



## GREEN HOPE FARM FARM COLLECTION

### SHORT DEFINITIONS FOR NEW GREEN HOPE FARM FLOWER ESSENCES 2009

- Burdock-** Immune system support, holds wisdom about the blood, extremely restorative during any healing crisis, will help us get to the bottom of a situation and bring the core issue to light as well as compose a template for healing.
- Elecampane-** Helps us to receive the gifts of sunlight, to assimilate the higher vibrations coming into areas with thin ozone, and to resolve seasonal affective disorder.
- Gratitude-** This year's Venus Garden combination helps us find a deeper and more continuous state of gratitude to God.
- Hops-** Very strong support for spiritual and physical growth as well as pituitary function.
- Lady's-Thumb-** Helps us trust the universe's divine and energetic thumbprint for our lives.
- Lobelia Spicata-** Support to make peace with then move forward with major life decisions.
- Miterwort-** For hearing each other better during an argument. Especially good for partnerships.
- Pack Leader-** Combination remedy to support us to find the calm assertive energy to be pack leader with the animals (and people) in our care with appropriate boundaries, clear expectations, and from a place of emotional balance.
- Rattlesnake Master-** Shows us the way to rebuff negativity willfully directed at us, as well as move through poisonous situations in sanctuary and calm.
- Starflower-** Etheric body cleanser and regulator, orchestrates a crisper connection between energy centers including the main chakras and secondary nadis.
- White Baneberry-** Supportive to general blood health especially white blood cells.
- Wild Lily of the Valley aka Canadian Mayflower** A pixie Flower that encourages us to remember our connection to all things wild, elemental, sacred, and true.

### EXPANDED DEFINITIONS FOR THESE NEW FLOWER ESSENCES

- BURDOCK- *Arctium minus*** Burdock holds so much wisdom, it is hard to know where to start in describing its gifts. To begin, Burdock holds particular wisdom about the blood. One piece of this wisdom is that it helps the red blood cells with any issues of low oxygen transport capacity. This and other blood wisdom held by Burdock makes it a useful Essence during any illness, especially any that concerns blood health. More generally, Burdock will help us get to the bottom of any healing crisis to bring the core issue to light, then it will offer a template for finding our health again. This skill at getting to the root of the issue means Burdock helps with any cleansing process. Additionally, this is a very supportive Essence for any illness involving issues of discernment including cancer, a condition in which discernment about what cells in the body should be grown and which should not has been affected, Burdock sorts the wheat from the chaff on a cellular level and offers information about how we can do this ourselves while also completely protecting and preserving our health. As with all Flower Essences, this is done by Burdock offering our electrical system a roadmap for these skills, one that our electrical system can copy and benefit from if it is helpful. I can't recommend this dynamo enough and have now added it to Immune Support, Recovery, and Precious Blood.
- ELECAMPANE- *Inula helenium*** All issues of sunlight management especially proper assimilation of sunlight's gifts. Elecampane will help us get the most from whatever sunlight we get when we are not getting enough sunlight. This makes it an excellent remedy for Seasonal Affective Disorder. It is also helpful for those of us in regions where the ozone layer is thin. There is both a positive and a negative to living in such regions as ozone protects us from higher vibrations not lower vibrations. Our challenge is to learn to assimilate this higher vibration coming through more strongly in places with thin ozone and Elecampane can help us do this.
- GRATITUDE-** Our Venus Garden combination remedy for the year 2009  
Our culture encourages a mindset of restless dissatisfaction no matter what our lives contain. Gratitude is an excellent antidote to this state of mind. The alchemy of gratitude is that it lifts us out of our mind ideas of less than into an experience of life as an immeasurable blessing. It sweeps us out of the doldrums of maximizing unhappiness and into a primal experience of joy, releasing us from the peak bagging burdens of the mind to plunge us into the contentments of the heart. Gratitude is a very high vibration state of being. It is a state in which we use our free will to give back to God the love our creator has poured into us. This moves us into an energetic circuit that brings us closer to oneness with God .
- Our Gratitude Combination Remedy-** This mix is composed of Flowers that have mastered the vibration of Gratitude and that were grown in a garden designed by the Angels to hold and amplify the vibration of Gratitude. Our Gratitude mix offers us a

tuning fork for the state of gratitude. This tune up opens the floodgates of gratitude within us.

**The Garden Plan-** For several years, the Angels told me that the 2009 Venus Garden would be about Gratitude. They also said it would be the highest vibration garden yet to be created at Green Hope Farm. As I received the design from the Angels late last winter, it felt deeply aligned with its purpose both because of its structure and because of its choice of Flowers.

The design was a five pointed star of Mehera White Marigolds with Ruby Moon Hyacinth Beans running four feet above the Mehera Marigolds in trailing vines that echoed the star configuration. In the five spaces between the Mehera star points, we planted solid beds of five different Marigolds as chosen by the Angels: one yellow Marigold, one gold Marigold, one orange Marigold, one gold Marigold with maroon markings and one maroon Marigold with orange markings. The bi-colors were open pollinated old fashioned varieties whereas the solid colors were hybrids from a mainstream seed company.

While the open pollinated Marigolds bloomed throughout the summer, the hybrids had an early burst of Flowers and then through much of the summer their blossoms were sporadic. The Angels do not have me use any non organic plant food in this or any other garden so I knew these Marigolds would not bloom continuously as they do say, in the MacDonald's parking area where they get pushed by commercial fertilizers to bloom non-stop. Nonetheless, I knew that letting the plants find their own rhythm of bloom without these fertilizers would leave them free to make their own choice about how and when they blossomed. These hybrids responded to this freedom with an enormous display of late summer and fall blossoming, a display which continues unabated as I write this description. What grace to find these much manipulated hybridized Flowers had within them an unquenchable desire to give generously to this Gratitude project.

Those of you who have been watching the Venus Garden from incarnation to incarnation may recall how some years we are asked to weed out volunteer Flowers meticulously while other years we are asked to leave the volunteers to do as they wish. This was one of those years when all volunteer Flowers were welcomed and in response this garden of white, purples, yellows, and oranges was joined by a stunning array of colorful volunteers: Pink Cleomes, royal blue Chinese Forget Me Nots, Nicotianas in many shades of deep pink, White Nigella, and deep orange Nasturtiums. Nonetheless, the star configuration of Meheras, the exuberant purple of the Ruby Moon Hyacinth Beans, and the bold wedges of other Marigolds held their own. The resulting mix of Flowers in this configuration made for a stunning garden with an intensely joyous vibration. I found that whenever I went in this garden, no matter what my state of mind, there was an energy of such palpable appreciation of life that my mind went quiet, completely.

**In Praise of Marigolds-** The generosity of this family of plants to a project about gratitude comes as no surprise as energetically Marigolds are all about gratitude. Much as our gardening culture frequently maligns Marigolds and this kind of Victorian type bedding design as pedestrian and predictable, this garden has been a refreshing, sparkling wonder, with a joyful as well as calming vibration. Made in this garden on the Fall Equinox, this Gratitude Essence is composed of all the Flowers in this garden. It is ready to sing in your life!

**HOPS** *Humulus Lupulus* I'm very excited to bring this Essence into our repertoire. First used in ancient Lemuria, Hops strongly encourages physical and spiritual growth. Its signature is its fast rate of growth. Hops can grow into a vine 20-40 feet in a single growing season. With links to the sixth chakra, Hops Essence offers helpful information to the pituitary gland, hence its connection to healthy and manifest physical growth. It also supports our circulatory system, particularly blood vessel elasticity. Linked to the etheric body, it helps the etheric body and ethereal fluidium to be their most vibrant and healthy. Hops has a playful energy that will help us find this in ourselves. One dividend of its support for spiritual growth is that it improves group interaction. Additionally, it will help plant growth when unusual weather has slowed growth patterns. As an herb, it is used as a preservative in beer and as a sleep aid, but these talents do not at all suggest its immense strengths as a Flower Essence.

**LADY'S-THUMB** *Polygonum persicaria* Trusting the universe's divine and energetic thumb print for your life.

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

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

**PACK LEADER-** This new combination mix supports us to anchor in our own inner authority and find within us the calm and confident assertive energy necessary to handle the animals and the people in our life with appropriate boundaries, clear expectations, and from a place of emotional balance. Made with grateful thanks to Cesar Millan who clarified for me the nature of a good pack leader.

*Ageratum "Red Sea", Beech, Broccoli, Cabbage, Cardinal Flower, Cat's Claw, Celandine, Chives, Corn, Cosmos, Delphinium, Dill, Dogberry, Eyes of Mary, Feverfew, Flowering Dogwood, French Grass, Ginger Thomas, Goldenrod, Gratitude, Indian Pipe, Lantana Involucrata, Lobelia Spicata, Maple, Orange Hawkweed, Partridgeberry, Red Chestnut, Teasel, St. David's Rose, Snapdragon, Sunflower, Wintergreen*

**RATTLESNAKE MASTER-** *Eryngium yuccafolium* Traditional Native American remedy. When asking the Angels to explain this new Essence, they reminded me of lore I had heard about this plant,. Native American healers were said to rub their hands with juice from this plant and then handle rattlesnakes without getting bitten. While there were, no doubt, many additional factors involved in these safe encounters with rattlesnakes, the Angels said it was suggestive of the plant's strength to help us stay

buffered and protected from all sorts of negativity and venomous energies, particularly when there is volition behind the venomous attacks. The Angels explain, “This very strong remedy shows you the way to rebuff negativity willfully directed at you as well as move through poisonous situations in sanctuary and calm.”

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

**WHITE BANE BERRY-** *Actaea pachypoda* Blood health, offering especially helpful information to the white blood cells as it defends the body against infectious disease and foreign bodies. This new one has also been added to Immune Support and Precious Blood.

**WILD LILY OF THE VALLEY** also known as **Canadian Mayflower** *Maianthemum canadense*

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