



*Wood Betony is a member of the figwort family native to eastern North America
and a source of Native American remedies.
Wood Betony prefers open woods, thickets and along clearings.*



Wood Betony

Pendicularis canadensis

helps one to work with the cycles of one's life in a balanced & respectful way

The Wood Betony essence teaches the dance of spirals,
the swirl of the Galaxy...
A symbol of all that ever was
and all that will ever come.
The circle is forever.
The cycle never ends.
All are honored equally in the circle.
This brings balance.
We honor our ancestors.
We honor the four directions.
We honor the changing seasons.
We honor day and night, male and female.



Wood Betony leads us to the center of the circle,
to the sacred fire where we can sit in silent breath with ourself,
where we are safely held by the blanket of the night sky,
warmed by the fire's glow.

The Wood Betony essence calms our belly,
grounds our nervous system
and allows us clarity to see into the mysteries of our being.

It is in this deep quiet place
that we will better be able
to discern conflicts in our relationships and struggles around our sexuality.

Sitting by the fire
we can release our delusions and fears.

Sitting by the inner fire
we can see better ways to be with others.

Sitting by the fire alone
we can experience the peace to rise above our problems with grace.

We become one with the Mother's bright spirit of life
and in-tune with Universal cosmic rhythm, breath and pulse.

Out of the shadows we arise wise.

We walk the spiral out like the Moon becoming full,
filled with deeper understanding,
replenished by our release.

Wood Betony essence is our amulet
as we walk the sacred spiral...
in and out... in and out.

Wood Betony essence offers protection for our process,
the vortex that re-circulates our energies.



Wood Betony essence can be placed on chakra points
to balance the energy flow,
to recharge life flow...
or used when one's energies are caught in a counter-clockwise eddy,
draining one's vitality.
As one walks the spiral
out to the world of responsibility, relationship and action,
Wood Betony essence keeps us feeling grounded, warm and mentally clear,
able to re-enter the social world with new perspective,
with calmer and more appropriate feelings,
allowing us to breath out in harmony with All.

