



*A native of Asia, the Dayflower has naturalized throughout the Eastern and Mid-Western parts of North America.  
The flowers last for only one day unless cloudy skies or a shady setting extends the bloom.  
The flowers have two larger upper petals of a deep-sky blue and a third smaller, almost unnoticeable, lower petal of white.*



# Dayflower

*Commelina communis*

For those who present only the good aspects of their self and are unable to acknowledge their darker side

## Dayflower

is the essence for those who are naturally true-blue and good.

It is very important for them to do the right thing

and to be seen by others as being good and doing the right thing.

Those who

do not want to be noticed for their differences

but rather seek approval for their compliance.

They enjoy voices around them that commend them on their accomplishments,

and they are very careful

to present only the bright and shining aspects of themselves

to parents, teachers, and friends.



Constantly presenting this sunny face to the public  
can create immense pain within,  
as one's own darkness and dark experiences  
have nowhere to be voiced or compassionately listened to  
for acknowledgement and healing.

This inner pain and darkness  
often works its way deeper and deeper into the body,  
where it can then manifest in conditions of chronic pain, inflammation, or tension.



It is common for a person in need of Dayflower  
to experiment throughout their lives  
with a walk on the wild side,  
as the self attempts to escape its tiny box of allowable experience  
and play with some fire.

Unfortunately,  
completely outside of one's protected realm,  
the soul may place itself in real danger  
without the proper clarity for protection.  
These persons make the perfect victims.  
Their lack of skill in dealing with the dark  
and their need for approval  
often lead them to their predators,

who may have a lifetime of experience as manipulators and can easily spot prey.

This experience of victim  
goes much deeper than this  
as the personality  
meets with shame and embarrassment  
its own responsibility in the situation  
and the normal reaction of rage  
is suppressed into the body and psyche,  
where it painfully resides and grows.

Dayflower essence

helps us unconditionally love and accept the essence of our being  
and assists us in releasing our fears  
of the darker or more mysterious parts of ourselves and of our culture.

As we learn to hold ourselves and our actions  
in this place of unconditional acceptance and love,  
we can begin to evaluate experience  
from a place of self-wisdom and compassion,  
truly aiding our growth and healing our pain.

