

# *featherhawk* Plant Kingdom essences



Photo by Anne Nguyen  
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**featherhawk** Plant Kingdom Essences balance and harmonize the electrical network throughout the Whole of You. These divine frequencies are exquisitely expressed in these remedies from the many flowers, plants and trees of nature.

The plant kingdom is especially willing to help us shift from the congestion of unexpressed emotions (energy in motion) to the freedom that comes from asking for what we want with clarity, compassion and courage. **featherhawk** Plant Kingdom essences help you keep your emotions fluid and moving, and your heart open to give and receive Love.

## **The Essences**

**Acorn** Trust your inner knowing, free of doubt and self-sabotage. You Will Become Who You Are, a being of strength and perseverance, and you know the fullness of your possibilities even if you cannot always articulate them. Nourish yourself and listen carefully within during the early stages of any new project. Pay attention and trust what you know.

PL76 ..... 1 oz ..... \$8.99

**Angelica** Create a living relationship with the angelic realm and connect with your inner Self, especially during times of transition.

PL68 ..... 1/2 oz..... \$8.99

**Black-eyed Susan** The dark is always surrounded by the Light. Look into your shadow and embrace the emotions you find there. You may be using huge amounts of energy to hide from powerful feelings and keep yourself "under control." Black-eyed Susan helps you recognize and free your feelings, allowing you to tap into a vast reservoir of

energy while remaining centered and safe. Opens the heart chakra.

PL1 ..... 1/2 oz..... \$8.99

**Bloodroot** Acknowledge the beliefs, patterns and behaviors passed down for generations and let go of any judgments you carry about them. Heal old wounds, transforming the past for yourself and your ancestors. Restore relationships with family members now, in the past, and into the future. Embrace the love and pure intent from which the beliefs, patterns and behaviors originally sprang, and bring that love into expression in your life today.

PL2 ..... 1/2 oz..... \$8.99

**Broccoli** Remain centered and self-aware when you feel threatened by people or situations outside yourself. Retrieve scattered aspects of yourself and restore your inner balance and sense of personal power now.

PL3 ..... 1/2 oz..... \$8.99

**Calendula** For the cycles of life. Creates balance between receptivity (feminine) and dynamic action (masculine) in men and women. Use the power of your words with compassion, understanding their connection with the awesome creative force of the Womb, the Void of Creation.

PL4 ..... 1/2 oz..... \$8.99

**Catalpa Tree Flower** Share yourself joyfully with individuals and in groups. Assists contact with the Angelic Realms. Find peace of mind and self-confidence, stabilizing emotions and reducing anxiety. An essence of resiliency, long-term commitment, and community.

PL5 ..... 1/2 oz..... \$8.99

**Cedar** For cleansing and detoxifying body, mind and emotions. Refreshes and restores balance to the Whole of You and helps you remember your soul intent.

PL6 ..... 1/2 oz..... \$8.99

**Celery** Boosts the immune system; especially valuable as "old" illnesses are resurfacing. Releases static electricity from crystalline structures throughout the body. For remembering information from the past and applying it to your needs today.  
PL7 ..... 1/2 oz..... \$8.99

**Cleome** Creates the potential for orderliness. (You get to manifest the actual orderliness yourself!) Recognize the vast order that lives within the appearance of chaos and is part of the natural cycle of living. Create transformation through conscious participation with the ongoing process. Enhances your connection with the Devic kingdom and your understanding of the big picture.  
PL8 ..... 1/2 oz..... \$8.99

**Colorado Blue Spruce** A gentle spirit with healing knowledge for today's challenges. Sturdy, joyful, always reaching out. Aids the inner search for answers and the articulation of truth. Speak with compassion and empathy for all living things, especially your fellow humans.  
PL71 ..... 1/2 oz..... \$8.99

**Comfrey** For healing and reintegrating 'lost', damaged or denied aspects of the soul. In trauma or crisis the Whole of You may contract away from the Part of You that is most impacted by the situation or event. When this occurs, that Part may feel isolated and disconnected and you may feel somehow empty or incomplete. Comfrey encourages the expansion of your Self to embrace and reintegrate the Part, allowing a return to Wholeness. An excellent support for soul retrieval work and to heal old wounds.  
PL9 ..... 1/2 oz..... \$8.99

**Corn** For grounding and aligning yourself with the sacred energy of the Earth. Excellent for those who love open spaces yet find themselves in crowded urban/suburban communities or living in an apartment. For knowing the sacred Earth is always beneath your feet, even in a downtown high rise.  
PL10 ..... 1/2 oz..... \$8.99

**Corn Silk** For untangling blockages and clearing the electrical system along the spine. Nourishes and lubricates the energetic pathways of the central nervous system.  
PL11 ..... 1/2 oz..... \$8.99

**Cosmos** Ground and integrate thoughts with self-expression. Especially helpful for the visionary who has so many ideas yet may not be able to speak about them coherently because there is so much to say that it's a challenge to share it with clarity and simplicity.  
PL73 ..... 1/2 oz..... \$8.99

**Cucumber** Restores life force and vitality when you feel overcome by despair or hopelessness. Relieves feelings of claustrophobia in small spaces, or when life feels like it is closing in on you.  
PL12 ..... 1/2 oz..... \$8.99

**Cucumber Magnolia** Joyous birth into new life. For new beginnings and expanded awareness of life's possibilities.  
PL13 ..... 1/2 oz..... \$8.99

**Daffodil** Access your intuition and inner authority and trust the voice of God within.  
PL14 ..... 1/2 oz..... \$8.99

**Dandelion** Releases tension beginning in your subtle energy field and extending inward to your physical body. Aids in cleansing and detoxifying the Whole of You.  
PL15 ..... 1/2 oz..... \$8.99

**Dawn Redwood** For accessing "no-time." Keeps you grounded and feeling safe as you experience rapid expansion and spiritual transformation through remembering and integrating the ancient knowledge that is available to you and you alone. Excellent tool for meditation and inner exploration.  
PL16 ..... 1/2 oz..... \$8.99

**Dill** Assimilate sensory experience and allow it to nourish your spirit. Relieves overwhelm and stress. Aids the release of victim consciousness and empowers you to choose with personal authority.

PL70 ..... 1/2 oz..... \$8.99

**Diffany of Crete** For reading between the lines and trusting your body's wisdom. Listen to your intuition and you will "see" and know the truth.

PL17 ..... 1/2 oz..... \$8.99

**Dogwood** Spiritual and emotional transformation; recognize and honor your beauty, strength and fidelity. Be grounded in your natural grace.

PL18 ..... 1/2 oz..... \$8.99

**Eucalyptus** Prosperity. Know that as long as you are breathing, you have everything you need. Allow Divine Breath to fill your physical and etheric lungs and oxygenate the Whole of You, body, mind and soul. The prosperity of breath, and all that you need, is your birthright.

PL19 ..... 1/2 oz..... \$8.99

**Garlic Chives** For surviving the experience of "crucifixion" or "dark night of the soul." Move boldly yet gently into new life with clear intent and strength of purpose, knowing you are empowered by lessons learned.

PL20 ..... 1/2 oz..... \$8.99

**Ground Ivy** Like a child's favorite blanket, softly yielding yet strong; for receiving joy and abundance. When you surrender to the peace within, you become willing to accept all that is rightfully yours. The more comfortable and safe you feel, the more open you become to receiving and to giving, motivating you to greater expectations and results.

PL21 ..... 1/2 oz..... \$8.99

**Hibiscus** For the outward expression of feminine or yin energies – creativity, sexuality, and fertility – for both men and women. Aids the development of intuition. The

feminine within each of us, male and female, has been dishonored. Hibiscus restores the purity of the feminine/yin frequency, allowing the healthy expression of intuition, sexuality, and innate creativity. Give yourself the opportunity to truly honor these aspects in yourself and others.

PL22..... 1/2 oz..... \$8.99

**Horse Chestnut** Let go of excess baggage, especially from your second chakra (sexuality, fertility and creativity). Revitalize your creative spirit if you feel beyond your "creative years" or that you've lost your chance to reclaim artistic or inventive skills or activities from your past. See old patterns in a new light and allow yourself to be fully self-expressed. Supports the second chakra/reproductive area in both men and women.

PL23..... 1/2 oz..... \$8.99

**Ironweed** Release your iron grip on the past and express your truth in every relationship you have, especially your relationship with yourself.

PL24..... 1/2 oz..... \$8.99

**Jewelweed** Make a decision and take action; a wrong step is better than no step at all. For transforming fear and indecision into action that initiates movement and expansion.

PL25..... 1/2 oz..... \$8.99

**Johnson Grass** Tenacity. Stand your ground, spread out, and reach for the sky. Look at who or what disturbs you and see your own reflection in the person or situation. Gain insight from your observations, be flexible and forgiving, and make another choice.

PL72..... 1/2 oz..... \$8.99

**Lavender** Get in touch with your true feelings to create balance in your emotional expression, reducing anxiety and stress and bringing relief to the physical body. Aids the release of karmic patterns and emotional conflicts that block spiritual expansion.

Contributes to physical relaxation.

PL26 ..... 1/2 oz..... \$8.99

**Lilac** Brings awareness to the vertical energy of Spirit intersecting the Earth plane. Aligns and harmonizes the chakras and spinal column to receive the Light of Spirit. Helps remineralize the bones, the most spiritual system in the body.

PL27 ..... 1/2 oz..... \$8.99

**Lobelia** Self-love, self-acceptance, self-esteem; stand up for yourself. Speak your truth clearly and with confidence, even if you know others disagree. You have strong opinions and the right, indeed the responsibility, to express them honestly and with compassion.

PL69 ..... 1/2 oz..... \$8.99

**Locust Seed** Find your way back from the "dark side of the moon," knowing that even in the darkest of times, you are connected to your Soul and to Creator. Be willing to ask for help from your Whole/Higher Self and you will be safely guided home.

PL28 ..... 1/2 oz..... \$8.99

**Magnolia** Restores balance between the bitter (gall bladder) and the sweet (pancreas) and symbolically connects these organs with the eighth (transpersonal) chakra above the head to transmute bitterness and any belief that life is not sweet enough. Magnolia is an evergreen, celebrating the green energy of the heart throughout the year. It is especially vigilant and protective during the cold and dreary times, whether that is the winter season itself or a winter of isolation or fear. Brings strength and purity to daily activities.

PL70 ..... 1/2 oz..... \$8.99

**Manatee** For knowing it is safe to express gentleness and peace. Nurtures the blossoming of wisdom and compassion, especially in response to lack of knowledge or thoughtless behavior.

AN6 ..... 1/2 oz..... \$8.99

**Milkweed Pod** Bursting forth in consciousness. Recognize that countless seeds of possibility are scattered before you and there are many more to come. You can choose now, then choose again... and again. One opportunity lost is not the end of the world. Trust in Divine timing.

PL29 ..... 1/2 oz..... \$8.99

**Mimosa** Deliver your truth with clarity and power. Increases intuitive awareness, precise thinking, and sensitivity. Supports the eyes, especially the optic nerves.

PL30 ..... 1/2 oz..... \$8.99

**Mint Flower** Heal from the memory of past or buried abuse and rebuild your emotional foundation. Transform past experiences through forgiveness of yourself and others, especially if your memory has been blocked yet your body/mind exhibits symptoms you do not understand. As you "dig up" the past and bring it into the light, recognize the contribution the experience made in your life path, bless it, and use its power and substance to build your new foundation as you move forward with your life.

PL31 ..... 1/2 oz..... \$8.99

**Moontime Soulution™** Eases anxiety and stress and aids relaxation. This remedy is helpful for anyone, male or female, affected by the phases of the Moon. Releases tension and encourages mental and emotional balance. For women, relieves discomfort during menstruation.

ES10 ..... 1 oz ..... \$12.99

**Mouse** Pay attention to details, understanding their importance without overanalyzing. Seek joy in all you do, be willing to be inconspicuous or even invisible to others, and be mindful of your surroundings.

AN13 ... 1/2 oz..... \$8.99

**Nicotiana** Reconnect with your feelings in a safe way when you have denied painful or challenging emotions or hardened yourself against them. This can express itself as overindulging in food, tobacco, alcohol, drugs, or other substances, as well as



addiction to patterns and behaviors that are out of alignment with your highest good. Nicotiana can help you relieve addictive patterns and behaviors.

PL32 ..... 1/2 oz..... \$8.99

**Nodding Foxtail** Firm flexibility; for knowing when to take a stand and when to surrender. Supports the vertical alignment of the spine, particularly the upper spine and neck. Excellent for issues of flexibility in the upper back and neck, and in your emotional life. Opens the flow of energy through the spinal column and chakras, enhancing harmony throughout your multidimensional Self.

PL33 ..... 1/2 oz..... \$8.99

**Oriental Spruce** Creates a snug, safe place (within yourself or in the company of another) from which to express your True Feelings, knowing you will be heard. Be willing to speak up for yourself.

PL34 ..... 1/2 oz..... \$8.99

**Paulownia** Express graciousness and power in service to all Life. There is a touch of royalty in this tree, a sense of majesty, along with a certain sovereign dignity blended with humility. Acknowledge your value in the area of humanitarian service.

PL35 ..... 1/2 oz..... \$8.99

**Peony** An essence of healing and protection. Cleanses stagnant energies from the Whole of You, restores lightness to your energy field, and encourages the outer expression of your inner sun (Inner Son), the Christ Light.

PL36 ..... 1/2 oz..... \$8.99

**Pink Yarrow** Establish firm emotional boundaries, enabling you to help others without taking on their "stuff." Emotional support for going out on a limb and taking your next step with courage. Know your blessing is God's blessing.

PL37 ..... 1/2 oz..... \$8.99

**Poke** Within the One. Creates a cocoon of sacred space from the soles of your feet to your crown chakra, then focuses your energy into a beam of light that moves out

from your crown and links you, as an individual, to All that Is. Joins quiet, introspective sustaining energy to the visionary within. Know that One Spirit moves through all things.  
PL38..... 1/2 oz..... \$8.99

**Pomegranate** Align with the full potential of your feminine nature and creativity. Examine the various 'compartments' of your life and make some choices --- do you want to maintain the boundaries or eliminate any of them for the next stage of your life to restore wholeness or perspective? Access appropriate energies for life's transitions, especially if you think you must do it all.  
PL39..... 1/2 oz..... \$8.99

**Purple Tulip** Intelligent love of truth. Access your "inner grown-up" representing the integration of your spontaneous and magical Child, your Shadow, and your Authentic Adult or Christ Light. I AM One before God and I open to the God within.  
PL40..... 1/2 oz..... \$8.99

**Queen Anne's Lace** Opens the crown chakra and delivers spiritual wisdom and guidance into the heart, then grounds it through the lower chakras and firmly into the Earth plane. Listen to your heart and express this wisdom and love in your life everyday. (Queen Anne's Lace normally has one dark purple floret in the center. The source for this essence had a nickel-sized patch of purple florets in the center!)  
PL41..... 1/2 oz..... \$8.99

**Red Clover** Remain centered and self-aware and think clearly if panic or hysteria breaks loose during a perceived emergency. Helps cleanse toxins from the Whole of You.  
PL42..... 1/2 oz..... \$8.99

**Red Yarrow** Protect the emerging creative force by consciously keeping it safe from outside influences. Sharing your ideas too soon can dissipate their power. Keep your dreams and visions to yourself and allow them to gain substance and density.  
PL43..... 1/2 oz..... \$8.99

**Redwood** Recognize the unity of all Life and the power of close-knit community ties. Acknowledge yourself as fully Human and fully Divine, an integral part of All That Is. Creates community and allows access to your ancient wisdom. The words I heard when approaching the circle of redwoods where this essence originated were, "Circle of Trees, Circle of Nations." Redwood is a tool for peacemaking in your neighborhood and across the world.

PL44 ..... 1/2 oz..... \$8.99

**Rhododendron** Delicate strength. Dive deep within and acknowledge your personal strength in those moments when you believe you are too weak, too delicate or without personal power.

PL45 ..... 1/2 oz..... \$8.99

**Rose 'Blue Girl'** Transformation through unconditional love. Accept yourself and others without judgment or condition; know love.

PL46 ..... 1/2 oz..... \$8.99

**Rose 'Iceberg'** Look beyond the obvious "tip of the iceberg" and explore the depths of your own wisdom; search beneath the surface for greater truth. Give yourself permission to delve into your emotions and embrace them with friendship and compassion.

PL47 ..... 1/2 oz..... \$8.99

**Rose Mallow** Put yourself out there, connect with your inner child and show your true self with courage, joy, and enthusiasm.

PL48 ..... 1/2 oz..... \$8.99

**Saguaro** Acknowledge, honor and restore soft male power in both men and women. For internalizing the nurturing father. Transform the thorny outer protection of false power (power over), and discover the strength of your heart, the true expression of masculine power.

PL49 ..... 1/2 oz..... \$8.99

**Salvia** Perceive the higher purpose in life events so you can let go of the residue of emotions that traps you at the moment the event occurs. Relieves high levels of stress that sometimes accompany day to day living, and restores a sense of harmony and balance.

PL50 ..... 1/2 oz..... \$8.99

**San Pedro Cactus** Take experience beyond the ordinary, release fear and limitation, and explore the unknown with high curiosity and wonder. For the adventurous spirit, and those wishing to discover and reveal the adventurer within.

PL51 ..... 1/2 oz..... \$8.99

**Sweetgrass** Restores and reinvigorates your auric energy field, revitalizing the Whole of You.

PL53 ..... 1/2 oz..... \$8.99

**Tomato** Supports inner cleansing of the body and the subtle bodies. Aids in the release of infection.

PL54 ..... 1/2 oz..... \$8.99

**Trumpet Vine** Draws life force and creativity up from the Earth through the lower chakras to the heart and throat chakras, adding power to your self-expression. Turn to your soul for confirmation and authority to speak, and don't worry about what everyone else thinks.

PL55 ..... 1/2 oz..... \$8.99

**Violet** You may be shy and reserved, highly sensitive and perceptive, and concerned about yielding or losing your self-identity to a group, while at the same time you long to share who you are and what you know. Learn to trust your inner resources and inclinations, reaching out to others and allowing them to discover who you really are.

PL56 ..... 1/2 oz..... \$8.99

**Vitex** Enables the body to better absorb and utilize minerals.

PL57 ..... 1/2 oz..... \$8.99

**White Clover** A sweet, gentle energy of purity, cleansing and protection. Reconnect with the Child within and explore your life's dreams, knowing it is safe to do this now.  
PL58 ..... 1/2 oz..... \$8.99

**White Sage** Purifies the Whole of You. Tap into the sacred energies and ancient wisdom passed down from your ancestors. Honor all your years on the Earth. Bless and clear yourself and your environment, begin any ritual or prayer time, access deep inner wisdom, and create your personal sanctuary wherever you are.  
PL59 ..... 1/2 oz..... \$8.99

**White Yarrow** Deflects negativity, psychic abuse and environmental stress by repairing and enhancing your auric energy field. Increases the strength of your personal boundary, reducing the effect of outside influences. An excellent remedy for highly sensitive people, and those who are confused or troubled by their empathic or psychic abilities.  
PL60 ..... 1/2 oz..... \$8.99

**Wild Marjoram** Recognize the natural cycles of being and doing, and the innate creative power of the Breath. Create balance between the breath in (introspection, yin, feminine) and the breath out (action, yang, masculine). Balance is Divine Order in action; sometimes yin-dominant, sometimes yang-dominant – always appropriate to the task at hand. Trust in the Rhythm and Cycle of the Breath, which is the Living God within you.  
PL61 ..... 1/2 oz..... \$8.99

**Wild Tobacco Seed** The seed of confidence and assertiveness. Connect with your true inner being and nurture your potential so it germinates and grows. A "bubbling up" of joy and light clears mental over-activity and frees untapped resources of energy. Boosts the immune system.  
PL62 ..... 1/2 oz..... \$8.99

**Yellow Poplar** Spiritual nourishment. If you are feeling dissatisfied with your life, unfocused and restless, or lean towards addictive behavior, you may have lost touch

with your spiritual nature. Remember your innate gifts and soul blueprint and give yourself permission to bring them into full expression.

PL63..... 1/2 oz..... \$8.99

**Yellow Yarrow** Restores strength and perseverance when feeling challenged or influenced by others, or vulnerable and lacking self-confidence. Especially effective during periods of change and new beginnings.

PL64..... 1/2 oz..... \$8.99

**Yoshino Cherry** Gentle refreshing beauty and grace. Embodies the peaceful heart, the open mind and the fully expressed soul.

PL77..... 1/2 oz..... \$8.99

**Yucca** Seek the truth beyond the appearance or “looks-as-if.” Strengthen your roots for grounding, survival, and a strong Earth connection. Transforms anger by bringing you into the present moment where it can be expressed and healed.

PL65..... 1/2 oz..... \$8.99

**Zucchini** Restores strength and vitality during and after a crisis, accident or illness.

PL66..... 1/2 oz..... \$8.99