort in the body. Crepe Myrtle gently calls us into the body, giving us the permission to truly love who we are & to deeply, abundantly, joyously nourish & celebrate the body. Thus, it can be a really lovely essence for those struggling with body image issues or those who don't feel at home in their forms. It is also very helpful for giving a sense of orientation to body for those who have frequently moved from one place to another, or have trouble setting roots down in one place for long, or who are often traveling for work, choice, or happenstance. This essence encourages us to bloom where we are planted. Call on Crepe Myrtle bark essence to help with the process of undressing yourself while remaining both fully grounded & in ecstatic blossom; to start fresh & fearless wherever you are standing; to invite in a consistent practice of release, ease, & simplicity into your days.

Dogwood flower & bracts (*Cornus florida*) made on an afternoon in April 2018 with my dear friend Jean, just after her 2nd birthday. To make this essence, we used one of the Dogwood flowers, with its wing-like white bracts, from the tree in her front yard. Dogwood essence is all about grace, ease, & simplification. It helps us to move with surety back to our inner nature, with clarity into pace with the rhythms of our life & in tandem with the basic needs of our bodies. Thus, it makes a beautiful ally to those who lack trust in themselves, in their body, or who may fear aging—needing to locate the beauty, strength, & wisdom inherent to getting older. It moves us towards nourishing our core by encouraging us to carry only

what is absolutely necessary, to relieve oneself of the baggage or clutter we bring along with us, allowing for expansion & room to wonder at the world. Like watching a ballet, Dogwood reminds us we are able to hold pose in the world while also remaining open & fluid. Dogwood helps us find balance through major transitions in our lives, easing the shifts, allowing us to embody them—ultimately teaching trust in the body & its many phases, cycles.

Elder flower (*Sambucus nigra*) made at night beside Knights Pond in Northport, ME under the super full moon in Capricorn on 12 July 2014 until the next morning. Elder flower essence is about healing & renewal: it was made in between a body of fresh spring water & a bonfire. There is both a cleansing & transformative energy in Elder. Elder flower essence is clarifying—allowing us to find the strength to see situations as they are, without rose-colored glasses, even if it is uncomfortable or disappointing to us. This essence has a paternal energy, showing us "how it is" & supporting us through that process of realization & acceptance. It also instills energy, vigor, & resilience when we feel defeated, exhausted, & depleted. Elder essence is all about being shown your path, whether or not you like what you see, & knowing that you can follow it, that you have a guardian with you along the way.

Hobblebush (*Viburnum alnifolium*) made in the morning on the 4th of June 2020 on Peaceable Street in Redding, CT. After gently gathering a few Hobblebush bracts & flowers, they were let to sit in a bowl of water upon a mossy, low stone wall that edged a quiet, shady, spring-fed pond. Hobblebush essence is a beautiful one for always finding a sense of peace & tranquility in our lives, despite what may be occurring in the external world, or the collective. This essence reminds us of the importance of solace & of coming into solace as often as needed to replenish & renew. Hobblebush helps us to take time to relax, enjoy, observe, integrate, release. It is not bothered easily, rather, it knows of healthy priorities & releasing the need to always be doing, creating, or accomplishing. Hobblebush reminds us that there is a perfection in the not-doing; an inner harmony that can be found, nourished, & visited when the world gets too loud or whenever we may need to relax. It opens us up to moments of spontaneity, inspiration, & wonder in the small moments of our days. This essence instills tranquility & encourages daydreaming.

Kolkwitzia (*Kolkwitzia amabilis*) made on a drizzly morning in early June 2020 on Peaceable Street in Redding, CT. Also known as Beauty Bush, Kolkwitzia helps us to tune into our environments on a more grounded, unhurried level of awareness. It helps us to let go of old phases, places, & people in our lives—attachments to the past, so that we can step into a deeper emotional maturity & awareness of our inner beauty & the beauty of where we are here & now. Kolkwitzia brings

us into an incredible, even magical practicality. It allows us to see our worlds for what they are, truly taking things in as they are. It is from this place that we are able to observe before acting, reflect before responding, create a plan before beginning. Beauty Bush is perfect for those who feel that life is “passing them by,” as it allows them to catch up by simply stepping into the knowledge that they have responsibility & agency over their lives & choices, that we each can create a sense of order, place, & ritual that can hold us in the world. This essence is also a wonderful, gentle, boundary-creator. It creates a kind of veil or cover for our inner work & interior world, a kind of privacy screen for our daily practices of care & ritual. Call on Kolkwitzia to develop a deeper trust in yourself & your ability to take care of yourself: it naturally slows our pace & deepens our instinct, intuition, & our spiritual practices.

Mimosa (*Albizia julibrissin*) made with a few blossoms under a full moon in Sagittarius in Savannah, GA. Mimosa essence is open, full of bright possibilities, full of laughter. It is intoxicating, beautiful, strange, & soothing—it almost tickles. Like drinking prosecco straight out of the bottle on a dim summer night: it is playful, bright, altering, & soft. Mimosa essence also teaches about sensitivity in all of its forms. Mimosa has its feelers out all the time & is in constant connection, thus this essence helps us take notice of the world around us, connecting the threads of the external world to our own internal worlds. Mimosa also teaches us to reach out of our comfort zones—part & parcel to being aware. It helps us to sit with discomfort, get curious about it, as opposed to trying to escape it. In a similar vein, Mimosa also helps us to release fear: especially for those who may fear going to sleep at night, whose nerves keep them awake, who cannot seem to let their eyes rest, as if they are constantly searching for something to pop out from the dark.

Mountain Laurel & Moss (*Kalmia latifolia*) made at the end of Peaceable Street in Redding, CT on a sun-laden afternoon in June 2020. For those who need to know, need to be certain, Mountain Laurel has other plans! This is a nice essence for those who tend to get stuck in expectation or anticipation of what will come next, Mountain Laurel invites us to simplify, lean back, open, release the clutch we may have on ourselves. This essence softens us out of our heads, into our bodies, reminding us that there is nothing to know, rather it directs that desire to be curious, to explore. When we “are” we can more easily open & feel/sense. Thus, Mountain Laurel takes our minds for a walk--it shows us that what we think we know is just the beginning--there is a deeper, more open place to go still. Brings a questioning, curiousness to the Spirit & mind vs. a searching quality. Promises us that when we are not searching there is: arrival, wonder, more. Nothing to figure out, always deeper to go.

Star Magnolia (*Magnolia stellata*) made from a single blossom as a big rainstorm was rolling in on the afternoon of 16. February 2018 in Raleigh, NC. One of the first plants to flower here in early Spring, each of the buds opening at a different time, almost as if we are being given little snippets of its message—that the light & warmth is in fact, coming; that we need to begin to open ourselves towards the sun. Star Magnolia essence is filled with courage & resilience, inspiring us to bloom & go for it, to go out on a limb. It also helps us to get into pace with our own timing, reminding us of when to bloom & when to stay in bud, & that there can be different parts of us doing both at the same time. Not every single piece & part of us needs to be open all at once, Star Magnolia reminds us of this, & teaches us how to close overly receptive spaces within us, as well as how to honor the spaces within us that are still gestating, the ideas & dreams that are not ready to be shown yet. Star Magnolia can also be helpful for instilling a single-task mindset vs. one of multitasking. It can also be helpful for soothing overly spontaneous & impulsive people, those who feel pressured to be overly productive. Star Magnolia reminds us to stay true to our unique design, & to the sustainability of our creations & output. Star Magnolia has a strong core & helps us to always remember our own inner strength, inner timing, & center of self. This essence teaches us that we are better able to connect to others & inspire them by living our authenticity in the world. Star Magnolia flowers are graceful, open, ready to receive yet also reserved. Call on Star Magnolia to remember your own beauty & strength, to be fearless & so soft all at once.

Willow leaf (*Salix* sp.) made during the weekend of the Pisces full moon in September 2019 in Leicester, NC. This essence was made in a Willow grove, beside a sauna. I gently brushed the leaves of an old & sacred Willow tree into a bowl of water, then added some leaves from a younger tree beside it, & finally placed it on the stump of a tree whose rings were shaped like a heart in the center, while a few friends & I stepped into sauna together. This essence carries us through rites of passage, through loss, grief, & all manner of goodbyes. It gives us a sense of connection to the other side, allowing us to honor & respect our relationship to what once was, as we walk towards who we have become. Thus, there is a bittersweet element to this essence & its medicine, a swan song of sorts. Soft, flexible, & water-loving Willow gracefully allows us to dip into our emotional realms, so we are able to appreciate & experience the full spectrum of them in kind, especially if we are in the midst of grief or loss. Willow is peaceful & in its message, it reminds us to take up space, to take as much space as we need to process, listen, remember, laugh, cry... like a beautifully woven basket, Willow holds us within its draping branches, giving us the space to simply be & to release into the vast unknown safely & with love.

Witch Hazel (*Hamamelis virginiana*) made on a sunny late October afternoon in Redding, CT with Witch Hazel flowers that arch over a stone threshold in the forest. Witch Hazel essence helps us sit in the in-between places in our lives. It gives us the grounded support we need when it seems as if the world is moving too quickly, when we are in the midst of change, travel, or transitioning from one place to another. It allows us to gaze upon & reflect with the change as it is happening, to iron out the details, & make clear decisions before setting out on the next leg of our journey. Witch hazel has a soothing & truly uncanny ability to pull our awareness into the moment, to draw us into presence with ourselves, so it is perfect for daily use in meditation or for those who tend to jump from one thing to another without allowing adequate time to process, digest, & absorb their experiences. Witch Hazel arrives within our consciousness like an old friend, the comfort of smelling an old book, something familiar that we recognize but from where? It sits with us as we sit with ourselves, which is often the medicine we most need.