



*Silvery with fine hairs on the underside of leaves, Silverweed prefers wet sandy shores and wet meadows. It is a member of the rose family native throughout the temperate Northern Hemisphere.*



# Silverweed

*Argentina anserine (formerly Potentilla anserine)*

meets feelings of vulnerability, loss of control or unsettled emotions around one's cycle...  
supports the strength of bonding between women

Growing on the sandy shores of Manitoulin Island in the Heart of Lake Huron,  
the Silverweed works to connect bloodlines between women,  
enhancing a Grandmother-Mother-Daughter connection  
that flows like a tide  
and connects all women to the spiritual cycles of the Moon  
and the fertility and bleeding of their own bodies.



The essence of Silverweed seeks to meet the unsettled emotions  
that can be experienced  
as one prepares for and enters into one's sacred bleed time,  
when as a woman  
one may feel vulnerable or attacked by one's own body  
and fear the loss of control  
intrinsic in the waxing and waning of one's personal cycle.  
Pain or discomfort

may be met by feelings of a need to be fixed  
or focusing only on what is wrong instead of what is right.  
Feelings of abandonment and despair may give way to hopelessness  
as one feels alone and confused by disquieting thoughts and emotions.



The Silverweed essence

nurtures a woman's knowledge of her right to be alone,  
to retreat to her own place of peace and inner nourishment.

It is in this time away

that one can learn the lessons of caring for others  
by caring for one's self in a genuine way.

Silverweed

supports women by supporting the connective heart  
that bonds us through the collective consciousness  
of our menstrual cycles, our birthing, our mothering and our grandmothering.

Whether we choose to raise children or not,  
we all experience these phases.

Like our guardian Grandmother Moon,  
we share these stages

and can both give and receive the compassion of a loving sisterhood.

The Silverweed essence

helps one to become sensitive to one's inner rhythms,

to open to self-understanding  
and to learn to take better care of one's self.  
It is in learning these lessons  
at an emotional, spiritual and cellular level  
that one acquires  
the intuition, courage and power intrinsic to the feminine spirit  
and one comes to balance and peace  
with their feminine body beautiful.

