



GARDEN ESSENCES 1/2 OZ Stock Level

The Garden Essences are being made in human created garden landscapes with Nature connecting to new earth vortex frequencies for spiritual living in any urban setting. This collection of essences support and empower spiritual awakening and grounded unity within self in any environment or human created habitat. Vortex Essences has been inspired to offer healing frequencies for specific thought forms and patterns, of the individual and human collective. They are grown from organic or commercial seed or seedlings. The Global Garden essences offer a vibrational bridge to assist the honoring and understanding of co-creating with nature as a path to self-mastery and enlightenment within a community setting. Ecoscapes, in harmony with nature, by garden, by acre, by park, by nursery.

Basil – Sensuality (*Ocimum basilicum*). Open to your full potential and utilize the power of your 1st. and 2nd energy centers (chakras) in their true purity of divine will and sensory awareness. Sensuality transformed to the innocence and truthful sharing of your feeling nature in the frequencies of love. Break the chain and effects of fear and abuse passed on through your genetic lineage. Made during a practitioner's certification, this plant too was grown from a young seedling with the protective focus to facilitate your soul's alignment to utilize divine source energies of creation in love. Romance come to Life!

Broccoli – Endurance (Waltham 29). This essence assists to see through the illusion of fear and BE the divine vision of your life's blueprint. Promotes a balanced awareness of the defenses you created to deny your own ability to transform outside static and distorted energies in your human environment and auric field. Taking broccoli amplifies clarity to decide and be the light and wisdom that you are. Only you can decide how you will feel and what you will do and when you will become the outcome of your heart's desire.

Butterfly Bush – The Invitation (*Buddleia Davidii*) Lead an extraordinary life. Empower your consciousness to prioritize gentle graceful change. Receive the gift of transformation and freedom as gently as a butterfly following its natural life cycle. Allow this essence to balance your magnetic and electrical fields during soul integration and expansion. Keep your senses light as your spiritual nature grounds more fully in each moment, each breath. Created to facilitate clear feminine acceptance of the 6/8/2004 Venus/Sedna/Mercury/Sun alignments for men and women.

Cactus (Christmas pink) – Humility (*Zygocactus lugalite1*) Humility is sensing or knowing one's place in the world, the divine source of you, and embodying it. Living one's life with profound certainty and gentle actions, free of mirroring others paths. Being plugged in, connected and taking action in the divine flow. Facing challenges and change with the power of love and your divine qualities and virtues.

Cantaloupe- Synchrony (unknown appeared in garden) Drawing to a close the expansion of threads of thought through time into the present moment with nature's alliance in uplifting synchrony for simultaneous thought, action and alignment to your wellbeing. Consider anything is possible and comes into your life's path when you match the vibrational resonance to that which you request. Approach each day in time as new and now, thoughtfully creating your experiences from the best feeling place and dance into more as your genius leads the way.

Catmint – Effervescence (*Nepeta cataria*) Humanity has used catmint in cooking and teas for centuries. It has long supported a joyful state, a feeling of freedom, and provided assistance with common discomforts such as menstrual cramps, insomnia, nightmares and mild colic. This essence was co-created to help your body elemental respond or react to projected thoughts and emotion charged energy from another. Catmint helps also to balance and transmute the energy build up of internal transformation (often expressing as non

stop burping). Truly! The sense of relief and lightness is so effervescent you have to laugh. So get over any embarrassment burping if an issue surfaces suddenly; it is natural and efficient. Catmint is great for cats too! Place 3-4 drops in their water bowl. Helps to lift melancholy and grief.

Chive – Persistence (*Allium schoenoprasum*) Persist in being your gift to the world! Open to your creativity. For over a year this plant called out to give its gift. We loved and honored it, yet passed on making an essence. So it grew even bigger and more brilliant the next spring, beaming with a love so strong, it could not be ignored any longer. The Deva of this chive plant then offered an entire creation – Kitchen Delight for it to be used in. Such persistence!

Chrysanthemum – Beyond Ego (xxx) Swift changes come into alignment, with your source remembrance and surrender to the truth of your divine nature. False personas and limitations dissolve as you use your prayerful thoughts to express inner truths, highest choices and inspirations of your victory. Receive the assistance of the spiritual realms to see a new perception of wholeness even within the contrast. Change your thinking – change your life.

Clover (White Lawn) – Sustenance (*Trifolium repens*) Connect to your earth point/chakra and feel filled with the vibrational frequencies of sustenance. Receive beyond the structures and limitation of human belief sustaining life and vitality. All is well, and we are well cared for.

Coreopsis (Plains) – Time Release (*coreopsis tinctoria*) – Can your mind claim the now moment and command non-serving beliefs, thoughts that carry emotional triggers, and genetic memory into alignment with current choices? Yes. This essence, works on the level of ending the re-leasing of cause, core, record and memory of any and all contracts, agreements, and experiences you have created in separation and in fear. Take this essence when you know there are frequencies of thought ready to be lightened up and transformed.

Cucumber – Energy in Motion – NEW 2016

Daisy (Shasta) – Solar Purity (*Chrysanthemum maximum*) Open to solar angelic rays of purity and peace everlasting. When called to move, create a new lifestyle, or change relationships, Shasta Daisy will help ease the expansion to your new identity. Connects you to Mt. Shasta no matter where you are in service. Companion with mustard in DNA expansion.

Desert Bells – Ingenuity (*Phacelia campanularia*) Human ingenuity refers to the process of applying ideas to solve problems or meet challenges. It has led to new mindsets, technologies of applied science, and development of new social systems on many levels. What is offered here is nature's alignment and direct access to solutions that come from within. It is time to enjoy the process of creating! Desert Bells creates the flow between Being and Doing of an individual and the harmony to achieve the results desired. Helps left and right brain functions coordinate the unfolding of a new concept, its expansion, and appearance into your collective reality.

Echinacea (Pow Wow/Wild Berry) - Certainty (*Purpurea*) Set the tone of certainty. What you believe and create nature will aliven. This essence helps you to feel a certainty of knowledge, a core strength and inner foundation, where you are so sure of your guidance through change and movement. Allow your wisdom to emerge for you as you ponder your life experiences. What do you know for sure? How fast do you slip from certainty into question? Can you revel in the delicious discovery of a broader perspective as your body purges old frequencies? Will you grow into the full graceful strength of your becoming as change agents appear to show you options for your choice of experience? Find your inner faith and trust and core certainty and share if you are inspired, for others to feel theirs. Everchanging certainty can be fun! This essence helps you to feel a certainty of knowledge, a core strength and inner foundation, where you are so sure of your guidance and actions through change and movement.

Evening Primrose (Mexican) – Simplicity (*Oenothera speciosa*) Simplicity is a choice, to live from the heart knowing, your divine connection and design, in love and light. When your mind or the influence of other's, present the opportunity to get lost, confused, overwhelmed or ruled by the rat race of repetitive

thoughts and beliefs, choose simplicity. Slow down, see the truth of any given situation and how you are experiencing it. Clarity and flow will follow.

Feverfew – Source You! (Tanacetum parthenium) Be who you were born to be! Express your truth and vision and knowing that you carry from source waiting for a vibrational pulse to aliven and awaken into this reality.. You may not see evidence of them yet in your environment, and still they are yours to carry and share and love. They create options and opportunities, potentials and possibilities. Let Feverfew ignite the pulse that is uniquely yours to voice into the hearts and minds of humanity. Say yes to Source You!

Flax – Divine Timing (Linum perenne) Step into your leadership... Be a leader in the flow, open hearted and living your passion, your service, let others follow your lead into freedom if they will. Flax will bring to the forefront areas where you are still in fear to share your many gifts. Be courageous! When calling for manifestation of any kind, invoke Divine Timing and allow the flow in ease.

Forsythia – Self Acceptance (Frosythia ovata) Spring Equinox, Follow your knowing, body, mind and spirit. Awaken your special gifts and wisdom for this lifetime and accept the divine qualities you essentially are. True, unique, and authentic.

Gaura – Appreciation (Gaura lindeheimeri) Experience a sense of gratitude and appreciation for your life even during challenging times. Activate your emotional body to focus on appreciation for your current reality and the desires for positive change that you have spinning within you. Align thought by thought, finding something to appreciate right now, and now, and now again.

Holly – Divine Magic (Ilex aquifolium) Open to the divine magic of nature to create miracles with you. This essence supports your imagination and manifestations to align with proper use of your will with divine will and to co-create using the white light of the Christ and the green light of Nature in service and love. When working with nature is your path of service, let Holly bring you the deeper connection to direct communion with the alchemy of divine miracles and magic.

Lavender – Love’s Progress Lavender helps to dissolve the matrix of limiting beliefs that slow or stop your full realization. It assists in a sense of a calm relaxed acceptance of rapid growth. It helps to provide understanding of the law of love to progress, accepting new changes and taking a quantum leap in conscious awareness of the divine flow for you, humanity and this planet. Receive and Believe through the feeling and essence of Love.

Lettuce –Precision (Salad Bowl) This essence empowers clear precise coordination of mind to body, hand to eye spatial commands. Lettuce when used for a specific intention helps to focus your ability to physically manifest that thought. It can be added to any food you eat as a catalyst to carry nutrients to the brain and body through the potent transfer of electrical knowledge in the water of the human body.

Lilac – Love’s Embrace When you feel love’s song has somehow slipped and fallen short of your heart, ask how much love do you have? When challenged by another can you reach within and generate more love to uplift any situation into a greater love of self and the source of all concerned? This mother essence replaces our first Lilac – first love –self as the frequencies move up the harmonic scale to embrace the love of your creator, your value, your self as you allow the mending of old beliefs and emotions that denied love to embrace you and flow through you for your gretest good and well-being. Let love’s embrace support you as you let go all the ways your took anothers words, actions and energy projections personally, so you may feel the power of love shared in an eternal embrace on all levels of your being.

Lily (Spider red) – Nadi Focus (Lycoris radiata) Nadis are thought to carry a life force energy known as *prana* in Sanskrit, or *qi* in Chinese-based systems. This essence supports ones intention to engage one’s source and embodiment of enlightened consciousness free of subconscious or unconsciously held thoughts, beliefs, patterns or programming. Strengthening one’s ability to maintain a source centered core and chakra system through evolutionary adaptations with a sense of well-being and certainty of I AM presence.

Marigold (golden) - Life's Companions - (Tagetes patula 'Durango Gold') This essence offers the

harmony and balance of grief from loss of a dear companion. Whether animal, human or other of life's companions one has shared a deep bond with. A stuffed toy, an inherited heirloom plant or beloved era of location. Golden Marigold will soothe you and aid you to feel beyond physicality and time the creational essence of your experiences and cherished memories.

Morning Glory – Motherhood (blue & white combined in bottle) When combined these two essences assist balancing and clearing genetic patterns of separation held in the spinal fluid and which is passed on by the mother through the umbilical cord. Know the feeling of being loved and belonging as a human on earth and the union with the One, the all that is. When you are ready, freeing the soul and body of genetic memories into knowledge as one's light body emerges.

Mullein – Authenticity – (Verbascum thapsus) Mullein – Authenticity – (Verbascum thapsus) Whatever circumstances you may find yourself in, mullein helps to strengthen your true, authentic, divine qualities. Allow mullein to amplify the conscious remembrance of the body's ability to assimilate and communicate with other organic and mineral kingdoms, within the human form and at spiritual levels to promote health and wellbeing. This essence carries the healing signature assisting and opening the energy flow in the lungs, often a storage place for grief, fear and separation. A lifting of the feeling of fatigue (the weight of the world) may be felt. For some it will open a spiritual doorway for balanced plant and mineral spirit utilization.

Narcissus – New Potential (Narcissus papyraceus) Life's creative force empowering you to see your own reflection from your greater source and feel the uniqueness of your contributions in all relationships. Focused collaboration for moving from mirroring duality to seeing the best in self and others.

Nasturtium – Body Calm (Tropaeolum majus var.) From commercial seed, grown with very little amendment in red rock soil. Peppery and full of fire nasturtium urges the speeding up of one's metabolism, calmly, as you change your thoughts to create the vision of your perfection. Nourishing and nurturing the sensory awareness of the raise in vibrational frequency in gentleness. Also assists thyroid function as well to hold the vibration of iodine.

Oregano – Manifestation (Origanum vulgare 'Album') Receive your greatest good. Ask and you shall receive. Allow the Angels and Nature to present you that which you desire and require. Guided to be offered to the public from the personal essence group, this essence was made in 1999 for the awakening of alchemical manifestation. From a wish fulfilled miraculously to instant manifestation. Are you ready to remember your creatorship? Are you ready to be the balance, in alignment to receive your desires the universe awaits to supply?

Parsley – Renegotiate (Petroselinum crispum) Open a new door to greater awareness, self-love and enjoying life in a new manner. Renegotiate co-dependent patterning. Transform your limiting "stories" to truly express your source nature. This essence pulses potential, sparking conscious alignment of your thought, word and emotional patterns to your focused passions. Different for everyone! Can it be as simple as allowing your innate body intelligence to dial in all pathways to the frequency of your I AM loving presence? YES! Renegotiate co-empowering relationships and honor your value in the world. Commit to play 125% moment to moment to moment, feeling good.

Photinia – Coherent Value (x.fraseri) Live in the now, sovereign, with good energetic boundaries. Be aware of another's influence, projection and beliefs affecting your best choices. Meet challenges of cycles of time and transform them in conscious awareness. Changing deep seeded patterns takes a strong focus and attention to living in the present moment, as memories known or unknown, surface to trigger current choices, events and your stored emotions. Come full circle with any issue, arriving at a new perception, a new way of feeling good, and possible closure on contact with the players you cast in the situations. This essence works with the human concept of timelines, fractal time, of past human history and its cumulative effect on living in your vortex, sourcing all experience.

Plum – New Opportunity (fruit bearing) Are you open to new experiences? Able to accept beneficial change, even when it seems things are out of your control? When an opportunity presents itself, are you

ready to take action to flow with it? Shift resistance into possibility; allow your thoughts to become aligned in happiness. When we can see new opportunity in any adverse condition or rapid change, we can imagine and receive needed support and great goodness.

This tree was transplanted into our garden as a mature plum with fruit ripening on it. Rescued from a remodel site miles away, planted in the heat of an AZ summer, the strength of the plant spirit called out for matching trust and belief in its flourishing against the odds. Care in balancing soil, water and nutrients were given. Called the “Rescue Tree”, many neighbors quietly fell in love with it and watched over it on their walks or as they drove to and from work. So much attention in good thought proved victorious. The following spring it was covered with blooms, and bees, and sweet fruit.

Potato – Being Present (Solanum tuberosum) Sedona. Grown from commercial potato eyes in red rock soil. This essence assists in staying in your body as you expand consciousness into other dimensional realms. Bring your inner wisdom out into the world for sharing here in divine order and timing. Nature uses this essence making experience to unite the many potato energies to their place of origin on earth. We are asked to consider the effect of the upliftment or return of the food chain to its divine vibration and purpose.

Poppy (California) – Teamwork (Eschscholzia californica) Pull it all together! Call back your power. California Poppy assists to establish a balanced sense of self-responsibility, and inner self-awareness, while being open to receive help, support, and guidance. Raise your own vibration to consciously meet your spiritual guides, and your own special team in this life. For those in the KNOW it is a doorway to a balanced octave realm shift.

Poppy (oriental red) – Recalibrate This garden poppy essence was co-created to help disperse the anger fear and explosive outbursts that are becoming more frequent as the light particles surrounding the planet urge our bodies to energetically detox old controlling fear patterns leading to inner and outer conflict and war. It gently supports the dispersal of cellular holding of conflictive beliefs, experiences real or imagined, as well as the memory of loss and expectation of loss due to war. Use under the tongue or in water up to ten drop per day for relief from emotional triggers as you move forward with intention and focus on what you have and choose that make you happy.

Radish - Regenerate (Raphanus sativus) Let your spirit, mind and body come alive with power and speed of Life.

All of you (and your environment) know how to become new, to regenerate following source impulses (God’s will) and design. Activate your potential. With intent and focus, allow Radish to dispense new generative cellular exuberance and vitality to your ongoing rebirthing of form and consciousness. Whether from an original blueprint for restoration or a divine new design, Radish will carry you to a higher vibration of embodiment, aligned to the best current state of well-being for YOU. Give up the “what was” that you have believed, to know the flow of Radish’s transforming creative healing of new presence.

Rock Rose – Before and After (cistus skambegii pink) As a traditional medicinal rock rose has served humanity for many centuries. This pink variety, now stands ready to assist souls who struggle to transform resistant negative beliefs birthed through personal emotional and traumatic experiences. When an experience has been suppressed from consciousness for years, or replayed over and over in the mind without understanding and closure, this essence assists in establishing a strong sense of being present here and now, able to come to conclusions and move on empowered out of polarity and victim consciousness.

Rose (Double Delight) – Love’s Delight (xxx) Share your essence with the world. Do you allow your love to laugh in delight and move you with grace? Do you choose to view your world in wonder and delight? Love's delight is bringing to you diverse creations to enjoy. What do you wish to see? Ask for more moments and examples to be placed in your reality and expect them to appear...

Rose (Lady Bank’s Yellow) – Love’s Happiness Within (Rosa banksiae) If ever you experience doubt in your life, in your self worth and divine right to be happy in any area of your life, this essence brings a full spectrum of frequencies to assist you in dispelling your current negative focus and invites you to trust your heart, mind and spirit to guide your realizing your true expression of happiness. Even on tough or

challenging days this rose essences calls to you to smile, and see the perfection of the moment and make a new choice.

Rosemary – Take Action (*Rosmarinus Officianalis*) This essence facilitates deep inner reflection and integration when used during meditations. Take action and allow rosemary to shift your focus and perception when procrastination rules mental decision-making and physical activity. Break the habits of feared burden and delay to flow in divine timing, inspiration and doing on the many levels of your being.

Rue – Second Sight (*Ruta graveolens*) An antidote for over-achieving habits. See clearer and in new ways. Activate your creative inner vision, your divine eye and direct visual inspiration to your higher self. Strengthen your clairvoyant ability to see the truth and perfection of another, a situation, or course of action. When following a thought creation into the future, Rue offers a “rehearsal” option of your intent and imagined outcome. Remember to “cancel and clear” if what your second sight reveals is less than your highest good and begin again with more specificity and understanding. Nature uplifts this plant species to further provide herbal support for humanity and animals. It continues to offer improved capillary strength.

Sage – Friendship (*Salvia officinalis*) Image sitting around the kitchen table or patio, or on some adventure you have dreamed of for years. And there with you perhaps are your friends of light and love. True friendship founded in love, always choosing to see the perfection in each other. Experiencing clear heart based communication; gently sharing even the most challenging of patterns, beliefs and experiences, while remaining sovereign and divinely in contact with the inner sage wisdom that has been shared by friends down through the ages. Beyond unconscious or conscious steadfast loyalty, this essence attracts cooperative friendships, that share in co-creating your highest goals and intentions.

Sage (Texas) – Tell Your Story (*leucophyllum*) With heart-sourced centerness share your gifts, tell your story old and new and come into the now present moment renewed with enthusiasm for your life. Rise up through beliefs, emotional memory and focus on the choices of today. What conversation will you have? What retelling of past experience moves you forward into your source alignment and creatorship for your future. Share what makes you wise and happy and helps another to see a new way to their well-being.

Santolina – Wayshower (*Santolina chamaecyparissus*) Begin to focus the wandering creative mind and claim the power of being present in the now, utilizing divine inspiration, imagination and guidance. Be a Wayshower for new vitality, solutions, and innovation. Allow the plant spirit of Santolina to revitalize your body, lifting the feeling of fatigue to feel the joy of being in earthly human form.

Shamrock (Everblooming) – Financial Flow (*Oxalis regnellii*) Out of the depths of lack thinking, living and existing comes the emergence of financial flow. It is not luck, it is conscious choice to receive the abundance, prosperity, and wealth and natural flow of receiving as all your needs are met, so you may give with a willing heart free of fear. Use the simple affirmation “I receive, I receive, I receive, I give, I give “ to set the rhythm and flow of filling the void, emptiness and apathy of lack thinking while breaking the fear use of clinging onto, greed, and manipulation of ownership.

Snapdragon – Vulnerability (xxx) Find relief from fear of the unknown. When panic, fear and doubt appear in your thoughts and emotions choose to seek out and feel the strength in becoming vulnerable to the love, guidance and your source directive. Begin where you are. Acknowledge your physical body; is it in survival –fight and flight, or in the enthusiasm of thriving? Allow snapdragon to assist a centering calm to grow within you, become aware of your next step.

Snap Pea ~ Genetic Grace (xxx) The flower deva bloomed enough flowers in very cold november weather & rain to support the shifts and impacts of new waves of renaissance awareness. Snap Pea attracts life force to uplift with love as we acknowledge of all our accomplishments along our life path through the ages to be known, to be new... now.

Stevia – Natural Sweetness (*Stevia rebaudiana*) Free to enjoy the sweetness of life with out the strife. Use this essence instead of eating sugary food to deny the current reality and one’s feelings towards it. Give permission for your emotional reactions to flow into balanced responses to any circumstance. When you

can make the choice to be complete with the swing of emotional charges, judgments, misperceptions, and grief, stevia will guide your transformation with natural sweetness and focus of your spiritual nature.

Strawberry (Wild) – Self-Empowerment (*Fragaria californica*) Let go of doubt, and issues of self-worth. Establish the belief and trust in your divine guidance and inner truth. Allow the grace and integrity of your faith to lead you. Transform accepted thought forms from childhood that limit your freedom, and use your energy to build self-confidence and right action. Move forward empowered by being present, aligned, grounded, and following your heart. Wild Strawberry brings the sweetness of Life to balance your emotional and mental bodies. Companion with Shasta Star Tulip.

Swiss Chard – Nature’s Provision (*beta vulgaris ciela*) This essence establishes the potential of new pathways for the conscious awareness to recognize, assimilate and accept nature’s provision. You have asked, and now is the time to align and receive. Relax into your highest fulfillment of your current intentions. Be aware and look for the arrival of what has newly been offered to fill your request. Close the gap on all levels of your being to empower a purity of attraction and harmonized flow for receiving future needs and requirements.

Thyme (lemon) – Prevention (*thymus citriodorus*) Honoring the Senses. This essence was created to assist the balance of awakening levels of divine empathy and the setting of conscious boundaries for the prevention of empathic “dumping” in either direction with others. Its signature announces the choice of a overlighting protection from your ascended master guides as you remember and integrate soul connections and aspects in your divine timing. Transform fear memory with the power of your love and the support of your ascended master guides.

Tigridia – Psychic Purity (*Tigridia Parvonia*) Choose who you will connect to on the psychic levels and upscale to your clairvoyant skills. Develop discernment in conscious thought, so you remain centered, in your own knowing and truth, even in large group energies. You are in charge! Create a clear mental field and peace of mind with Tigridia. Maintain your independent sense of well-being. Establish energetic boundaries for your awareness and expansion. Set your inner eye to your source. Strengthen your ability to curb your curiosity and direct it to areas of interest that promote your happiness.

Tomato – Core Strength (*Champion & Celebrity*) Finches gather to sing over the plants and bowl. There is an awareness of the interconnectivity to other tomato essences already made. A union of nature in balance to bring inner secrets and fear patterns into love and understanding. To live each experience in a healthy way. Knowing your place, role and function in the divine plan. Claim the power of your core to thrive, love and create in the moment.

Toy Choi - Peaceful Unity (*dwarf Chinese cabbage variety*) When you are wired to bolt ahead and react from external stimulus and interactions, Toy Choi offers the vibrational, peaceful, unity of ancestral or unconscious emotional triggers and present experiences that may become a basis of personal judgments. The body elemental utilizes this essence for a balanced thyroid function under self imposed stresses. When taken or sprayed /applied to arms this essence has demonstrated an easing of electrical charges from daily use of electronics. In this case ask and give permission for your body's innate intelligence to realign to your best and natural gravitational balance.

Trumpet Vine - Tipping Point (*campus radicans*) When positive momentum towards your conscious desires align with your vortex of well-being that is when a joyous tipping point occurs. Taking this essence supports your intentions for movement towards alignment. Allow your feelings to uplift to match the vibrational resonance needed to receive your desire fulfilled. The more specific you are in your focus and intention, the more precise the frequencies for resonance. Trumpet Vine is a great essence to have in your cupboard. The bright orange trumpet flower calls for celebrating your deliberate creation!

Viola – Lighten Up (*Viola pedunculata*) On days when you say why me? Come from the heart and lighten up with the humor to know the good in any event. Viola helps to shift the mental fog of thoughts into a higher clarity and vibration with the trinitized colors of violet, gold, and white: freedom, peace and purity. Enthusiastically persistent, it calls out for you to jump up and get on with it!

Violet (African) – Environmental Awareness (Saintpaulia) Deeper Violet in color than the magungenis variety, this violet has bloomed non stop for over a year and a half showing how excited and ready it was to be chosen to share these frequencies. The wisdom of this popular houseplant is profound. The species conscious adaptation to being in a global human environment since the late 1800's, and the wealth of gentle observation it retains in its dna now is likened to an encyclopedia. A wonderful gateway to learning how to become aware, balanced and in oneness with your inner and outer environment.

Watermelon – Rebirth (Citrullus vulgaris) This essence vibrationally invites one's cellular memory to accept spiritual regeneration of function and form. Promote a reawakening of your divine blueprint from within. Allow your body wisdom to lead you, in transmuting belief systems, and unconscious thought patterning that has dictated your health and perceptions of life. Birthing a new lifestyle, while merging conflicting unfulfilled desires into the present moment so you may flow in gentle grace to your next priority and completion.

Yarrow (golden) – Clear Boundaries – Assists the individual to establish loving relationships, alignments and truthful communication of self to others. Standing in love and being who you are in any moment, open for change and new experiences. This vibrational frequency assist you to know and create your best intentions on how you choose to participate, take action, and create relationships of all kinds, on a multi-dimensional levels. Helps to dissolve the “ties that bind” in soulmates and galactic family interactions.

Zinnia – Mindfulness - This essence of zinnia adds a lightheartedness to consciously being aware and minding your thoughts, beliefs and creations. How do you use your dragon fire, your heart's desires, the core of your being within? Does it rule you with past momentum or do you consciously ride the wave and flow where your source guides your choices and alignments with focused speed and ease for the moment. Butterflies, a hawk and finch co-create the dance and song of mindfulness and outcome in delightful peaceful coexistence.

