

In the fields with Evan.



IT'S EARLY MORNING. I'm kneeling in the damp earth, the fragrance of rose geranium and lemon thyme on my hands. The sun's warming my back, my senses are awakened... I'm transported to a place of quiet healing and transformation.

Later that morning in the barn, the sun now high in the sky, we're filling the copper still with freshly harvested plants. We light the fire and trancelike wait for the first blush of hydrosol to appear.

We've been taking part in this harvest and distillation for years. We've shared the experience with good friends, sales reps and retailers.

Now, we welcome you to view this lovely process for yourself.

EWA









THEY CAN EAT LIGHT

“...Why should a plant give a shit about Mozart?’ I remember him saying. ‘And even if it did, why should *that* impress us? I mean, they can eat light, isn’t that enough?’

He went on to speak of photosynthesis the way an artist might describe color. He said that at dusk the process is reversed and that plants actually emit small amounts of light. He referred to sap as the green blood of plants, explaining that chlorophyll is structurally almost the same as the pigment of our blood, only the iron in hemoglobin is replaced by magnesium in plants...

For him Latin names were like koans or lines of verse. He remembered them effortlessly, taking particular delight in their origins. ‘When you say the names of the plants,’ he said at one point, ‘you say the names of the gods.’ ”

The above excerpts are from *One River* by Wade Davis. In them, Wade Davis is remembering his friend and contemporary, the late Timothy Plowman – whose research interests at Harvard, under the guidance of Richard Evans Schultes, focused on ethnobotany. Published by Simon & Schuster, New York. 1996.







THE FRAGRANT JOURNEY

I remember the first time I smelled a freshly distilled hydrosol. I was in the south of France, it was late summer, cicadas were singing and the valley was filled with the sweet, smoky fragrance of fires lit from the spent and dried lavender charge. As the first warm droplets of hydrosol began to slowly dribble out of the copper still, I thought the aroma was unlike anything I'd ever smelled before.

This fluid 'plant-milk' embodies the soul of the plant, symbolizing a transformation of spirit (ether) into matter (water). Aromatic molecules are part of the plant's immune system, and a hydrosol represents the watery aspect of this complex, intelligent system – a system that has biologically adapted over millions of years to live in symbiotic harmony with its environment. Hydrosols are gentle botanical remedies and their extraordinary aromatic vitality acts to subtly reawaken the quiet connection we have to nature.

~ Evan







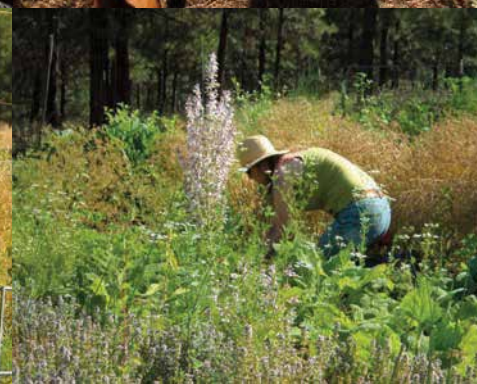
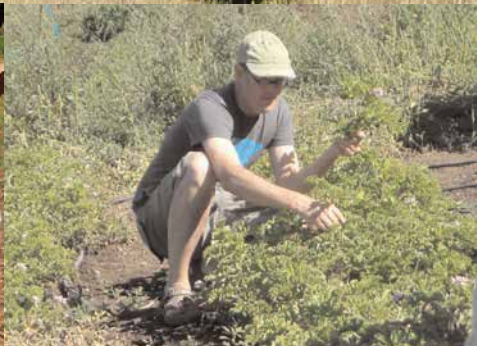
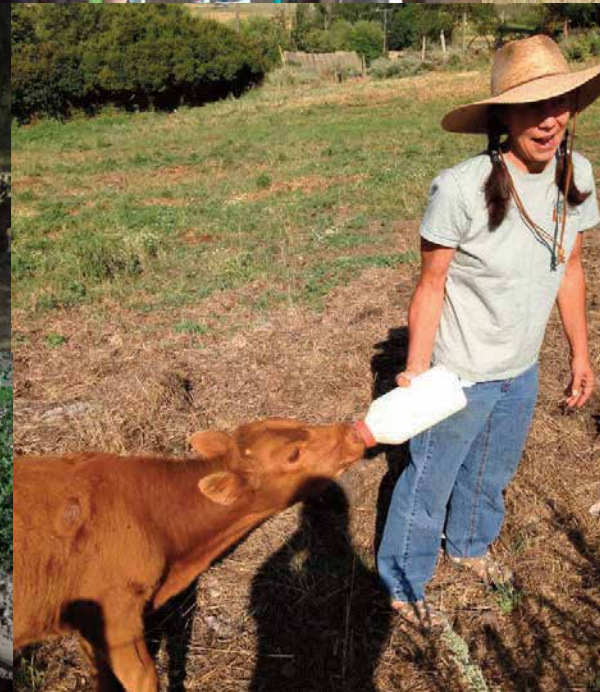
ETHER, AIR, FIRE, WATER, EARTH

In the tradition of Ayurveda, prana is the life force, the vital energy and intelligence that permeates all life. It is this endless flow of prana that connects our heart and breath to the entire natural world. Plants are mirror images of us in many ways; they inhale carbon dioxide and exhale oxygen, we do the reverse. The fertility of the earth, the fire that ignites the copper still, the water that becomes a transformative medium via steam, the biological intelligence of aromatic (etheric) oils, and the life-sustaining principle of the air we breathe... all *“rest in the control of prana”* (Source: Prashna Upanishad)

A hydrolat (also spelled *hydrolate*, or *lait*), so called because the water appears milky when first comes out of the still due to plant residue, is also known as ‘hydro-sol’ (water=soluble) and reflects an extraordinary, vital and handcrafted product. The sweetness, complexity and vibration of ‘just-made’ aromatic waters is not found when the product has been diluted with other ingredients. The ‘blues’ are banished and seem to dissolve in the presence of these healing waters that ‘cure’ with their gentle scents and hydrating softness.

Hydrosols are rich in vibrational, water soluble, hydrophilic (water loving) elements of the plant. These aromatic elements are sometimes referred to as ‘weak acids’, and are present only in the hydrosol, not in the essential oil. It is the acid nature of these plant waters that communicate healing and restoration of a dynamic ‘spirit’ to the skin, conferring significant hydrating, skin-softening and anti-aging effects. The gentleness of these acids and the benevolent nature of hydrosols offer an exceptional array of treatment choices for direct-to-skin application.

“Leave room in your garden for the fairies to dance”
- a sign in distiller Ann Harman’s barn



THE IMPORTANCE OF LIVING WATER – SENSITIVE CHAOS

“Man’s relationship to water has changed completely during the last few centuries.”

So starts the Foreword to Theodor Schwenk’s (1911-1986) inspiring book, *Sensitive Chaos – The Creation of Flowing Forms in Water and Air*. He suggests that there are common principles and rhythms that guide the movement of water. “Water encircles our globe uniting our biological eco-system, our physical body, and is represented as both fluid encased by our skin, our circulating blood, lymph system; and is also spiritually represented in our heart’s beating stimulating a rhythmic breath.”

In times past water was revered: water deities played a prominent role in mythology, and people believed that water was filled with divine beings. But over centuries we gradually lost our connection to the sacredness of flowing water, its rhythms and currents. “... a river that has been artificially straightened out looks lifeless and dreary. It indicates the inner landscape in human souls that no longer know how to move with the rhythms of living nature.”

Today we have suppressed water’s power by straightening rivers, drying out swamps, and building towering dams. We have changed landscapes, clear cut forests and beheaded mountains. All of this has dramatically altered the delicate balance of our ecosystem. “Humanity has not only lost touch with the spiritual nature of water, but is now in danger of losing its very physical substance.”

Every body of water in its natural state is alive with its own vital functions. Water connects us to the earth, the heavens, and the plant world. “As plants consists mainly of water an immense stream transpires into the atmosphere from fields, meadows and woodlands... The plants are vascular systems through which water, the blood of the earth, streams in living interplay with the atmosphere.”

The above quoted excerpts are from *Sensitive Chaos* by Theodor Schwenk, published by Rudolf Steiner Press, First English edition, 1965.





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