

Common Sow Thistle

Sonchus Oleaceus

feeling common... helpful to those who are shy and feel common, overlooked or left out...
ignites their inner star to shine with strength and confidence

Beauty may be in the eye of the beholder
but it is also a life force
that radiates from an inner source,
an intangible confidence that shines out from the Divine light of the soul.

Seeing one's own beauty is not really the point.
The point is, rather, to "know" the beauty that you are —
the raw beauty that exists within you and that you emanate
because you "are" ultimately made of stardust
and part of the flowing, creative, God-inspired and God-filled universe.

It is easy to feel lost, common and unimportant in such a large universe.
It is easy to lose sight of one's own talents and beauty
in a world that projects its models and heroes as flawless, generic
faces and personas.

The Common Sow Thistle, growing on Prince Edward Island,
is tall and bright yellow,
yet its flowers are almost unseen
against the palate
of sandy ocean beaches with roaring surf and blazing, dramatic skies.
Here are fields of regal Queen Anne's Lace,
bright yarrow, tall waving oat grasses,
wild roses and brilliant lupine that dominate the senses,
overpowering this spindly, lanky, dandelion-like flower.

The Common Sow Thistle essence serves those who may feel insignificant,
lost in the crowd, timid or unnoticed in their field.
It also speaks to those with feelings
of not being good enough, smart enough, talented enough,
strong enough or pretty enough.



Being great is an innate power we all possess
and we all should get the opportunity to express.

The Common Sow Thistle is so common you may have not been noticing it.
Its essence teaches one to stretch, poke at and activate
one's inner goodness, smarts, talent, strength, and beauty,
to find one's self-value and to be ready to
offer that inner light in service to the world.

