



TAROT ESSENCES

Duets of flower essences & extracts that together hold the influences of each of the major arcana of the Tarot. These are recommended as 1-3 drops within tea, water, on wrists, on altars, over thresholds... when one is wishing to work with the Tarot archetypes in one's life.

O Fool

Essence of Dandelion held within Goldenrod extract

Dandelion speaks to the childlike wonder, the adaptability, the excitement for life, the upwelling of Spring of the Fool. *Goldenrod*, on the other end of the growing season, brings Autumnal solar energy into the unknowns of walking off the cliff into the darkest part of the year. These two sun-gathering, yellow fluorescences walk with, familiar by one's side, small parcel of belongings over one's shoulder, as one meanders into possibility.

I The Magician

Essence of Monarda held within Monarda extract

Monarda didyma essence held within *Monarda fistulosa* extract, two dear Bee Balms, the first being red blossoms of the root & the second a lightest purple of the crown, *as above, so below*. This aromatic ally offers us the tools of the Magician as we delve into our own personal rigorous studies into self & what we wish to offer from within to without.

II The High Priestess

*Essence of Heavenly Blue Morning Glory held within
Potentilla extract*

The spirit-seeking light, sky blue of the *Heavenly Blue Morning Glory* matches the robe of Pamela Coleman Smith's High Priestess, almost as if she is wearing this blossom outwardly to guard her as she delves into deep inner contemplation. *Potentilla*, little powerful one, upholds this meditation with highest regard for this undertaking into spirit. Intuition honoring duet.

III The Empress

Essence of Red Rose held within Our Lady's Mantle extract

These Rose family allies uphold the Empress's sensuality, fecundity & deep love of Earthly life. *Red Rose* is eroticism incarnate held within the protective embrace of *Our Lady's Mantle*, who is known to collect magic-infused dew & nourish & tone areas that are too lax in our lives. *Red Rose* reminds us we are a crucial part of the symphony of the world. *Our Lady's Mantle* reminds us we are held as we delve into fecundity.

IV The Emperor

Essence of Burdock held within Nettle extract

The Emperor brings stability, well-thought-out rootedness & strong pillars from which to build & grow. *Burdock*, with their long taproot, gathers minerals from the depths, evoking these to clear with downward movement, to hold space with confidence & to disseminate from a place of well-established being. *Nettle* also holding all these in a more aerial-grounding way, adds the fortifications of protection, the nourishment from which to create & the expansiveness of a stand of Heg-beg (Nettle).

V Hierophant

Essence of Blue Cohosh held within Hyssop extract

Blue Cohosh essence brings us immediately to the sacredness of the moment, each moment, deepening our breathing & opening our awarenesses. *Hyssop* has long been called upon for ritual workings, their aromatic ways sending & bringing messages far & wide. These two together bring us into a space of ritual, within our breathing & being, honoring the sacred ritual rhythm of the everyday.

VI The Lovers

Essence of Meadowsweet held within Rose extract

The Rose family holds this card with their devotion to tenderness & passion. Essence of fluffy billowing *Meadowsweet* flowers tends to us in the present moment, reminding us of comfortable sensuality & the strength of softness. *Rose* calls for a love that has tenderness & openness along with thorns of important & necessary boundaries. These two allies allow for discretion & discernment in terms of all love.

VII The Chariot

Essence of Woodland Purple Phlox held within Yarrow extract

The secretive, dappled shade of the *Woodland Purple Phlox*, is a quiet space where all that coalesces for future action & movement happens. This held within the boundaries of *Yarrow* provides the structure for motion to arise from. These two allies silently, stabilizingly & surely assist & guide one as obstacles are met in one's path.

VIII Justice

Essence of Solomon's Seal held within Red Clover extract

Essence of *Solomon's Seal* offers the magical working, the wise counsel, the visionary insights that are searched for when injustice is abounding. This ally knows how to moisten dry & irritated conditions & environs, bringing all to the table, not just the loudest & seemingly most powerful. *Red Clover* lays the groundwork of nourishment for all beings & surroundings. This duet offers the tools for listening to the deep ways of the Earth, her profound processes & how one can walk with these ways, these sounds of Earth justice.

IX The Hermit

Essence of Rudbeckia held within Pine extract

Rudbeckia is a guide to Otherworld/Underworld travails, bringing the golden Sun as a torch into the darkness where potentiality is awaiting. Resinous *Pine* brings in messages from the forest that stick to us as we listen & hold ourselves in this quiet & introspective time. Both of these allies are guides & tenders during such times of hermitage.

X Wheel of Fortune

Essence of Rue held within Evening Primrose extract

The scent of eye-catching blue-green hued Herb of Grace, *Rue*, brings one to the present moment of where one is on the wheel of their life. Known herb of protection of Cimaruta* status, this plant ally's essence will offer a standing post, a stable moment, a time away from time, while the wheel spins. Held within *Evening Primrose*, a plant whose edible youth & majestic towers of leaf & yellow flowers feeds so many, on so many levels. *Evening Primrose* knows how to ride the cycles of destiny & change, adapting to whatever scenario is offered. This duet offers grace during the changes of the Wheel, during Fortune & otherwise.

**Italian folk amulet of protection shaped in the form a Rue leaf with protective adornments.*

XI Strength

Essence of Rhubarb held within Borage extract

Rhubarb rises in the early Spring, many times from half century or more roots, forms great swaths of thick, juicy stalks & substantial leaves. This is a plant that knows the strength of offering to the bittersweet world. This essence is held within electric blue star-flowered *Borage*, who stands for heart-felt courage, & who knows how to show up when needed. This duet reminds us of our own valiant prowess, & how to call upon this when the need arises.

XII The Hanged One

Essence of Bloodroot held within Aster extract

Ephemeral *Bloodroot* rises from wrapped leaves, in a sort of suspension mirroring the Hanged One through reflection. This a time period of surrender bringing the depth of red rhizome into the air as white-as-snow flowers. *Bloodroot* does hold one while traversing zones of quiet, chosen or not. On the mirrored side of Spring, *Asters* shine in the Autumn, the full suspension of seasons. *Aster* brings a presence of mind to the succumbing of what is, reminding one of wonder & curiosity during such times.

XIII Death/The Unnamed One

Essence of Agrimony held within Lemon Balm extract

Call upon this potent duet when one feels ready for great changes in one's life & are looking for allies to walk this new, unforged path. *Agrimony*, a Rose family ally, breaks down unhealthy hierarchies & power dynamics, in mysterious & cunning ways. *Lemon Balm* tends to one's spirit when melancholy & depressive states have been painting one's environment. These two together care for, hold the hands, & cut away that which is not allowing one to live in one's potential.

XIV Temperance

Essence of Alder held within Blue Vervain extract

Alder has roots deep into the flowing streams, forming carrs of new lands, holding the balance of water & land by the ability to breathe in both elements. *Blue Vervain*, nervine extraordinaire, knows when to draw the line, to bring a little of this in, to hold off on a little of that, to find a tempered state to shine within. This ally assists those holding on too tightly, shoulders stiff & breath withheld, to be able breath fully again & to dip one foot into the waters of life, while the other is firmly place on land. These two allies together remind of walking with patience & well-being.

XV The Devil

Essence of Viper's Bugloss held within Wormwood extract

The undeniable beauty of the flowers of *Viper's Bugloss* tower in the garden for months feeding pollinators & eyes alike. There is a feeling of deep respect for this almost foreboding plant in the garden, a feeling of bearing witness to a depth of awe-inspiring power. Held within *Wormwood*, Otherworld royalty, of softness & scent leading to places beyond, things are not as they seem, ways are twisted & the unknown thrives. The masks one wears of the Devil card are important to be aware of & to intimately meet, as this wild, creative force can guide in ways betwixt & in-between.

XVI The Tower

Essence of Motherwort held within Wood Betony extract

Motherwort is the ally to call upon when all that is known is crashing down all around. *Motherwort* is a heart ally that possesses the early leaf softness of delicate nurturing & the seed-pod prickles of strong boundaries in love, the dear friend who has one's back & also keep's one in check. This is held in *Wood Betony*, a plant ally who gains their strength & stamina from their low basal leaves, & from this stability rises with reaching flowers on long square stems. This duet offers visions of new paths to follow, remembered ways of being & the strength of lions to continue even after all has fallen away, which most likely was only standing on shaky structures. This duet helps to envision the rebuilding honoring self & others.

XVII Star

Essence of Sweet Woodruff held within Chickweed extract

Both of the flowers of these dear allies remind one of stars that have fallen to the Earth as beings that scatter & hug the land offering uplift & sense of place in this vast world. *Sweet Woodruff* offer the sweetness of May & early June, the flavorfulness of Spring. Held within *Chickweed*, a moistening & juicifying softener, this duet offers the optimism, splendor & belief in self of the Star card.

XVIII Moon

Essence of Pearly Everlasting held within Mugwort extract

Pearly Everlasting holds Moon energy in their luminescent & pearlescent flowers, even in the height of Summer, & are an access to dream states of being. *Mugwort* is the essential dream herb, the transportive Artemisia scent, Moon-white undersides of the leaves & their ability to hold space in many realms at once. This duet is a guide to & from these dreamscapes, the imagination & the illusions of a fogbank.

XIX Sun

Essence of Marigold held within Calendula extract

These two orange, Sun-loving & beloved allies are the epitome of Solar energy & the outpouring of excitement & enthusiasm. *Marigold* flowers have gorgeous frills of warm tones of red-orange-yellow, offering courage & dedication to enjoyment in all aspects of life. Held within the gentle strength of *Calendula*, these two Solar beings remind us of the warmth within & that without the Sun energy, we do not shine.

XX Judgment

Essence of Blackberry held within Blessed Thistle extract

A discerning pierce, a scrumptious taste, a scattering of blossoms on the edges of wild places, *Blackberry* knows how to make life-enhancing decisions, calling upon thorn-laden honesty & embodied intuition. Combined with *Blessed Thistle*, a softer of the spiky ones, the refinement & sacredness of bitterness continues the self-reflection this card requires.

XXI The World

Essence of Self Heal held within Peach leaf extract

Self Heal/Heal All is as the name suggests, one who reminds us the world is within us & we are of the world & thus are the healing & the process. This dear wild Mint family lives in lawns, edges by streams & rises with small mystical purple spires offering that each is enough. *Peach leaf*, delicious & moistening *Peach leaf*. The whole world is in a fruit tree & *Peach leaf* has the ability to hold all & bring out the juiciness, vividness & strength of community.