

**WILLOW** ~ Willow is associated with the early Spring, Bridget, Water, the Moon, our feminine side, our unconscious, our intuition, inner vision, our dreams, divination.

**QUICK:** Willow energy is quick... it is quick growing, as a tree ~ you only have to put a stick of willow in the ground and it will root and grow. The little whippy twigs break off and sail downstream to embed themselves in some mud and grow into a new tree.

**TO LEAP:** The Latin, *saille*, means to leap, a sudden outburst of action.... this became anglicised to *sally*... as in *sally forth*.... there is a lot of movement in willow energy. It is a young fresh clear energy, ready for action. You could link this to 'leap of faith' ~ sometimes you need this to change direction, or do something new.

**RELEASING OUR EMOTIONS:** Willow lives by water and helps us get in touch with our watery emotions. When we let out our emotions, let them rise to the surface, move through the layers of buried sadness... we release ourselves from the hold they have on us. We can let them go, picture them sailing off down the river... and then we are free to learn from them, heal and start again. Stuck emotions can lead to ill health.

Water is associated with our unconscious, the Moon, our dreams and our intuition.

**INTUITION:** This essential quick energy is linked to the catching of intuitive thoughts and understandings as they rise to the surface from deep inside us ..... and then

**ACTING ON IT**.... too often we barely notice our intuitive responses and usually ignore it. We have been taught by our conditioning that it is not to be trusted, it is of no importance.... when actually the opposite is true.

**FLEXIBLE:** the Willow is a flexible tree, it dances, sways and creaks, it is always shedding its twigs. It teaches us to move with life, to flow and to move through and act upon all we are feeling so that we don't become stuck in the past, or in old emotional patterns, or old ways of doing things or thinking.

**FLOWER ESSENCE:** helps to clear discontent, old patterns of resentment and pain smouldering beneath the surface, and a negative outlook. It will bring a lifting of the spirits, and a recognition that we are not victims, and helps us to become active in our own healing.

**IN THE MOMENT:** the key to Willow is this essential acting in the moment, acting on our emotional responses and our intuition, so that we are flowing with life and everything is dealt with in the moment and we do not accumulate emotional baggage.

**WILLOW WANDS OR TOUCHWOODS:** To bring about emotional release and change and healing. If slept with under the pillow it will bring a deeper connection to dreams. If carried in the pocket it will serve to enhance your ability to respond to your intuition.

**HERBAL:** For all damp conditions ~ arthritis, rheumatism, muscle pains, stiffness.

~ The bark contains salicin a pain killer made into aspirin (salicylic acid).

~ The Leaves: chew for toothache, gum problems. Make into a tea for colds and flu and to bring out a fever. And to staunch wounds. Use to help eliminate toxins after illness.

~ A sexual sedative, lessening sexual desire.