



*Bearberry (Uva Ursi) ~ a sweet little evergreen plant growing on woody branches along the sand dunes on the shore of Lake Michigan ~ produces dainty little globe-shaped flowers that hang in pairs like little bells from the shiny oval green and red leaves.*



# Bearberry

*Uva Ursi*

helps one hold true to one's self amid domineering people or situations

This plant essence  
helps one work with feelings of powerlessness  
in situations where one's energies are being drained  
by domineering and controlling people and/or situations.

Eclipsing mothers,  
competitive siblings,  
bossy bosses,  
controlling spouses  
can all  
leave one with feelings of helplessness and frustration.

In such relationships  
it is always important to understand  
that our job is not  
to try to change the other person or situation.....  
our job is  
to remember who we are and what we have to offer  
and to hold true to our own vision.

The Bearberry essence  
helps one to hold one's ground  
by rooting the qualities of self-respect and emotional clarity.



It helps to release  
one's need to keep the peace  
through compliance or allowing oneself to be exploited.

It assists  
in creating stability within situations  
by helping us to feel more emotionally stable and grounded,  
which allows us to speak our truth with poise  
and ask for what we need with confidence.

As we learn to speak from this place of calm inner strength,  
our words can be better received  
and our confidence in our self  
will flourish.

