

# Pansies Anyone?

## Love Potion # 9

It is funny how many tales of romance involve love potions. You would think that true love did not require outside influence to make it happen. It is also interesting how many love potions go wrong and cause the unintended to fall in love or be loved. Or do they go wrong? Maybe, the unintended secretly (or at least subconsciously) really do intend it. I was recently reading the myth of Cupid and Psyche and discovered that it is less about love and more about the jealousy of the ultimate monster-in-law (who also happened to be the goddess of love). Yes, love has a shadow side, as does all of life. That is the yin and the yang of it; the good and bad, the “for better or for worse”, the giving and taking and the wholeness of the full circle that is life. Maybe, just maybe, the love potion really is used to symbolically bring what we need, rather than what we think we want, in love.

In Shakespeare's *A Midsummer Night's Dream*, the elemental spirit of Puck gathers the juice of wild pansies, also called heart-ease, to place on the eyes of would be lovers. According to legend, it was Cupid's arrow that colored the flowers. They are shaped like hearts and are good for the heart, blood pressure and overall calmness. Pansies have many medicinal properties. They are high in vitamin C and contain the same anti-inflammatory salicylates as the willow tree. Aspirin, as we know, is made of salicylates. Pansies are rich in antioxidant flavonoids like green tea or chocolate. Pansy has been used to treat respiratory illness, bladder cystitis, skin conditions and even epilepsy.

## Good Vibrations

Pansy is an edible flower. It can go right from the garden to the plate or into the teapot. Pansy can also be taken as a flower essence. Flower essences are pure plant essences from flowers or trees that are preserved in elixir format, usually in alcohol. Their unique healing properties are exponentially extracted. A small drop on the tongue or in water is quite potent. Flower essences are a form of vibrational medicine in which the plant essence helps the person consuming it to raise their own vibration temporarily to match that of the plant and thereby aid in healing.

<http://www.findhornessences.com/wild-pansy/>

“Love is the energy that fuels your life and if its flow is obstructed it is similar to the lifeblood flowing through the veins being obstructed. All manner of unsettling thoughts, sensations and emotions may then arise including anxiety, fear, panic and disorientation. Fear blocks love and without love you cannot truly thrive. Wild pansy flower essence gives the sense of stability and the feeling of safety from which you can open your heart and feel your emotions.”

“As a flower essence, pansy helps us to ‘face’ the world, thereby, strengthening our courage to share our beauty with the world. The flower essence of pansy clears negative thoughts and opens the heart chakra. |”

-Isha Lerner

<http://www.powerfloweressences.com/pansy-flower-essence>

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# Heart Flower Guided Meditation

Find a place where you will not be disturbed. Sometimes, in the midst of a busy day, a few extra moments in the bathroom are all we can get for a bit of peace. So be it. Any port in a storm will do

Make yourself comfortable. It is best to sit and not lie down or you might fall asleep instead. Loosen tight clothing. If you are so inclined, put on quiet music or light a candle. (*The latter is not advised if you are in a public bathroom. A fire alarm set off by your candle might be counterproductive to the intended meditation mood.*)

Take a deep breath. Good. Now, do another. Feel your lungs really fill up and watch your stomach rise. Inhale deeply. Exhale fully. Do this for a few minutes. The simple act of breathing is enough to break state. It resets the parasympathetic nervous system and reduces anxiety. Breathe again. You will start to feel more and more relaxed. Close your eyes, if you haven't already. Your body feels heavier as you sink deeper and deeper into relaxation. Keep breathing. Bring your attention to the centre of your chest. Imagine a flower growing there. It can be any kind of flower at all. Feel it tight as a bud. Breathe. With each breath imagine the flower opening up a little more. Keep breathing. Good. Imagine your entire being inhaling in the perfume of the flower. Breathe in the beauty. Breathe out any tension, sadness or discomfort. Breathing is good. When the flower is fully open, bring your awareness to your feet. Imagine its deep roots connecting the soles of your feet to Mother Earth. Open your eyes. You are grounded now and can return to your day. Anytime you begin to feel your inner peace wilt, breathe in the heart flower.



Some of my new homemade earring creations



**Manifestation**  
*From the Crystal Ally*  
Cards by Naisha Ahsian

## Rock Star of the Month

### Citrine



Doreen Virtue Romance Angels Guided Meditation  
<https://www.youtube.com/watch?v=vxUKA4D9hE4>



Pick a Flower Card online with Isha Lerner  
[http://www.ishalerner.com/home/is1/readings\\_main.html](http://www.ishalerner.com/home/is1/readings_main.html)

Love Potion # 9 sung by the Searchers  
<https://www.youtube.com/watch?v=7rXhX1sNJL8>

#### Additional Resources

- <http://www.powerfloweressences.com/flower-essences-a-z>
- <http://www.bachflowerscanada.com/38flowers.htm>

We attract love of all kinds when we are in love.

- ♥ Do you love yourself? Are you really, truly, deeply in love with yourself or do you just put up with yourself?
- ♥ What do you do to romance yourself? Do you ever treat yourself to beautiful music or wear luxurious fabric or write in a gorgeous journal or stop to fully drink in a breathtaking view?
- ♥ When you look in the mirror do you speak loving thoughts to yourself or do you criticize yourself for weight gain or look for wrinkles and berate yourself for the naturally occurring human developmental condition of aging?
- ♥ Do you feed yourself lovingly? Do you choose healing meals and prepare your food with love and patience or is it done out of anger in an impatient rush?

## Practice makes perfect!

Upon rising in the morning, look in the mirror. Do it pre-makeup in all your scruffy, sleepy, morning glory. Tell yourself that you love you. Say it lovingly, like you would to a cherished child. You are saying it, after all, to your own inner child. She deserves a great send off today.

Repeat it several times using your own name. Your name is the single most important word in your vocabulary. Your subconscious is primed to pay attention when you hear your name. Salespeople know this. Why not use it to sell love to yourself instead?

At first, it will seem hokey and uncomfortable, but stick with it and it will become habit. Habits are hard to break. Slowly, the jagged edges around your self-image crumble, loving thoughts are polished and your heart softens.



My Cat Casanova in Savasana Yoga Pose

Our pets can be mirrors for what our souls are trying to tell us. We can learn a lot from them if we pay heed.

*Cassie had his annual check-up with the vet this week. It was a temp replacement doctor who does not know his story and she got a kick out of his name since it is, after all, Valentine's Day week. She chortled about another cat she met named "Romeow".*

*She listened to Casanova's heart and said he now has a heart murmur. That was not a surprise for me. His brother was born with cardiomyopathy. They said Sheik might not live to be three. True to his feral DNA, he spent days and weeks in the woods. I feared the worse. I had many months of anticipatory grief and worry with that cat. I also had many months of fur faced love.*

*This vet told me not to needlessly stress or startle Casanova because of his heart. That is good advice for him, for me, and for all of us. We all have broken pieces in our hearts and we could be gentler. Cassie always reminds me to rest and sometimes when to play too. He never leaves my side when I am home sick.*

*I have not seen Sheik in two years. He'd been missing for five weeks when we discovered he had been cat-napped by a neighbour's tenant and was living in their basement. He disappeared into the woods a few weeks later never to be seen again. By then, my heart was prepared for it. My cats remind me to cherish the present and to love fully while we still can.*

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## Charity at IKEA



I did not know this about the popular DIY furniture store, but they have charitable initiatives to support United Nations humanitarian work. I discovered this while eating my Swedish meatballs there last night.

Right now through February and March buying a specific LED light bulb will increase funds to support refugee camps. There are way too many displaced children and families living in refugee camps in war torn countries these days. Every bit helps.

*Healing the world one gemstone at a time...*

**Sacred Stones for the Soul**

Guelph, Ontario  
Canada

