



The Thistle flower, soft to the touch, is held high on the Thistle plant and well-protected by sharp spines or prickles on the leaves and stems.



Thistle

Cirsium

helps mild-natured souls stand up for themselves against aggressors

Thistle is an excellent essence for the soft spoken, nice or compliant souls that can be run over, passed by or abused by an overly Yang and aggressive society.

Old childhood lessons

of consideration, helpfulness and obedience may leave one

overlooked, unrecognized for efforts, underpaid or mis-treated.

This essence helps those whose good or mild nature

is not used to standing up for themselves

against more aggressive people or situations.....

when a natural soft or push-over personality

feels powerless

against a person or entity that seems much larger or omnipotent.

For a child

it may be a feeling of intimidation

from an older child who “knows” more

or an adult who holds more power in their life.

For an adult

this feeling of submission

may be generated by a boss, corporate entity or technology

that feels over one’s head and keeps one feeling intimidated.

The Thistle plant is an archetype of Divine strength.

Looking like a mighty protector

it can grow 7 feet high

and spread its arms to 4-foot widths.....

its regal purple flower crowning its noble stature.

The Thistle essence

helps to restore one’s vitality of spirit and body,

encouraging a more self-protective stance.

Thistle essence inspires strength of focus of intent,

helping one to be clear and to the point

about personal needs and fair compensation for efforts.

It can motivate one

to stand up and be seen

and to speak up and be heard.

It helps to release learned patterns

of oppression and domination

by helping one to more clearly identify

where one is allowing one’s advantage to be taken from.

The Thistle plant

stands strong, aristocratic and protective.

It clearly commands respect and focus.

Its essence

naturally instills one with a sense of personal power
while strengthening one's Yang or warrior forces,
helping one to confront authority, competition or technology
with a potent confidence
that one's voice not only can be heard but needs to be heard.....
and in this way the meek shall inherit
by holding their noble space with dignity.

