

Bay Laurel

freedom, free mind... for those who have been controlled by others and are no longer able to think for themselves... inspires free thought and self-motivated behavior



It is unfortunately still the case that many children, women and peoples of the world are not free.

Dictators and abusers

continue to control the actions, relationships and information available to their victims in the name of religion, greed or their own need to retain personal power over others.

When one escapes an abusive situation

the road to well-being must ascend a staircase of physical, emotional, mental, and past-memory integration necessary for beginning to truly enjoy the expansive landscape of a free mind and soul.

Many prisons are personally constructed or reconstructed
as one may feel more comfortable
within the limitations of close walls, rules and restrictions,
afraid of what is unfamiliar or of the responsibilities inherent in true freedom.

Bay Laurel, growing on an Atlantic Ocean cliff
at the very end of the St. Lawrence Seaway in Nova Scotia,
offers an essence that helps one feel a sense of Divine custodianship –
the sense of care and protection necessary to let down one's personal guard enough
to allow for the flow of expansive feelings, open thoughts and authentic responses.



A blessing whenever one has felt the oppression of a restrictive environment
that has imprisoned the natural flow of real feelings or the clarity of unrestricted ideas,
this is the essence of choice
for animals that have come from shelters,
spent the weekend in a kennel, or come from abusive circumstances.

Restoring core trust, the Bay Laurel essence
activates the emancipation of one's spirit from the virtual imprisonment
of one's thoughts, one's memory and the learned patterns of subjugation
so very imprinted on one's psyche.

The Bay Laurel essence works to establish and stabilize one's connection
to the non-judgmental Mother-Father God within,
who loves unconditionally
and feeds courage to the soul
to face life challenges with a new-found faith and openness.

The opportunity to think and act freely
is an innate privilege we must value and respect.

Free will is the gift of this planet...
freedom to experience the opportunity
of the clear inspirational thoughts of a liberated mind
and the open true feelings of an unrestricted, sensing heart.

