



*According to Mi'kmag First Nation folklore, the tides in the Bay of Fundy are caused by a giant whale splashing in the water. To this day whales are frequently seen in nearby waters.*

# We-tide

Bay of Fundy, Nova Scotia

helps one to find the balance between extreme polarities,  
helping one to tie down and ground what is important



Our 11 year-old daughter joined in the making of this essence, finding the spot to collect both spring and ocean water then sitting with us as we prayed and meditated through the cycle of tide here in the Bay of Fundy. After we decanted the finished mother tincture she asked if she could name the essence 'We-tide' ~ she explained simply that we are the tide.

We are indeed the tide.

The We-tide essence helps one  
to balance extremes with peace and grace,  
finding one's midpoint in the midst of drama and change.  
When the tide comes in,  
it fills us with the generous inner spirit of the goddess of the sea:  
vast, deep,  
spread wide with offerings of precious gifts, insight, inner peace,

tolerance, inner-generational and cultural understanding, food  
and blessings for all.

All is plenty.

All is well.

Ah ~ but Grandmother moon

always spinning, always in cycles,

always honoring both light and dark in balance

calls back her waters

and as the tide draws back

it carries with it

all this is not tied or anchored in a strong way to the Earth.



We-tide helps us to find the balance between extreme polarities

both within and without...

the times of abundance and the times of loss...

the times of happiness and the times of tears...

to find our equilibrium in times of strong polarity,

when we cycle

between flooding and the abandonment of an empty womb.

Here in the Bay of Fundy,

with the greatest tide fluctuations in the world,

the moon and the sea are in sacred conversation,

giving and taking,

blessing and loss,  
with harmony and with great grace and strength.



The We-tide essence

embraces the powerful magnetic draw of this sacred site,  
lending support and insight  
when one is faced with a situation of inequality or overwhelming odds,  
reinforcing just efforts, good intentions and special blessing  
to help one achieve one's dreams,  
to ground and tie down what is important,  
to find one's definition and to hold to it,  
helping to release our past  
and that which no longer serves us ~ gratefully.

It is in standing tall along the midpoint  
and in the learning to observe and master these strong polarities  
that we will know the balance of the life force  
and find our own inner strength.

