

All descriptions are for plant essences (moss, lichen, leaves, fruits, stems, roots, & rhizomes) crafted by Chanelle & which are currently available in the apothecary's shoppe. In these pages you will find:

Alchemilla leaves & dew (Lady's Mantle)  
Aretmisia blossom, stems, & leaves (Mugwort)  
Blueberry flowers, leaves, & twigs  
Blue Cohosh berries & leaves  
Calamus rhizome  
Goldthread roots & leaves  
Partridge Berry roots & leaves  
Spanish Moss  
Sungold Tomato fruit  
Sweet Fern leaves

# plant essences



***Alchemilla leaves*** (*Alchemilla vulgaris*) made at dawn from dew-covered leaves in the gardens at Birthwise Midwifery School in Bridgton, ME. Also known as Our Lady's Mantle, this plant is one of my favorites. The botanical name *Alchemilla*, means "little alchemist" because it was said that the old alchemists would gather the morning dew this plant so generously collects for their experiments. In fact, it was said the dew from *Alchemilla* was one of the primary ingredients in their formulas. Thus, this essence helps us turn our base metals to gold—to inspire change & movement from a dull state to a higher one. *Alchemilla* is also nice for those who take on too much emotional labor, despite feeling overwhelmed, but also as a way to avoid caring more deeply for themselves & their own emotional space. It helps us to transmute this dynamic into one that allows balance & good boundaries around what we take on, especially if we feel it difficult to say "no" to other people's emotions. This essence returns us to a sense of self & reminds us of purpose. It wakes us up, gets us dressed, sends us on our way (especially when we feel little motivation). It inspires us to leave our comfort zones & enter the world. Reminds us not to squander our gifts.

***Artemisia*** (*Artemisia vulgaris*) also known as Mugwort, this essence was made with the leaves, blossoms, & stems of wild growing Mugwort under a full moon in Pisces in September 2014 with my mother in Redding, CT. I find that *Artemisia* is an amazing gatekeeper & guide to those who are both starting out on their own magical work as well as those who are already seasoned within a practice. This plant connects us to our mother-lines, to our intuition & to our dreams; it harmonizes our psychic life with our daily life. like a rope ladder, it allows us to move in & out of both worlds with fluidity. *Artemisia* synchronizes us with the forces of the full moon & our dream-world/our subconscious reality. Deeply healing, it causes us to rise up to meet our dreams & emotions, especially when we feel disconnected from them. Enables us to channel & express our creativity with greater ease, & shows us that through creative work, we can find incredible connection & healing. Connects us with the creatures of the night: especially the owl & the spiders: the wisdom keepers, the weavers of fate & fortune.

***Blueberry*** (*Vaccinium ashei*) made a twilight on the Vernal Equinox of 2020, while the sky was the same dusky pink & white as the blueberry flowers themselves. This essence was made with blueberry flowers, leaves, & twigs. It is subtle & yet quite pronounced. it connects us to the vastness & changeability of the open sky & the solidity of the earth at our feet. Blueberry asks us to be truly present, reminding us of the abundance available to us when we are in presence & the perfection of timing. as above, so below. So often, we only want the fruits, the end result, the manifest thing but don't want to engage with all that it takes to receive that gift, the presence of being with the process. Blueberry helps us to bear witness to & be

part of the process, to fully open to change, reminding us to stay with it, to get down into it, to listen because that is how we grow. Change is constant & we might have to do it again, or do it over, but blueberry opens us up to possibility, it playfully grounds us into the earth, into our bodies, into the soft round spaces within us. Blueberry helps us to converse with the unique language of the body—so that we may honor our bodies by simply listening. In not letting the head/ego take the reins, we ground into trust, love, & gratitude for our humanness.

***Blue Cohosh berry & leaf*** (*Caulophyllum thalictroides*) made on a September morning, at Forget Me Not farm in Candor, NY with the berries & leaves. Blue Cohosh quiets, it relaxes, it brings the breath into the belly & expands us with ourselves. It can also help to soften the throat, neck, & cervix or any place that has become too rigid from holding on, from trying to control, or even to protect the self. Because it helps us to soften, expand, & sink into ourselves we are better able to listen & to receive. Blue cohosh is not forceful, it is patient, it waits for us to meet ourselves where we are at, asks us to put aside any judgements or fears we have in order to simply be. This is a great one for people who are often too hard on themselves, who place expectation above allowing an experience, who need to get into the flow of things more, & who need to tune out distractions around them, who desire to become part of the fabric of their lives more intentionally.

***Calamus*** (*Acorus calamus*) made in Canaan, NY the day after the solar eclipse & new moon in Scorpio on 24. October 2014. Calamus rhizome essence is like Inanna's journey out of the underworld. It is a release from the muck. Calamus rhizome helps us to reach into our depths & grab our roots with our hands. It is clarifying & helps us focus. Reminds us of the work it takes to enjoy the fruits of our labors. Swampy, rainy, pungent, moving, & strange. This essence calls us to our work; it brings us to our roots; it tells us to feel around in the dark for a while. Calamus rhizome essence is deeply connected to the swamps & mud & infinitely interconnected to the roots of the plants surrounding it. A return to the surface/coming up for air.

***Goldthread root & leaf*** (*Coptis groenlandica*) made beside Knights Pond in Northport, ME. This essence is an appreciation of the small miracles of each day, the discovery of little secrets, the reminders & revelations that we almost seem to stumble upon. Goldthread helps us to open our awareness to & find magic in the places we least expect to find it & when we least expect it. Goldthread is a wonderful reminder of the inner light within each of us, connects us to the threads of our fate, & helps us to reel ourselves back to center. Restores a child-like approach to the world around us & fills us with the richness of the earth.

**Partridge berry, root, & leaf** (*Mitchella repens*) made on a drizzly, quiet afternoon on Peaceable Street in Redding, CT on 30 October 2019. This essence invites us to be in scared union with ourselves, to explore ourselves with reverence & curiosity. Partridge berry asks us to get grounded within our body & within the world—it immediately connects us to the earth of ourselves & the planet we reside upon. This essence helps us to learn the land, to listen, to behold. Though grounding & centering, Partridge berry also has a lot of movement. In this way, it helps us to feel rooted within our bodies, while not feeling stuck or confined to them, because we are moving at our own pace, towards deeper understanding, crossing the threshold from what we've known, into the womb of our own great mystery.

**Spanish Moss** (*Tillandsia usneoides*) this essence was begun on my final morning in Savannah, GA & drove with me up to my new home in Raleigh, NC in April 2015. I gathered the Spanish Moss from one of my favorite trees, just beside my old home, & let it sit upon the front porch to soak in the last bits of the early spring morning in Savannah. This essence is all about relationship, support, & process. It teaches us about healthy relating: about symbiosis vs. antibiosis (or about what we give & take from our relationships with others & vice versa). Spanish Moss is a wonderful support for people who tend towards the negative aspects of co-dependent relationships, are overly “clingy”, or who often will take more than they give. Under its canopy, we learn who we are as an individual, how to discern our needs, & how to heal the places within us where we have become disillusioned, distrustful, unsupported so that we can have balanced, thoughtful relationships with others. Spanish Moss supports our lungs, helping us to breathe more fully into life & into supportive, loving, sturdy relationships, prioritizing a solid foundation in our romantic & platonic connections. Especially nice for those who feel heavy in their lungs or find that is where they are holding onto grief or tension. Spanish Moss essence helps us to feel gratitude for our relationships & gives us connection to our healing process & the tools to truly support ourselves as well as others.

**Sungold Tomato Fruit** (*Solanum lycopersicum*) made on a warm July night, in Charleston, SC. Sungold connects us to our kith & kin ~ our community. It gives us the rolling, slow space to share our stories & to let conversation be a key to intimacy with others & nourishes our communicative bodies, giving us inspiration & permission to speak or express within new friendships as well as our intimate relationships. Reminds us that it's a vulnerable thing to be a fruit exposed on a vine, but you are not alone ~ other fruits like lanterns are dangling from the various limbs & branches, all connected by the same root. Teaches us while we may be distinct, we are not alone. Sungold allows us to bear our fruits —our stories— who we are & where we have come from. Shines a light on all the work & growth we have accomplished in our lives, how every choice & decision brought us to where we are, here & now. Allows us to take stock of this, while encouraging us to enjoy in the

delicious & abundant fruits of our labors, sharing what we can, discarding what we must, finding nourishment in what we have created, bringing slow connection to our lives as a form of deep nourishment.

**Sweet Fern** (*Comptonia peregrina*) made in the forests of Bridgton Maine Sweet Fern essence helps us to slow down & digest: to think less & allow more. It relaxes some of the control or rigidity we may hold on our lives & reminds us that we do not need to rush or force things, but to trust that they will fall into place when they are ready to. Sweet Fern helps those who often look too far ahead or get stuck in the larger picture by inspiring us to become part of the details of our lives, the in between places, & to acquire an eye for the intricacies of the world around us. It is grounding, meditative, & staunches an over-active or obsessive thought process. At its core, Sweet Fern teaches us to slow down, to become quiet, still, & how to listen.