



*Shrubby Cinquefoil is a member of the Rosaceae family native to cool temperate to subarctic regions of the Northern Hemisphere.*

*The bark of older stems is shreddy, and stems are often ascending.  
The bright, buttercup-shaped flowers form on the tips of stems.*



# Shrubby Cinquefoil

*Dasiphora fruticosa*

Helps one to release toxic memories and to heal old wounds

The Shrubby Cinquefoil essence helps one to release toxic memories that pervade our conscious and subconscious mind, eroding the innate peace and happiness that is present in the moment.

These bright and sunny yellow flowers take root in the crevices of large ancient rock forms along the North shore of Lake Superior.

Undaunted by circumstance, they stand 12 inches tall and branch out wide and full in the long hours of summer sun present here in early August.

The Shrubby Cinquefoil essence helps us to grow strong with a direct connection to the consciousness and energy of the present.

It does this

by loosening our attachment to the traumas and wounds of our personal history.

Grounded in rock, this plant has the possibility to transmute our pain, offering us a solid rock on which to build our future experience.

The Shrubby Cinquefoil essence

helps us to recognize the adversaries in our life as great teachers who have challenged us to learn and grow.

As we come to understand and believe this,

we are able to embrace our memories

and face those who were responsible with compassion and respect.

Releasing the transgressions of the past,

Shrubby Cinquefoil essence

then allows us the freedom to create new episodes of experience

and receive the support and goodness offered to us in the present moment.

