



Also known as Woodland Strawberry or Fraises des Bois, the Alpine Strawberry is shown in Medieval paintings growing at the feet of unicorns or a maiden in a flowery meadow.

Thomas Jefferson sowed three rows of Alpine Strawberries March 31, 1779. In a letter to James Monroe some 20 years later, Jefferson included Alpine Strawberry as one of the "three objects which you should endeavor to enrich the country with."... Ironically, this plant is native to the United States. It is found in the woods and grasslands of Europe, Western Asia, temperate areas in Chile, and in North America.

Autumn Alpine Strawberry

Fragaria Vesca

for feeling that there is too little
and that one must strive for money, love, security, things

When we believe that we don't have enough,
we generate feelings of Fear, Worry, Neediness and Destitution.
We enter life with a work-hard, striving, poverty mentality.....
unable to experience the bounty of our efforts.
Energetically,
these patterns create barren energy
that confirms Scarcity
and propels one either into Despair or into a feeling of Battle with Life.
This perpetual sense of Shortage
promotes a Need to Horde and to Protect one's Meager Stock
out of an Insecurity and a Lack of Faith in the flowing, giving nature of the Universe.
Caught in worry over bills, job, or security,
one's Inner Child goes into a state of Survival Panic.
This is representative of the archetypical Story of Adam & Eve,
as the Soul believes that Paradise ~ or Harmony with Creator ~ is not "a given"...
and because we have thought or acted imperfectly,
we are not allowed to experience the fruits of this world...
and we must work hard against the elements to survive.

This separation from Perfection and the caring, nurturing, providing hands of the Creator
is more a State of Mind than a Reality.



The Autumn Alpine Strawberry essence
offers us the energy of Abundance and Delight.....
supporting the opening of one's heart chakra
to release learned and destructive patterns
of Worry and Strife over one's financial or physical survival,
while allowing one to open to the flowing Gifting Grace
offered continually from an abundant expanding Universe.



Helping to quiet a noisy mind
that preoccupies one's energies trying to "figure out" one's predicament,
Autumn Alpine Strawberry essence
encourages one to unload emotional tensions
around feelings of Lack due to deeply inherited patterns ~
the "I can't's" that can slow down or even stop the flow of Life through one's system.

Finding a Sun-kissed meadow bestowed with wild strawberries in early June
is a pure delight.

Though tiny,
the little jewels are delectable,
having both a flavor and an aroma that is nothing short of Heaven.



The Autumn Alpine Strawberry essence
is made from wild strawberries
that have continued to blossom and fruit into November,
offering a continual profusion of Love Gems
far beyond our perceived human expectations.
Its essence aides us in releasing our attitude of Strife,
while allowing us to return to our nature
by encouraging a reunification with Nature and the Gifting Flow of the Universe.

As one returns to the bountiful, active, harmonic Self,
Health, Wealth, Love and Joy
begin to permeate and dominate one's experience and one's beliefs.
In the glow of this abundant experience
one can honor and feel honored,
creating the infinite inner energy
needed to interconnect with Nature's productive spirit.....
as we allow this energy to expand within us
we can then flower, fruit, and send our seeds out into the world again and again,
knowing that Divine energy and resources are infinite,
and there is no limit to what is available to us
if we gratefully open the door
and allow what is so lavishly given a pathway to enter --- yes!

