

) (**moon by moon flower & plant essence descriptions: 2018**) (

∞ **agrimony** (*Agrimonia eupatoria*)

made on the 21st-22nd of june, 2017 in raleigh/nc, as the sun left the sign of gemini & moved into that of cancer. this essence helps us to communicate in alignment with our thoughts & emotional needs. reminds us that what we have to say is important, that it has impact, & in this way it is equally as important to speak as a form of release. it also helps us to express how we wish to be treated by others, in accordance with our boundaries. this essence encourages us to defend & express our basic needs with clarity in our words, from a place of compassion, to enact the change we wish to see

∞ **alchemilla leaves** (*Alchemilla mollis*)

made at dawn from dew-covered leaves in the gardens at birthwise midwifery school in bridgton/me. this essence helps us turn our base metals to gold -- to inspire change & movement from a dull state to a higher one. it motivates us to leave our comfort zones & enter into the world. reminds us to not squander our gifts. wakes us up, gets us dressed, sends us on our way

∞ **artemisia** (*Artemisia vulgaris*)

also known as mugwort, this essence was made under a full moon in pisces with my mother on 08-09.september, 2014. it connects us to our mother-lines, to our intuition & to our dreams; it harmonizes our psychic life with our daily life. like a rope ladder, it allows us to move in & out of both worlds with fluidity. synchronizes us with the forces of the full moon & the matriarchy. deeply healing, it causes us to rise up to meet our dreams & emotions, especially when we feel disconnected from them. enables us to channel & express our creativity with greater ease, & shows us that through creative work, we can find incredible connection & healing

∞ **beebalm** (*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. this essence helps us to sweep out our emotional baggage -- it cuts through the tangles, reaching to our depths & even the forgotten places within us: it acts like a broom for our emotional clutter & cobwebs. assists us in seeing patterns that do not serve us & helps us to resolve them. instills patience while we attempt to address & verbalize the emotional vortexes of our past

∞ **birch bark** (*Betula papyrifera*)

made at midnight on the 28th of october until the next morning in falmouth/me, this essence is a compass, a sextant: it connects us to the stars & enables us to navigate by them. helps us to create maps home, connecting the dots like constellations, & giving

strength to our structures. it gives comfort & direction to those who feel lost. clarity of vision. felt on the level of the bones

∞ **blackberry flower** (*Rubus* sp.)

made in the wedge garden on the 29th of april, 2018 while the full moon was in scorpio. this essence is for finding strength in release, especially through creative means. like the ringing of a bell, it clears the mental space & inspires us to return to ourselves, to our center, & to call in that which we most need. in this way, it blackberry flower helps us with manifestation of our personal will. it 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 can remind us that we have already have the rough, tough breakthrough... now it is time to integrate that & be present to our lives

∞ **bleeding heart** (*Dicentra spectabilis*)

bleeding heart flower essence helps to instill strength in the heart. teaches love based on self-respect. especially for those with a tendency towards co-dependence. heals the heart that cannot let go of a relationship that has ended through breakup, divorce, or death. helps people to let go, & to learn to fulfill their emotional needs by nourishing & loving themselves

∞ **borage** (*Borago officinalis*)

the blue star. it helps to ease depression, despair, & heartache of various kinds. softens our sorrow & to restores a sense of happiness & joy. lifts our chins up. it is a plant of courage & rebuilding; it restitutes the heart--helping us to channel our grief & turn it into a new form. encourages us to find healing through vocal expression of thoughts & feelings

∞ **calamus rhizome** (*Acorus calamus*)

made in canaan/ny, the day after the solar eclipse/new moon in scorpio on october 24, 2014. this essence is like inanna's journey out of the underworld. it is a release from the muck. helps us to reach into our depths & grab our roots with our hands. it is clarifying & helps us focus. reminds us of the work it takes to enjoy the fruits of our labors. swampy, rainy, pungent, moving, & strange. this essence calls us to our work; it brings us to our roots; it tells us to feel around in the dark for awhile. deeply connected to the swamps & mud & infinitely interconnected to the roots/plants surrounding it. a return to the surface/coming up for air

∞ **cayenne** (*Capsicum annuum*)

made in the gardens on noah's arc in dryden/ny in the middle of a hot june afternoon. it is a remedy of fire, action, empowerment, & creative spark. instills confidence & an energetic awareness of one's own capabilities & talents: it helps us "own", appreciate, & come into our gifts. especially helpful for those with a tendency towards stagnation, fearfulness, or who find it difficult to move forward/change. it is passionate, swift, & full of momentum. like lava at your heels

∞ **celandine** (*Chelidonium majus*)

for moving through tensions & fear, for pulling us up & out, for release. especially helpful for communication & clarification: imbues you with an enhanced ability to speak your truth. especially helpful for people who have a difficult time communicating their needs or putting language to how they feel---usually from fear of some kind or from years of bottling things up, or for those who feel they communicate best without words. this is an essence of pure release & thus has the effect of leaving one's mark on the world

∞ **comfrey** (*Symphytum officinale*)

this essence was made in the afternoon on beltane — the first of may, 2017 in raleigh/nc. an essence of speedy repair, growth, renewal, & abundance. this essence is great for when we have done a lot of healing work & need a little push to tie off loose ends of that transformation. it helps us to awaken to ourselves, especially if we have been in a long process of breaking from ingrained patterns or structures that no longer support us

∞ **crepe myrtle bark** (*Lagerstroemia indica*)

made from the bark of a crepe myrtle tree growing in hampton park in charleston/sc on 27.june, 2016. this is an essence of peeling & regeneration. it is a stripping away from one form to the next, a shedding of the old skin & stories to reveal what lays beneath: layer by layer, bit by bit. this essence helps with this process of undressing ourselves while yet remaining both fully grounded & in ecstatic blossom. helps us to leave the cocoon phase of our journey. also especially indicated for "transplants" or people who have evolved by being moved from one place to another: whether by choice, force, or happenstance

∞ **dandelion** (*Taraxacum officinale*)

made in an open field off the pondicherry trails in bridgton/me, this essence is gives us physical vitality from the root up. helps us to go with the flow, to perservere, & to thrive despite our environmental conditions. perfect for city dwellers -- giving connection to the plant world through layers of concrete. it aids us in releasing emotional tension/trauma held in the muscles & to navigate emotional transitions with ease. inspires

resilience & a climbing, radiating joyfulness. great support for those with long-term, chronic, or auto-immune issues

∞ **ditch lily** (*Hemerocallis fulva*)

this essence was made in july, 2016 in 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. this essence is for feeling resolved in the midst of tension, for being open to reaching out of your comfort zone(s), for being kind to 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. it is for filling the space together, together with the larger sense of community you are living in &/or around. it is for making discomfort work for you, making it a motivator vs. a thing to run from. this essence is fiery & heart-centered. reminds us that we are singular but connected; resilient & fierce

∞ **dogwood** (*Cornus florida*)

i made this essence this past april with my sweet friend, jean who is two & full of magic. we used one of the dogwood flowers, with its wing-like white bracts, from the tree in her front yard. this essence is all about grace, ease, & simplification. it helps us to move with clarity into pace with the rhythms of our life & the basic needs of our body. it moves us towards nourishing our core by encouraging us to carry only what is absolutely necessary, to relieve one's self of the baggage or clutter we bring along with us. like watching a ballet, it reminds us we are able to hold pose in the world while also remaining open & fluid

∞ **echinacea** (*Echinacea purpurea*)

this essence was made from echinacea plants growing in the garden of a friend in durham/nc on a very hot & humid day in august, 2016. it is radiant, it is like a dance. full of creative & transformative energy. helpful in clearing away old vestiges of self in order to truly transform & to find the axis within ourselves so that we may live fully, with integrity, so that our actions radiate our true heart & mindset. stimulates us to create, to put ourselves out there, & to make new possibilities for the future. like a wheel, it keeps us turning & moving in the direction of our highest self

∞ **elder flower** (*Sambucus nigra*)

made beside knights pond in northport/me under the super full moon in capricorn on 12.july, 2014 until the next morning. this essence is about healing & renewal: it was made in between a body of fresh spring water & a bonfire. it is clarifying -- allowing us to find strength to see situations as they are, without rose-colored glasses. this essence is paternal, showing us "how it is" & supporting us through that process. it connects us to

past memories & allows us to transform them into healing stories. it also instills energy, vigor, & resilience when we feel defeated, exhausted, & depleted. this essence is all about being shown your path, whether or not you like what you see, & knowing that you can follow it -- that you have a guardian with you along the way

∞ **evening primrose** (*Oenothera biennis*)

this essence is about communication & nurturing--it softens us. specific for those who have felt unwanted or rejected, can help to address fear around commitment, parenthood, & sexual or emotional repression. evening primrose is a night blooming flower & can help us strengthen 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 comfort in vulnerability

∞ **forget me not** (*Myosotis* sp.)

this plant is also known as scorpion grass because of the spiraling curve of its inflorescence, which i also believe has a clear indication for the lower or base versions of the zodiac sign of scorpio. this essence is for those feeling isolated & lonely; there is a spiritual disconnection with others or part of the self seems to be lost & uncared for. this could all be triggered by the death or separation from a loved one as well as unresolved feelings of guilt about past actions. opens the heart to allow the release of fear & pain held deep in the subconscious, helping us to remember our innocence. enhances the subconscious, meditation, visions & dream states. it aids in transformations, transitions, & rebirths

∞ **ghostpipe** (*Monotropa uniflora*)

made beside knights pond in northport/me under a full moon in aquarius on 10.august, 2014. for "phantom" pains & losses. specific for when something either spiritual or physical has been taken away from you. a wonderful remedy for those who have gone through any kind of surgery, amputation, miscarriage, abortion, or withdrawal from drugs/alcohol. additionally, it is extremely helpful for those who have lost a friend, lover, or family member yet still feel that person is -there-. it can help to ease the pangs of missing what was lost/removed

∞ **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. it can help to dry out any damp, boggy places inside of ourselves & spread the light of the sun into the places that have too long been in the dark. 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 what this essence helps us to do. it is our harvest, the integration of all the seeds we have sown

∞ **goldthread** (*Coptis groenlandica*)

made beside knights pond in northport/me, this essence is an appreciation of the small miracles of each day. helps us to discover magic in the places we least expect to find it & when we least expect it. it is a wonderful reminder of the inner light within each of us. restores a child-like approach to the world around us & fills us with the richness of the earth

∞ **honeysuckle** (*Lonicera caprifolium*)

made in savannah/ga with a group of dear friends as we cackled under the afternoon sun. this essence is for using our memories & past experiences as *fuel* / free of nostalgia or regret. especially empowering for women & female-identifying people: using negative experiences with the patriarchy as a jump-off point for your blossoming. a mouthpiece & a tool for working as a "woman in a man's world." releases deep or old traumas. lilth medicine, girl gang medicine, a collective cackle from the coven

∞ **jasmine** (*Jasminum officinalis*)

made 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. it 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

∞ **lavender** (*Lavendula angustifolia*)

for helping to protect sensitive souls & soothe over-active & distracted minds, repetitive thought-processes, & for learning how to balance personal energy. helps to build boundaries between oneself & the spiritual/psychic realm. specifically indicated for those who are highly sensitive to & attracted to spiritual practices, but who tend to absorb more from this world than they can physically process, thus creating nervous tension in the body & mind (especially shoulder & neck tension, insomnia, or headaches). helps thoughts to run clear, instills a quietness, & a peace of mind

∞ **lilac** (*Syringa vulgaris*)

is a source of inspiration & spontaneity. it is the little faery that tugs at your ear & reminds you to let loose, to celebrate life, to seek out that which you find beautiful &

exciting/stimulating. especially helpful for those who get lost in the perfume of the past/in longing for times or people gone by/for what could have been... it brings us into the now & reminds us how to continue on this is your pattern breaker, your rush of life, your reminder to stop resisting the current

∞ **lobelia** (*Lobelia inflata*)

made while putting a garden to bed one afternoon in october, 2013 in sweden/me. 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 up & communicate what they need. it dilates us & supports us as we let go & move through places we feel stuck or ways which no longer serve & sustain us. helps us to cultivate vulnerability & clears the way for new growth, potential, & expression. mask removal

∞ **mimosa** (*Albizia julibrissin*)

made on the night the full moon was in sagittarius on 02.june, 2015 in savannah/ga. mimosa is open, full of possibilities, & is about sensitivity in all of its forms. it has its feelers out all of the time & is in constant connection. this essence is about taking notice of the world around us, about connecting the threads of the external world to our own internal worlds. it is intoxicating, beautiful, strange, & soothing. it almost tickles. like drinking prosecco straight out of the bottle on a dim summer night. it is playful, bright, altering, & soft. teaches us to be aware & teaches us to sit with situations that are weird or uncomfortable as opposed to trying to escape them

∞ **passionflower** (*Passiflora incarnata*)

made in the wedge garden on the 16th of june, 2018 with my little herb class. passionflower 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. it inspires us to be bold, to put ourselves out there, & to feel supported on all sides in doing so

∞ **pearly everlasting** (*Anaphalis margaritaceae*)

this essence was made on some trails behind the house where i lived in bridgton/me on the eve of the dead/all soul's eve, under a new moon in scorpio, & into the next morning which held a solar eclipse. this essence is for veil dancers. it is a connector to the spirit realm: our ancestors, angels, & guides. lifts the veil between the worlds & strengthens our bond to the place beyond. Bestows a crown of protection so that we may safely tap into our peripheral consciousness. made with deep veneration for the

dead, for that which has passed, & as such pleased use this essence with respect & intention. using it on an altar makes a beautiful offering 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. this is an essence for spelunking & deep traversing. 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. 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 relationship to self but in long-term relationships with another

∞ **pink lady's slipper** (*Cypripedium acaule*)

made on the pondicherry trails in bridgton/me, this essence brings us in touch with our sexuality. especially healing for those who have experienced trauma/shame in regards to sexuality, the body, or intimacy. helps us have patience with ourselves, as well as understanding that all of life is a journey. allows us to release any hang-ups we have around self-worth or shame & to gently release tension/let our guards down in order to allow others in & to allow ourselves to really enjoy & voice our sexual expression

∞ **pipsissewa** (*Chimaphila umbellata*)

made on a sunny afternoon in the forests of black mountain, NC. the name is derived from the cree name *pipsisikweu* meaning, "it breaks into small pieces." this essence goes right to the head & does just that: it breaks up dense thought into clear compartments/channels. clarifies our sight & sharpens our focus; brings attention to our aural/auditory sense. refreshes our sense of self & of self-purpose. it is delicate, intricate, bright, & strong like the expert tatting of lace—the same characteristics this essence imbues us with. encourages us to bring our unique & strange qualities into the world, despite the uniformity of our surroundings. in this way, it also breaks the ideas we have into small pieces: defies our expectations of what something *appears* to be on the surface / diluting misconceptions or stereotypes. singular, stalwart, & lovely. the sacred & the profane. inherently feminist in its energy: femme protection, resilience, & solidarity

∞ **purple columbine** (*Aquilegia vulgaris*)

made in the forgotten garden in bridgton/me, this essence reminds us that sometimes our medicine is in the poison -- in this way can provide healing & equilibrium. helps us to indulge in & accept the darker parts of ourselves safely & with purpose. like the

ferryman, this essence ushers us from one side to another, safely across the water. gives us stability in the midst of emotionally trying times

∞ **rattlesnake plantain** (*Goodyera pubescens*)

made in the afternoon beside carr's pond in west greenwich/ri, this essence helps us have patience for our own selves, our own shortcomings, our own self-image, & our own diffidence. it restores a comfort in one's own skin. helps us to cultivate self-forgiveness & self-acceptance. it wants us to dance/swim/sing/give grace to our bodies. it makes us say, "i found another way to caress my day"

∞ **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"

∞ **snowdrop** (*Galanthus* sp.)

this essence is fresh-faced, it is the first sign of spring, it is emergence: from the darkness into the dawn. specific for those who have undergone long periods of trauma/trial/sadness/retreat into the depth's one's self. it is the revealing of all the self-work that is done in the dark-places. it is stepping into the world out of isolation. this essence encourages us to bloom, even though the ground may still feel frozen. brings us out of our shells/out of our hiding places

∞ **solomon's seal** (*Polygonatum odoratum*)

specific remedy for healing structures—both internal ones & ones external: helps us to revisit old wounds or wounds that are attached to our roots, ancestry, karma. it allows us to heal by repairing, rebuilding, restructuring, & ultimately giving us the ability to move forward. especially indicated for emotional & spiritual damage caused by repetitive stress-related injuries. adaptive, deeply nourishing, & aligning. also has an uncanny ability to call in things new & unforeseen

∞ **spanish moss** (*Tillandsia usneoides*)

this essence is all about trust, support, & process. it is almost like a trust fall: strengthens our innate ability to actively trust that we will be supported or caught by the universe, even when we may doubt that. it teaches us, also, about healthy relationships---about symbiosis vs. antibiosis or about what we give & take from our relationships with

others & vice versa. under its canopy, we learn who we are & how to heal the places within us where we have become disillusioned, distrustful, unsupported, felt the grief in our lungs. it gives us connection to our healing process & the tools to truly support others

∞ **star magnolia** (*Magnolia stellata*)

made as a rainstorm was rolling in on the afternoon of 16.february, 2018 in raleigh/nc. this essence is a harbinger, an augur. each of the buds open at a different time, almost as if we are being given little snippets of its message: that the light & warmth is in fact coming, that we too need to begin to open up towards the sun. it is one of the first blooms to come forth as the spring inches nearer. i find this essence to be courageous—inspiring us to bloom & go for it, to go out on a limb. on that note, it also helps us to get into pace with our timing: reminding us when to bloom, reminding us when to stay in bud.... that there can be different parts of us doing both at the same time. graceful, open, ready to receive

∞ **sungold tomato** (*Solanum lycopersicum*)

this essence was made on a warm july night in charleston/sc. it allows us to bear our fruits —our stories— who we are & where we have come from. gives us the space to share without allowing shame or fear to pierce our skins easily. teaches us timing, generosity, & shared experience; about being “ready.” ready to open or burst. it is a vulnerable thing to be a fruit exposed on a branch, but you are not alone/other fruits like lanterns are dangling from the various limbs & vines, all connected by the same root

∞ **sweet fern** (*Comptonia peregrina*)

made in the forests of bridgton/me, this essence helps us to slow down: to think less & allow more. it reminds us that we do not need to force things, but to trust that they will fall into place when they are ready to. it helps us to become apart of the details & to acquire an eye for the intricacies of the world around us. it is grounding, meditative, & staunches an over-active/obsessive thought process. this essence teaches us how to become quiet, still, & how to listen

∞ **toadshade** (*Trillium cuneatum*)

made in april, 2014 during the full blood moon/total lunar eclipse in libra, over a series of days & nights at the short mt. sanctuary in tennessee. this essence is a bridge to the life/death/life cycle -- allows us to acknowledge death in a healthy way, to know it springs from life & becomes life, versus it being an ultimate end. opens us up to evolving in ourselves, our relationships, & the world as opposed to giving up/trying to turn the clock back

∞ **valerian flower** (*Valeriana officinalis*)

i made this essence from plants growing in the gardens at noah's ark in dryden/ny. this essence is all about honing in, about syphoning, 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 preservation, passion, & 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 & a sense of tranquility

∞ **violet** (*Viola odorata*)

helps us move through feelings of shyness, helps us to open up & let our selves shine through. encourages us not to shrink, but to stand present & full in our lives. liberating, expressive, & unashamed. especially indicated for reflective & introverted types as well as those who are very sensitive or highly attuned---helps these personalities share without feeling afraid or drained. also for instilling a sense of solace so that one may recharge or work on creative endeavors in privacy & solitude. encourages delight in sharing one's inner workings & creations

∞ **wild bay-rose** (*Rosa rugosa*)

made while the sun was setting & tide was coming in on penobscot bay in maine. 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. 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. this is heart medicine. it helps us act from a place of love versus one of fear. soothes & restores acute & long-term states of grief, strife, anxiety, uncertainty, or loss. "with love, a quiet journey"

∞ **wisteria** (*Wisteria* sp.)

made during the afternoon of 02.april, 2016 in savannah/ga with two clusters of wisteria growing wild in the alleyway behind our little house. this essence is for release. it is like getting caught in a spring rain. you know that feeling of being caught unexpectedly in a rain shower & you hunch up your shoulders & try to run for shelter? 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. it is 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 provides serene perspective & reminds us of the strength in our fragility

∞ **wild ginger** (*Asarum canadense*)

this essence is gently grounding, rooting, & stimulating. helps us to explore the depths of ourselves, especially nice for those who may not know "where or how to begin". for delving into our roots, our ancestry, where we have come from; for feeling ancestral support. a companion us move through the dark & primordial places within us as well as 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

∞ **wood betony** (*Stachys betonica*)

this essence was made on the final night of june, 2017 in raleigh/nc. it is a wonderful support for mind-body connection, therefore addresses a lack of groundedness. wood betony invites us down to earth literally & figuratively, it soothes us into ourselves when we spend too much time on the mental/intellectual plane. brings a sense of physical & emotional well being from its ability to nourish our nervous systems. gives us a strong sense of mental clarity & focus while empowering our gut level instinct

∞ **yarrow** (*Achillea millefolium*)

known as "the healers healer," this essence is perfect for & specifically indicated for those in any line of healing work. it is a boundary-creator -- making a soft but strong shield around us, protecting our inner sensitivities & empathy for others. it saves us from taking on too much, from energy that isn't ours, burning out, absorbing our environments, & from giving too much of ourselves. it acts like a filter: helping us to build discernment & healthy boundaries without turning us hard or cold