



Goatsbeard (also known as Salsify or Oyster Plant) was introduced to America in Thomas Jefferson's time as a root vegetable from Europe. Generally needing rich loamy soil, it was a bit of a renegade growing here in the desert outside of Taos, New Mexico. Locals confessed to never seeing it before.



Goatsbeard

encourages a more reflective, sensitive nature for those, especially adolescents, whose maturation process is locked into a rebellious, non-listening mode

If one sees oneself as separate from the whole of one's family, environment or society one may act from a place of sarcasm and outward finger-pointing, callously assigning blame for one's perceptions and experiences. It is only natural during the course of healthy maturation of the ego that one experience a time of breaking away from one's parents and community. This appropriately happens during adolescence as the child seeks to find his/her own voice and individual nature in preparation for one's solo (without parents) journey into the world. As one's hormones and body growth dramatically change one's self-perception, it is also natural that one's outer perception enter a phase of transformation. Indigenous cultures honor this transitional period with respect and initiation, wisely understanding and supporting the genesis of young adults and their need for community acknowledgement and support.

In the best of scenarios the child/adult will seek out the guidance and wisdom of one's elders to find one's way through a healthy mentoring relationship. Unfortunately, even the healthiest family or community may find itself faced with a rebel, as renegades have challenged community life throughout history. Strong will forces, raging hormones, and negative friendships can strongly influence one's choices and behavior during this developmental phase, as the soul forces are wide open and seeking someone or some dream to revere and emulate.

The Goatsbeard essence addresses mouthy, defiant, rebellious behavior that lacks wisdom and sensitivity or maturity and responsibility, supporting healthy growth that requires open channels of receptivity or listening so that one may wisely choose to reflect what is "right" from one's environment and one's elders. Having one's own form, intellect and gifts, one also has a responsibility to promote one's own ideas, embellish traditional wisdom anew and challenge the status quo with significant passion to promote change. It is each generation's gift to advance humankind into new knowledge, understanding and truth. The Goatsbeard essence is helpful to those whose maturation process is caught in a voice-only mode ~ unable to listen or receive. Defensive, argumentative, judgmental attitudes may be expressed in callous remarks, insensitive to the feelings of others or the impact of such powerful words.

Engaging in selfish short-sighted or rebellious actions
may reflect a need for recognition
or an inability to appropriately find a way to express unsettled, confused emotions.
Feeling a lack of commitment to the whole,
one blames others for problems and inner feelings.
Although helpful
at any stage of life when one is locked into a rebellious, non-listening mode,
the Goatsbeard essence particularly addresses adolescence,
supporting the initiation of the young adult
by opening and activating
one's capacities to sit with uncomfortable feelings and thoughts,
permitting opportunity to consider and reflect on one's impulses.
It is this pause
that allows an opening in one's capability to receive,
and more importantly listen to,
the guidance of one's councilors and one's inner spirit.
Inspiring a more reflective, sensitive nature,
the Goatsbeard essence
encourages one to find constructive avenues to speak one's ideas and feelings
while finding positive ways to influence change in one's community.
As one learns to become more respectful of others,
one finds the respect of community and, more importantly, self-respect.



