



The  
**Flower Essence Society**  
a division of Earth-Spirit, Inc.

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September 6, 2003

Jane Ellen  
1614 Third Street  
Santa Fe, NM 87505

Dear Jane,

I delighted in your plant study of the Yarrow. Your detailed sketches and descriptions of the plant were exquisite. The plant has such an intricate and finely articulated structure, and your descriptions and drawings really do it justice. Your perception of the qualities of the plant are also very accurate and well stated: "Strength in Sensitivity... Receptive Protection... Softening the insides.... Invoke the Internal Hush.... Grounded Illumination...."

You asked about your insights on the four elements. I have realized in reading over a number of plant studies, that there are some additional perspectives on the elemental qualities that we needed to convey. For example, the earth element is not only expressed in the roots and literal contact with the earth. The earth element is a quality of fixed form and stability. In the Yarrow we find this in the stalk, whose rigidity and persistent structure contrasts with the soft, feathery leaves. Fire is also found in the volatile oils of the plant. You are correct to experience this mostly in the leaves, whose pungent odor is a fiery quality of the oils and resins. Of course, as you have noted, the plant is strongest in its relationship to air. You can see that in the way the air penetrates the leaves and flowers, and in the finely articulated light-filled form. (Air and light and closely intertwined.)

It was a pleasure having you in our class, Jane. We look forward to your participation in the FES Certification Program.

Best wishes,

Richard Katz

Enclosures:  
Yarrow plant study

