

THE NATURE SERIES

The twelve essences in the Nature Series are created at pivotal points over the seasons of the year. Designed to assist in opening a greater working intimacy with nature, they support the desire to let “Thy Will be done” by assisting human will to unite with God in action through nature. We expect nature routinely to perform the miracle of developing our bodies from conception to adulthood but we are quick to usurp the construction of the rest of our house of being: our thoughts, creative actions, and relationships. The Nature Series supports the co-creative possibilities of working with nature and spirit throughout the cycles of a year. As well as helping us access the potential of the pivotal points of the solstices and equinoxes, the Nature Series coordinates with the natural cycles of growth and decay inherent in the passing of the seasons. It is specifically helpful in addressing issues around the interplay and balance between masculine and feminine principles and our human experience of rhythm and timing.

THE NATURE SERIES DEFINITIONS

Winter Solstice — Intention

Black Walnut, Campanula, Clematis, Cranesbill, Evening Primrose, Hibiscus, Honeysuckle, Lady's Slipper, Maple, Primrose, Black Walnut, Campanula, Clematis, Cranesbill, Evening Primrose

The Winter Solstice essence supports naming and honoring our true soul desires. In the quiet stillness and with clear intent, we can plant these desires into the heart of nature at the darkest time of the year. This simple action initiates a cycle of nature-supported growth in our human endeavors. When we work in partnership with nature, the seeds of our desire create living forms that are harmonious with everything in our world.

Valentine's Day

Primrose, Hibiscus, Honeysuckle, Lady's Slipper, Maple, Primrose, Golden Glow, Hops, Lady's Slipper, Lilac, Maltese Cross, Orange Cosmos, Oregon Grape, Tansy, nervous system, Immune Breakdown, Raven Orange, Raven Pink, Raven Blue

As we stand in our newly-stated desires, we find an ally in the Valentine's essence for it helps us discriminate between what now longer serves us and what we must nurture and protect. By helping us gently contain what is developing, the essence supports the ongoing intensification of our desire. The Valentine's essence promotes a deep rebalancing of our internal masculine and feminine energies. As shifts in our outer relationships occur as a result of this internal re-

organization, the essence helps us graciously embrace rather than manipulate the evolving elements in and around us.

Spring Equinox Essence — Structure

Aconitum, Aubrieta, Bitter Nightshade, Cardinal Flower, Crabapple, Gladiola, Helenium, Iris, Lobelia, Mulberry, Oregon Grape, Queen of the Night, Yellow Yarrow, Zinnia, Fungus, Raven Orange, Raven Pink, Raven White/Clary Sage

The Spring Equinox essence helps us remember who we are and where we belong in relationship to spirit and nature. Like the trunk of a tree, it helps us feel our stature and vertical inner flow of connection with the heavens and the earth. This is the axis of our truth. Like the branches of a tree, the essence also intensifies the energies within our hearts, assisting the radiance of our desires to extend through us into the world.

Living Cross

Honeysuckle, Magnolia, Salpiglossis, Oregon Grape

The Living Cross essence provides an energetic reference within our bodies to nature's co-creative template — the cross. Though this symbol has been associated with suffering and death in Christianity, the cross also symbolizes the intersection of two worlds and is a sign of integration and wholeness in many cultures. The essence supports the balanced function of both planes of the cross. It helps us stand gracefully in vertical aloneness as we strengthen our individual connection with spirit and nature. The essence also supports our ability to empathize and communicate with all the life-forms. If we are overly oriented to serving others at the expense of our relationship with Source, the essence helps us regain our separateness and inner strength. Conversely, if we tend to isolate ourselves and are too fearful to reach out, the Living Cross essence helps us stay in our hearts while exploring intimacy with others.

Golden Trumpet Essence

Daffodil

The Golden Trumpet essence supports the gradual emergence of our personal authority in concert with the rhythms of spirit and nature. Feeling our inner strength and balance, we can begin to take our gifts and talents into the world with confident assurance. The essence frees us from self-limiting hereditary patterns or societal projections that cause us to dismiss or compromise our unique abilities. Sustained through a process of inner growth, the force of our desire matures into forms of beauty and wholeness.

Summer Solstice Essence — Surrender

The Summer Solstice essence helps us open to and trust life's abundance. At the solar apex of the year as we witness nature's magnificent beauty and feel our delight in this abundance, the essence invites us to surrender and release both our ego desires and attempts to control the world around us. Letting go, we experience an ease and natural momentum within every aspect of our lives.

Summer Stars

The Summer Stars essence helps us sustain the persistence necessary to hold true to the divine seed growing within us. Supporting the natural deepening of our vision, the essence sounds a bell tone, a ringing reference throughout our bodies while helping us move with life's calm and steady pulsation. In this relaxed state, we easily let go of old patterns locked in the body that would compromise the growth of the seed.

Autumn Equinox — Change

The fall equinox marks the end of one cycle and the beginning of the new. Like the swift transformation of the season's first hard frost, the Autumn Equinox essence helps us dismantle old forms that we have actively participated in generating. Whether these forms are personal beliefs and habits or organizational structures such as churches, schools, social or political groupings, the essence helps us step back to view our involvement with loving clarity. As we examine our resonance with these inner and outer structures, we sense where our energies are needed. The essence supports the steady increase of our joy. As we follow this inner movement, we feel our alignment with the forms that truly meet us and we let go our attachment to those that no longer serve us. Releasing our energetic ties, the old forms can dissolve or collapse, immediately revealing the space for new opportunities.

Thanksgiving Essence

The Thanksgiving essence helps us integrate the structural shifts occurring with the autumn equinox. As we celebrate the abundance of nature's wealth at Thanksgiving, we also begin turning towards the dark winter months. While harvest is a time of fulfillment, it also marks the death of one season. At this time other there is little to do than stand in poised appreciation for the changing cycles. The Thanksgiving essence helps us to abide simply while the transformation occurs in and around us. Our focus during this time is in our hearts, whether we are being exercised through a deepening sense of purpose

and joy, or through the pain of grief and loss.

Autumn Iris

The Autumn Iris essence acknowledges the realization of our desires. Even if the full form has not appeared, we recognize that our springtime dreams and desires have actually been realized. With a deep joy and awe in the process of life's manifestation, we now have a clear-sighted awareness of our destiny. The new structures in our lives, both at internal levels and in our outer worlds are solid and ready for use. Our challenge is to recognize rather than deny what has been manifested through our partnership with nature. The essence anchors the new qualities of leadership emerging within us, though they may not be based upon traditional training or experiences. While we may not feel completely in control, remaining grounded and open-hearted, we continue to sense the profoundly tangible support from spirit and nature for our forward movement.

Golden Cross

The final essence in the Nature Series, the Golden Cross essence celebrates the radiant completion of a cycle of conscious coordination with nature and spirit. The essence supports us as we stand in our full golden radiance, regardless of the circumstances around us. As we approach the darkest day of the year, the essence helps us be a shining light in our world, within our own hearts and minds, and to the world around us. The Golden Cross structure anchors this stage of our radiant individuation. Acknowledging the integral role of Nature's rhythms in our personal lives, we turn towards the darkness of Winter Solstice with keen attentiveness to the new desires forming in our hearts.

FIVE PROCEDURES FOR THE NATURE SERIES

I. Deconstruction Support

Sometimes we need to finish and fully let go before we are ready to move forward. We can't drive with the brake on, but at the emotional level, we tend to stay tangled in the things that are naturally dying. This process assists you to face endings with clarity and stillness; the essences help connect you with the earth rhythms that constantly dismantle old, outmoded forms in a balanced way.

Create a quiet, meditative time and space to work with an issue in your life where something is disintegrating, whether this is a relationship, a health issue, a career, financial stability, or a cherished belief, attitude or perception.

Set aside the Autumn Equinox, Valentine's and Golden Trumpet.

1. Take the Autumn Equinox essence (2-3 drops) and ask the first question: Show me what's falling apart.
2. Take the Valentine's essence and ask the second question: Where is my support?
3. With the Golden Trumpet Essence, ask: How can I assist this process?
4. When you have your meditative information (jot these impressions down as you go), continue stabilizing this process with the Golden Trumpet essence for three days.

II. Information-Gathering Process

Many of the problems in the world today are due to human beings following personal agendas, without regard for the impact on other people or the environment. As a 'state of the union' procedure, this process will help you to assess your soul desires: "Are they in sync with the earth's evolution or am I imposing old desires and disregarding the larger evolutionary cycles?" This procedure will assist you to hear nature's information, so that you can more accurately discern your part in the larger web of life. (The Inner Beauty and Healing and Chakra kits tend to assist you to hear your soul more accurately,

whereas this kit helps you listen more fully to nature.) When you have a sense of a direction that you wish to take in life but you want more clarity about its appropriateness in the whole scheme of life, take some meditative time to explore this process. Pausing at the beginning of a cycle prevents a lot of detours and heartache later on.

Set aside the Thanksgiving and Winter Solstice essences.

Create a quiet, meditative space and time and jot down your ideas, the plan or path you wish you take. Then make a conscious connection with the heart of nature and begin.

1. Take the Thanksgiving Essence (2-3 drops) and ask: What truth is nature offering me relative to this situation?
2. Take the Winter Solstice Essence and ask: How would nature support me in this venture?
3. Continue using the Winter Solstice Essence for three days to stabilize your experience.

III. Earth Calibration Procedure

This procedure is helpful in strengthening one's working rhythms and alignment with the earth. It could be used when a person feels depressed, ungrounded, disoriented, or has a weak connection with earth energy. Whether this manifests in sluggishness or overdrive, the underlying symptom is a disconnect with the natural rhythms of the earth.

This procedure should be coordinated with some physical time in the natural world to allow the body to receive sensory input beyond the meditative experiences with the essences. Ideally, this could be part of a vision-quest, or a holiday in some natural setting. If this is not possible, do some physical exercise, spontaneous movement, or anything that stimulates a strong body-connection before doing the essence procedures. The procedure will assist with grounding your energy, but also with opening you to a stronger sense of the earth's energy and integrity. This is part of our birthright – a fully sensuous enjoyment at living on this planet.

Set aside the Thanksgiving, Golden Cross and Autumn Equinox essences.

1. In a quiet time, preferably in a natural setting, state your intention: I wish to connect appropriately with the earth. Take a few drops of the Thanksgiving Essence, and notice.
2. With the Golden Cross Essence, ask: Show me how to be on the earth at this time. Take a few drops of the essence, listen, and be aware of images and body-sensations.
3. With the Autumn Equinox Essence, start the calibration procedure with this intention: Calibrate me for the appropriate movement with the earth at this time. Take a few drops of the essence and sit quietly for five – twenty minutes until the procedure feels complete.
4. Stabilize this process with the Autumn Equinox for three days.

IV. Vertical Axis Alignment Procedure

Alignment brings a sense of safety and trust in life, regardless of circumstance. Conversely, scrambling can be a symptom of misalignment. This procedure assists one to stand alone, without rigidity or neediness. A personal experience of true alignment opens the door for equality in all one's relationships, with human beings and all the elements in the earth. A helpful image is of a sturdy tall tree, able to spread its branches in all directions because it is well-rooted and has plenty of room to grow. This procedure is helpful when you are feeling very wobbly or rigid, insecure or angry, deflated or defensive. Strengthening and aligning your vertical axis through this nine-day procedure will tremendously stabilize your core, thereby sending a new invitation to your world to meet you as an equal.

Set aside the Golden Cross Essence.

1. In a quiet time, preferably the same period each day, state your intention: To align my vertical axis to function in equality.
2. Take a few drops of the Golden Cross essence, notice any shifts or images, and records your insights.

3. Continue this protocol for nine days.

V. Support for Clarifying and Building Relationship

This procedure assists us to make connections with others and participate in relationships in a balanced, mutually empowering way. This is a good procedure to use when you are having trouble regaining perspective or working yourself out of a tough situation that involves relationship (and everything involves relationships). Focusing upon the invisible dynamics of a relationship, and inviting the balancing energies of Nature through the essences, will always help to clarify any challenging situation.

Set aside the Summer Stars Essence.

Once you have some quiet, private time to focus your thoughts, state your intent or name the issue you'd like to address.

1. Take 2-3 drops of the Summer Stars Essence. Ask for support for heart-expansion and clarity regarding your issue. Be open to the new insights and energies that are restoring dynamic balance to the issue.
2. Continue taking the Summer Stars Essence for nine days and notice what happens, both in your inner landscape and your outer world.