

## Celtic Moon Tree Essences - Produced by Linda Perry –

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December 24 to  
January 20

**Birch** reminds us that a fresh start is always obtainable should we need or choose it. Birch's message draws on its ancient wisdom, its ability to purify itself and its surroundings and its strength to encourage growth, new life and overcome challenges. The tree has the energy to withstand most things, from the harsh battering of winds to destroying fires, all without falling. It brings this energy to us through its essence allowing us to be flexible in our approach to life and any challenges it may bring. The energy purifies our emotions allowing us to release that which is no longer assisting our growth or ability. Birch gives stability for those who need it, bringing a steadfastness, sense of security and overall resilience. It allows us to be ambitious, optimistic and engage in our empowering energies whilst bringing forward positive traits such as patience, persistence and determination. It allows us to leave behind fears and negative states such as lack of motivation, aggression and obsessiveness. The essence reminds us to have fun and go with the flow and live in the moment.



January 21 to  
February 17

**Rowan** offers us a chance to reinvent our energies, renew our abilities, enhance our strengths, protect us from negativity and stay strong when the world around us feels too much. Rowan's message draws on its protective and nourishing qualities allowing us to stay strong when challenged or in times of adversity. To remind us that self-nourishment and giving from a place of abundance is key to balance and healthy longevity. It brings this energy to us through its essence allowing us to use and to share our gifts and knowledge widely. To bring flexibility to our approach to life it protects our emotions, allowing us to reflect and take stock on being truly present in the moment. It will help with clearing our minds and allows inspiration to flow, so it is the perfect essence for use during meditation or when we feel stuck or frustrated. It will open our creativity and ability to see opportunity. Rowan essence gives protection - not to block things out but to give us courage and self-confidence. It will aid us in solving problems, stop us being assumptive, dissolve prejudices and, for those who need it, bring a feeling of certainty. It allows us to leave behind fears and negative states and focus on hope and positivity whilst realigning us with the natural world.



February 18 to  
March 17

**Ash** allows us to plant strong roots, beliefs and knowledge to build firm foundations in life. It is there as an underlying support to all the change we must endure through life. Helping with the emotions that come up along with this, especially that of which is unexpected, unwanted or at a pace that no longer feels comfortable. Ash brings forward energies of flexibility, security and helps us avoid judgment. It can calm conflicts and reinvent the energy we want to sustain. It can bring great balance to our life by allowing us to deeply connect with nature. Ash allows us to feel whole by connecting all parts of our self by grounding us if lost in a dreamy state or uplifting or enlightening us if lost in the mundane. It reminds us to stand up for ourselves when needed, to feel comfortable in who we are. It encourages us to not give up, to hope and stand tall looking proudly towards the heavens. It will remind you to set boundaries to protect yourself by saying no when needed. It helps us communicate clearly and allows our light to shine out into the world through a fresh set of experiences, goals or outlook. With it we can embrace our creative side, nurture our thoughts, drive our passions and find our way through the different phases and challenges life brings.



March 18 to  
April 14 1

**Alder** allows us to feel we have strong and resilient foundations just like the tree's own roots. This enables us to have courage and belief in our abilities. Alder gives us a sense of calm and balance to life when we are in crisis or at a time of making decisions. Alder additionally brings us an opportunity for personal growth through being able to be self-reliant and strong. It brings forward energies of determination, overcoming fear, empowerment, self-belief and compassion. It can help us in our communication with others, bringing a sense and poise to turbulent discussions. It brings balance to heightened emotions and allows us to build bridges where a battle has once taken place. It is also excellent in allowing us to see both sides of any situation, reducing conflict and intensiveness. Alder is a protective tree, and this comes forward in its essence. It will remind you to not overdo it, to allow yourself space to rest and recover when needed, making sure you don't push yourself to burn out. It allows us to balance our competitive nature and the feelings of being good enough. Alder allows us to feel vitality, vigor and a zest for life. It will bring an energy to us through its essence aiding our ability to be diplomatic, affectionate and venturesome.



April 15 to May  
12

**Willow** allows us to reconsider a negative trait or feeling and in this find a way to rebalance. It helps us take responsibility for our own actions and feel forgiveness, love and kindness for ourselves and/or others around us. It allows us, just like the tree, to move with the experience's life gives us, learn from its lessons and not let them hold us back. Willow allows us to be adaptable, go with the flow, let go of any feelings of bitterness, jealousy, blame and feelings of nothing is ever good enough. It brings forward energies of courage, focus, optimism, feelings of empowerment to our own success, direction in our soul purpose.



May 13 to  
June 9

**Hawthorn** allows us to realign our head and heart, putting ourselves back in balance. If you have given too much it will allow you to hold back. It can balance happiness and sadness. It will allow you to start or to stop and turn useless into useful. As a balancer this means it can aid with many feelings, restoring you to an equilibrium that is right for you, since we are all different people with complex needs, emotions, different lifestyles and experiences. It will bring an energy to us through its essence aiding us instinctively choose the right behaviour, meaning we can love, forgive, release judgment so we may be aware of our thoughts, emotions and experiences in life.



June 10 to July 7

**Oak** has a message that draws on the positives of all its experiences, it shares its wisdom and endurance, its strength and its support. All without falling. It allows us to recognise and appreciate our limitations and so for example the need for self-care and rest, just as he rests after the summer solstice so must we find the time to rest, so that we may later flourish and thrive in all we do. It allows us to surrender what is not needed like the leaves and acorns in the Autumn so that we may find time to appreciate our accomplishments, give gratitude for lessons and plant seeds for the future, so we may enjoy the energy of rebirth and new beginnings. Oak essence gives stability for those who need it, allows us the confidence and ability to express through communication, so we may ask for help if needed, it gives us a strength and a power to push beyond our boundaries whilst still protecting us. It allows us to bring fertile and manifesting energies forward, it energises our willpower and helps us listen to our soul voice whilst staying centred and grounded.



July 8 to  
August 4

**Holly** brings us a message of style, dignity, luck, protection and reaping what we have sown. Holly's message draws on the positives of knowing its own abilities to bring a second change, a rebirth, and to offer feelings associated to generosity loss and anticipation of hope instead of fear. Holly allows us to recognise that what we need can last forever and what no longer serves us can be left behind. It allows us to accept that suffering can bring learnings and or painful consequences and yet it also brings knowledge and an understanding of the greater value too. Holly essence gives calmness and stability to those who need it and helps us feel well balanced and prepared. It brings feelings of security and solidarity and recognition of kindness, love and compassion. (As such it can help dissolve negative feelings such as suspicion, hate, jealousy, fear, anger and revenge. It allows us to feel confident, self-empowered, at one with nature and all the infinite grace of the natural world around us.



August 5 to  
September 1

**Hazel** is known for balance and this characteristic comes forward in its essence, so it is perfect for those trying to juggle working with living; play with productivity, etc. Just like the tree, Hazel allows you to be flexible and provides enthusiasm to all you want to achieve by working with and supporting your emotions and feelings. It will take you a step closer emotionally to focus your intentions, abundance and manifestation. Hazel additionally supports energies of creativity and encouragement perfect for showing the true version of you whilst aiding confidence and uncovering your inner talents. It will allow you to be rationale and clear in thought, reducing tension, self-criticism and hyper sensitivity. It will remind you to be creative, have a passion for learning and remove the hard shell we sometimes hold on to, so that we can move forward in life.



September 2  
to September  
29

**Vine** essence allows us to share the plant's life force and its message of ancient wisdom and knowledge. The positive aspects of Vine essence bring us to a balanced and healthy state for leading, teaching, sharing our abilities, developing potential, spiritual growth, movement and momentum in our emotional support through love, compassion and respect to ourselves, others and the natural world around us. If you are out of balance, Vine essence will help to aid feelings associated with being angry, dominant, aggressive, wilful, bossy or pushy to those around us. It will also protect us against imposing these feelings on ourselves since those needing Vine can be over self-critical and overly sensitive and forget to have fun for fear of showing their vulnerability. Vine allows you to recognise, stretch, twist, turn, move and decide on your energies to your own comfortable state of harmony and balance. But it still encourages change, enthusiasm and growth. Use this essence to take you deeper emotionally to your intentions, moving you away from indecision or resistance so that you may reside in harmony and peace which is where you feel most productive, creative and connected.



September  
30 to  
October 27

**Ivy** brings us a message of reaching out and achieving all our unique potential. Ivy's message aids with feelings attached to ability to bring or accept change. It breaks down boundaries and feelings attached to being stuck in a mindset that constantly replays stressful situations or worries. Ivy allows us to fortify our energetic boundaries and is thought to be very protective as a result - perfect if we are feeling suffocated by ours or others' emotions. Ivy aids in the transitions of life, allows movement and freedom so that we can adapt and change with ease. Her message is one of releasing patterns of fear from thought. What we feel is created from our own thoughts and what we are choosing as our focus. Ivy essence allows us to reach our potential through positive thinking. It allows us to centre ourselves back to our heart space so we can feel empowered, confident, capable, grounded and supported thus creating expansive and empowering positive thoughts rather than closed limited and negative thoughts rooted from fear. Ivy allows us to reach out and form joyous connections, form friendships and build relationships and supports us with all the emotions that come with that. Ivy's message is simple, let your experiences give you lessons, let your fears give you goals and let no restriction hold you back, for love and light will prevail. "Bringing you in balance with nature and yourself"



October 28  
to November  
24

**Reed** essence has a similar message to Ivy's, as it aids in reaching out and achieving our unique potential. But Reed has a stronger energy of independence. Rather than being about inner protection and boundaries. It is more about expansion and thinking outside the box. Reed is for feelings of fearlessness and empowerment; to take 'jumps' rather than steps. Reed essence aids in overcoming fear, of the known and unknown. It allows us greater flexibility, rapid growth and emotional expansion. It is perfect for balancing negative feelings attached to indecisiveness, resistance, impatience, or lack of tolerance. Working with Reed you will feel her wisdom and protection as you jump forward with greater purpose and understanding. Reed has a wise a positive connection to our root and soul star chakras. This is the time to accept where we come from, connect with our ancestors, reflect and learn on all we can so that we can use this heritage, and trust that our destiny will unfold as it should. Reed uses its strength to be both individually strong and collectively even stronger. Just as it grows communally in large, dense beds. It brings all its energies together to be one mighty essence.



November 25 to  
December 23

**Elder** brings us a message of hope, transformation, rebirth, protection and healing of old patterns and negative feelings. Elder's message is so positive. It brings support to transitions in life. It encourages self-love, enthusiasm and joy. It allows us to bring forward our best without restrictions of perfection, constraints or apprehension. Elder allows us to be in the moment. It helps release limiting beliefs, build trust rejuvenate and reinvigorate our energies. It can also give a sense of calmness, clarity and cleansing for those who need it. Bringing in these feelings of kindness, passion and fun will also aid in dissolving negative feelings such as, blame, judgment and guilt. Elder allows us to be ourselves, be authentic, be recharged when needed and totally connected and at one with nature. As she adapts, so do we.