



## GREEN HOPE FARM FARM COLLECTION

### NEW GREEN HOPE FARM FLOWER ESSENCES 2009 & 2010 SHORT DEFINITION SECTION IS FOLLOWED BY EXPANDED DEFINITIONS

#### NEW FROM GREEN HOPE FARM 2010

**Bunny Tails-** Helps us to find moments of solace, comfort and happiness in ordinary as well as difficult times.

**Comte de Chamborg Rose-** Self articulation in harmony with all around us. Support to be our most authentic self without garnering negative attention, especially good for those who march to a different drummer.

**Cosmos, Rose Bon Bon-** Helps us refine our self-expression to gem like clarity, helps us take it up a notch.

**The Eight Garden –** Powerful support for transformation, manifestation, healing and alignment with higher realms

**Flowering Tobacco “Hot Chocolate”-** Support to cleanse and clear energetic residue in the 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> chakra leftover from relationship trial and error.

**Pink Flowering Almond** Helps us replace our cellular memory of earth mothers with cellular remembrance of divine mother.

**Royal Purple Smoke Bush** Helps us to be seen when that serves us and remain unseen when that serves us.

**Rudbeckia, Cappuccino & Cherry Brandy-** Holds the keys to unlock a number of pressing change paradigms, helps us to navigate and move through formerly out of reach healing thresholds.

**Sweet Pepperbush-** Helps us get to the point.

**Westerland Rose-** This summer, as the vibration on the planet took a big leap, many of us were left with fiery challenges in our 1<sup>st</sup>, 2<sup>nd</sup>, & 3<sup>rd</sup> chakras, the places in our energy system most affected by the energy rise. This was particularly true for the advance guard of healers who are called to ground rising vibrations in advance of the rest of humanity. The Angels note that this Rose Essence made from a deep orange Rose will be particularly helpful during this adaptation process as it offers a soothing and revitalizing energetic model for this particular energetic leap.

**White Sweet Clover** Support for sweet people to stand up for themselves and back themselves up no matter what kind of negativity they must face.

**Wild Lettuce** Lifts us into and helps us feel at home in an expansive, imaginative, big picture realm of experience,

**Winter Aconite** Help to let go and move on unburdened by regrets.

#### NEW FROM IRELAND 2010

**‘Bofin Unusual-** Support and encouragement to welcome unexpected gifts of people, circumstances, talents arriving out of the blue arriving to help us navigate these specific times.

**Giant’s Causeway-** Helps us form a bridge between modern times and ancient wisdom as well as a bridge from present day to the expanding possibilities of the future. This is another Essence specifically brought forward by the Angels to help us make the vibrational leap we must make right now.

**Great Willowherb** Helps us remain optimistic and open hearted amidst despairing times and difficult transitions, a particular solace to healers who must hold necessary paradigm shifts in advance of the rest of humanity.

**Harebell from Dog’s Bay** The courage to persevere.

**Sea Rocket** Help us and the animals to make the most of what is given to us in order to make necessary vibrational shifts

**Spiddal** Release from the lingering impact any past negative experiences have on our energy systems. In particular, Spiddal supports the release of past life traumas that may be causing energy leaks for us even when we are unconscious that we are holding onto this kind of trauma.

**Thistle from Omey** Support to close down energy leaks caused by endings, deaths, people passing out of our lives for any reason.

#### NEW FROM GREEN HOPE FARM 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-** Gratitude comes before manifestation. This one helps us with this process of right relationship to creation.

**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.

**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.

**White Baneberry-** Supportive to general blood health especially white blood cells.

## EXPANDED DEFINITIONS

### NEW 2010 GREEN HOPE FARM FLOWER ESSENCES

**BUNNY TAILS** *Lagarus ovatus* From very ordinary looking tufts of grass spring these soft wands resembling bunny tails. As an Essence Bunny Tails helps us find within ordinary life magic, soft moments of happiness, comfort and joy, moments that elevate the whole experience of our lives into something refreshingly delightful. This one is especially good when we feel weighed down by the sameness of daily routines. *I AM the magic of the ordinary.*

**COMTE DE CHAMBORD ROSE** This is a large full soft pink Rose with a gorgeous bud and a very robust personality. Planted at the farm amidst a group of Rosa Gallica Roses and Rosa Mundi Roses, the Comte held its own with these vibrant ladies, demonstrating its energetic strength of self-determination. "I have an ease and carriage not easily affected by others. Use me when you must prevail but want to do so with a light touch or when you have need to assert yourself but do not want to offend. I have a vibration of self-articulation in harmony with all around me. This is my strength, an ability to be fully myself without ruffling feathers. I would be good for situations in which who you are and what you represent threatens other people or situations in which you are placed in an environment that's not in surface harmony with your values. I help you to be a full expression of your true self without garnering negative attention from others. For those who find themselves in worlds that don't understand them, I am a bridge to freedom, a freedom to be self actualized without censure.

**COSMOS, ROSE BON BON** *Cosmos bipinnatus* "Double Click Rose Bonbon" Cosmos helps us speak from our hearts, and this particular Cosmos helps us refine and fine tune our self expression. Good for detail work, bringing a treasured dream into full articulation or illuminating your talents to a state of gem like clarity. This Flower is a real showstopper, and its Essence will help you be one too.

**THE EIGHT GARDEN** In January 2010, the Angels told me we would once again be creating an Eight Garden at Green Hope Farm during the coming growing season. The original Eight Garden and the Flower Essence combination made from this garden have served so many in the transformative work of manifestation, healing and alignment with higher dimensions. The Flower Essence been a key part of many Flower Essence combinations we share, including the mysterious and powerful Flow Free.

With literally only a few drops left of the original Eight Garden Flower Essence, the creation of a new Eight Garden was a timely and joyful occasion. Once more I set to work to receive directions from the Angels about plants to grow and the exact configuration of the garden we now call the Venus Garden as it once more played host to an Eight Garden configuration.

The twenty somethings at the farm were deeply involved in the planting and maintenance of the garden this summer. This felt very appropriate. The involvement of the younger generation at Green Hope Farm felt key because whatever new directions this garden leads us towards involves them first and foremost.

As the Autumn Equinox approached, an Eight Garden Essence was begun with the Essence being moved around at the Angels' behest in a series of eight day cycles. It was a particularly stunning full circle moment when the Angels declared the Flower Essence ready and had new staffer Olivia Fauver help to bring in the mix from the gardens on her first day's work here. This was a full circle moment because her mother, Susan, had been one of the women who created the original Eight Garden in 1993. Olivia was two at the time and even then, a part of the ongoing story of this farm.

1993 and the creation of the Eight Garden will always be linked for me with the launch of Green Hope Farm. While the farmhouse was built, many gardens planted and Flower Essences first made and shared in the late 1980's, it was during the summer of 1993 that Green Hope Farm really got rolling in a big way. In retrospect, I credit the energy of the Eight Garden for helping us manifest the dream of Green Hope Farm.

1993 was the one summer that the Angels opened the gardens to visitors and folks from all over creation flocked here by the thousands. All garden tours seemed to naturally begin and end in the Eight Garden with many profound experiences taking place there. The Angels explained to us that this was the spot where higher dimensions were anchored to the property, making it an excellent place to let go of anything we wanted to let go of and bring in anything we wanted to bring into our lives. Now we look forward to seeing what shifts this garden's return will bring to the farm and see what experiences you have with this enormously transformative remedy. *I AM manifest divinity.*

**FLOWERING TOBACCO "HOT CHOCOLATE"** *Nicotiana langsdorfii* Chakra cleanse for the first, second and third chakras. Helps move sludge leftover in the chakras from the necessary trial and error in relationship work. This is a particularly good one for those of us who feel we must hold onto our garbage even after we have learned what we were meant to learn from relationship experiences. It helps us let it all go and stop thinking we deserve the sludge because we made human errors.

**PINK FLOWERING ALMOND** *Amygdalus* This Essence brought me enormous solace when a friend from Spain sent me a bottle many years ago. At that time, it helped me navigate the break up of my relationship with my family of origin and the scary

circumstances surrounding that situation. Though Pink Flowering Almond is not considered hardy in New Hampshire, I decided to plant a tree, hoping it would grow and blossom here so that one day I could make a Flower Essence from its blossoms to share with all of you. Stranger things had happened at the farm than something not hardy to this region thriving in our midst, and the leap of faith paid off when this spring, our beautiful young Pink Flowering Almond bloomed for the first time. In a lovely bit of synchronicity, on the very same day that the first blossoms opened, my Spanish friend sent me a second bottle of Pink Flowering Almond Essence. The auspicious events encircling this Flower continued when later that week Emily returned from her sojourn in Sicily with several hand painted plates of beautiful Pink Almond Flowers! She had picked out the plates as gift for me with no idea they depicted Pink Flowering Almond blossoms.

Because of all these synchronicities, I was very excited to make our first Pink Flowering Almond Flower Essence, and the Angels were quick to encourage me to dive into working with this new Essence. They asked me to take the Flower Essence for a month, noting that at first it might feel uncomfortable to work with this Essence and that I might notice its effect most in my dreams. I did find myself oddly reluctant to keep taking the Essence but kept going and I did have many dreams involving my mother and grandmother. As I shared the Essence with you, many of you reported the same feeling that this was a challenging Essence to work with yet also a deeply healing one. Others, I am happy to say, report a surprising amount of joy working with the remedy. I began to feel these different experiences had a deep correlation to people's relationship with their earth mothers.

What the Angels explained to me was that Pink Flowering Almond helps us release the cellular memory of our earth mothers in order to uncover our cellular experience of our eternal divine mother. In a way, one could say that it helps erase the transitory and illusionary experience of mother to reveal the absolute of divine love. While this will probably appeal especially to those who had complex or painful experiences with their earth mothers, this profound Essence offers its support to help all of us cut free from illusions of separation and to know ourselves more clearly as one with the divine- a divinity that loves us as itself. The Angels recommend people work with the Essence daily for at least a month in order to get the most from its vibration. They explain this helps the cellular release be as thorough as possible.

I asked the Angels how this Essence would work with someone who had a good relationship with his or her earth mother. They noted, "This Essence is for everyone no matter the kind of mother they had. It helps you to frame the goodness of an earth mothers in the context of the eternal and both releases all that is not permanent as well as strengthening what is, the love for your earth mothers and their love for you." *I AM one with the Divine Mother.*

**ROYAL PURPLE SMOKE BUSH** *Cotinus coggygria* An ally of great strength helps us be seen when this serves us and remain unseen when that serves us.

**RUDBECKIA, CAPPUCINO & CHERRY BRANDY** I noted in my first attempt to describe this Flower Essence that it helps us to shift gears more quickly and adapt better to necessary change. Since I was in the middle of many technology snafus when this Essence was first made, I noted that it helped me set aside my resistance to technology, eased me through some necessary technology upgrades and generally softened the whole process for me. This first plunge into defining the Essence proved a rather shallow overview of this Essences strength as we heard from those of you testing it that you felt it helped with transitions of a more profound nature. One of you explained that after decades of roadblocks in your efforts to move beyond an intellectual understanding of significant childhood trauma, this Rudbeckia Essence supported you to go to the heart of the wound, showed you the place where you went unconscious in dealing with the wound and helped you go into that place and breathe into it, thus bringing the wound into greater consciousness. So not only does this one softens our resistance to necessary shifts, ease our reactions to snafus, support with general translation issues and help us feel loved as we adapt and upgrade our inner software, but it helps us cross formerly out of reach healing thresholds.

When I went back to the Flower for a necessary upgrade to my first definition, this Rudbeckia Essence explained, "As two of the new hybrids coming forward in our family of plants, we hold different energies and help you do that as well. Some of our gifts will address more surface tensions like your aforementioned issues with advancing technology, but our real gifts in the times that lie ahead are in the way we hold energy about unlocking the keys to a number of change paradigms. If you feel the pressure to change but don't feel the tools are quite in reach to shift gears, look to this Essence to help you make the transition. *I AM the spark that lights the fire of change.*

**SWEET PEPPER BUSH** *Clethra alnifolia* Native of North America, this Essence helps us to get to the point.

**WESTERLAND ROSE** *Rosa 'Westerland'* The times are fiery with much new spiritual energy pouring into the planet. This energy brings wonderful gifts but also brings challenges. As we assimilate the gifts of the new higher energies, we can find ourselves overheated and raw, especially in our first, second and third chakras. These chakras take a hit during these fiery times because these higher energies work on issues of self-identity and personal power, encouraging us to change our mindset and our vibration around these issues. This, in turn, affects the chakras where these issues are seated in our bodies. Some symptoms mentioned by healers in particular during the summer of 2010 were feet and leg issues, fiery nerves, and general issues of overheating. This gorgeous orange Rose shows us a way to restore and rebalance these chakras during this sometimes fiery and tumultuous change process. It helps us find an elemental and strong experience of balance and physical health and vitality amidst these changes in our vibration. The Angels told us this would be an important Rose for humanity in the period after the summer of 2010. They also said this about the new Essence from Ireland: Giant's Causeway. *I AM the embodiment of creative change.*

**WHITE SWEET CLOVER** *Melilous alba* Much loved by bees, this six foot tall clover has delicate wands of white Flowers. White Sweet Clover explains, "I help you express yourself with love, fearlessness and a natural sweetness. I am especially good when you need to take your wisdom into alien even hostile territory and need courage to stand tall in your essential nature. I help you feel impermeable to other's judgment and hostility. I am particularly good for sweet people who must face cynical audiences. I show you the strength of your position and help you speak without apology. *I AM sweetness without apology.*

**WILD LETTUCE** *Lactuca candensis* Resembling a canopy of twinkling yellow stars in the firmament, this amazing Flower orb lifts us from pedestrian concerns into an imaginative, expansive realm. As a Flower Essence it is good for dream work, creating in expansive ways, seeing the big picture, living outside the box, taking flight. It also offers a very consoling energy as well as an expansive one, like falling asleep under the stars, part breathless expansive wonder, part feeling this is my place, my home, my realm. *I AM at home in the cosmos.*

**WINTER ACONITE** *Eranthis hyemalis* Sometimes when we see an unconstructive behavior pattern in ourselves, we can find ourselves bogged down in remorse and a “how could I have behaved this way?” sort of regret when really the best thing for all concerned is to let go of the past, move on without self flagellation, and do our best to do better. This Flower, from the Buttercup family, blooms in the snow; its bold cheering vibration encourages us not to stay frozen in our regrets or an old dead season, but to cherish what we have learned by fully embracing a new way of being. *I AM the wisdom of letting go to begin again unburdened.*

## **NEW 2010 IRISH FLOWER ESSENCES**

When Ben Sheehan finished walking the Camino de Santiago de Compostela in the summer of 2009, he'd been following arrows for 600 miles across Spain. There at the end of his Camino in the waters of Fisterra he saw one last arrow made of ocean froth, pointing towards Ireland. This summer he followed that arrow and went to Ireland. Before he left, I asked him to make Flower Essences from some of our most popular Irish Flower Essences, showing photos of Flowers at him with a lot of comments in the margins like, “We are DESPERATE for this one.” He exceeded all my expectations by returning from Ireland with many new Irish Flower Essences as well as new stock for all our original Irish Flower Essences. Here are descriptions of the new ones he brought back for us. See Ben's blog post on my blog for his humorous description of his trip!

**'BOFIN UNUSUAL** This one helps us assimilate unusual, outside our ken past life skills, unexpected circumstances or people that have unexpectedly come ashore into our lives. The vibrational shifts of the summer of 2010 are bringing forward unexpected tools of support. This one helps us to assimilate these gifts into our lives even when the people, talents and skills arrive out of the blue.

Ben made the Essence from a Flower that had seeded itself on the water's edge on Inishbofin, an island of the west coast of Ireland. The Flower grew with abandon in a spot all but devoid of soil indicating the way things can arrive and make camp in our lives even when there seem to be no support systems in place to sustain the new arrivals. Our cousin Roisin said this was not a common Flower either in Ireland or on Inishbofin. Having searched my many English and Irish Wildflower books, I suspect this Flower is not native to Europe but came ashore from parts unknown.

The Angels tell me that vibrational shifts on the planet do not happen in a steady stream but more in leaps forward followed by periods of assimilation. This particular leap in the summer of 2010 leaves us in need of some new tools of adaptation, and the Angels encourage us to be open to gifts out of the blue. This Essence will help us assimilate these gifts and will also help us when we remember long forgotten skills and people. The Angels explain that due to the shifts in the vibration beginning in the summer of 2010, we are experiencing time differently and bumping more often into our “past life” experiences. This can be all for the good if we have a handle on this phenomenon and understand it is a dynamic meant to help us evolve. I can imagine these bumps will be quite frightening for those who do not believe in past lives, and the Angels said this Flower Essence would help these folks ease into this belief structure in the face of their own heartfelt experiences

**GIANT'S CAUSEWAY** (in Dragon's Teeth *Tetragonolobus maritimus*) This Flower Essence comes from a place of great significance, an ancient celtic crossroad of maritime travel known as the Giant's Causeway. Its distinctive rock formations give us its name, but the Angels explain that it is actually the place's capacity to move energy that serves us in this Essence. I enjoy that the Elementals grounded the vibration of the place in a Flower called Dragon's Teeth, a name wonderfully evocative of the way this Flower Essence helps us form a bridge between modern times and ancient wisdom as well as form a bridge from our present day vibration to the expanding possibilities of the future AND THEN MOVE ACROSS IT.

This is one of a couple of Essences that the Angels said were particularly important right now as we reach across a gap from our present vibrations to where we must be in the near future. The Angels have described the current times as a big improvisation in which they are doing everything they can to support us in the uncharted waters of the higher vibrations being grounded on earth. They note that this Essence is one of the tools of support they offer us right now to help us take this vibrational journey. *I AM manifest light*

**GREAT WILLOWHERB** *Epilobium hirsutum* This one helps us keep an open heart in despairing times and be a vessel for hope and optimism during difficult transitions. It is helpful for healers and those who serve others with their efforts to stay cheerful and optimistic even in the face of significant challenges. The Angels have said this is another Essence that will speak specifically to many healers who are helping all of us across this next vibrational shift. *I AM a light and free heart.*

**HAREBELL FROM DOG'S BAY** *Campanula rotundifolia* Perseverance. Support to rise up with strength and determination when our efforts seem against all odds and bound to fail. This one helps us tough it out and prevail no matter the outcome. *I AM the courage to persevere.*

**SEA ROCKET** *Cakile maritime* Like so many seaside Flowers, this one grows in inhospitable terrain. As a Flower Essence it helps us get the most from whatever nutrition and light energy our environment and diet offer us and helps us make the most of what is available to us. Again, this is a particularly good Essence for this time as one of the challenges for us as we make this vibrational shift is to have a physical body that can contain the higher vibration. One of the wisest Flower Essence practitioners I know noted that this Essence was particularly important for the animals right now who are in a deep struggle to bridge the vibrational gap that I have been speaking of. An immediate flurry of shivers up my body when she told me this made me know

she had hit the nail on the head with her insight, so please consider giving this to your animals right now. *I AM the wise and efficient use of the resources given me.*

**SPIDDAL** (grounded in Birdsfoot Trefoil *Lotus corniculatus*) During his recent travels in Ireland, Ben let the Elementals take him where they wanted him to go which didn't mean it was always a place he wanted to go. As he explained it, "While I wandered the rocky beach in Spiddal, I had an uneasy feeling and was not sure any flowers I collected would offer beneficial vibrations. Upon returning to New Hampshire, I had a fitful night of weird dreams in which I was driving towards Spiddal where I was to be burned at the stake for unclear reasons. These dreams clarified my uneasiness in Spiddal and offered an explanation for the flowers that I had picked during my strange night in this little coastal town. Somehow I had tapped into a past life experience, and the flowers of that rocky beach understood how to navigate such a jarring and inexplicable sentiment."

When I asked the Angels about the Essence Ben made in Spiddal, they explained that it would help people take back personal power lost through traumatic past life experiences especially violent deaths. They also explained that working with this Essence would help soften the negative impact traumatic past life experiences have on our current situation. They mentioned that past life aftershocks including a dislike of anything around one's neck due to having been hung, a fear of heights due to having been thrown off cliffs, issues around burns resulting from being burned alive as some of the multitude of lingering issues such traumatic past life experiences leave within us. Spiddal is about seeing and physically holding these situations in detached overview and from an empowered place. Not only will this help us release inexplicable anxieties caused by these traumas and thus stop leaking life force energy around these issues, but it will help us be more present in the now. *I AM released from any lingering damage from all painful experiences*

**THISTLE FROM OMEY** *Cirsium* The protective energies of Thistle get an Irish twist, specifically offering support to close down energy leaks caused by people passing out of our lives for any reason.

## NEW 2009 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.

**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. *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."

**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.