



Yellow Paintbrush

Castilleja sulphurea
8-6-6

for those with a strong connection to the Spiritual world to better
attune to the needs of their physical body

Our bodies in right relationship
are our servants,
not our ego that believes it is the body.

Many religions
have taught strict practice
to help one separate and tame the ego/body attachment.

Fasting, Sun-dancing, sweat lodges, deprivation experiences
are all important spiritual practices
to help us come to a state of egoless spirit.....
powerful, humble and at service to all.

In our spiritual journey
it is not only important
to come to the understanding that we are Spirit interconnected to All
manifesting through our individual body
but also to come into right relationship with our body,
not to be loathed as ego
but to be loved and nurtured as a servant of the Divine.

The essence aids those
whose strong connection to spiritual practices or the Spiritual World
needs to be better grounded into the physical body
where one can become
more aware of and responsive to the physical needs of the body.

For it is through respect, love, care and gratitude
for our physical form
that we gain the spiritual vehicle
that is the hardy and reliable servant
able to manifest works of Spirit
and physically embody the principles of Divine Love.

