



*The flowers were luxuriously hanging in large full fragrant beauty
from bushes as tall as trees,
on a 5-acre plot that boasted many such Lilac bushes,
with baby bushes sprouting in the sand,
a hundred to a mother.*



Lilac

Syringa

a general remedy for many causes of stress that contribute to neck, shoulder or lower back tightness & overall nervous tension & stiffness

Rest, relax, slow down, take a break
beacons the fragrant Lilac
with its origins in the mountainous regions of Eastern Europe.
It arrived with the first European settlers
and is often now found growing
in huge colonies on the original homestead sites.
This Lilac essence
was made from one such site,
now part of the Sleeping Bear Sand Dunes National Lake Shore Park
on the eastern shore of northern Lake Michigan.



The flowers were luxuriously hanging
in large full fragrant beauty
from bushes as tall as trees
on a 5-acre plot that boasted many such Lilac bushes
with baby bushes sprouting in the sand
a hundred to a mother.

Walking around the site,
I was swallowed into circles of enormous billowing bushes,
becoming a flow of praise and joy and wonder
of shinny green leaves
of white and purple flowers
of blue sky
of soft sand
of perfumed air
and warm radiant Sun.



It was one of those luminous joyful moments
that holds your whole being so high
one's physical body touches the possibility of Heaven on Earth.

The Lilac flower essence works with one's energy flow as it moves along the central nervous system, relaxing tensions and constrictions in the spine, restoring ease of motion in the body and relaxation of worries and stress from the mind.

This is a general remedy for many causes of stress that contribute to neck, shoulder or lower back tightness, causing restricted flow of cranial fluids along the spine and overall nervous tension and stiffness.

The Lilac essence encourages calm serenity of mind and body, helping one to lighten up, kick back and enjoy life's many pleasures. Held by the Grace of this lovely bush, one can begin to release the pressure and strain of holding all the details of our busy lives as the essence teaches us to embody and enjoy the blessings given to us in the present.

