



*Growing atop the highest canyon ridge in the Smokies,  
attached to boulders and the roots of Rhododendrons and Hemlocks,  
the Moss here grows in selective communities,  
slowly from year to year.....*



# MOSS

supports recovery & healing on all levels,  
releasing negative patterns & self-defeating habits as well as our need to be self-critical

Growing atop the highest canyon ridge in the Smokies,  
attached to boulders and the roots of Rhododendrons and Hemlocks,  
the Moss here grows in selective communities,  
slowly from year to year  
measuring growth and progress on micro-levels,  
holding firmly to the elements of its community  
and carpeting otherwise hard surfaces with its velvety green.



The Moss knits together an etheric and microcosmic web  
that holds together the canyon's edge  
and stops the surface from eroding.

As an essence the Moss supports the process  
of recovery and healing  
on all levels of our being.

The essence first helps to absorb the negative patterns  
and self-defeating habits  
that originally led to our state of crisis,  
assisting us to learn  
to use the experience as a foundation for healing.

This essence is pure Peace  
as it works to open up the internal networks  
of self-trust in our ability to recover and be well.

The essence then helps us to release our need  
to be self-critical of our progress or predicament,  
teaching a softer and more-patient self-understanding.

As the ego loosens its need to judge and condemn,  
the internal light networks can begin healing  
and reconnect the physical being  
with energetic networks of support  
that help to heal and stabilize the physical and social presence,  
allowing for recovery and health.

