



Said to have been brought to the Americas from Europe to help support the Honey Bee by offering a prolific, early-blossoming easily-spreading plant, the Dandelion has taken to these soils and is here to stay.



Dandelion

Taraxacum officinale

helps provide sunny determination in the midst of adversity

As a flower essence
this spunky plant
offers one
sunny resistance and persistent determination,
helping one to continue willfully
despite obstacles or attacks.

The Dandelion essence
does this
by strengthening one's core intent
with potent resolve to face hindrance
with a spirit of tenacity
and I-will-root-here-for-sure-edness.

This flower essence's ability to help us
to remain bright and positive
in the face of adversity
is so needed in these stressful times
when the healers and peacemakers of this planet
have been so greatly challenged
and threatened
by those who stand to profit from continued warfare
and who see diverse ideals as cause for eradication.

The Dandelion's flower
is bright golden yellow.

It roots well in the Earth
with a milky sap inside,
a tough stem that nourishes the plant
helping it to survive harsh and competitive conditions.



At the end of its flowering
it magically transforms
seemingly overnight
to a silvery downy head
that releases its tiny seeds
to ride the currents of a Spring breeze.



The Dandelion essence
can thus
offer us a lightening and releasing
of our stored troubles and tensions.....
helping one's physical body
to relax and let go.



The Dandelion plant essence
teaches that strength and peaceful resistance
can be achieved
by maintaining a sunny soft presence
while allowing for gentle release
of all our unneeded stress.
As we learn to lighten up
we allow these worries
to simply blow away.



There are Spring days
when the tufts of Dandelion fluff
float like vertical snowflakes
dancing in all directions.
So many in number
they swirl and swoop low to the Earth
pausing
then suddenly lifted upward
on a breath of air
that lifts and spins
and carries the little ones aloft,
a weightless silver puff
that finally finds a home
on the surface of the fertile waiting Mother
to be planted by the Rain.
We'll see this one again!

