



Under the Moon Tree
29, September 2019

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16, October 2019

Bee balm

Common names: Oswego tea, Horsemint, Wild Oregano, Sweet leaf, & Wild Bergamot

Botanical name: Monarda didyma, Monarda fistulosa, Monarda spp.

Family: Lamiaceae (Mint family)

Energetics: Warm & dry

Taste: Aromatic, astringent, slightly diffusive

Parts Used: Aerial parts: flowers, leaves, stem

Actions/Functions: Anxiolytic, antispasmodic, antimicrobial, anti-inflammatory, antifungal, calmative, carminative, diaphoretic, emmenagogue, lymphatic, vulnerary

Preparations: Infused honey, electuary, tincture, oxymel, powder for infection &/or dandruff, flower essence, salve, dried for tea or culinary uses

This Moon Tree's Focus: Sweeping out, letting go

Monarda asks us to release so that we may heal, create space, & move with a calm strength in the world. For your prompt this month, take a moment each morning to sit with your Bee balm flower essence, a pen, & a notebook. After getting centered, take 1-3 drops of your essence, with the intention of being shown what is the most important area in your life that needs to be de-cluttered, swept out, given space. As you let the essence flow within your Spirit, take your pen & begin to write without thinking, stopping to read, edit, or criticize ~ just let yourself write up to 3 pages. When you feel you have written enough, you can close your notebook, or read back upon your writing!