



The Ochlockonee (meaning 'yellow waters') River is pristine and deep as it empties into the Gulf of Mexico after traveling over 150 miles starting in Georgia. Choruses of birds sing the morning's Sun up, as the river is home to numerous species of birds..... among them the wood stork, southern bald eagle, white ibis, little blue heron, least tern, and the endangered red-cockaded woodpecker (to be found making its nest in living, mature pine trees).



Ochlockonee River

revitalizing..... helps one to feel held, nurtured and connected on the Earth.....
renewal after illness or loss

This essence was made at Sunrise
under a cradle Moon
along the Ochlockonee River
as it empties into the Gulf of Mexico in the panhandle of Florida.
The bowl was placed at the end of a dock
pretty much in the center of the River.
The fog had lifted with Sunrise,
and as we opened the essence
the birds began their chorus.

This essence is life
in all its fullness, beauty, wonder and fragility.....
in all its wakefulness, fun, and smooth transitions.
There is a recognition here
of the joy and fullness of existence,
of the soft and shimmering..... the Cradle of Eden.



What a blessing to be alive
and to recognize that
that which surrounds us is also within.

This is an essence
for those who have never felt completely held, nurtured
and connected to this Earth plane.
It is helpful after illness or loss,
as it will revitalize and reconnect us
with our ever-renewing Sun energy
and the regenerative forces of the Earth.
It is a reminder from Nature
that life is fragile
and that we are not sustained merely by the strength of our will alone
but by the strength of our connection to the All of Life
that holds and supports us here.....
and that once this connection is restored
we can re-enter living
revitalized, refreshed, and renewed.

