



flower  
essence  
descriptions  
.  
2022

original writings by  
Chanelle A. Bergeron of  
moon by moon apothecary

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All descriptions are for flower essences crafted by Chanelle & which are currently available in the apothecary's shoppe.

In these pages you will find:

Agrimony	Marshmallow
Bee balm	Meadowsweet
Belladonna	Mossy Saxifrage
Bird's Eye Speedwell	Motherwort
Bittercress	Parsley
Blackberry	Pearly Everlasting
Bleeding Heart	Periwinkle
Bluebottle (Bachelor's Button)	Pink Lady's Slipper
Blue Crown Passiflora	Pink Peony/Pink Moon
Blue Toadflax	Pipssissewa
Blue Vervain	Prunella (Self Heal)
Boneset	Queen Anne's Lace
Borage	Rattlesnake Plantain
Butterfly Pea	Roselle & Snow (Hibiscus)
Cayenne	Saint Joan's Wort
Chamomile	Solomon's Seal
Chicory	Spreading Dogbane
Chrysanthemum	Star of Bethlehem
Clary Sage	Strawberry Foxglove
Cleavers	Sugar Snap Pea
Comfrey	Sweet Annie
Dandelion	Toadshade Trillium
Ditch Lily	Turmeric
Echinacea	Valerian
Evening Primrose	Venus' Looking Glass
Ghost Pipe	Violet
Goldenrod	Wild Bay Rose
Honeysuckle	White Clover
Jasmine	Wild Ginger
Lobelia	Wild Parsnip

# flower essences

Wild Yellow Foxglove  
Wisteria  
Wood Betony  
Yarrow



**Agrimony** (*Agrimonia eupatoria*) made on the 21-22nd of June 2017 in the Moon by Moon gardens in Raleigh, NC as the sun left the sign of Gemini & moved into that of Cancer. Agrimony essence holds the height & energy of the summer solstice & peak sunlight. It helps us to marry our intellect with our emotions—giving us the language to share & express how we feel. This essence helps us to better communicate in alignment with our thoughts & emotional needs, reminding us that what we have to say is important, that it has impact, & thus, it is equally important to speak & express as a form of release. It also helps us to see why we may feel a certain way & so enables us to better express how we wish to be treated by others—in accordance with understanding our boundaries. This essence encourages us to defend & state our basic needs with clarity in our words & voice, from a place of compassion, to enact the change we wish to see. Call on Agrimony essence as an ally when introducing yourself or loved ones (including pets) to new spaces & communities.

**Bee balm** (*Monarda didyma*) made from the gardens at Farmacy herbs in Providence, RI during the late afternoon, as the August sun set over the cemetery across the street. Bee balm essence helps us to sweep out our emotional baggage, like a sacred besom it brushes through our systems ~ it cuts through the tangles, reaching to our depths & even the forgotten places within us: acting like a broom for our emotional clutter & cobwebs. Bee balm assists us in more clearly recognizing the patterns that do not serve us any longer, giving us the inspiration & momentum to let them go. Bee balm is thus able to help us to resolve deeply ingrained responses & fears, giving us our own agency & allowing us to feel the freedom in allowing old vestiges pass on. This essence instills patience while we attempt to address & verbalize the emotional vortexes of our past, but doesn't let us sit or wallow in our inertia.

**Belladonna** (*Atropa belladonna*) made in the Moon by Moon gardens in Raleigh, NC on the eve of Summer Solstice, 2018. Atropos, the inflexible one of the three fates, who cuts the threads of life, gifts her name to Belladonna & bestows on her essence a beautiful but clearly stark energy which helps to usher in an end to things that do not serve us, that keep us wound within their tangles: illusions, deceptions, beliefs, ego, relationships, unhealthy connections, fears... This essence is the sharp edge of the light: it prunes the overgrowth of what stands in our way of self-awareness & clear cuts the clutter made by contracts/attachments we have made with negativity whether that manifests in people, habits, patterns, spirits, energy, or the likes. Once we have the space to truly be present in our lives, we allow so much space to ourselves; we get to begin afresh & with confidence, we can truly live with an open heart, inviting in the bounty of the sun & overcoming that which binds us in an old framework, able to see the truth with eyes wide. Belladonna energy is dilating, circulating, open to letting go & receiving.



***Bird's Eye Speedwell*** (*Veronica persica*) made under a full moon in Virgo in the afternoon of 27 February 2021 in the Moon by Moon gardens in North Carolina. Speedwell is so called because the corolla easily falls off & flies away as soon as it is gathered—Speedwell was an equivalent of “Good-bye” or “Farewell” in days of yore. Grounding us into place, we are invited to explore the earth to take up space upon this planet, to find nourishment in it & to nourish it in return. Speedwell also reminds us to look up for needed perspective, to dream, to see the bigger picture & not get too lost in the mundane. Bird's Eye Speedwell essence gifts us with clarity, insight, & discernment, helping us to truly see & interpret the world around us & through us. This essence encourages curiosity, connection, & attentiveness to both our inner & outer experiences. It helps us to weave our threads of inner knowing & personal truth into the world with care, intention, detail, & awareness. This essence softly grounds us & allows us to live our practices authentically, intuitively, & consistently. It holds a tremendous amount of compassion, both for self & others. In many ways, this essence can help us to see into the hearts of others, because it encourages us to live & think with empathy for all creatures & beings. Call on Bird's Eye Speedwell essence for gentle grounding, mental clarity, vision, & insight; to deepen a meditation or self-reflective practice; to feel interconnection & inspiration within the world around & above you; to nourish compassion & empathy, letting your sensitivity in the world be your guide.

***Bittercress*** (*Cardamine hirsuta*) made during the afternoon of the Vernal Equinox 2021 beside the apothecary in the Moon by Moon gardens. Made with three sprigs of flowers & a single leaflet of three leaves, this essence is full of movement & reminds us that even one small motion creates an infinite ripple effect in our lives & communities. Bittercress essence is both clearing & restorative. Especially nice for those coming off an illness, out of a slump, or for awakening from a state of general lethargy/a hibernating phase or season. Bittercress essence is great for those who tend towards or who are experiencing rigidity, fixity, or procrastination of any kind. This essence offers a sense of renewed vigor, motivation, & flexibility into our spirit & our movements. It brings in a sense of fluidity & continuity, which helps us to gently ease tension we are holding in the heart & body. This essence also encourages us to ask for assistance & help when we are ready, it reminds us to reach up & out of ourselves to find the healing we need. This is especially nice for those who often like to, or feel like the need to, go it alone or be the one in control of their own healing. Bittercress essence asks us to stop putting off nourishing ourselves, to find the helping hands of others who can offer us support when we most need it. Call on Bittercress if you are in a moment of need, if you have been circling around asking for help, delaying your health & wellbeing, or if you have exhausted yourself trying to figure everything out on your own. This essence will inspire you to reach out, ask for guidance & support, to let yourself be taken care of.

**Blackberry** (*Rubus* sp.) made in the Wedge Community Garden in Raleigh, NC on the 29th of April, 2018 while the full moon was in Scorpio. Blackberry essence is sharp & sweet, dark & moody, yet glistening like the starlight on the back of a black beetle. Like the ringing of a bell, this essence clears the mental space & inspires us to return to ourselves, to our center, & to call in that which we most need. Precise & to the point, Blackberry flower doesn't mess about. It wants us to get out of the way, out of our own way & it encourages us to break free from any fixed behavior or thought pattern obstructing our creative process. This essence encourages us to bring forth our fruits when they are ready. It can be helpful for people with many ideas or a scattered mindset to find quietude & focus, thus being able to carry them out. Blackberry reminds us that the creative is transformative, it is a process; focus is necessary, integration is necessary, these are also a process. Do not fear the process! Blackberry tells us of the tremendous relief & delicious work we alone are privy to when we let go & let bloom.

**Bleeding Heart** (*Dicentra spectabilis*) made in the Moon by Moon gardens in Raleigh, NC on the full moon in Aries in April 2019. Bleeding Heart essence helps us to overcome longstanding pain or "earth-shattering sorrows" in our stories by teaching resilience, inspiring boldness, & helping us remember that our grief does not define us, but rather gives us a more complex & multidimensional experience to our stories. This essence is lovely for any stages of heartbreak, but especially for those who are ready to begin the mending process. Bleeding Heart heals the heart that cannot let go of a relationship that has ended through breakup, divorce, or death by gently guiding us through the pain. Rather than focusing on letting go, Bleeding Heart helps us to integrate sorrows, losses, & experiences in order to heal. It helps us to tune into the unconditional love always available to us from the world in the form of friends, plants, & animals. This essence helps us to learn that ultimately, we fulfill our emotional needs by nourishing & loving ourselves, no matter hardships we have experienced. And that within the pangs of loss, the emotional muscle of our heart has the opportunity to grow even bigger & stronger.

**Bluebottle** (*Centaurea cyanus*) made during the late afternoon of 11 May 2021 under a new moon in Taurus in the Moon by Moon gardens. Also known as Cornflower & Bachelor's Button, this beautiful flower of the fields & meadows appears as if it has absorbed the color of the spring sky itself. It is an essence that reminds us of our innate expansiveness & the potential for limitlessness we have within our own bodies & spirits. This essence is a wonderful ally for bringing us into the service of the present moment & it offers us permission to dip into our inner natures & wisdom for guidance. This essence infuses us with the generosity & fierceness of the sky, as well. It both firms & expands our boundaries. Like the sky, it has very clear

delineations with light & dark—so it gifts us the ability to truly honor when we need to be in solitude/shadow/night vs. expressive/outward/day. Call on this essence to sit in serenity, observe the world move & shift around you, & to have profound, broad perspective on/in our lives.

**Blue Crown Passiflora** (*Passiflora caerulea*) made in the Wedge Community Garden in Raleigh, NC on the 16th of June 2018. Blue Crown Passiflora essence is like a trust-fall: it promises to catch us with its wide-open palms & to gently hold us the more we sink into it. This essence encourages us to move up & out of old stories that keep us down, old responses that no longer serve us, old patterns that we can't seem to break free from. Blue Crown helps us to turn the volume down, release tension, & sink into the weight of our bodies. It seems to sweetly lower all the chatter, allowing the mind to settle & the nerves to calm. Focusing, relaxing, strange, & unwinding, it ultimately helps to balance our constant need to go & to cling onto things with the importance of rest & relaxation, & thus I also find it to be a wonderful ally to the dreamer, the unique & strange & creative spirit who is often forced to overlook their artistic or authentic desires to “fit in” or needs to ground their desire to create within a greater sense of structural support.

**Blue Toadflax** (*Nuttallanthus canadensis*) made during twilight of 26 April 2021 under a full moon in Scorpio in the Moon by Moon gardens. This Blue Toadflax essence was also watched over by a Weeping Cherry tree, which imbued its protective, clarifying, loosening energy to this essence as well. Blue Toadflax helps us to clear our thoughts, especially if they are bogged down in emotional weight or obscured by uncertainty, shame, or pervasive/anxious chatter. Blue Toadflax helps us to hear beyond the din, to the truth of ourselves, tuning us into the very core of our being, the song of our centers. In this way, Blue Toadflax helps us to clear out the mental noise that often comes from others, or from placing the needs of others over ourselves & to really listen to our own needs & value our inner guide. Blue Toadflax also wants us to delight in our body & prioritize pleasure—especially simple pleasures like rest, nourishment, & feeling held in the physical form of ourselves or by/with another. This essence gently teaches us how to receive & floods the body with the spirit of expectancy. Blue Toadflax reminds us to take time to honor, receive, & rest into what brings us pleasure & joy in our lives.

**Blue Vervain** (*Verbena hastata*) this essence was made under a full moon in Taurus, & during mercury's cazimi phase in Scorpio in November 2019. Blue Vervain essence is slow, subtle, relaxing, & deep. It has a very sobering, moody, contemplative energy. Blue Vervain is a wonderful balancer, it reminds us that for everything from the most minute to the most immense, there is a give & a take. I like to call this the “metronome of consequence” & Blue Vervain essence really

embodies this for us: it shows us where we have released more than we have received & vice versa. This particular essence is wonderful for helping us to home in, & articulate things which feel difficult to describe because of their depth & complexity. Thus, it can help us to translate what it is we are feeling on those deep, subconscious levels into something the conscious mind can understand. This makes for an essence that is able to patterns of imbalance, particularly in relationships &/or with our own energy. Paying close attention to how we respond to what we take on, what we agree to, how far we push ourselves beyond our own bounds, etc. is a huge step in finding alignment with what is best suited to our highest good. Blue Vervain is perfect for drawing attention to these subtle & sometimes overt relationships & responses in our lives. Blue Vervain helps us to recenter, recalibrate, & realign—giving us the strength & confidence to release old patterns & instate new ones that connect us to our core.

**Boneset** (*Eupatorium perfoliatum*) made in ceremony with two dear friends on a misty morning in Caroline, NY in September 2018. Boneset brings about divine balance & perfect tension; connectivity & collaboration; being open to ceremony in the everyday, in the unexpected. Boneset reminds us to go slow & steady, that the journey is both in arriving & in having arrived. In its lesson we are reminded to relax where there is tension & resistance. It allows us to be like the silk of a spider's web or the bone: both hold together, give form & structure—they are what allow for connectivity. Boneset reminds us that Spirit lives within & that we are holding our own selves as we move & grow & break through the world. Boneset brings alignment, & it is perfect for when one is in the midst of a transition, or when one's structure has shifted/changed but the Spirit has yet to catch up ~ helps us remain open, porous, & vulnerable in a world that too often demands of us otherwise. Truly wonderful with guiding us to find & build relationship with ceremony in the little things, almost stumbling into them, acknowledging that the mundane is ceremonious, & that it is this type of intentional awareness that connects us to the divine within & without. Thus, this essence helps to us to set daily acts of ritual in motion, strengthen them with a gentle grace, ground & connect to them deep within, at the bone level.

**Borage** (*Borago officinalis*) Borage seems to bear witness: to help ease despair, the blues, depression, & heartache of various kinds. For those who tend to over focus, over-work, & prioritize the "grind" over other areas & interests in their lives, it can help to lift us up out of this narrow gaze & spread our energy & attention, so we don't burn out. Helps us to step forward into our lives, to center ourselves in a positive, compassionate, vibrant way & to integrate the various facets of who we are & pull them into our core. It helps us keep center, lifts our chins up, cradles our heads for long enough to strengthen our resolve & revive the spirit. Through this soft strength, Borage helps us to step in front of our challenges, to see them as

integral parts & pieces of our story. This essence helps us to feel safe within our bodies, restoring a sense of inner harmony, contentment, & peace. It can aid those who tend to gather energy to them to slough it off & release it, knowing what energy belongs to us vs. another. For soft spoken & empathetic people, it can both help with assertion of boundaries & to become “prickly” when we need to. Borage is a plant of beauty, rebuilding, & it restitutes the heart, encourages us to find healing through vocal expression of thoughts & feelings: bringing our heart & soul-centered wisdom out into the world. Borage restores our vivacity for life, & brings a sweet, lightness to the Spirit, reminding us that to be joyous & bring joy forth in this world & at this time is a truly courageous act indeed.

**Butterfly Pea** (*Clitoria mariana*) made during the afternoon of 27 July 2018, under a full moon in Aquarius/lunar eclipse. Butterfly Pea essence is supremely relaxing—it goes directly to the places where we hold tension in our bodies, releasing our strain, reminding us to lean back into our lives, that we are being held on all sides if need be. Butterfly Pea shows us where we need to soften; it covers us in its cooling, soothing cloak & tells us to sink in. Reminds us that when we are relaxed, we are able to open, receive, & experience the joy of simply being. This essence brings a sense of merriment, mirth, & a levity to our work, even in its most mundane & repetitive expressions. Butterfly Pea imbues a blitheness to the body, filling us with a curiosity & wonder at our forms. It flickers with inspiration & flirts with our senses—acting as a muse of sorts for the wearied or dulled mind. A truly lovely companion, refreshing to the Spirit, lulling to the body, rousing to the mind. Like feeling the amorous rush of butterflies in the belly.

**Cayenne** (*Capsicum annuum*) in the middle of a hot, humid early June day in the hills of Dryden, NY. Cayenne essence is a remedy of fire, action, empowerment, creative spark, & focused healing. Cayenne flower essence instills a confidence within us—it helps us to recognize our gifts, capabilities, & talents in the world. It reminds us that we are star bodies, that our bodies are made of star dust, that we each carry the light & ember of an ancient star in our hearts & bodies & spirits. This essence helps us to move forward, even amid uncertainty or fear, with change--in the flow of change. It lifts us out of stagnancy, reminding us that we can't sit there anymore, any longer. And it protects us amidst all this change & opening & maneuvering, as well. Cayenne is full of momentum, & that is often the most crucial ingredient we need in the pot of change... the momentum to go with it despite ourselves, the momentum to feather out like a gleaming star & continue on

**Chamomile** (*Matricaria chamomilla*) made on the 5th of July 2018 in the late morning, as the sun trined with Jupiter & the world was hot & slow. Chamomile essence is a return to self—it calls energy back to oneself. It is a return home, to center:



like the bright yellow call of the apple-scented discs of the Chamomile flower it reels us in to the core, reminding us to be at the center of ourselves & to keep the rest of the world around us, not in us. Chamomile essence tells us to take time to rest, to slow down, to be comforted by silence, be anchored in the self. It shows us the way back when we need it most, helps us to listen when we are more prone to speaking, brings our actions into alignment with the warm center of who we are. Chamomile helps us to digest what is going on in our lives, tends to our inner child, brings us a sense of self-reflectiveness, & the freedom of being tethered but light. made in the Moon by Moon gardens on the 5th of July, 2018 in the late morning, as the sun trined jupiter & the world was hot & slow. hamomile is a slowing down, a surrendering in, home. Chamomile helps us to return to self--calling energy & attention back to oneself. This essence helps us to settle & soften into center: like the bright yellow call of the apple-scented discs of the Chamomile flower, it reels us in to the core. Chamomile reminds us

**Chicory** (*Cichorium intybus*) made in the Moon by Moon gardens in high Summer of 2020. Often when we are in dark, liminal places in our story, we panic, we feel lost. Not knowing which way is up or down, or if we will even break through to the other side, can set us into a tizzy, to say the least. Some people will try to control this, giving their logical minds precedence over their instinct. Some people will become exhausted from looking for a way out. Chicory essence is a wonderful ally for both scenarios. It can also be nice for people who start to project this insecurity onto those around them. Chicory helps us to sit in discomfort without the panic & neediness—encouraging us to simply observe without changing anything. It helps us to ground into the moment, release the confusion &/or resentment of our current situation, so that loving self-care can filter in. It is a positive self-centeredness. One that pulls resources back to the seat of your power, thus deeply, firmly rooting you in yourself. From this place, we can truly begin to trust in our instinct again & our own unique process without comparing ourselves to anyone else or competing for our way to the top. Chicory reminds us of surrender, divine timing, structuring, & how we each have our pattern to follow as we inch toward the light.

**Chrysanthemum** (*Chrysanthemum* sp.) made in the early morning of 23 October 2019 from cold, dew-covered blossoms in the Moon by Moon gardens. The bright, golden blossoms of Chrysanthemum come to us late in the yearly circle, arriving in Autumn. This essence is an ushering forth, a bright guardian as we exchange life for death; inhale for exhale; one form for the next. It helps us to reorient our rhythms & rituals so we may begin to turn our gaze inward. The gorgeous Chrysanthemum blooms are like steady lanterns to traverse the darker times, the times of uncertainty we may find ourselves in, times of distrust, of fear, of loss, or of change. This essence is the bright spark of ember to light the path, reminding us to keep going, that we can find illumination in the dark like stars, & it reminds us that we have the power to

light the cauldron of the sun once more. Especially lovely for those beginning to work with their ancestors, guides, & spirit realm, or who already have a consistent practice with this work. Chrysanthemum essence makes a wonderful, gentle companion & canopy for deepening these connections, rituals, offerings, & honorings. This essence helps us to weave these practices into our daily routines with ease & elegance. This in turn opens us to receiving more insight from our guides & guardians, & it is of great use in exploring the wealth & decay of our ancestral cauldrons—acknowledging the multifaceted & complex stories from which we have been born from. Chrysanthemum essence helps us to bring all of this down to earth, & to tune our ears to the wisdom of our ancestral threads.

**Clary Sage** (*Salvia sclarea*) made in the Moon by Moon gardens under the midnight sky during a full moon/lunar eclipse in Capricorn during July 2020. Clear Eye. See Bright. Two old & wonderfully descriptive names for this beautiful plant. This essence asks us to trust in what you cannot see & to trust in what you can see: two sides of the same coin, two ways to perceive the world. Clary Sage essence also connects our awareness to the cycles & phases in our lives, it helps us to gain perspective on where we have come from, where we are in the moment, & where we want to go. Thus, this essence is lovely for moving into new places, stepping over thresholds, & celebrating our small & large accomplishments in the world before moving onto the next project. This essence also helps us to embody clarity of purpose, & therefore helps us to define our mission or life direction. Like laying out a moon-glowing map before our eyes, Clary Sage guides us in establishing more intention in our days, our actions, & visions for the future. This essence reminds us that each of us are stewards of this earth in our own unique ways & helps us to claim this stewardship for ourselves, rooting our purpose into one of service for all creatures & beings on this planet throughout space & time.

**Cleavers** (*Gallium aparine*) made in a community garden in Raleigh, NC on the sunny afternoon of 29 April 2018 while the full moon was in Scorpio. Cleavers essence encourages the organic & free flowing movement of our inner waters, inviting us to even explore new ways of moving our physical forms. Because of this, Cleavers essence is very inspiring & often rouses us mentally, creatively, & physically in the world. This essence is wonderful for clearing our subtle body, for helping to disperse & process stagnant waters or emotions that if not released, often manifest physically, causing illness, fatigue, or ennui. This essence is perfect for those who tend to get "stuck" on something & have trouble letting go. Cleavers gently, playfully guides us in the act of letting go, showing us how to give & receive in a balanced way for ourselves. Call upon Cleavers to clear the way, to grasp onto any "gunk" that is energetically or emotionally clogging your spirit, & for generally helping to disperse stagnation. Where deep, unresolved, or compartmentalized feelings reside, Cleavers will be your ally.

Because of the clarity Cleavers provide, it inspires the potential for great transformation. Cleavers can bring a beautiful, creative flexibility & spontaneity into our days & routines. It encourages us to keep moving forward, leaning into community for support when needed. Likewise, Cleavers shows us how & where we can offer our abundant, nutrient-filled support in the world. This essence excels at helping us to nourish & build a loving container for all of the inner waters of our being: it reminds us of the power of channeling & the magic of channeling our power.

**Comfrey** (*Symphytum officinale*) made on Beltane morning in 2017 from the Moon by Moon gardens in Raleigh, NC. Comfrey flower essence truly embodies the Spirit of Beltane—it is an essence of speedy repair, growth, renewal, nourishment, & abundance. Comfrey is a great & supportive ally for when we have done a lot of healing work & need a little push to tie off loose ends of that transformation. It brings us a loving, self-compassion as we continue to heal & transform. Comfrey essence helps us to awaken to ourselves, especially if we have been in a lengthy process of breaking from ingrained patterns or structures that no longer support us. Nourishing to the creative, erotic, sensual places within us, Comfrey essence helps to bring a sense of renewal & replenishment to these areas of our being. Also, Comfrey was historically used in travel amulets ensuring a safe journey, which makes this essence perfect for travelers of any/all kinds.

**Dandelion** (*Taraxacum officinale*) made in an open field off the Pondicherry trails in Bridgton, Maine on a sunny afternoon in. Dandelion essence is full of joy, radiance, & strength. It restores our physical & emotional vitality from the root up. Dandelion helps us to go with the flow, to persevere, & to thrive despite our environmental conditions—it offers a sense of *laissez faire*: of letting go, of letting things be as they are, of laying back under the sun & a bright sky. Thus, Dandelion also is a potent aid for helping us to release emotional tension/trauma held in the muscles & to navigate emotional transitions with ease. With Dandelion, we feel the support we need to let go. It inspires resilience & a climbing, radiating joyfulness to the spirit. The essence makes great support for those with long-term, chronic, or auto-immune issues. Dandelion essence is also perfect for city dwellers—giving connection to the natural world through layers of concrete.

**Ditch Lily** (*Hemerocallis fulva*) this essence was made in July 2016 in the hills of Black Mountain, NC. Ditch Lily is a folk name for the bright orange Day Lily which is known to specifically thrive in ditches & along roadsides—almost as if it is celebrating these threshold spaces, these spaces where the edges meet. This essence is for feeling resolved in the midst of tension, for being open to reaching out of your comfort zone(s), for being open to connecting with those who are different than who you'd normally surround yourself with, or who are difficult to relate to. It is for activating true community—

which is diverse, multifaceted, & can at times be challenging. Ditch Lily is for filling the space together, together with the larger sense of community you are living in &/or around. This essence is for making discomfort work for you, making it a motivator vs. a thing to run from. Ditch Lily essence is fiery & heart centered, resilient & fierce, yet also soft & nourishing. It reminds us that we are singular but connected; that there is strength in our differences, & that we are individually responsible to our own wellbeing & to that of the collective. Ditch Lily helps us to prioritize what is most important in our lives at the moment, to not pass up the opportunity to let our true selves shine, & to allow vulnerability to guide us towards compassion & expression.

***Echinacea*** (*Echinacea purpurea*) also known as Coneflower; Echinacea is a beautiful plant that graces gardens & gives sustenance to pollinators. I made my Echinacea essence from some flowers that were growing in the garden of a friend in Durham, NC on a very hot & humid day in August 2016. Echinacea essence is radiant, it is like a dance. Full of creative & transformative energy, it is helpful in clearing away old vestiges of self in order to truly transform & re-pattern. Echinacea essence brings us into community with ourselves: our inner ecology & environment. It guides us to locating the axis & core within ourselves so that we may live fully, with integrity—so that our actions find alignment with our authentic nature & thus radiate our true heart & mindset. Echinacea essence stimulates us to center, to create, to put ourselves out there, & to not shy away from new possibilities.

***Evening Primrose*** (*Oenothera biennis*) made on the weekend of the Piscean full moon of September 2019 in Leicester, NC. This essence contains not only the energy of the final full moon of the summer, in the final sign of the zodiac, but two shooting stars that I witnessed as the essence was being created. This essence was made with a few unopened evening primrose flowers & a few open ones—thus giving it an energy of ripening & readiness, further instilling the message that Evening Primrose softens us, opens us up at our own pace & from the inside out. Specific for those who have felt unwanted or rejected, who have consistently been made to feel small from a young age & therefore they close up deep within, especially closing off their emotional, intuitive, creative places or centers of power. For those who are tight-lipped, need to be in control, or tend towards excess tension as a means of protection, this essence helps us to feel the safety in letting go. Evening Primrose is a night blooming flower & can help us to feel the safety & protective quality of the night's cloak that we need in order to begin our process of opening up. Because of this, it strengthens our connection to the creative, night-blooming forces inside of us. It grants us the ability to open old wounds in order to truly address them, helping us feel comfortable in this vulnerability, & expanding our vision to all the possibilities kept in the promise of a shooting star.



**Ghost Pipe** (*Monotropa uniflora*) made beside Knights Pond in Northport, ME under a full moon in Aquarius. Call upon Ghost Pipe for "phantom" pains & losses. It is an essence specific for when something emotional or physical has been taken away from you. A wonderful remedy for those who have gone through any kind of surgery or withdrawal from drugs/alcohol. Also helpful for those who have lost a piece of themselves, a friend, lover, or family member yet still feel that person is there. Ghost Pipe essence can help us to come to terms with what has happened & ease the pangs of missing what was lost/removed. It helps us learn to live embodied & integrated in the present, without distraction, in our physical forms. It reminds us of the wealth of decay which gives way to new growth.

**Goldenrod** (*Solidago* spp.) made during the afternoon & let to sit under the September sun, this essence helps us stand tall within ourselves & to shine our inner light/our unique personalities into the world. This essence can help to dry out any damp, boggy places inside of us & can spread the light of the sun into the places that have too long been in the dark. Goldenrod essence helps us feel confident in ourselves, more secure in social situations, & to build self-esteem. Goldenrod mends where mending is needed, ties together the loose threads, & brings our form together. *Solidago* means to make whole, & that is just what this essence helps us to do. Goldenrod is our harvest, our reminder of true & inner abundance, it is a celebration & the integration of all the seeds we have sown.

**Honeysuckle** (*Lonicera japonica*) made in Savannah, GA under the afternoon sun with a group of women drinking coffee, laughing, sharing stories, & taking up space. We often come across Honeysuckle in passing, like a haunting: enchanting, enveloping it entreats us to step within the folds of our memories, to explore the edges of our perception, to find the source of our siren's song. This essence is for using our memories & past experiences as fuel ~ free of nostalgia, shame, or regret. It holds us & makes us feel supported, connected, in cahoots with others... I find that Honeysuckle can even guide you to the people/groups that will best support your process, even if it is not a long-lasting network, it is more about what you need at the moment. Honeysuckle reminds us that ultimately, our paths, our stories even the most fraught, can & will be especially empowering for our growth. Honeysuckle is especially nice for those who tend towards anger or frustration—which can be turned within or expressed without. It helps us to use our experiences, traumas, stories as a jump-off point for our blossoming vs. a burden to constantly carry. Honeysuckle reminds us that healing & release live within the telling of the tale, thus giving us the strength we need to use our voices as a tool for letting go the stories that get caught in the backs of our throats, that keep us entangled within their tendrils. Inspiring, releasing like laughter, a weight lifted off your chest.

**Jasmine** (*Jasminum officinale*) made with wild growing Jasmine blossoms in Savannah, GA over the span of two nights in late April 2016. This essence is extremely sensual, in fact, it is all about the senses: it brings a heightened awareness to each of the five senses (smell, touch, sound, sight, & taste), allowing us to really explore & experience the depth of each in our world. In this way, it also brings us into the present moment, into the nowness, into our bodies. Jasmine helps us to be still, to really breathe in & to enjoy the moment: helping those who live in the past or in the possibilities of the future to "be here now." Jasmine reminds us that from this place of presence, we can more easily connect with our greater knowing, our instincts, & ultimately, our path. For those who struggle with relaxing into a deeper sense of embodiment, Jasmine sinks us sweetly into ourselves & makes us feel comfortably enveloped in our own skin.

**Lobelia** (*Lobelia inflata*) made while putting a garden to bed one afternoon in October 2013 in Sweden, Maine. Though small & unassuming to look at, Lobelia is extremely potent. This essence teaches us to use our voices & to express our truest selves. It aids those who may be too timid, who tend to conform to the expectations of others, or who hide /bottle up their feelings to open & communicate what they need. Especially nice for those who feel "shaky" or tight when trying to speak up. Lobelia essence relaxes, dilates, & strips us down to the bare necessities. It supports us as we let go & move through places we feel stuck or ways which no longer serve & sustain us. Lobelia helps us to cultivate vulnerability & clears the way for new growth, potential, & expression. Like a mask removal, Lobelia exposes our most essential nature so that we can fully be in right relationship to ourselves & one another.

**Marshmallow** (*Althea officinalis*) this essence was made on the final Monday afternoon of August 2019 with an unexpected Marshmallow bloom from the Moon by Moon gardens. Marshmallow flowers allow for graceful movement through unfamiliar or frightening territory. This essence has the amazing ability to sweeten & lubricate any scenario it is brought into. Mallow simultaneously reminds of the sweetness of being grounded & at home in the self. Its gentle, smoothing, & nourishing nature helps us to move with fluidity while fortifying our experience within the great transitions of our lives. I have found innumerable & myriad situations to call upon mallow within, each as different as the next, but all marked by this: transition, change, opening to the terrifying, yet magnificent shifts of being fully alive.

**Meadowsweet** (*Filipendula ulmaria*) also known as Queen of the Meadow, this essence was made from a special patch of wild filipendula in Western, NY in July 2019. Floral, graceful, gentle, & soothing, this abundant rose family member is very much like a queen, blooming at the very height of the summer, growing in wet ditches & meadows, its gorgeous tufts of

creamy white flowers like clouds dancing against the sky. Meadowsweet essence connects us to a sense of place, it helps us to arrive in the body, & to know our interconnection with all things. Meadowsweet reminds us that we are but a single thread in the great tapestry of life & thus it gives us an awareness of the other threads which weave our life to the lives of all. In this way, Meadowsweet brings us into contact with life & fills us with a more distinct appreciation for existence in its many shapes & forms. Meadowsweet helps us to find ourselves, return to ourselves, to know our place in the world, & to trust our instincts—even when, & especially if, we tend to doubt ourselves more frequently than not. It helps us feel that we have been found because it helps us to trust that we will always find ourselves. Meadowsweet can gift us direction, confidence, & sovereignty, reminding us that through our interconnectedness, the world is conspiring to guide us to exactly what we need, when we need it. This essence brings a joy & cheer to the heart, with an overarching sense of peace, & a regal beauty to the perception of self.

**Mossy Saxifrage** (*Saxifraga* sp.) made on the rainy afternoon of a new moon in Aries, in early April 2019. This essence helps us to pivot towards new ways of being. It allows us to tune in & bring our attention to the patterns we fall into & heed the little tugs at the sleeves of our awareness. Its gentle, peaceful, quiet energy has the patience to wait for even the most stubborn of us to begin creating the changes we need. This essence is like catching something from the corner of your eye: it captures your attention & breaks the chain of monotony in habitual doings. Mossy Saxifrage helps us to see when we are mindlessly going about our days, it gives us pause enough to redirect our actions, & inspires us to take the first steps in shifting that we have been putting off until a later date. Mossy Saxifrage essence does not push, shove, or assume, rather its presence invites us & reminds us that we can start anywhere, we can begin here, we can step lightly toward ourselves today.

**Motherwort** (*Leonurus cardiaca*) made under a full moon in Aquarius in August 2019 from the bracts & flowers of Motherwort growing in the Moon by Moon gardens in Raleigh NC. This essence helps us to release resistance & tension around transitions, & teaches us how to protect our hearts, while making us feel held & taken care of in a very motherly way. Because we are firmly held in this protective energy, we are able to soften & slowly relax the nervous system's safety response of protective tightness. Rigidity & a heightened over-protectiveness can melt away, allowing us to truly find rest, knowing we can bare our teeth if we need to. This essence helps us to release the tension that can arise around transitions, changes, or new phases in our lives. It helps us to loosen the grip on the moment, to really be in the process, & to see it through to the other side. kIn general, Motherwort essence helps us to stop resisting & gently sink into ourselves, acting

like a balm & holding us through anxiety or discomfort ~ supporting us each step of the way. It teaches us how to protect ourselves & more importantly, that it is okay & imperative that we do so. This essence is therefore a great ally for those who have a difficult time connecting with & sharing their soft spots, vulnerable places out of fear of being hurt or out of an abundance of caution from past transgressions. Motherwort reminds us we can be both: soft & sharp, vulnerable & guarded. Call on Motherwort if you are leaning to one side over the other—if there is too much spike & not enough petal & vice versa. Motherwort essence reminds us that there is strength in being ourselves, loving ourselves, protecting ourselves, & valuing ourselves before sharing our gifts with the world.

**Parsley** (*Petroselinum crispum neapolitanum*) made on the Virgo new moon in September 2019 in the Moon by Moon gardens. Parsley flower allows us to dip into unique ritual for ourselves, to traverse under & above our own horizon lines—letting us drop deeply, fully within so that we may explore what the darkness holds, but it also allows us up again with the same ease. Organizing, nourishing, clarifying, full of graceful movement, this essence releases us from our own constrictions & restrictions—allows us to unclench our grip on that which we mentally or physically are holding onto, gritting our teeth against, or expecting. Like the unraveling of thread, it directs us to relax into release, surrendering the need to please, unclasping tension with its gentle, precise light. Parsley reminds us of the cycles of life, it is a balancing point. It shows us the art of moderation. Parsley teaches us about the fertile soil of the past & present, the spontaneous innocence of the moment, the space between doing & being. It imbues us with a healthy respect for the natural rhythms of all of life ~ it eases us into the ebbs & the flows, & the quiets in between. This is truly an essence of abundance, one that reminds us how effortless it is to share & also to conserve; to empty & to be sustained all at once.

**Pearly Everlasting** (*Anaphalis margaritacea*) made in Bridgton, ME on the dark, foggy Eve of the Dead/All Soul's Eve, under a new moon & solar eclipse in Scorpio in 2014. Pearly Everlasting is an essence for veil dancers. It is a bridge, a connector to the spirit realm, lifting the veil between worlds & strengthening our bond to the places beyond. This essence helps us to traverse mysterious, unknown paths in our lives. Pearly Everlasting helps us to walk into the dark, to make the first steps towards the more wild, unexplored, & instinctual parts of ourselves—the parts that often get hidden, buried, or tamped down in order to fit in. Pearly Everlasting essence bestows a crown of protection so that we may safely tap into our peripheral consciousness, open to receive psychic & divine guidance. This essence was made with deep veneration for the dead, for that which has passed, & as such, please use this essence with respect & intention, as an offering to yourself & to the spirit world.



***Periwinkle*** (*Vinca major*) made during the evening as a storm rolled in on the 15th of April 2018 while the sun & new moon sat in Aries. Periwinkle is an essence for spelunking & deep traversing. It is beneficial for people who cannot seem to slow their roll. It calls us inward & helps us to look inside &/or reflect upon our internal landscape. Periwinkle seems to draw us into further & further discovery of self. Periwinkle invites us to devote time to our inner world, to the seat of our soul, to our explore & wonder at our “luminous depths.” Thus, it helps us to know how to change, how to grow, not only in relationships to self but in long-term relationships with one another.

***Pink Lady's Slipper*** (*Cypripedium acaule*) this essence was made in Bridgton, ME by dipping the heads of a group of Pink Lady's Slippers into water & then laying this bowl of water at the feet of the plants—no plant was harvested this essence brings us in touch with our sexuality. Especially healing for those who have experienced trauma or shame regarding their body, sexuality, or intimacy. Pink Lady's Slipper helps us to slip comfortably into our own skin & have patience with ourselves as we open to connecting the understanding as well that life is a journey, there is much that yet awaits for us to find. This essence allows us to release any hang-ups we have around self-worth, to gently release tension, & to let our guards down—not only to let others in, but to allow ourselves to really experience & enjoy our sexual, sensual, & creative needs.

***Pink Peony/Pink Moon*** (*Paeonia* sp.) made the day before a full Pink Moon in Scorpio, on 28 April 2018 in Raleigh, NC. This essence is a celebration of our work & our dreams coming to light—of surrendering into divine timing & of gracefully holding the weight of abundance. As a harbinger of potential possibility, & creation, this essence prepares us for big unveilings & transformations in our lives by giving us the chance to reflect upon what our seams are bursting with. It encourages us to revel in this pause & in the process so that we are able to make space for receiving the layers of abundance we have worked so hard to achieve. This essence reminds us that we are ready, for whatever the next step in our growth is. Pink Peony fills us with graciousness & gratitude for our work, while simultaneously helping us to feel proud & unabashed in our accomplishments. Thus, it gives us a good balance of humbleness & confidence ~ a truly rooted gratitude.

***Pipsissewa*** (*Chimaphila umbellata*) made on a sunny afternoon in May on the outskirts of the forests of Black Mountain, NC. Pipsissewa essence goes right to the head & breaks up dense thought, instilling clarity. With an affinity for the physical & spiritual eyes aiding in the digestion of information they are receiving. It refreshes the way we see ourselves, as well as the world around us, helping us escape the clutches of that which is not in alignment with our true vision, & defying our

expectations of what something appears to be on the surface: it gives us the power to see to the heart of what is. Delicate, intricate, bright, & strong, like the expert tatting of lace, Pipsisewa helps us to tune in more fully & intentionally to the details of our lives & to our daily practices, routines, rituals, & rhythms. It encourages us to bring our strange & beautiful qualities into the world, despite any uniformity of our surroundings, & helps us to reconnect with those who we feel we can truly be ourselves around. Though very much an individual, Pipsisewa is almost always growing in clusters, so I find that it brings us into a true sense of community: where each member is unique & has their own way, but we gather all the same.

***Prunella*** (*Prunella vulgaris*) also known as Self Heal or Heal All, this lovely Mint family member likes to sprawl along the waysides of trails & gardens. This essence was made with Prunella growing along the humid trail sides in Caroline, NY in July 2019. Prunella essence reminds us to take up space, spread out, unfurl, grow wonky if that is how we need to grow ~ thus it allows us to simply be as we are, where we are. It reminds us that we have a right to reach out beyond the confines of what is holding us too small; it allows us to explore & grow where we are planted. Prunella is also an ally for those who feel at the end of their rope within their healing journey. Maybe they feel resigned to their illness or that they need to constantly reach out for help from others. Whatever the reason, Prunella essence re-fills our tank, re-inspires our own personal healing, restores confidence in our bodies, & reminds us that we have the ability to heal, no matter what, because healing is not just one moment, but rather a series of moments—a journey.

***Queen Anne's Lace*** (*Daucus carota*) made during the Piscean full moon weekend in late September 2019 at the cabbage school in Leicester, NC. Queen Anne's Lace essence centers around vision & seeing in all forms—from eyesight, insight, & clairvoyance: it supports us in seeing & recognizing what is. This essence helps to lift a veil that obstructs our sight, helping us to see clearly & to reveal repressed emotions or hurt. It assists in demystifying the struggles we face daily. Thus, Queen Anne's Lace essence acts like a hammock for us to rest into & aids us in finding our spiritual insight & vision, helping us to look past the distorted realities we may instead be seeing. It creates an opening for us to see our work in the world, while unifying us with what lays beyond the veil, so that we can walk in alignment with our highest good & for the highest good of all.

***Rattlesnake Plantain*** (*Goodyera pubescens*) beautiful, unassuming Orchid of the Eastern forests, this essence was made during the afternoon beside Carr's Pond in West Greenwich, RI in summer 2013. Rattlesnake Plantain essence helps us have patience for our own selves, our own shortcomings, our own self-image, & our own diffidence. It lifts our chins,

restores a comfort in one's own skin, & gives us a boost of confidence. Especially helpful for those who feel awkward in their body or the phase of life they are in such as puberty, pregnancy, or older age. Rattlesnake Plantain essence helps us to stand tall within ourselves, cultivate self-forgiveness & self-acceptance. It helps us to embrace our flaws & claim ourselves. This essence wants us to dance, swim, sing, and give grace to our bodies. It makes us say, "I found another way to caress my day." Rattlesnake plantain helps us to ground in & take up space within ourselves. It reminds us that it is from this deep connection to the earth, our body, & the rhythms of the two, that we derive our connection to the divine. Rattlesnake Plantain sinks us into our Body Wisdom—within, we know, we know, & it is from within we can offer without. Tiny awakenings, but many begin with one.

**Roselle & Snow** (*Hibiscus sabdariffa*) made under the final full moon of 2021 from a single blooming Roselle Hibiscus in Raleigh, NC. This gentle, delicate, sweet essence is a reminder of possibility—of possibility even in the midst of seemingly impossible circumstances. It is a gentle, subtle reminder to pay attention to the small signs of life & love in our lives—not just the big, loud, blaring ones. The ones that link our days together, the ones that bring nuance to our lives, that embroider our lives even & especially when we aren't looking. Roselle reminds us to look, to celebrate the tiny moments of joy, surprise, & connection in our worlds. It slows us down enough to appreciate them, to be in awe of them, & to begin to take notice of their existence everywhere, of these moments that are constantly blooming if we choose to witness them. This essence also invites us into balancing opposing forces in our lives, into allowing these seemingly conflicting elements to work together, each playing to their strengths & supporting the other in relationship. This essence helps us to celebrate harmony, thus it can help us to bring a deep sense of wholeness & completeness to parts of ourselves that feel at odds.

**Saint Joan's Wort** (*Hypericum perforatum*) made from a single, bruised flower & one unopened bud at the end of a trail in Pondicherry Park in Bridgton, ME. This essence is about healing our battle-wounds, healing our bruised hearts, healing our over-wrought nerves. It is for times when we feel as if our hearts are not "in anything" anymore. Like Joan of Arc, whose passion & strength of heart led her to be constantly wounded in battle & ultimately burned for treason, this essence is a salve for when we get hurt fighting for what we love. Gives us bravery & encouragement to "dust yourself off & try again."

***Solomon's Seal*** (*Polygonatum odoratum*) made under the full Libra supermoon of April 2020, this essence is for nourishing our selfhood, for healing & noticing our structures: both internal & external, physical & spiritual. Solomon's Seal essence helps us to create order in our lives when we don't have any or if it is not inherent in us to do so. Enables us to revisit old wounds or damage to our scaffolding that may even be attached to our ancestry or roots. Allows us to heal through time, slowly repairing, rebuilding, thus giving us a new framework for moving forward. This essence also helps us to become more adaptive while deeply nourishing, aligning, & protecting us through times we feel spread too thin. Solomon's Seal essence is like a tuning fork, helping us to find the perfect balance needed to be in tune & resonance with our lives. This essence helps us to harmonize with divine timing: to work towards your purposes & intentions but also to wait & have patience for the right moment to arrive. Solomon's Seal is especially nice for those who tend to push, when they need to allow & receive. Ultimately, Solomon's Seal reminds of the time & trust it takes to become, to flourish, & to feel deeply connected to the music & melody of the self.

***Spreading Dogbane*** (*Apocynum androsaemifolium*) made with one open Dogbane blossom & one closed blossom during the late morning of 14 July 2021 on Bentagrass in Newtown, CT. Also known as the Fly-Trap Dogbane, this essence is a hard pivot. Whatever you were doing before, you will not be doing any longer, or it will look dramatically different. This tiny but potent remedy is unafraid of angles, of pushing the boundaries, of rebellion. It is a wonderful essence for those who need to make a great change in their interior & exterior worlds but are having trouble cutting ties with old ways of being, with family dynamics, or other dependent relationships. This essence is especially nice for those whose sensitivity to the emotional atmospheres of others (friends, family, colleagues) keeps them from taking the leap they so need. Spreading Dogbane doesn't create this kind of momentum out of thin air, rather it helps us to uncover, remember, igniting our unique instincts for change—which is the most important element for our growth & maturation. For those who are on the edge of change, Spreading Dogbane will be the hand which gently, but firmly, pushes you over the edge. For those who are afraid their decision to branch out on their own will hurt or destroy their cherished relationships, or that stepping into their personal power will result in disappointing their loved ones, Spreading Dogbane quells those fears. It encourages us to trust ourselves & to trust in the strength of a strong foundation in our most important relationships, reminding us that while we may lose some relationships along the way, there are others which will grow with us. This essence reminds us that sometimes we need to take risks, leave home, or change direction in our lives in order to thrive, find ourselves, have perspective, & truly live.



**Star of Bethlehem** (*Ornithogalum umbellatum*) made in two parts during the spring of 2019 ~ one on Easter Sunday & the second on the following Monday in the Moon by Moon gardens in Raleigh, NC. Star of Bethlehem shows us that there is no “right” time to heal, to open up, & that there is no one formula for healing trauma. Rather, it reminds us that trauma & pain can shape-shift, take on many forms, start & stop, & can take anywhere from a moment to a whole lifetime to release. Star of Bethlehem provides comfort in that it shows the utmost patience & respect for the unique healing journey, even if we seem to backslide in our process, or are not progressing as quickly as we would like. Because Star of Bethlehem does not push or pry, but instead sits with us & bears witness, we feel encouraged to readily open, finding solace in sharing & trust in release. Specific for those who clutch their pain or whose trauma has defined them, this essence gently holds us & tells us that the hardest, scariest part is to begin, but once we do, we will unfold brilliant into the light.

**Strawberry Foxglove** (*Digitalis x mertonensis*) made on a sunny noon hour during the Summer Solstice on 22 June 2019 in Hannah’s garden. Strawberry Foxglove is a protective medicine, providing us with a strong sense of support when we are unable to voice our needs, when grief comes or returns on the wind, when our hearts need a little extra shielding. Strawberry Foxglove helps us get really real with our shadow, showing us where we are still vulnerable, where there is still a pain that resides within & has yet to be heard. This essence brings us into conversation with discomfort, reminding us that even in all of our healing work, there are still pieces (though they may be small as a sliver) that want to be seen & recognized. Strawberry Foxglove holds a balance between boundaries & beckoning/pain & desire. It slows us down & shows us how to hold space for both with active presence, so we don’t slip into old habits or patterns. This essence gives us a place for our grief to become growth, to state our boundaries & needs if only to ourselves, to sit up strongly within who we are, speaking from the heart, walking through our lives with more ease.

**Sugar Snap Pea** (*Pisum sativum* var. *macrocarpon*) made in the Wedge Community garden on a sunny afternoon on the 29th of April 2018 while the full moon was in Scorpio. Sugar Snap Pea contains a wealth of both creative potential & of patience. This essence fills us with the joy & sweetness of coming into being. Especially helpful for people who tend to “appease” others at the sake of their own sovereignty. This essence is also nice for those who need to trust their own process of becoming, at whatever stage it may be in, from the most awkward to the most manifest. Sugar Snap Pea helps us come to peace with ourselves & where we are at so that we can release tension & allow ourselves to fully emerge when the time is ripe. It reminds us that when we come home to ourselves & our own empowerment, we are living our truth. Thus, it helps to bring us into joy & alignment with presence & how we move through & in the world. Sugar Snap Pea brings us into

relationship with simplicity & helps to bring us into graceful movement in our lives & into collaborative, supportive community. This beautiful plant seems to defy gravity at times, with its little cloud like flowers floating in the garden, so it can also be helpful for people who tend to take things too seriously. Let this essence remind you that there is a great seriousness in play, that imagination is a key, & that there is wisdom in buoyancy. Sugar Snap Pea helps us to allow more of this ease into our lives by appreciating moments of inspiration & laughter, which makes it a wonderful ally for releasing rigidity or outworn constructs around creative rhythm & expression in all its many forms. Call on Sugar Snap Pea to nestle into the fertile nature of your inner landscape, & allow for life to unfurl within you, around you, & from you.

**Sweet Annie** (*Artemisia annua*) made --- a beautiful guide in transitions, Sweet Annie knows how to gently usher us through the liminal spaces in our lives, those in between places where uncertainty lurks & begins to resemble fear. Sweet Annie holds our hands, lifts our feet, & inspires us to keep going. It is an especially helpful essence when we have been stuck in a mold for too long & yet can't make a move for one reason or another. Usually, I find that this is based on an emotional reluctance, an indecision that is growing sodden. Sweet Annie helps to both balance deficient states & states of excess. It is also nice for those who have consistently taken on roles of service or servitude towards others & do not know how to begin leaving that role or claiming their time back, who are waiting for the "right" time. This essence reminds us that it is your time now, that you will have to make it, you will have to follow your hunger to the other side. Sweet Annie clears space for us, she helps us move & disrupt stale cycles, she disperses dense thoughts & says, do not forget yourself.

**Toadshade Trillium** (*Trillium cuneatum*) made in April 2014 during the full blood moon & total lunar eclipse in Libra, over a series of days & nights at Short Mountain Sanctuary in rural Tennessee. This essence acts as a bridge to the wisdom of the life-death-life cycle. It helps us to honor & to acknowledge death in a healthy way, to know it springs from life & becomes life vs. it being an ultimate end. While instilling deep awareness of & respect for grief & loss, Toadshade also allows us to straddle the lines between loss & change, with that of new growth & beginnings. Thus, this essence opens us up to evolving in ourselves, in our relationships, & the world at large as opposed to giving up/trying to turn the clock back to how things were. Helpful for those who are awaiting the next phase in their growth but need to have patience before fully emerging—we do not need to know. Allows us to appreciate the secret, ephemeral processes of birth, giving these processes space, acknowledging the vastness of their transformative power, allowing them to unfurl without our interfering, without our needing to know what will spring forth with the new growth. Ultimately, this is an act of gratitude for all of life in the arch of life as a whole.

**Turmeric** (*Curcuma longa*) made by my partner, Minori Sanchiz-Fung in the Moon by Moon gardens during hurricane Florence in 2018 with a single Turmeric flower that bloomed during the height of the storm. Turmeric essence is incredibly protective & restores faith in the divine. Like a pair of giant wings, Turmeric essence envelopes us & what we hold dear, giving an overarching sense of peace & security despite the conditions that surround, threaten, or frighten us. Even in the eye of the storm, Turmeric is there to comfort & soothe us. This essence connects us to the angelic realms, to our guardians & protectors—the allies that have our backs in spirit & in body. In the face of adversity, Turmeric essence fills us with the knowledge that we are not alone & offers an internal sense of strength alongside the feeling of support & guidance. It offers a sense of much needed solace to those who fight for liberation of all beings, who give more than they receive, or who are constantly fielding both micro & overt aggressions in their worlds. Let Turmeric flower remind you that you can seek quietude even amidst excessive noise & that you can lean back into a strong, gentle support system when you need to rest, restore, & retreat.

**Valerian** (*Valeriana officinalis*) made on a bright summer afternoon from the tall Valerian growing in the gardens at Noah's Ark in Dryden, NY in 2012. This essence is all about homing in, about siphoning, about channeling the heat/the fire. It is an essence that drops us into our smoldering energy that may be buried (into places of anger, angst, passion) & aids us in both directing & embodying it: teaches us how to harness this energy vs. allowing it to spin out into a wildfire. Thus, it is also an essence of passion, preservation, & focus. It is one of deep transformation, clarity, & release. Like wind through a tunnel, it helps us to disperse any trapped heat & emerge with defined purpose, rooted connection to our inspiration, & a sense of tranquility. Valerian flower essence has a beautiful ability to relieve a weary heart, an overwhelmed spirit, & a bruised disposition. It simply lifts us up out of these places, lifts our chins in a way, shows us the way out is through. Valerian essence channels the heat we have within & gives it a creative outlet to follow & find form—it fills us with the wisdom of formation. Big releases happen with Valerian, feelings of liberation. Valerian essence is seductive in that it lulls us in, syphons our focus, teaches us to trust, harness, & organically sculpt our smoldering inner fire: our creative drive, our wild spirit & wherever it may lead us.

**Venus' Looking Glass** (*Triodanis perfoliata*) made on the recent new moon in Gemini while Venus was retrograde in the sign of Capricorn in May 2020. Named from a legend in which the goddess of love lost her magic mirror, which reflected nothing but beauty. It was said that a poor shepherd boy found the mirror and kept it. When Venus sent Cupid to retrieve her looking glass, it fell to the ground & accidentally shattered. Everywhere a piece landed, one of these beautiful flowers

grew. Venus' Looking Glass flower essence allows us to gently, compassionately look & find beauty in the broken places, in the places that may feel splintered or shattered within us. Lifts any blame we may place upon ourselves for breaking something, or from punishing ourselves for not being "perfect." Instead, this essence helps us to see the larger picture, the depth of gorgeousness in the scars & imperfections & folds Venus's Looking Glass is everywhere, it is right under your feet, it is part of the living soil. This essence reminds us that by simply living, we are part & parcel of this love, that no matter the turns life takes, the accidents along the way, or the tribulations we face that it is all part of our singular beautiful story. Venus's Looking Glass essence helps us reflect, & see our lives reflected back to us, undistorted, as we are, with great love & compassion. It says, drop the idea of beauty & start finding beauty everywhere.

**Violet** (*Viola* sp.) Violet essence gives us a strong, solid connection to the earth. It helps us to dissipate old hurts that were never fully tended to, that were left to gather clutter & debris. Violet is a perfect essence for those who are non-reactionary when hurt or violated, but internalize it, moving forward with life as though nothing happened, often leading to resentment. Violet detangles, meanders through & in-between the dams created by avoiding/putting off the confrontation with emotion, pain, anger, or sorrow. This essence gently helps us deal with them piece by piece, releasing us from carrying their weight. Ultimately, Violet teaches us about forgiveness... the release from the burden of carrying pain which is not ours, which was inflicted upon us, which lingers & wisps about the spirit. It is not about making excuses for the other, but about giving ourselves the permission to move onward, freely, with love.

**Wild Bay Rose** (*Rosa rugosa*) made on a summer evening in 2014 while the sun was setting & tide was coming in on the shores of Penobscot Bay in Maine. Wild Bay Rose is for laying some love atop ourselves; for quelling self-frustration; for allowing ourselves to feel as opposed to questioning, reasoning with, or trying to intellectualize our emotions. This essence reminds us that if we allow ourselves to sit with & sink into our feelings, we can be washed over & refreshed by them, receive wisdom from them, & that they can quench our thirst. It reminds us not to forget about our feelings. This essence also contains bay water that had sprayed into the essence making process, & has the energy of the incoming tide, the expansive flow of salt water that fills the shore. This essence is heart medicine & it viscerally reminds us that with every contraction comes an expansion, with every loss comes a gain, that these are the natural rhythms of the world. Thus, it helps us act from a place of love versus one of fear & can soothe & restore acute & long-term states of grief, strife, anxiety, uncertainty, or loss.



**White Clover** (*Trifolium repens*) made during a late & drizzly morning in April 2020 in the Moon by Moon gardens in Raleigh, NC. White Clover is beautiful, sweet, nourishing plant that is favored by pollinators, it is food for the creatures who go unseen, building & maintaining a balanced world. White Clover sings to us, it sings to us of peace, unity, resilience, & hope. To the Celtic people, White Clover was always a symbol of hope & has often been depicted as a little child standing on tiptoe, holding a clover flower in their hand. White Clover humbles us to that which is abundantly existent & thus opens our eyes to the life flourishing all around us, allowing us to see possibility & prosperity, especially in places we typically have overlooked. White Clover reminds us that we each have our own unique body of wisdom, encourages us to dig into this wisdom, to acknowledge our inner music so that we can add our voice to the collective song. This essence reminds us that while we are part of a larger community, it is only by tending to & nourishing ourselves that we can build together. By tuning into body knowing, showing us our own wise ways, & demystifying anything that clouds that vision, White Clover essence allows us to truly share, to be part of, clear & strong.

**Wild Ginger** (*Asarum canadense*) made on the Aries new moon of March 2020 under the rain wet woods of Swift Creek Nature Preserve in Cary, NC this essence is gently grounding, rooting, & stimulating. Wild Ginger brings us into stillness, into the wild center of ourselves. This essence allows us to peer deeply through & underneath our many layers, to our origin point. It helps us to explore the depths of ourselves, & so is especially nice for those who may not know “where or how to begin.” Call upon Wild Ginger for delving into your roots, your ancestry, where you have come from; for feeling ancestral support & tethering; for reclaiming yourself & the ancient wisdom of your unique lineage. Wild Ginger essence also makes a trusted companion for us as we move through the dark & primordial places within ourselves & within the world of nature at large. Connects us to our guides, connects us to our Truth, our most ancient of places, our most hidden places, the navel of our unique being.

**Wild Parsnip** (*Pastinaca sativa*) made on a sunny July morning in 2019, at Forget Me Not Farm in Candor, NY. Wild Parsnip is thought to be an escapee from the cultivated Parsnip, drive anywhere through New York state, & you will see the bright golden umbels of wild Parsnip lining the roadsides as far as the eye can see. The sheer abundance of this plant is celebrated within the flower essence. Wild Parsnip reminds us that simply being alive & aware of the natural world around us brings us into a sense of safety & an abundance mindset. Wild Parsnip & the high summer sun radiate true gold within our inner landscapes, they fill us with the awareness that we are already prosperous, that the more gratitude & awareness we can cultivate around this knowledge, the more we open to a truer, deeper receptivity of abundance. The more we share, the

greater our networks & wealth becomes. It helps us to also be escapees of captivity—especially helpful for minds that are too centered around rigid or limiting ideas of wealth, richness, & success. Thus, wild Parsnip rewilds us, helps us to awaken to our own potential, to our true gifts, & feel empowered knowing & trusting in our ability to create & experience joyful lives.

**Wild Yellow Foxglove** (*Digitalis lutea*) made on 01. July 2019 in Redding, CT with two wild Foxglove blossoms upon two stones slabs converging over a small, dark pool of water. This is a lovely threshold medicine, especially nice for those who are setting out on their own, who are in between the tame & wild places of themselves or their lives. For those who are standing on the precipice of change & keep looking both ways, at the edge, but not taking action. Though fear may be present or plenty of “what ifs,” there is also a curiosity & a fascination with shadow. Wild Yellow Foxglove helps us to feel held, safe, & grounded even amidst anxious thoughts or fears that may emerge. It shows us what the water holds: lots of time, a journey, going out on one’s own, finally making a move. This essence is for re-wilding, untaming, shapeshifting, becoming outside of what is expected from you—returning to your organic form. Wild Yellow Foxglove has left the captivity of the garden, & has adapted beautifully to the wild, ultimately claiming the wilderness as its home. It says, “I left because I was hungry, because it was I who I needed to know.”

**Wisteria** (*Wisteria* sp.) a beautiful essence for release, wisteria is like getting caught in a spring rain. Do you know that feeling of being caught unexpectedly in a rain shower & you hunch up your shoulders & try to run for shelter? That is the same tension that wisteria allows us to drop. Wisteria teaches us to let ourselves get rained on, it relaxes our shoulders & the muscles, sinew, & synovial fluid of the back down to the sacrum. Wisteria is a wonderful guide for letting go of the past, for letting go of things when we are holding on too much, & for letting go of the “idea” of something, so that we can experience the reality of it instead. Wisteria is ephemeral, here one minute & then gone the next, thus it reminds us of this quality within our own lives, deepening our appreciation for even the smallest of moments. Wisteria’s wisdom provides serene perspective & reminds us of the strength in our fragility.

**Wood Betony** (*Stachys betonica*) this essence was made on during the evening of the Summer Solstice & solar eclipse on 20. June 2020 in the Moon by Moon gardens. Wood Betony puts the ground beneath our feet. Out of all things that Wood Betony is wonderful for, I find that this plant excels at landing ~ with helping the Spirit find a place to settle in the body in the wake of trauma, accident, upset, or injury. Especially helpful for those who tend to feel disembodied, Wood Betony can

help them land gently, vertebrae by vertebrae back into the body. Helpful for those who keep replaying the story of what happened over & over in their heads, trying to make sense of it or see what went wrong. It brings us into presence so we can release tension, cry, breathe more deeply. Even if calming down seems scary, it is necessary, rest is so crucial to the body. Emotional release gives the system one less thing to do & worry about; it helps us move emotionally so we don't get stuck, assisting in the process of letting go. Think of Wood Betony for taking the story apart piece by piece, layer by layer, step by step.

**Yarrow** (*Achillea millefolium*) made on the eve of the Summer Solstice in June 2019 from Yarrow growing in the Moon by Moon gardens in Raleigh, NC. Known as the “healer’s healer,” Yarrow essence is perfect for & specifically indicated for those in any line of healing, teaching, or care-taking work. Yarrow is also a general boundary-creator ~ making a soft but strong shield around us, protecting our inner sensitivities, & empathy for others, without needing to merge with the other. Thus, it saves us from taking on too much, from energy that is not ours, burning out, absorbing our environments, & from giving too much of ourselves. Yarrow acts like a filter or a sieve: helping us to build discernment & healthy boundaries without turning us hard or cold, keeping compassion pumping through our veins, & teaching us to love, value, & care for our own needs. Working with Yarrow essence for even a short time helps to instill long term flexibility, understanding, & practice of our boundaries.