

WILD WISDOM BOTANICALS

at Mossygoat Farm



WHERE NATURE PROVIDES

Flower Essence Healing Attributes

Wild Balance

Wild Balance flower essence medley is lovingly and carefully crafted to help usher in spiritual, physical, and emotional balance.

Camas, Self-Heal, Queen Anne's Lace, Sunflower

Borage New Moon | Happy New Beginnings

This Borage flower essence was lovingly crafted on the New Moon. New moons represent new beginnings. The one-word description of this Borage flower essence is Happy. With the new moon amplifying the vibration, this flower essence represents happy new beginnings and a positive outlook for the future. Borage flower essence is typically used to treat depression, heavy heartedness, and lack of courage in facing life.

Calendula | Calming

This calming Calendula flower essence embodies listening and calm communication. Calendula is a sun remedy and is here to help usher in warmth and receptivity. Calendula, as a vibrational flower essence, works with communication. Calm and clear communication is the key and is called for when an individual uses sharp, harsh words or is prone to being argumentative.

California Poppy | Calmness

This California Poppy Flower Essence is about calmness, everlasting love, and love for oneself. It is called for when there are feelings of overwhelm and shame. It

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brings calmness to an overwhelmed soul. Fear of the unknown and fear of what is on the other side of an addiction, of a problem, or of an obstacle. Once you reach the other side you will be okay, and you will be safe, California Poppy will support you. California Poppy also supports those who seek validation through outside sources, over reliance on spiritual teachers, or seek calmness through drugs and alcohol.

A little jumping spider added their energy during the making of this flower essence so that this particular essence will also help ease the fear of spiders.

Camas Total Lunar Eclipse | Love

The beautiful flower essence is a lunar essence and was crafted during a total lunar eclipse of the Flower Moon.

This Camas Flower Essence speaks of love and balance. Wherever you need balance in your life, Camas is here to help. Balance between left brain and right brain and work/life balance. Camas also helps clear paths of communication and is known for helping those with autism.

This essence also captures the wild wisdom of the total lunar eclipse of the Flower Moon. Full moons are about letting go, and the lunar eclipse amplifies this. To find balance we often have to let go of the things that no longer serve us. The process of letting go is not always easy, and Camas helps support us during the process. The energy of this eclipse is also transformational, helping us face what lays just under the surface.

Chicory | Hope

This chicory flower essence is about self-love and self-care. Chicory is here to give us hope when we are otherwise burned out. Chicory is useful for people who tend to go into victim mode or for people who use emotional manipulation. It is also good for inner child healing. Chicory is one of the original plant vibration remedies developed by Dr. Edward Bach.

Cleavers | High Vibration

This Cleavers flower essence was lovingly crafted on the Summer Solstice. On this day the sun vibrates at its highest level and the summer solstice marks the longest day in the year. The short description of this essence is “high vibration.” This Cleavers Flower Essence also helps with attachment. Cleavers is also called

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Stickyweed, and the plant itself sticks to everything it touches. Cleavers helps with healthy emotional attachment and bonding. Cleavers can also help relieve emotional neediness and possessiveness.

Daffodil | Joy

This Daffodil flower essence was lovingly crafted on the Spring Equinox when the energy of the earth shifts from an inner and quiet focus to an expansive and growth focus. Daffodils are one the first flowers of spring and are a joyful sign representing rebirth and renewal. Daffodil helps us to uplift after winter depression. Daffodils are a type of narcissus and also help introverted individuals with overcoming shyness as well as assisting in the recovery of childhood narcissistic abuse.

Dandelion | Sun Within

This Dandelion flower essence is about energy, being energetic, and recognizing the sun that shines within. Dandelion is here to support you in feeling strong, connected, and focused. Joyful expansion and easement of feelings of stress, especially from the stress of trying to do too much with too little energy. Dandelion is useful for those who are over-scheduled and over-stressed.

Daylily | Peace

This Orange Daylily flower remedy speaks of peace and reducing stress. It helps with adopting a peaceful attitude about major life changes. This essence can help bring sunshine to an otherwise dreary outlook.

Hellebore | Forgiveness

Hellebore flower essence offers you deep healing including forgiveness towards yourself and self-acceptance. Hellebore is an earth flower essence. Hellebore helps you remain grounded and helps restore feminine power. Hellebore blooms in the dark of winter and helps us shine amidst the darkness of the world. Hellebore is poisonous but only the vibration is present in this essence and not flower material.

Narrow Leaf Plantain | Joy

This Narrow-Leaf Plantain Flower essence is about joyful exuberance. It helps with seeing the world with childlike innocence and simpleness. This essence can

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help ease bitterness about the past, especially from childhood memories. Narrowleaf plantain also supports us in learning how to slow down and helps us release mental blocks.

Oxeye Daisy | Enthusiasm for Life

This Oxeye Daisy flower essence embraces enthusiasm for life, grace, and clear vision. Daisy is heart centered and supports a grounded clear vision and direction in life.

Periwinkle | Magical

This Periwinkle flower essence is about healing the past so that you may move forward. It helps you look back wisely at where you have been so that you may learn your lessons and move forward. The keyword that came out in the making of this flower essence is “magical” and periwinkle is here to help you see the magic that already exists in your life.

Pink Hollyhock | Love

This Pink Hollyhock flower essence embodies love and the heart and is an essential essence for heart healing journeys. Pink Hollyhock helps you connect with your heart and opens the heart chakra. Pink Hollyhock is a manifesting essence, helping you feel safe so you can attract what our heart desires and helps you create with love.

Purple Dead Nettle | Being Seen

The purple dead nettle flower essence is about grounding and learning to be happy anywhere. It also speaks of getting noticed and not being afraid to being seen. This little flower gets overlooked often although it is a powerhouse of healing. Greatness comes from anywhere. It is grounding and is indicated when you sit on your feelings, or you need help overcoming shame.

Queen Anne’s Lace | Balance

This Queen Anne’s Lace flower essence was lovingly crafted on the Autumnal Equinox. On this day the Earth is in a heightened state of balance which is furthered by the balance that Queen Anne’s Lace has to offer. Queen Anne’s Lace integrates physical with ethereal and balances spirituality with grounding and

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balances the root and crown chakra. Queen Anne's Lace helps us develop deeper relationships with the divine within and around us and helps us to open our spiritual eye.

Rose Medley Summer Solstice

The Rose Medley Summer Solstice Flower Essence is made from a medley of flowers all carefully chosen to personify the Summer Solstice. These flowers include: four different rose species that are both organically grown and wild, organic Snapdragon, wild Oxeye Daisy, and wild California Poppy.

Roses help with heartfelt vitality and helps reignite lost passion for life. Roses help with positive enthusiasm and helps to spark joy. Snapdragon helps with the throat and voice helping us speak if we find it difficult to speak up for ourselves or find the right words. Oxeye daisy helps give us greater perspective and clearer vision while California Poppy helps us find calmness and love for ourselves.

Saffron Flower Essence | Best Self

This beautiful Saffron flower essence embodies endurance, fortitude, and grace. Saffron is here to assist us as we prepare for major life, cyclical, or seasonal changes. Saffron is called for in times when we need to keep our grace up and have a positive attitude. Saffron can also assist with lifting our spirits and viewing life with an abundance mindset.

Self-Heal | All-love

Self-heal helps us take responsibility for our own healing journey and activates the body's ability to heal itself. Self-heal is here to help us rediscover our natural balance both inside and out. Self-heal helps with resiliency and being open to change. Self-heal is a wonderful foundational essence at the beginning of all herbal self-healing journeys.

Stinging Nettle | Transformation

This lovely flower essence is here for when life "stings." Stinging Nettle will support you through the emotional pain so that you may let go of what holds you back. Nettle helps you see through the fog so that you may make healthy life choices. It also helps support creating strong boundaries. Stinging Nettle helps you

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transform foggy thinking in emotional situations to strong boundaries and clear knowing.

Sunflower Autumnal Equinox | Soul Radiance

This Sunflower flower essence was lovingly crafted on the Autumnal Equinox. On this day the Earth is in balance and the Sunflower flower essence is here to offer emotional balance to those with low self-esteem or deep depression. Sunflower helps with orientating ourselves towards the sun and looking at the bright side of life. Sunflower helps us tap into our innate joyful and vibrant nature. Sunflower flower essences are called for during dark, doomy depressions or when you didn't grow up feeling nurtured.

Teasel Lion's Gate | Saying No

This Teasel flower essence was lovingly crafted on the Lion's Gate. The Lion's Gate is a cosmic alignment that peaks on August 8th (8/8). The Lion's Gate is known for being a time of massive shifts and starting new dreams. The short description of this Teasel flower essence is saying no. What a better time to start saying no than the Lion's Gate. Teasel is especially useful for those who are emotionally exhausted. Teasel helps with energy regulation and can help support ADHD. Teasel helps bring us to a place of restoration and helps us change situations that are not sustaining.

Yarrow Full Moon | Happiness

This Yarrow Flower Essence helps with powering through adversity and adverse situations. Yarrow is especially good at helping us set boundaries and is indicated for people who tend to be overstimulated. Yarrow speaks of purity. Yarrow is also protective and shielding and can help strengthen the body after exposure to high electricity, 5G, or other electrical health toxins. Yarrow also is here to assist sensitive people in overstimulating environments.

This essence also captures the wild wisdom of the full Strawberry Moon. Full moons are about illuminating what needs to be released. The Strawberry Full moon helps us step out of our comfort zone to embrace change and explore new horizons.