

# *Alaskan Flower Essence Project*

## *Online Newsletter*

**Issue # 3**

**Reindeer Moss and 9/11**

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### **Ground Zero**

In April of 2002, I gave a two-day workshop on the Alaskan Essences in lower Manhattan, New York City. It was late afternoon a few days before the workshop when I arrived in the city, and I knew I had to go to Ground Zero that evening.

This was my first time in the city, so to get to Ground Zero I followed the lights that had recently been set up there—two powerful beams that radiated into the sky and were quite visible above the surrounding buildings. When I was about four blocks away, I stepped into a very tangible energy field. It was like walking into another reality. I stopped and tuned in and felt an extremely powerful and compassionate field of angelic healing energy. I could sense a dome of light over this part of Lower Manhattan and the energy of rejuvenation was very strong. I continued and walked around the various areas that has been set up for observation and memorials and then headed back to my friend's apartment.

The energy of healing and reconciliation that I felt that night was profound. This healing was taking place on a vibrational level and was primarily focused on the loss of life and the impact to the Earth resulting from the attacks. It was extremely important to me to feel the strength and potential of this healing energy, and to realize how available it was to anyone around the world who needed it. My sense was, "this part of the city is in good hands, but what about the rest of the city, and beyond?" I came to the realization that the healing of 9/11 will not just take place at Ground Zero, but in and through the hearts of each person who suffered a loss, or was in any way affected by these events.



The challenge here is to open our hearts, regardless of the pain or sadness we are holding, so we can receive the abundant support and healing energy that is available. As each one of us does this, we allow this healing light to spread out into the rest of New York City, the United States, and throughout the world.

For many, this opening is difficult. Reflecting on my experiences at Ground Zero, and on insights gained during my workshop in lower Manhattan and from the essence work I have done with clients over the past 11 months,

I have come to realize that what is calling out to be healed is not just the shock, trauma, and loss precipitated by this terrible event, but something far deeper. I feel that what happened on 9/11 shook loose a huge unresolved layer of grief and sadness from events we as humans, and more specifically as Americans, have experienced in the past. The Earth has been holding this energy for hundreds of years, but now it has been released into the collective consciousness and we are being asked to confront and integrate it. Luckily, we have the tools to do this—there is an abundance of healing light available on the planet, and we have vibrational essences. In this context, one Alaskan essence has come up for my clients more than any other—Reindeer Moss.

## **The Plant**

Reindeer Moss (*Cladina stellaris*) is one of the most prolific plants in Alaska, ranging across millions of acres of forest and tundra. Despite its common name, it belongs to the lichen family. Instead of growing from roots, lichens attach themselves to soil, rocks, and other suitable surfaces using small fibers. Plants grow directly from other plants to form a network of intertwined branches that cover vast areas like a carpet.

Reindeer Moss draws its sustenance directly from the elements, expanding and contracting very quickly in response to changes in humidity and temperature. This symbiotic relationship makes it a very precise indicator of rapid changes in the quality of the environment.

Reindeer Moss is one of the oldest plants on the planet. As a member of the lichen family, it has witnessed the passing of ages and of many cycles of human experience. It is also interesting to note that individual clumps of Reindeer Moss have a lifespan that exceeds our own. Plants grow very slowly, producing a new branch every year, and mature when they are about 100 years old.



## **The Essence**

Reindeer Moss works with the archetypal levels of grief and loss that are a part of our legacy as members of the human family. A prime example is the collective loss experienced by Native Americans after being removed from their homeland and placed on reservations. These people had a living and respectful relationship with their land. Then they were displaced and put somewhere else. Because of that severing they lost something inside of themselves, something they were never able to regain. This kind of loss became a psychic wound for that whole culture.

The levels of grief and loss that are addressed by Reindeer Moss are geologic—they transcend time, place, and individual history. This 'geologic emotion' is the same for anyone, regardless of their culture, who has ever had this experience of displacement or loss of connection.

This essence heals by opening our awareness of the continuum—the constant and eternal nature of life. It can help us look at the rich tapestry of human history and see the commonality of experience and suffering that we have shared with all people for millennia.

With this increased awareness, we are better able to make sense of what is happening in the present, and how it fits into the whole of our remembered experience.

At its most profound level, Reindeer Moss supports the creation of a new kind of commonality. Right now, we are unified in our suffering. This essence will help us acknowledge and heal our suffering, but more importantly, to feel a sense of family and unity that, in comparison, is much stronger and deeper. Then we will be able to move through our commonality of suffering to a commonality of joy and purposeful cocreation.

### **Therapeutic Application**

Since 9/11, Reindeer Moss has been indicated for many clients who were directly or indirectly affected by the events of that day. In my work with these individuals, I saw that they were all suffering from an overwhelming sense of sadness that they could not explain, even after taking into consideration the severity of what happened. I came to realize the reason for this deep suffering was that they were attempting to heal some of the collective loss and grief held by our society as well as their own. This, coupled with their need to process past memories of being disconnected from home, family, and the Earth, was proving to be very difficult.

In this regard, the awareness that Reindeer Moss brings is very important. It can help us understand that our feelings about 9/11 are part of a much bigger reality—the collective experience of the human race. It will also help us enlarge our view so we can examine our current emotions of grief, sadness, and loss within an even larger context that goes beyond our history as human beings, the perspective of the Soul.