

Bee Balm

over ecstatic, unable to come down to earth... lost in the Divine Headaches...
poor bodily processing of spiritual

The happy ecstatic Bee Balm, like a fire cracker in July,
burst open in showy exuberance,
luring bees and butterflies to indulge,
floating from flower to flower,
in the morning sunshine of their Minnesota Prairie home.

The Bee Balm essence offers blessing
and a clearer grounding in the practical physical nature of the Earth
to overly ecstatic states produced by powerful spiritual experience.
A feeling of being lost in the Divine
and unable to come down to Earth
and deal with practical or physical reality – like regular meals and sleep –
are indications for the Bee Balm essence.

The Bee Balm essence
can also be used to help calm a child back into his body
after overly exciting or dramatic experience,
helping the child to more peacefully integrate the experience,
allowing the nervous system to ground
and connect with the even rhythmic beat of one's heart
and the expanding and contracting pause of one's breath.
Helping one to reestablish nervous system equilibrium
after intense head pain or nervous system stress
due to poor bodily processing of the Divine energy,
the Bee Balm essence can help one's physical body to better recognize
and channel powerful spiritual experience onto the Earth plane
with intention, precision and care,
balancing one's physical body capacity with the experience.

