



*The stems and leaves of Hoary Puccoon are covered with white hairs, giving the plant a hoary appearance.
'Puccoon' is a Native American name
given to several different types of plants used in the making of redish pigment.*



Hoary Puccoon

Lithospermum canescens

for conditions of constant fret, excessive compulsive worry or behavior,
negative thoughts & recycling events & conversations...
helps the mind release its addiction to over-analyzing & critical, self-defeating behaviors

The Hoary Puccoon flower essence
works with conditions of excessive, compulsive worry and behavior.
Constant fret, negative thoughts and recycling daily events and conversations
keep the conscious energies
disconnected from the true messaging of the spirit.
It is as though the soul is caught in a rusted cog
that continues to grind repetitively
cycling the same thoughts and patterns of behavior
unable to move to the next level of life experience.
The Hoary Puccoon
helps one to learn to let go of our need for control
and our fixation on small and unimportant detail.
It helps the mind to release its addiction
to over-analyzation and critical self-defeating patterns.

