



St. Johnswort blooms in mid-Summer..... opening in the Northern Hemisphere to full days of sunshine and to celebration on June 24 of St. John's Day, marking the birth of Saint John the Baptist and Summer Solstice. This midsummer's day in ancient times in Europe was a time to pay homage to water, fire and plants.



St. Johnswort

dispels negative thought forms that erode our happiness & innate positive perspective.....
restores light forces, allowing joy to return

Saint Johnswort flower essence dispels negative thought forms
that erode our happiness and innate positive perspective.

The beautiful transference of sunlight through the flowers of this plant
radiate goodness and innocence
and can increase our understanding of light transference in our own bodies.

Achieving and maintaining luminance
is often a misunderstood process.

Rhythmic use of the muscles, such as in exercise, does create endorphins
which add to our feeling of well being,
but it can take increasing amounts of mechanical exercise
to maintain sufficient levels to ensure happiness.

The body needs to move, muscles need to flex and energy needs to circulate
within the physical and nonphysical bodies,
but the process of restoration of inner light requires more than mere motion.

St. Johnswort is a temple of light,
and for those who are unable to experience equilibrium, who struggle with melancholy,
St. Johnswort essence opens the channels for inner nourishment
and instills in us a whole people of beings
that transmit light like sweet honey
through our physical and emotional bodies.

As the light forces of the bodies are restored, joy returns
and a contemplation of Nature's wonders is gently restored.

For it is only through a correct relationship
with the community of beings that electrify all life
that we may come to experience our own luminescence.

