Medicine Stories Podcast

Episode 47 with Amber Magnolia Hill

Rose Medicine: Softness and Strength from the Queen of the Flowers

May 16, 2019

[Intro Music: acoustic guitar folk song "Wild Eyes" by Mariee Sioux]

[0:00:07]
Amber: Hello friends! And welcome to the Medicine Stories podcast, where we are remembering what it is to be human upon the earth.

I am Amber Magnolia Hill, herbalist, writer, teacher and mother, here with Episode 47 to talk all about rose medicine.

Now, I have to tell you that I already recorded this podcast a few hours ago, and GarageBand froze and killed it and lost it. And I'm fine with it. I'm chill, and I'm soft, and it's because of rose medicine (Amber laughs), like, for real. So I'm excited to share this with you, and I feel like this experience I've been through the last few hours is just like, such potent proof of the power (Amber laughs) of roses.

So today I'm gonna give just an overview of rose medicine, both the physical and the energetic and spiritual properties that bring healing to people's lives. I'm going to tell a rose synchronicity story that happened to me yesterday. I'm going to share some recipes with you from some super awesome herbalists that will make it easy to bring rose medicine into your home. I'm going to be sharing three Patreon bonuses that go along with this episode. I've never done more than one per episode, but three presented themselves for this rose medicine episode. And finally I'm going to share like the big realization that I've had since rose came really strongly in my life in just, really, the last couple days. It's just been so so strong.

The information presented will not in any way be a thorough view. Rose medicine is so generous and so abundant. I mean, hence the three Patreon offerings that needed to come through for this. And so, this is just a slice....just a slice. You can learn so much more out there from books, other herbalists, from teachers and from listening to other people's
medicine stories. And especially from engaging with rose yourself. And you know, cultivating your own medicine stories, seeing what comes through, seeing what happens.

So before we get into all that, a quick listener spotlight. This iTunes review is from Danielle155. She says:

‘Could not recommend more! I've been an herbalist for year for purely medical purposes. But Amber has opened up this whole new world to me of really feeling the plants I am working with, and showing me how to fully connect to our planet. I love listening to her soothing voice and how passionate she is about herbal medicine and ancestry and living a full, authentic life. Thank you so much for changing my life!’

Thank you so much, Danielle. I love this review because of this reframing of working with herbs in not just a medical way, not just for their physical healing, but to deepen and really come into relationship with the plants. That’s what I’m here to help you do. And so I’m so happy to see that reflected in that review.

Y’all I appreciate it endlessly when you rate and review the podcast in iTunes, when you subscribe wherever you listen to the podcast; you take a screenshot when you’re listening and share it in the stories and tag me @mythicmedicine. It makes me so so happy to see and to respond and say thank you! And sometimes to repost as well.

Umm, I love you. For real.

So... rose. Rose carries the medicine of softness and strength. Of all the many ways it brings healing one of the most important is by reminding us that softness and strength can coexist, and in fact, they MUST coexist. Power without softness and vulnerability is not real strength. Real strength always contains that element of vulnerable openness to life, to others, to sharing the truth of ourselves with the world. And likewise, softness without an underlying structure of strength and sureness of self and integrity is bound to collapse in on itself, crushed under the weight of other people's demands and expectations.

Alongside the silky petals are rose's sharp thorns, which remind us to keep our boundaries intact and to balance that soft openness with a strong sense of discernment between who and what to allow into our space and who and what not to. The importance of this discernment on your life cannot be overstated.
From the ancient Egyptians to Hippocrates to Ayurveda to Hildegard of Bingen to Nicholas Culpeper, roses have been used and recommended throughout the centuries, across cultures for such various ailments such as wounds, inflammation (both inner and outer), women’s health, stomach complaints, headache, dizziness, grief and heartache, and colds and flus to name JUST a few, ’cause again, we’re not covering everything today.

This luxurious herb works on so many different systems and parts of the body and imbalanced tissue states because of its many, many healing properties. Rose is aphrodisiac, moving the blood and opening us up to the sweet sensuality of human embodiment; astringent, helping to tighten lax tissues; nervine, calming to the nerves; slightly antimicrobial (as are all plants with a detectable scent due to their volatile oil or essential oil content); anti-inflammatory and cooling, which makes roses great for sunburns, rashes, boils, stings, etcetera; vulnerary, wound healing; and slightly analgesic, painkilling, among other things.

Long used as a woman’s medicine, rose has a lovely affinity with the womb space. Physically, it is a pelvic decongestant, a blood mover, used to break up stagnation and bring warmth and movement to the area. This action, the stimulation of circulation of blood flow to the pelvis, helps to address menstrual difficulties, cystic growths and volatile emotions, and it’s also what’s responsible for rose’s famed aphrodisiac properties.

On a more energetic level, rose reminds us of our creative nature as women who bleed and are capable of bringing life into the world. Rubbing rose oil onto the lower abdomen or drinking rosebud tea -- a recipe to follow -- is a sweet way to honor this part of our body where we all hold trauma and pain in need of deep healing. If you’re feeling that last sentence, I hope you listen to the most recent podcast episode number 46 with Pavini Moray.

Rosehips, the seed-bearing fruit of the plant, are one of herbalism’s beloved and oft-used remedies. They’re full of antioxidant-rich bioflavonoids and are high in vitamin C and are DELICIOUS. One study shows positive outcomes in blood pressure and cholesterol levels in people who had been consuming rosehip tea. And just simply inhaling the intoxicating scent of rose oil creates a measurable calming effect. Studies shows it lowers systolic blood pressure and has a positive effect on blood oxygen saturation and slows down the breathing.

So I can really speak to this. I am such a fan of high quality rose absolute, which is the essential oil can come in for aromatic purposes, for scent medicine for perfumery, I just, it completely like, immediately shifts my consciousness when I put some rose absolute on my neck. Like, truly, that’s why I didn’t freak out when I lost 50 minutes of audio content
that I had just spoken and created and was like, excited to submit to my audio engineer and get on with my day and my life.

It’s like, alright, (Amber laughs) shit happens.

[0:09:19]
Whatever I’m smelling roses right now, so I’m okay! (Amber laughs)

Herbalist Kiva Rose says, “There are as many varieties of rose as there are shades of green, and every kind holds some profound therapeutic value.”

So speaking of there being many varieties of roses, I wanted to help you distinguish between wild roses and cultivated roses. I’m going to read here from the book Alchemy of Herbs by Rosalee de la Fôret, and this section of the book is called "Types of Rose."

‘True wild roses are beautiful yet simple with only five petals and starburst of stamens in the center. They range in color from pure white to deep pink and are almost always aromatic. How then did we end up with a thousand species of rose today? Our obsessions with the rose has led to breeding countless changes. So now, roses can have numerous petals and come in a multitude of colors: white, yellow, pink, orange, blue and everything in between."

--My personal favorite are the peachy roses. Oh my God. I just swoon. --

‘Unfortunately, as many roses have been bred for beauty, much of their scent and medicinal properties have been lost along the way. When choosing roses for health, look for aromatic wild roses as your best source. If you don’t have access to wild roses, then domesticated roses can be used although there are a couple of considerations:

Only use roses you know have not been sprayed with pesticides. Never use roses from florists because those are almost always sprayed. Besides wanting to avoid consuming roses that might have been sprayed, you might want to avoid handling them in a decorative bouquet.

Second, I recommend flowers that are aromatic. If your roses don’t have any scent, then look for another source.’

I love that. I find that very helpful ‘cause there are so many varieties of roses. When we came to our land a few years ago, there were many rose bushes planted. And some of them don’t have a scent. And I really appreciate Rosalee for letting me know those are probably not the most medicinal. I know this episode is going to come out a few days after Mother’s Day. So I also appreciate her warning there not to use florist’s roses
otherwise some people might feel inspired to make medicine with the roses from a vase on your table.

[0:12:01]
But you know you can admire them for their beauty medicine. That is so real. And so important.

So there are certainly some rose medicine waiting nearby for you to respectfully harvest, or purchase and use to heal your heart, womb spirit and so much more. Use it with love.

[0:12:29]
So I want to share my synchronicity yesterday. I love how plants speak to us in this way. The more we seek to cultivate relationship with the green beings, umm, how just more often this happens: these synchronicities, these messages, this magic.

So as you know, if you’ve listened to certain episodes before, I deal with chronic pain in my back and neck and on the right side of my body, always on the right side, jaw. It can extend all the way up to the top of my head and all the way to the bottom of my sole when it’s at its worst. And I’ve been in a pretty extreme pain state for the last few days, and yesterday was getting craniosacral work, which really, really works for me, better than anything else I’ve tried.

And the woman, Joanna, was so wonderful. At some point said, "I invite you to, like, be open to calling in something that can help you with this. What can help you?" And rose came to me right away. Umm. Yeah, as I’ve spoken about before, with these experiences it’s difficult to put it into words. I don’t even remember how it came to me, if it was the image or the word, just the knowledge of it that rose is the thing that can help me through this.

And then when I sat up on the table after the session, I looked down, I noticed that my dress was covered in roses! And it’s the first time I’ve worn it this year since spring came back, and you know, if you had asked me, "Close your eyes, tell me the print on your dress." I knew it was flower, but I didn’t really tune into the fact that it was roses. And it’s wild roses, five-petaled roses on this dress. Which I feel like, in all of the rose prints I’ve seen in my life, I think they’re all like, you know, the 1000-petaled roses. So I was like “OH that’s cool!” You know? That’s a little nudge confirmation. And I go get my purse to get my checkbook out, and I find this little rose perfume that I haven’t used in at least a year. I don’t even remember the last time I saw it. But I do, for like, 13-14 years now, I have always kept one in my purse just in case I need it. Just in case I’m having a super stressful day or want to slightly shift my consciousness a bit. It’s a small bottle. I’ve got a lot of shit in my purse.

[0:15:14]
But there it was. So you know, I put it on before I wrote the check and was just so happy to smell this smell again. And then when I got into the car I took a sip of my water in my KleenKanteen with the plastic-y straw thing, and it tasted like roses (Amber Laughs). And there’s a little funny, silly mundane reason that it does. I had washed it out that morning, and we use Dr. Bronner’s liquid soap for our dishes, and we currently have the rose one in rotation. And even though I had very, very much majorly rinsed it out so it didn’t taste like soap, it still retained the rose taste. It didn’t taste like soap, but it tasted like roses, which I knew came from the soap which was kinda weird. But still it just kinda made me laugh out loud.

And I thought “Okay, like, three little rose, rose, rose things happened right after I get that message. Clearly, clearly, I need to really, like, dive deep, and work with this plant, and make it a priority.

Umm so… you know I had already known I was going to do this episode, but was just planning on reading what I just read; this blog post that I had read about rose a couple of years ago, and that was kind of just going to be it. Inspired by these synchronicities that happened yesterday, I kind of expanded what I’m talking about more, and dove in some books, and put together this amazing PDF: “Bringing Rose Medicine Home” that I’ll talk about that's available on Patreon.

And then also when I came home -- so we've been waiting for these various rose bushes to bloom: the ones that were already here when we got here, and then Owen has planted some in our back garden, too (Owen’s my husband, of course). So we've got the back garden, the front garden, and then mid-garden. So we've got three gardens going. And I was alone when I got home which never happens, but no one was here besides me and so I just took a barefoot walk all around the property seeing if any of the roses had bloomed, finally got to the back garden and in the very back of the back garden, a wild rose bush that Owen had planted had three little five-petaled blossoms on it. So it was just sweet to be in the presence of the plant, too.

You know that’s one of the ways I’m going to be working with the medicine while the blossoms are still here, you know, just sitting in the presence of the plants, alongside the scent medicine, and taking elixir internally, and doing teas with it, and body oils, and I’m just going to be taking it in in every possible way, and I'll get into specifically how I think it's going to help me with this pain issue in a minute here.

And then I get on my computer, start working on this podcast episode and I searching my computer for the words “Rose Medicine” looking for the document I had started for this episode, and instead, all these old emails come up: newsletters from herbalists who I've been subscribed to their newsletters for year with them talking about rose medicine. And
one of them was from Rebecca Altman, who was my guest on the [Episode 36: Magic Makes Us Human & Plants Keep Us Rooted](#). I read through her newsletter about rose medicine, and these two paragraphs just stopped me cold, because they just speak so much to what I'm going through, and what I am thinking I'll get out of cultivating a deeper relationship with rose.

[0:19:09]
Rebecca writes:

‘Rose unwinds the stuckness that is often rooted in old grief, old trauma, These are things that get locked in our body when they happen because we don't know how to process them or are unable to process them. Feeling pain is rotten, why wouldn’t we block it off to hold it at bay?’

Everytime these patterns are triggered, however, we live them out again and again. I’ve seen rose helps with this so many times. To slowly and gently start to ease the tension holding these traumas in place.

With trauma we grow up not really able to trust the world around us, and not really able to trust ourselves, either. This creates a deep underlying fear that comes out in lots of ways: panic attacks, anxiety and depression being the most common. It doesn’t even need to be the kind of trauma that most people think of as deep trauma. Losing our favorite teddy bear at just the right age for it to damage you can damage you. And our own trauma are our own. When that happens you create this low-level underlying tension, like we’re constantly bracing for the next blow. This tension makes us alert but at a cost because it uses a lot of energy and we end up feeling unsafe all the time. And rose gently, patiently softens it. At its core, rose is a medicine of deep trust, deep vulnerability, and deep softening. Allowing us to trust ourselves and our bodies and to trust the world around us. As a result we can reach out and touch the world, but even more importantly, let it in to touch us back.’

[0:20:55]
So I'm thinking some of you listening right now have tears in your eyes (Amber laughs) hearing Rebecca's words hit so close to home. Like, that softening is exactly what I need, and is exactly what I needed for a long time.

And we all have our reasons. We all have our traumas. And we all have our busy, stressful, modern lives.

It is really hard to be a human right now.
I think even people with super cushy, comfortable lives, who I envy, are having a hard time because they live on this planet right now. And to think about breaking these rigid patterns of tension that get triggered in me over and over, and that lead me to hold my body in a certain way that leads to this overwhelming debilitating pain that stops me from doing the things I want to do in my life, it's so exciting for me to have gotten this message from rose, which I feel like came the day before I recorded this because the message wanted to come through to you listening as well to engage with this medicine, in that way, for that purpose.

And then I read another little sentence here from Rôsalee:

‘Our culture commonly focuses on the physical aspects of illness. We use objective, physical measures to diagnose and treat disease while relegating a person's spiritual and emotional well-being to another branch of medicine, a church or a spiritual teacher. Roses can remind us that this separation that this is only a recently created reality. Their scent, their physical beauty and medicine fluidly address our physical and emotional health making it a wonderful medicine for our whole heart.’

So this echoes back to what Rebecca was saying for me just rose working for me on so many different levels. Rose being this super generous medicine of abundance and giving us so much. And you know, melting physical pain and tension by, like working on the heart level, working on an energetic level.

So I'm gonna tell you now about the three offerings that are available at patreon.com/MedicineStories. I'm so excited about them!

The first one is open to everyone. You don't have to be a patron. The other two are open to patrons at the two dollar level, so very accessible. But the one open to everyone is a giveaway. I'm going to be giving away a bottle of our Mythic Medicinals Rainbow Heartbeams Elixir.

So this medicine is a synergy of plant allies to support the physical organ and soften patterns of restriction around the energetic center of the heart. May this allow an easier flow of love and joy and grief and sadness, so that we may be in touch with the heart's deepest wisdom and truest creativity. The ingredients are rose petals, hawthorn leaves, flowers and berries, mimosa flowers, motherwort leaves and flowers, violet leaves, brandy, raw honey, and One Willow Apothecary's Angelica Flower Essence. If you listen to episode 45, you've heard my angelica plant spirit healing story, and I love that angelica came through so strongly for me and then rose just did and that they're both in this medicine. Fellow herbalist and medicine makers will know that we're often really bad at
taking our own medicine or taking ANY medicine. So busy helping other that we forget to help ourselves.

So I was looking at this medicine the other day and thinking (Amber laughs), “This is so good! I need this!” And I love the label. How funny: the very medicine I need, I made. It’s on my shelf, like, hundreds of them, sending them to people every week and I’m not taking it. So I’m going to start taking it myself.

I hope you enter the giveaway at patreon.com/medicinestories. It will say this in the posts there, but to enter just share in the comments a part of this podcast that touched you or sparked something for you, or if you can, please share your own medicine stories around roses. I would just LOVE to hear them and I’m sure all the many many people who will be leaving comments would love to hear your story too.

So that giveaway will close on...let’s do June 5th. Give the laggers, the people who won’t listen to this for a few weeks the time to enter. June 5th.

[0:26:12]
And okay the second giveaway -- this is such a cool thing that Rebecca Altman is offering. So this is going to be posted there on Patreon on May 25th. If you listen to this right when it comes out it won’t be up yet, but on May 25th I’m going to be posting a 10% off coupon code for Rebecca Altman’s surprise box.

Surprise boxes are this super cool thing that Rebecca does. It’s a box that is, it’s a themed box of products. So she’ll spend the month exploring topic, be it a single plant or a theme, like kindness or pleasure, and then she’ll make a variety of product exploring the topic. As I mentioned to her when she was on the podcast, she is just this CRAZY brilliant medicine maker and prolific medicine maker. Umm, like, she’s just one of those people that just spends a ton of time with plants and a ton of time in the kitchen making things with plants. And then she picks the four that turn out the best and sends those out in a box to the people who sign up. It all comes bundled in linen with recipes and a little description or theme of the plants used. So the upcoming box, again the wild rose surprise box, “Soften and Rose,” and on May 25th I’ll be putting up a 10% off coupon code.

[0:27:47]
Finally, the big one that’s available right now, right there for Patrons is a beautiful PDF called Bringing Rose Medicine Home. It features six delicious and healing rose recipes from five herbalists, plus my three favorite rose products. So I’m gonna share two of the recipes with you right now, because I know not everyone can be a Patreon supporter, and these ones are simple and short. They’ll be easy for me to speak and easy for you to remember or jot down real quickly. The other four recipes are more involved and would not lend themselves well to being read on a podcast, but I’ll tell you what they are.
The first one here is from Kami McBride. Kami was my first ever herb teacher. She’s been my most important herb teacher. She’s been on the podcast twice, umm, episode 20 was the first one: Menstruation, Herbalism, and Innate Knowing. And then she was also on episode 39, I believe it was? Umm, Kitchen Herbalism: The Body Remembers. And so this recipe is from Kami’s book, The Herbal Kitchen. It’s “Rose Delight Honey.” I CANNOT wait to make it. She writes:

‘This honey makes a delicious tea to help prevent colds and soothe sore throats...

-- I’m just going to interject here: this is the great thing about making herbal honeys, because then you just boil the water and then put your spoonful of honey into it.--

\[0:30:47\]

... I use it on cakes instead of sugar. And my son eats it on his french toast and muffins.

-- now I want french toast and muffins--

"What you don't eat for breakfast can be applied as a facial mask to revive your skin and give you a glowing complexion."

SO it’s:

- 1 cup honey
- 3 tablespoons of powdered rosehips
- 2 tablespoons of powdered rose petals.

That easy! Mix them together.

When you put powdered herbs in honey, there’s no need to strain it out later. You just leave it in, keep it as it is. You might want to slightly heat the honey in the jar before you mix the powder in, depending on how hardened or crystallized it is. You can do that using a double boiler, or just using hot water in a bowl that you put your jar in, put it out in the sun, put it near your heater vents. There’s ways - there’s ways to do that.

And then let it steep for at least two weeks. And then you might want to stir it occasionally, or at least before you use it, because in honey powdered herbs tend to rise to the top.

[0:30:47]

Second recipe here is, again, from Rosalee, whose book Alchemy of Herbs I read from earlier. This recipe is also from that book. It’s for Rosebud Tea. I love that this uses Rosebuds.

She writes:
This is lovely way to enjoy the tastes of rose and lemon verbena and a great way to unwind at the end of your day. The cornflower gives a slightly bitter and nuanced flower. You can omit it if you can’t find it.

So I’ve never used cornflower, but I LOVE lemon verbena, both the taste and the scent, and I really love the idea of combining it with rose.

So the ingredients are:

- 2 heaping tablespoons of dried rosebuds
- 1 tsp of dried lemon verbena
- And the optional teaspoon of dried cornflower.

Bring a ¼ cup* of water to boil (*Amber corrects this later), mix the herbs together and place them in a teacup or large tea infuser. Avoid cramming the herbs into a small infuser. It’s better for them to have room to expand and move around.

Pour the just boiled water over the herbs, cover and steep for 7-10 minutes. Occasionally stir or dip the infuser while steeping, and then strain it out.

-- 1 ¼ cup water. Not a ¼ cup water, I was like, “That’s wrong.” 1 ¼ cup water. And then you can add honey if desired, and she recommends sipping it while warm.

[0:32:20]
So the other recipes that are included in the PDF that you can get are a Rose Petal Spiced-Chai from Lola Venado, “The Botanical Bruja.” Lola was in Episode 21: The Medicine We Carry. I also cannot wait to try that recipe. I mean. PLEASE. Rose Petal-Spiced Chai?

And then two recipes from Rebecca Altman, the first is for external use. It's a Rose-Infused Aloe Vinegar which I think is brilliant. I've used Rose-infused vinegars on my skin in the past, I'm make one in the beginning of every summer for sunburns and it's super helpful. If you guys haven't used apple cider vinegar for burns (diluted) you are going to be amazed by how well it works. You should dilute one part vinegar to 10 parts water. But I love this idea that Rebecca has the aloe included. Genius.

And also a wild rose infused tequila. Okay. Okay??

Umm.. I'm going to back up for just a second and remind you that Lola also has an herbal-based podcast. It's called the Branch & Bone Herbal Medicine Show. So you can check that out.
And then finally, the sixth recipe is from Sophia Rose, and this is a Rose and Earl Grey Aspic. An “aspic” -- which I had no idea what this word was -- is a dish in which ingredients are set into a gelatin. So this one is so interesting to me, like I almost can’t even picture exactly it’s going to look like and end up tasting like. But I just thought the recipe just sounded so good. And Soiphia says it’s great for like spring to summer transition, which is exactly what time it is now. So I can’t wait to to try that, and added into this PDF that has these six recipes and links to these amazing women who created them are my three favorite rose products

[0:34:42]
So the first one is an elixir. Oh my gosh! Pure HEAVEN! To be taking rose into your body in this way especially when it tastes as good as this one does. I ordered one immediately after my session and cannot wait to receive it and start using it. The second is a facial oil. So you guys, I get complimented on my skin ALL the time. Anytime I put up a video on Instagram I get people messaging me, like, "How is your skin looking like that?!" You know, I'm 38, I'm not old but I'm not young. And I truly think it's because I've been using high quality oils on my face, since at least 2005, since my job at the Sacramento Natural Foods Co-op when I first started learning about all this stuff.

So I've gone through a lot of different products. But I've landed on one that I really love. And it contains both rosehips and rose. And finally my favorite source for organic, umm, rose absolute for the essence of rose. And this company makes samples that are really cheap because it is SUPER expensive if you're getting high quality Rose Absolute. It is expensive because it takes so, so, so, so many rose petals to make the essential oil. And many of you know that I'm not a fan for using essential oil for medicine. I only use them for their scent, for perfumery. So there's a link to that as well.

[0:36:17]
And again in case you missed it, you're in the car or something. It's patreon.com/medicinestories. I'm so excited about this PDF! It's so fun how it all came together, and I just feel like it's super valuable and super doable, and I'm excited! So thank you patrons, thank you SO much for making this podcast possible. It's super duper fun figuring out how I can give back to you.

Umm so the realization, the big realization that just happened in the last 30 hours or something since rose showed up for me so strongly, it’s kind of embarrassing because I'm changing something that I've said in the last two podcasts, and what I've said in the last two podcasts is "I'm about to make this a weekly show. Yeah! I'm kicking ass and so productive and motivated!" And that's still true, but -- so this is now the third week in a row that it’s come out, and I realize especially working on this one and how much time and work has gone into it -- it takes so much time and energy for me to do this show. And I LOVE doing this show, and there's other things I want to do, like writing books and
creating online courses and things like that, things related to the show, but aren’t exactly doing the show.

[0:37:58]
And then I started hearing from people, too, just in the last 24 hours on Instagram saying, "I kinda don’t want you to make it every week (Amber laughs) because it’s already hard for me to keep up" and "I don’t want to be stressed feeling like I’m missing out."

You know, there’s so much content in the world that we all want to take in and are interested in and so many podcasts and other things. I totally understand. And I was like, laughing, so here I would be stressing thinking I have to put this out every week, and then I would be stressing my listeners out like “AHH I can’t keep up, I can’t keep up!” And then a few people also said that each episode of this podcast is so rich for them, and so dense and full of information and ideas that it takes them a while to digest it all. To think about it, to write about it, to take notes, to listen again, to talk about it with people, umm, and that when there’s a Patreon offering, which there almost always is, as well, that it takes time to digest that content as well.

And so I totally get that. I just think that time is diminishing for all of us (Amber laughs) in this crazy world. And I just, again, yeah, I don’t want to be like, adding stress to people.

[0:39:14]
So this morning in Instagram stories I put up a poll, you know, “Do you want to see this podcast coming out every week or every other week?” And when I checked it just before starting to record, it was at 81% every other week, which totally surprised me, but feels like I’m being really well taken care of by you guys, and I just feel super grateful. So I’m just not going to commit to anything. What I can see happening is this coming out 3 times a month. I am motivated to do this more often. I have SO many good ideas. So much I want to do, but also I cannot add more rigidity to my life by promising to do it every week. It’s just like the Rose Medicine is just coming in like, (Amber does nurturing “Rose Medicine” voice) “Oh no, no, honey. Oh no, no. This isn’t going to work for you or your listeners!”

And it’s just so sweet to be held like that.

[0:40:13]
Again, as I’ve said many times, this is an imperfect podcast. I’m a real human. Just barely keeping it together (Amber laughs) and I just really want to be transparent with my creative process, with my business process, and I just hope talking about this is inspirational or normalizing for everyone else out there hustling.

If you have not yet taken quiz, Which healing herb is your spirit medicine? I think you might like it. Spoiler alert: Rose is one of the possible answers, but there are other possible answers, and I want you to be open to whatever answer you get. I think you’ll be
stoked either way. And if you like it, take a screenshot, share it, tag me. I love hearing people's stories! I mean, so often, someone's like, “OH MY GOSH! I got this plant! And I just met this plant yesterday for the first time.” I mean SO many stories have been shared with me or months later someone is like, “I got this plant. I never worked with it. I started working with it, and, oh my gosh, this is the healing that it brought.” And I really, really love hearing these stories. Don't hesitate to reach out and share.

And so coming up, still, because I feel motivated to do this show more often and have just a lot of excitement around what's going to be shared. There's going to be a lot of birth-related episodes coming out. I said before I was recently on the freebirth society podcast. I told the story of my daughters and their very different home births. I'm going to be doing an interview with Mariee Sioux, whose music opens and closes every episode of this podcast.

Mariee's music really more than anyone's music for me is medicine, is deep medicine. And she shares stories how this podcast has caused crazy medicine synchronicities to happen in her life. And it's just kinda one of those meta-super-full circle conversations that I'm really excited to share. And those of you who love the herbal and ancestral stories personal stories that people share, you will love, love the interview with Mariee.

[0:42:36]

Going to do more herbalism, more ancestry all that kind of stuff, and an interview with Rosemary Gladstar! Who you surely know (Amber laughs) if you're into herbalism. I've seen her called “The Godmother of Western Herbalism.” Such a sweet and kind human being. And I'm really looking forward to speaking with her and to sharing that with you.

So thank you so much for listening to today. I, umm, I think I've been smiling the whole time I've been speaking today (laughs), smelling my rose perfume and just feeling grateful that I had the opportunity to record this again today, the spaciousness in my life, no problem that it didn't work out. Everything's okay. I'm drinking some rosebud tea right now. And yeah, share your stories. Share your stories with each other and with me.

And for now get out there and smell the roses!

(Closing Music: acoustic guitar folk song "Wild Eyes" by Mariee Sioux)

[0:43:37]

Thank you for taking these Medicine Stories in. I hope they inspire you to keep walking the mythic path of your own unfolding self. I love sharing information and will always put any relevant links in the show notes. You can find past episodes, my blog, and our handmade herbal medicines at MythicMedicine.love.
We've got reishi, lion's mane, elderberry, mugwort, yarrow, redwood, body oils, an amazing sleep medicine, heart medicine, earth essences, so much more. More than I can list there. MythicMedicine.love

While you're there, I invite you to click the purple banner to take my quiz “Which Healing Herb is your Spirit Medicine?” It's a fun and lighthearted, but the results are really in depth and designed to bring you into closer alignment with both the medicine you are in need of, and the medicine you already carry and can bring to others.

If you love this show, please consider supporting it at Patreon.com/MedicineStories. It is so worth your while. There are dozens and dozens of killer rewards there, and I've been told many folks that it's the best Patreon out there. We've got e-books, downloadable PDFs, bonus interviews, guided meditations, giveaways, resource guides, links to online learning, and behind the scenes stuff and just so much more. The best of it is available at the two dollar a month level. Thank you!

And please subscribe in which ever app you use. Just click that little subscribe button and review on iTunes. It's so helpful, and if you do that, you just may be featured in a listener spotlight in the future. The music that opens the show is by Mariee Sioux. It's from her beautiful song, “Wild Eyes.” Thank you Mariee, and thanks to you all. I look forward to next time.