



*We were brought to this community of flowers
while partaking
in another glorious day at the beach.
The Winter had been long for us this year
and the Sun's warmth and light was healing us
more deeply each day.
We have been blessed with clear blue skies
and the Sun's full strength each of our days.*

*This Sunflower caught our eyes
as it perched in sandy beach shore scrub,
shining brightly in vivid yellow
as miniature suns splayed amongst the other shoreline plants.*

Beach Sunflower

Helianthus debilis Nuttall

offers inner strength and self-healing in abusive environments

The Beach Sunflower essence brings strength and sunny persistence to those who have found themselves moving throughout their lives from one situation of abuse to another.

It is not always possible to choose one's environment or the people and family members that surround us.

Sometimes the people and circumstances themselves create so much disharmony and emergency that our spirits and wills seem to be placed in constant battle and we are unable to get the grounding and clarity we need to find stability and harmony.

The Beach Sunflower essence comes from a flower that chooses life and positive Sun-bright qualities despite its environment.



It does this by forming a tight community with family members,
each flower offering healing and strength to the group
from its own vitality of will and beauty.



The flower offers this strength of a positive, centered connection to the self
that allows one
to become a strength and healing source for one's community
and to heal personal wounds
through a strong sense of wholeness and inner Divinity.

The Beach Sunflower essence teaches
the self
to become its own source of healing
regardless of the people or environment that surround us.
The essence helps the self
to become more radiant
and true to the heart's directives and missions,
offering an ability to stick to projects, values and self-trust
regardless of the disharmony, violence and destruction of our environment.
It is only through this inner strength and self-healing
that the soul can move beyond
the cyclic and repetitive patterns of abuse and disharmony
to a place of health and sunny community presence.

