

2022

A new year - a new energy, jolly well hope so!  
Some friends and helpers along the way.

**2022** is a number **6 year**. In Feng Shui number 6, whose symbol is **Heaven**, is often depicted by/pictured as a moonlit and silvery starlit night. Its meaning equates to truth, maturity, respect, inspiration, integrity, wisdom, planning, strong sense of justice/injustice, discernment, willpower, efficiency, taking responsibility, the integration and utilisation of all that we have learnt, a richness of spirit; with all this comes the knowledge of how best to serve fellow humans, animals and Mother Earth. It is also referred to as the House of Helpful Friends meaning that a network of friends and helpers/supporters is vital, maybe now more than ever. My sense is that 2022 will be an opportunity to find our true purpose too.

For some time now two plants have been calling: **Periwinkle** (*Vinca major* and *Vinca minor*) and **Rosemary** (*Rosmarinus officinalis*). Though I have not been ignoring them – how could I! - I now put pen to paper. I shall concentrate on the vibrational energetics of these two herbal friends. Both have medicinal qualities, however this is not what they wish to convey here.

**Periwinkle/Vinca**, a sprawling evergreen perennial, fine in shade, has the inherent magical ability to flower all year long. She has potent ‘medicine’: medicine in terms of power, energy and spiritual healing. Periwinkle has also been called Sorcerer’s Violet. In magical herbalism, Periwinkle is associated with Venus and the element of Water, and whose primary power is that of protection. As with so many 5-petalled wild flowers each flower can comfortably sit into a circle – gorgeous geometry and symmetry. The overall circular shape is probably the reason for 5-petalled flowers being easy on the eye. A pentagram/pentacle is also formed by these 5-petalled flower friends, the pentacle being one of the oldest symbols on earth, often representing the human and the 5 elements vital to life: air, water, earth, fire and spirit with the circle linking them all. Periwinkle’s soft violet colour is indicative of reaching beyond our present capacity; that decisions are made for the highest good; that we understand and honour our authentic self; that we walk in peace, forgiveness and fellowship; that wisdom guides us along the way. Periwinkle is for spiritual nourishment, not for ingestion unless with guidance from an experienced Herbalist.



**Rosemary**, not just a tastebud delight, is traditionally a symbol of constancy, loyalty and friendship, and is known as ‘the herb of remembrance’ as it enables a sharp and clear mind. It was a feature of both funerals and weddings, hence remembrance. Rosemary is a herb of the Sun, allied to the element of Fire. It is also referred to as Dew of the Sea and included in sea rituals, and was added to talismanic sachets to help

ensure safe passage. Although I do not travel over water, I usually have a fresh sprig or two of Rosemary in the car for its cleansing fragrance, mental alertness and safe passage. According to Robert Tisserand, one of the greatest researchers, authors and teachers of Aromatherapy, Rosemary has an Odour Intensity of 6. This resonates well with the number for the year being 6.

A folk and old French name for Rosemary is Incensier. Indeed it is one of the oldest incenses. Its vibrational energy can clear a space of negativity. It was often used as incense in rooms where people were very unwell. Placed under one's pillow Rosemary drives away bad dreams and enhances sleep quality. In the garden Rosemary keeps carrot fly at bay, is helpful to cabbages and enjoys the company of Sage. No garden is complete without the powerful presence of Rosemary who loves the Sun and does not fare well with constant wet feet, so to speak! Her spires of aromatic evergreen leaves are home to clusters of ethereal-violet, delightfully unusual flowers.



Since ancient times Rosemary has been respected and used as a medicinal plant having restorative, uplifting, pain relieving, nervine, digestive, tonic, circulatory, antibacterial and antiseptic qualities, and more ... Inhale Rosemary's fragrance to feel generally lighter and stronger in so many ways. Bees enjoy Rosemary too.

On a higher level Rosemary has an affinity with the Pineal Gland and Crown Chakra, the Shining Lotus of one Thousand Petals and the throne of spiritual consciousness: our connection with the Great Yonder, from where we invite inspiration, and creativity can be stimulated. I often enjoy the presence of a sprig of Rosemary on my desk to keep me company when writing. This magical herb also enhances our powers of perception. She somehow has the ability to create a warm presence with the spires of her fragrant stems helping us to find direction and focus, to place trust in the process of life and to walk upon our path with greater clarity and ease.

Both **Periwinkle** and **Rosemary** have shown their steadfastness and strength of spirit, having flowered over Yuletide and the new year. Flowers may have been fewer and paler, though still enthralling at this time of year. These friends are reminders to plan and keep a goal in mind and not to lose focus; they remind us that stamina will be needed though a step by step approach is called for; creativity is paramount:

this is being imaginative and resourceful, hence becoming the predominant creator of our life, rather than anyone else who thinks they have dominion over our life, health, environment, soul ... The pale violet blooms remind us that our link to Spirit is vital and beautiful.

There is the lovely ground hugging Rosemary too (*Rosmarinus officinalis* 'Prostratus'), attracting very many bees and butterflies with her nectar-rich, pale lavender flowers. She will grow happily in a container in good light. Her message is simply that of not letting go of our inherent connection with the Earth, love her soil and consider her sacred. Earth and the Sun energies join forces in this special little plant ally as they do indeed in her larger cousin. Thank you both Rosemaries for your gifts. Let us be lavish in the inclusion of all aromatic herbs in the garden!

Remember you can make your own vibrational spray, as mentioned in my Midsummer 2021 greeting. This time with Rosemary to cleanse, recharge and uplift. Place a sprig or three of Rosemary in a clear glass receptacle, filled with 'clean' water, on a window sill for 1 to 3 days and nights to ensure maximum daylight and moonlight especially at this time of year. Decant the energised and vibrational water into a spray bottle, returning the leaves to Mother Earth. You will now have Rosemary's energetic essence.

You can then sprinkle or spray around your aura, around anywhere in your home that needs attention, around pets and plants. Your magical water can also be applied to energy centres or pressure points e.g. soles of feet, backs of knees, base of spine, lower abdomen, Hara centre (just below navel), palms of hands, inner wrists, inner elbows, heart area, thymus area (between heart and throat), throat, base of neck, third eye centre and top of skull.

The same can be created with our **Pine** tree friend (*Pinus sylvestris*, descended from primaeval forests, our native Pine and evergreen) for refreshment and invigoration of body and mind. Pine's healing gifts are plentiful e.g. tonic, anti-inflammatory, antiseptic, anti-catarrhal and expectorant thus helping to relieve sinus and upper respiratory infections, coughs and colds. For general upliftment, tension, fatigue and nervous debility a 'tea' can be made from a few Pine needles and added to a foot bath. If there is a sensitivity/allergy to Pine then obviously avoid. Pine can dispel any negative vibes in the home. Branches of Pine were placed over front doors to ensure good health and happiness therein. Pine trees stand tall, taking in all that is happening in their world and beyond. There is poise and a stillness about the Pine that can inspire us all, after all it is our oldest tree who has seen and felt much. Thank you **Pine** – we love your offerings, so numerous, varied and precious are they. Pine needles are quite long, blue-green and always grow in pairs: essential identification if foraging.



TIGER energy is afoot. Although Tigress/Tiger does not join us until 1<sup>st</sup> February, Year of the Tiger, their presence behind the scenes is increasing. Before Yule, one night, a Tiger cub came to me and I sensed this was because we need to prepare well for the year ahead. With this in mind, a little about Tiger's Eye gemstone is timely.

Tiger's Eye seems to have an earthy quality. With this come a solidity and a steadiness, with the emphasis on how best to harness our physical energies into that which we wish to achieve. There is also an affinity with the Sun as this gemstone's golden pigments can enable us to gain insights and sharpen our perception. There will be much to deal with this year and Tiger's Eye's iridescence can act as a light in the darkness, reminding us that from feelings of heaviness we can actually see through the dross.

Traditionally Tiger's Eye is seen as bringing courage, confidence and protection, as well as enhancing physical strength or stamina. Tiger's Eye's presence is somewhat soothing and is a great stone to befriend during times of scattered thoughts, doubt, conflict or turmoil. Tiger's Eye will be a friend to enable us to open our eyes to our real needs, to discover strengths we may not have realised we had. Earth and Sun energies join together too in this special stone.

Another reason to include the powerful Tiger's Eye here is to share with you what Denis has discovered after extra practical research into the protective qualities of gemstones, amongst other helpers, when dealing with electromagnetic stresses (from wireless technologies) and the onslaught of 5G. He has found that, if worn, Tiger's Eye definitely repels such stressors and that it does not suffice to have it next to one's computer or other sources of EMS. It has to be in contact with one's body i.e. a necklace, pendant, bracelet, ring... He found this to be true with **Shungite** too, often heralded as the stone of defence against such adversaries.

In this connection, wonderful Rachel, founder of Wild as The Wind: <https://wildasthewind.com> sells Shungite jewellery as well as her beautifully hand-crafted skincare products and essential oils especially her Thieves Oil 2020 that includes organic Rosemary essential oil. I understand Rachel has now formulated Thieves Essential Oil 2022, a stunning blend of 5 organic essential oils, still including the quintessential Rosemary, as well as Thieves Oil 2022, a pre-diluted version. Rachel devoutly stands against any animal testing which has increased alarmingly over the years. Rachel absolutely walks her talk.

You can read her article written in 2019 in International Times, the Magazine of Resistance: <https://internationaltimes.it/5g-the-big-picture/>

More of Rachel's articles on this crucial issue and an excellent resource: <https://www.wilddigital.co.uk/full-list-of-5g-wireless-technology-articles/>

**May 2022 say good riddance to starvation of the spirit. May we discover new skills and, above all, let there be plenty of sustenance for the soul!**

**New Year Blessings to us all, Nicky X**