

***My vision for the role of flower essences
at this pivotal time in our evolution
Andrea Mathieson · Raven Essences***

Over many years of creating and working with the Raven Essences, I have developed a very different perspective on the role of flower essences than most other producers and practitioners. While I'm sure many of them work very effectively with a more traditional healing approach, when I tried to 'use' them solely with the intention of alleviating physical symptoms or emotional distress, they simply didn't cooperate with my expectations! Reassured that the essences did no harm, I wondered, if they don't fix what's wrong or out of balance, *what are the Raven Essences actually doing?*

After holding this question for many years, my current understanding is that ***flower essences play a key role in our human experience of transformation***, a process not unlike the transformative metamorphosis of a caterpillar into a butterfly.

Metamorphosis is a truly remarkable process. Here's a brief description of how it works.

A caterpillar gorges itself, then goes into a cocoon and hangs upside down, its body gradually dissolving into an oozy mass. Within this mush are imaginal discs, the embryonic structures of the butterfly. They are not connected with each other and no single disc gives indication of the butterfly's future form. The imaginal discs are different aspects of the butterfly— it's antennae, it's eye and wing, etc. As the cells within the discs begin to multiply, feeding off the nutrient-rich body of dissolving caterpillar, the caterpillar-ooze tends to attack the imaginal discs, but they have some immunity. As they grow, they begin to resonate with other imaginal discs. Through natural attraction, (one of nature's most powerful creative forces) they 'find each other and bond'. I feel it is the resonance of Love that activates the emergence process, the bonding and assembling of the butterfly.

I speculate that we are right in the midst of this very 'magical' process. Due to the global interruption in 'life as usual' and the long pause initiated by Covid 19, we are collectively waking up to the fact that that we cannot go back.

Perhaps we are in cocoon-time. The caterpillar is dissolving, yet the form of what is emerging is not apparent. Though we may speculate about a different future, we are still in dark womb-time. We cannot see what is not fully formed! In this unprecedented time our deep respect for Nature's intelligence is vital—both Her ways of creating and Her wise unmaking.

Coming back to flower essences, I feel their vibratory frequencies provide subtle yet essential support during the emergence process. They help to intensify the growth of the imaginal cells (who you are and your emerging role in the formation of a new society). They also help you resonate, with greater confidence and assurance, with the frequencies of Love, to help you find your companions, your tribe, your co-conspirators. Within heart-centred community, we invite and 'call into form' a future that is in harmony with Nature.

Forget the caterpillar... It's claimed all the attention for far too long!

Also, forgo any tendencies to speculate on a future that soothes your ego...

Instead, give time and space to find your heart-stance, and to creatively express your truth more fully than you ever imagined possible. As you do, others will find you and conspire with you.

We may not complete the final stages of this 'butterfly' process in our lifetimes, but if we give ourselves fully to this miracle of human metamorphosis, I'd call that a fulfilled life.

In synopsis, I see flower essences, and in particular the Raven Essences, as *vibratory 'singers' in Nature's dark womb. Tuning us through both the making and the unmaking, they are helping us birth a future we can only glimpse, a future that is already alive and humming in our body-souls.*