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**Rosalee de la Forêt:**

Hello and welcome to the Herbs with Rosalee Podcast, a show exploring how herbs heal as medicine, as food and through nature connection. I'm your host, Rosalee de la Forêt. I created this YouTube Channel to share trusted herbal wisdom so that you can get the best results when relying on herbs for your health. I love offering up practical knowledge to help you dive deeper into the world of medicinal plants and seasonal living.

Each episode of the Herbs with Rosalee Podcast is shared on YouTube, as well as your favorite podcast app. Transcripts and recipes for each episode can be found at [herbswithrosaleepodcast.com](https://herbswithrosaleepodcast.com) or through the link in the video description. Also, in the video description you'll find other helpful resources. For example, to get my best herbal tips as well as fun bonuses, be sure to sign up for my weekly herbal newsletter. Okay, grab your cup of tea and let's dive in.

This week's Student Spotlight is on Cricket Pierce-Koharik in California.

Cricket is a homeschooling mom taking the Rooted Medicine Circle with her 11-year-old son, Arrow. Together, they watch the videos, make herbal medicine, explore sit spots, and have heartfelt conversations about plants, animals, and the history of their bioregion. Cricket shared how deeply meaningful it has been to learn alongside her son—and has described the joy of seeing him treat plants with care, even stopping his dad from picking the first spring flower.

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botanicals. They ship all over the U.S. and have a massive selection of products to fuel your herbal adventures. Thank you, Mountain Rose Herbs, for supporting our amazing students!

If you'd like to explore Mountain Rose Herbs' offerings and support this show, you can find the special link in the show notes.

Hey, it's Rosalee. You know, creating this podcast has been one of the most rewarding parts of my herbal work, and if you've found something meaningful here, whether it's a new perspective, a favorite recipe or just a sense of calm, I want to let you know there's a good way to go even deeper. It's called the "Podcast Circle." Inside, you'll get access to live classes taught by some of my favorite herbal teachers, behind-the-scenes updates, and a beautiful library of herbal resources that we've gathered over the years. But more than that, it's a space to connect with fellow plant lovers who care about the same things you do. Truly, your membership helps make this podcast possible. It's how we keep the episodes coming and the herbal goodness flowing. So, if you're ready to be part of something more, something rooted in connection, head over to [HerbalPodcastCircle.com](https://HerbalPodcastCircle.com). I'd love to see you there.

I'm really honored to bring you this episode with Carolyn Jones. This conversation is a bit different from others we've had on the show. It's not so much focused on the physical uses of herbs, but instead, on their deeper, more energetic qualities. Carolyn chose to speak about yarrow, and not just as a plant you might reach for in your home apothecary, although she does touch on that as well, but really an ally in the truest sense of the word. She shared about yarrow as a flower essence and the many ways that really shows up in her work supporting personal and collective healing. Several things she said really landed in my bones. You'll get that. She's a very powerful speaker, and I know that these things are going to stay with me for a long time. Carolyn also offers so much to her community through classes, supporting free clinical work and by simply holding space for transformation. I'm really excited for you to experience her perspective and maybe even hear something that you didn't know you're ready for.

For those of you who don't already know her, Carolyn Jones is the founder of the Healing Project and serves as the coordinator of the Herbalists Without Borders' Healing Project Mobile Clinic. A dedicated community herbalist and holistic health educator, she holds certifications in aroma therapy, flower essences, reflexology, and acupuncture detoxification. Carolyn is also an accomplished author and bereavement chaplain. Her published works include *Pick Up Your Bed and Walk: A Self-care Guide*, for those pursuing a healthier lifestyle through herbal support; *Incantations*, an affirmation guidebook, and *Medicine for Your Soul*, which explores the trauma-informed healing potential of flower essences and hydrosols in combination with essential oils.

Welcome to the show, Carolyn! I'm so excited to have you here.

**Carolyn Jones:**

Thank you, Rosalee. I'm so happy and thrilled to be here.

**Rosalee de la Forêt:**

Thank you. I'm really excited to dive in and hear more about you, hear more about your story, the ways that you've been led onto this plant path. I know you work with herbs and healing in so many different ways, so I'm exciting—excited to hear just how that all came to be for you.

**Carolyn Jones:**

When I was younger, I was first introduced to *Back to Eden*—the book, *Back to Eden*, with Jethro Kloss. I dibbed and dabbed. I wasn't really serious about it. I didn't know that herbalism was a thing. Throughout the years, I would reference the book when I didn't want to take pharmaceuticals and everything always worked, but I got more serious about it as the illnesses became more serious. I became more involved with a local herbalist. She would have community workshops where she would serve green juice. It piqued my interest, so when I really had to deal with the issue of fibroids then is when I went to her. But the thing that really sparked my interest is that she said sometimes it could be too late although I had the surgery and everything that was required at that time.

So, I thought I feel now, in retrospect, that maybe yarrow or mugwort could have helped that situation. Yeah, but you only—you only know as far as you know.

**Rosalee de la Forêt:**

Right.

**Carolyn Jones:**

That was she didn't take me there, so I—that's where I left off at with that information. But having gone through that experience, and actually not having to take the codeine aspirin, her herbalist and masseuse came to my house and gave me valerian tincture, and from that point, because it stopped the pain, it got me really interested in herbs. Wow, it could actually take the place of what the doctor is offering.

**Rosalee de la Forêt:**

There's that—those moments we have where it's like, "Oh, these really work!" because I was kind of like you. I dibbed and dabbed for a while, and then you have that moment like, "Oh, this actually works for more than boo-boos too." I mean, that's a really big thing, to substitute something like valerian for codein, to think about all of the side effects associated with these heavy pain killers, both personally and societally. The fact that we have these wonderful herbs like valerian, one of my favorites—I love that valerian was one of your—I always think of "gateway herbs." It's a lovely gateway herb.

**Carolyn Jones:**

Yes. White willow bark is another good one as far as managing pain and stuff.

**Rosalee de la Forêt:**

And so, after that experience, is that—you were kind of like "all in" then? You're like, "Okay, I'm hooked?"

**Carolyn Jones:**

Yes, yes. Then I got serious about it, but I hadn't started studying. It just so happens, a dear friend of mine who is deceased at this time, called me one day and said, "Thanks for sending me that information about that herb school." I said, "I didn't send you any information about an herb school." She said, "Yes, you did." I said, "No, I didn't." I said, "But send it to me." She sent me the information about the American Institute of Holistic Theology. I looked at the curriculum and saw that I could create my own course of study, and I registered the same day.

**Rosalee de la Forêt:**

Oh, wow.

**Carolyn Jones:**

That was in 2009 and I've been hooked ever since.

**Rosalee de la Forêt:**

I love that. That kind of gives me goose bumps to hear, "Thanks for the school you sent me," but it ended up circling all the way back around. You do a lot of community work with herbalism now and I would love to hear about that. You mentioned in your bio, Herbalists Without Borders, for example. What kind of ways are you working with herbs now in your community?

**Carolyn Jones:**

Herbalists Without Borders is just a pure treasure. It helped me expand my practice to the community in a wonderful way because I can provide giveaways. Of late, I've been working with the Cortelyou branch of the Brooklyn Public Library. They have a strong relationship with me. So far, I've done three workshop series, and they have approved monthly community clinics from now until October. I'll start again in the spring, but that way it will give me a chance to winterize the community before the harsh weather comes through. I create different courses and teach people about managing pain, teach them about tinctures, flower essences. I structure my courses for topics about herbs that they don't usually hear about.

They know herbal teas, but they don't know about the value of flower essences or homeopathic medicine. Introduce them to some of the history—the cultural history surrounding herbs, as well.

**Rosalee de la Forêt:**

So, these community clinics, they're classes that you offer? You're offering a different class each month, is that what it is?

**Carolyn Jones:**

For this community clinic, I have a team of about 14 people. For whoever is available, they're going to come out and help me. Now, Richard Mandelbaum who was so kind as to introduce us—I just love him to death.

**Rosalee de la Forêt:**

Me too.

**Carolyn Jones:**

Sent me a graduate from ArborVitae and she is the headliner. She's the clinical herbalist for the clinic and she has joined the Healing Project Mobile Clinic as well. She'll be doing 50-minute consultations on-

**Rosalee de la Forêt:**

Okay, so this is a consultation? Cool.

**Carolyn Jones:**

Right, on one side of the room, but on the other side of the room, other healing modalities will be introduced to the people who are in the waiting area, like aroma therapy, sound therapy. I just recently connected with an occupational therapist who does red light therapy. This way, we'll be able to offer more than just herbs. I always make some type of exciting herbal tea blend for the people to enjoy.

**Rosalee de la Forêt:**

So, if I understand this correctly, this sounds so cool. So, people come to the clinic and while they're waiting, they get to hear about different healing modalities, and then when it's their turn, they head over to their consultation and they have the consultation with somebody.

**Carolyn Jones:**

Yes.

**Rosalee de la Forêt:**

Awesome.

**Carolyn Jones:**

And she'll set up a follow-up. She'll do her thing as far as the protocol for a clinical herbalist, so that will also introduce her to the community.

**Rosalee de la Forêt:**

That's lovely. Herbalists Without Borders is so inspiring just as an organization, but then it's the individuals bringing it to life that every time I hear about a project, I just think this is so cool. It's just really the heart of herbalism, so yeah, it's beautiful.

**Carolyn Jones:**

Yes. What I love about Herbalists Without Borders is they allow you to self-actualize according to what you feel about the herbs.

**Rosalee de la Forêt:**

That's lovely. The plant that you've chosen today is my plant ally for the year. I was just spending some time with yarrow already this morning. I'm really excited to hear your thoughts on yarrow and just whatever you have to share about this amazing plant.

**Carolyn Jones:**

I just love the miraculousness of it for healing wounds. I was first introduced to yarrow through aromatherapy. When my instructor—then instructor, now friend, Amy Anthony, gave the lecture, she said it is the mother of all wound healers. Of course, that snatched my attention. I was able to put it to the test when my great grandson had gotten a little cut and I happened to have salve that had yarrow in it. I put it on him, and the next day, it was as if his skin had never been broken.

**Rosalee de la Forêt:**

Wow.

**Carolyn Jones:**

So, it's just so wonderful.

**Rosalee de la Forêt:**

I always say if there's one plant everyone should know as a hiker, anyone who spends time outside, it's yarrow, because it's probably growing near them, and it can be life-saving in terms of its abilities to heal wounds, address infection, etc.

**Carolyn Jones:**

Yes. When I looked at it as a flower essence and saw that it even addresses generational trauma, then it became even more dear to my heart because everybody has some of that.

**Rosalee de la Forêt:**

Unfortunately. That's interesting. I hadn't heard about that with yarrow as a flower essence. That's really interesting to me.

**Carolyn Jones:**

May I read you some of the attributes of it?



**Rosalee de la Forêt:**

Sure, yeah.

**Carolyn Jones:**

As a flower essence, it provides emotional and energetic protection and it's often used for people who are sensitive to environments or others' emotions. It also strengthens boundaries which we need plenty of these days and most days. It helps maintain energetic integrity in empathic individuals. It helps with healing trauma, supporting those recovering from psychic wounds or spiritual overload. It is said to be ideal for healers, caregivers, and intuitives.

**Rosalee de la Forêt:**

That's lovely. That makes me remember, Carolyn, when I was a younger herbalist, just getting online and feeling I was just so sensitive to the—most people, most herbalists are so kind and so it doesn't come up a lot, but sometimes someone is having a bad day and they decide to take it out on you. I would just be so sensitive to that. Somebody suggested I get a yarrow hydrosol and I keep it by my computer. So, that was a regular thing that I'd sit down at my computer and I'd spray the yarrow hydrosol. I love the scent so much. It did feel very protective and just you talking about that, I was like "Oh, I don't use that as much anymore." People still have bad days and take it out on me. Again, most people are so nice, but I feel like there was helpfulness there. That yarrow did help with those boundaries and everything.

**Carolyn Jones:**

Yes, and it's great you mentioned that. I also have information as a hydrosol. May I share that with you?

**Rosalee de la Forêt:**

Absolutely, yeah.

**Carolyn Jones:**

It's skin healing because it cools inflamed or broken skin, and it helps with eczema or sunburn. It's a mild astringent, so it's good as a facial toner, especially for oily or acne prone skin. Now, what you mentioned, in the energetic use of it, when you spritz it around your body, it cleanses your auric field. It's ideal after difficult conversations or urban overstimulation. I guess we should be soaking in a vat after hearing that. It also balances the feminine. It could be used as a cooling spray for menopausal hot flashes or PMS.

**Rosalee de la Forêt:**

Hearing that makes me miss spritzing it all around. It did feel so good to just—I love to take hydrosols and to spritz them right into my face when it's hot out. There's nothing more lovely. Again, the smell of yarrow—you don't really smell yarrow and think like—it doesn't smell like a rose. It's not like that, but there's something so intoxicating about it. It's intriguing. It's a very intriguing smell that's pleasant.

**Carolyn Jones:**

Yes. That's something that I had fun introducing the community to my last series as well—hydrosols. They were very open. Just to get off the subject of yarrow for one quick second, the cucumber hydrosol, you have to try it. It smells like a bowl of cucumbers, if you haven't tried it already.

**Rosalee de la Forêt:**

And so lovely, again, in the summertime. It's just—that's so lovely and cooling. I love combining cucumber and mint for the summer. That's like my ultimate, it's a good one.

**Carolyn Jones:**

That's a nice drink too.

**Rosalee de la Forêt:**

Yummy. I love already we've talked about yarrow and you've talked about working with it as a salve, as a flower essence, as a hydrosol. I love how versatile plants are, especially yarrow. It definitely doesn't have a "one way" to work with it. I'm wondering, are there other ways that you like to work with yarrow?

**Carolyn Jones:**

I do use yarrow—if I fall, I use it as a tea to make sure there's no clotting or no—to handle whatever internal bruising I might have.

**Rosalee de la Forêt:**

Okay, so you're taking the—you're taking the tea internally, not just topically?

**Carolyn Jones:**

Right, and I've also used it as a poultice for when I fell and hurt my knee. I mixed yarrow with boneset, Solomon's seal, threw some burdock in there and some comfrey, and made an oil. I heated it because I needed it right away. I heated the oil and put it in there, and then made a poultice for my knee.

**Rosalee de la Forêt:**

I think poultices are so underrated. Just getting the plants on the spot is really lovely. It sounds like you really turn to yarrow in times of need with your grandson's scrape and you falling. It's like that plant that you reach for when you're like, "Oh, shoot! I need some help right now."

**Carolyn Jones:**

Right. I'm careful about how I use it in the community because I work with a lot of elders and they may be on blood thinners. If anything, it would be topically with the flower essence or hydrosol or something.

**Rosalee de la Forêt:**

It's such a good point that all these different ways of working with the plants opens up possibilities for us, so that when there might be a contraindication like that, we can still—it's not that we could say, "I can't work with yarrow." It's like, "In what way can I work with yarrow?"

**Carolyn Jones:**

Yes.

**Rosalee de la Forêt:**

Earlier, you had mentioned going through fibroids and that maybe yarrow might have been a helpful ally with the fibroids. I was wondering if you'd speak more to that as well.

**Carolyn Jones:**

I think that it might along with mugwort, I'm thinking. It might have been able to control the bleeding. I was clotting a lot. My gynecologist told me that if you're clotting, you're hemorrhaging. I thought it was clots because I wasn't flowing buckets of blood. I didn't think that was a hemorrhage. She said, "You're clotting that means you're hemorrhaging." So, I believe that the yarrow and the mugwort could have regulated my bleeding and help—and also, using castor oil packs might have helped shrink the fibroid, but now I'll never know. The point is, it just opened up my mind for speculating about the possibilities because castor oil is known to shrink growths. As a matter of fact, I taught a workshop about Edgar Cayce. He predicted that castor oil would be making a comeback in the 21st century, and so I'm helping him out with that.

**Rosalee de la Forêt:**

I love that. I believe that every healing path we take offers both healing and knowledge, so that's the way of it. It is interesting to speculate what might have been with yarrow and mugwort, but it does make me think of—a while ago, I was listening to a podcast and it was about fibroids. It was from a very Western medicine perspective.

In it, they talked about they interviewed women who had fibroids and just how intense it can be and how debilitating just going through the symptoms. They really did just talk about how often times surgery is the only option, and that's all that they talked about. I just thought that is just so sad because sometimes surgery is absolutely necessary 100%, but it's always helpful if that's—I think the like seventh or eighth option we look at in terms of, "Let's try these other things first and then move on to that if we need to get there." I'm glad you're speaking about that because if people are out there with fibroids or some kind of related issue to know that herbs do have some healing potential there and are a great place to start. They're not always where we finish and that's fine, but it's a good place to start because they are very amazing. Yarrow's ability to move blood and address clots, like you said, is profound and well-celebrated as well.

**Carolyn Jones:**

Yes, and also, painful menses. I wish I had known then what I know now, but I spread the news for those who are suffering. I had one good week out of a month.

**Rosalee de la Forêt:**

Oh, yeah. That's so rough, so rough. I was dealing with painful menses last year and they just kind of snuck up on me. It was really bad. I was vomiting because the pain was so bad, and yarrow ended up being one of the most powerful herbal allies for me, which is why I decided to have yarrow as my herbal ally this year. I was like—in some ways I could say I know this herb. I've been working with it for two decades, but I felt like I want to know yarrow more.

**Carolyn Jones:**

I'm so happy for you.

**Rosalee de la Forêt:**

Because it gifted me with that healing. Again, it's a powerful herb that can be overlooked. I remember I was at a native plant society event. It was February. It's very—there are no flowers out in February where I live, so we brought photos to share to talk about the good times.

Then we put them on a thumb drive and we had them up on a screen. I had a picture of yarrow and somebody in the crowd was like, “Why pick yarrow? It’s so common,” and I was kind of offended on behalf of yarrow.

**Carolyn Jones:**

Exactly! How dare you!

**Rosalee de la Forêt:**

It’s such an amazing plant. To look at those flowers, they are—you could brush them off as common, but they are just gorgeous! All those little, tiny flowers, and a big flower head, feathery leaves. You could get lost in yarrow, for sure.

**Carolyn Jones:**

I love it.

**Rosalee de la Forêt:**

Was there anything else you’d like to share about yarrow, Carolyn?

**Carolyn Jones:**

I want to talk about the spiritual and energetic properties if I may?

**Rosalee de la Forêt:**

Yes, absolutely. Thank you.

**Carolyn Jones:**

We spoke about the auric shield property. I’ll just mention it again, saying that it strengthens the energy field, especially during times of vulnerability. Warrior energy—it balances strength and sensitivity. Ancestral wisdom—connects to ancient lineages of healing and protection. I always ask people to remember their grandmothers and grandfathers who are responsible for practicing medicine with the plants is why we’re here today.

They pass life on to us through plants. Visionary ally—opens intuitive perception while maintaining groundedness. And, of course, in ritual use. It's burned or carried in pouches for psychic defense or to call in healing spirits. I guess that would be a nice blend with some sweet grass or sage or even bay leaves.

**Rosalee de la Forêt:**

I love all of those. I feel that solidifies why I'm working with yarrow this year, so thank you. I already know I'm going to relisten to that again to let it all soak in, so thank you for sharing that. It brings to mind your recipe that you shared with us, which is such a beautiful way to work with yarrow as well, if you'd like to talk about that recipe a little bit. I love the title of it, Medicine for the Soul, a Courage Blend.

**Carolyn Jones:**

I would like to tell you how it came about. People don't often know about flower essences. They're also very reticent about trying new things, about ingesting new things. Because flower essences can work topically, I thought it out and said, "I'll create a mister." Flower essences don't have a scent and I thought I might make it refreshing by adding a hydrosol, so I said, "Okay, I'll blend hydrosols, flower essences, and then put a drop of an essential oil in it because people are always checking to see how something smells." Each flower essence has its own emotional property, so I sort of worked at it backwards. Instead of doing a consultation with people, I made a list of emotions that people might want to invoke as opposed to going at it from the direction of, "What do I want to get rid of?"

**Rosalee de la Forêt:**

Oh, I love that.

**Carolyn Jones:**

What do you want to call forth? In the list of emotions that I wanted people to think about invoking, courage stood out for the purposes of this podcast. Because I think we could all use a little bit of that these days. The Courage Blend creates a luminous, protective boundary

around the aura, guarding against energy dreams, psychic overload or emotional absorption from others. It's especially useful for, as I said, empaths, energy workers and caregivers who tend to absorb the pain or emotions of others. I've been coming across quite a few people who have lost loved ones that they were their caregivers before they passed, and they're just absolutely drained. I'm a chaplain as well. Knowing that that ministry of presence, you have to protect yourself during these moments because as you take on the emotions, you drain yourself. It helps one stay centered and sovereign even in noisy, chaotic or emotionally turbulent surroundings. It's very important to feel that quiet space. Find that quiet nucleus in your spirit, that safe space where you can sit in spite of what's going on around you. It encourages alignment with one's own soul truth and prevents spiritual leakage or overextension. I think that power, in itself, you can use it by itself and get what you need. The added power of the essential oil and the hydrosol, would you like to hear about that?

**Rosalee de la Forêt:**

Absolutely.

**Carolyn Jones:**

I use vetiver. Oh, I love vetiver essential oil. It is delicious. But here is its power: It channels fiery energy into focused spiritual purpose. It tempers overzealousness and helps people direct their convictions with clarity and balance, because we can have conviction but we don't have to just be all out. When we have clarity and balance, we can take time to listen to others.

**Rosalee de la Forêt:**

Just so needed right now.

**Carolyn Jones:**

Yes. Ideal for those who burn themselves out for a cause. The other thing is to just be mindful to not burn yourself out for a cause. Know that the cause will be there in your absence or your presence, so do your part, and then sit down somewhere, and relax yourself. Get some sleep. Breathe. It teaches surrender and trust. Softening spiritual intensity without weakening the



mission—I love that. Softening spiritual intensity without weakening the mission, so just because you come at a situation with a quiet spirit doesn't mean you're weak. It just means that you're mindful and calculating about it. It teaches or—excuse me—it clears mental fog and supports clear perception. God knows we need that.

**Rosalee de la Forêt:**

[crosstalk]

**Carolyn Jones:**

And we're in the middle of Mercury retrograde, so mindfulness is even more important now. Being still and listening to our inner voice, our inner instructions, and not negating it because sometimes we hear that voice, and it's like, "Eh, I'll do it this way," and then find out a little bit later in the day—sometimes it doesn't even wait until another week. You find out later, "Oh, I shouldn't have done that." Has that ever happened to you?

**Rosalee de la Forêt:**

A couple of times.

**Carolyn Jones:**

Yes, so we have to learn how to trust that inner voice, the inner truth. It supports intuitive vision that's grounded in personal power and wise action, so that listening becomes your wisdom—part of your wisdom. The other ingredient is sweet grass hydrosol. Oh, I love sweet grass. Yes. I have braided sweet grass just hanging, and every now and then—it's in my bedroom. As I pass, I do (makes loud sniffing sound) and go ahead and move through the house. I don't know. It just clears my mind. What does sweet grass do for you?

**Rosalee de la Forêt:**

I feel like the sweetness is so calming. It just feels so good. It feels like, "I've got you." It just feels like a hug, I guess.

**Carolyn Jones:**

Yes, it does!

**Rosalee de la Forêt:**

Yeah.

**Carolyn Jones:**

Now, sweet grass hydrosol—and by the way, the hydrosol does smell like sweet grass. It draws in benevolent spirits, ancestral wisdom, and high vibration energy. It also sanctifies your space and prepares it for prayer, healing, ceremony, or meditation. It imparts a gentle, uplifting sweetness that eases sorrow, opens the heart, and instills gratitude. It does have that way about it where you can almost feel it soothing your heart when you smell it. It gently clears stagnant or heavy energy while reinforcing a sense of spiritual protection and optimism. It harmonizes the spiritual and physical realms that we know is grounded divinity.

**Rosalee de la Forêt:**

Beautiful.

**Carolyn Jones:**

So, those are the ingredients in the Courage Blend.

**Rosalee de la Forêt:**

That was a powerful introduction to those ingredients, Carolyn. How would you recommend working with this blend?

**Carolyn Jones:**

I put it in a mister bottle and just spray it. Just spray it. Spray it in the environment. Spray it around me or the person that I'm working with. It's very interesting that when people choose them—I give them the list of emotions and they know right away what they want. They choose it with intention. That's what I love. The fact that when you use it, the intention is

already in place. Now, all you have to do is enjoy it wherever. You spray it on your pillow, wherever you want it to be.

**Rosalee de la Forêt:**

I love the spraying on the pillow. I'm a big fan of the night time routine. I love when I crawl into bed, I just feel like a sacred space, a beautiful space, a calming space. Scent for me is just a really big part of that, so I love that.

**Carolyn Jones:**

Yes, and when I changed my sheets yesterday, I sprayed the mattress and the sheets. That's why I put everything back. It's great.

**Rosalee de la Forêt:**

It's lovely. Carolyn, I was realizing that we should backtrack a little bit because you said a lot of people don't know about flower essences, and I'll bet there's somebody out there right now wondering what a flower essence is.

**Carolyn Jones:**

Okay. A flower essence is an energetic product of the plant. My best friend ever, Jennifer Anne Tucker, she's a flower essence practitioner. We go back and forth about flower essences. Every now and then, she'll send me pictures of the flower in the distilled water or the filtered water, whichever one she uses, under the sun sitting on a rock. It pulls the energy of the sun, and of course, the water absorbs the energy of the flower, and then it's strained. Depending on how soon you're going to use it, you would put something in it that would stabilize it for shelf life, but if you want to use it right away, you just let it do its work on you.

**Rosalee de la Forêt:**

Do you make your own flower essences or do you get them from Jennifer Anne Tucker or somebody else?

**Carolyn Jones:**

Jennifer has sent me quite a few. As a matter of fact, when I was working in a funeral home, she sent me flower essences that would help the people that I was working with with their grief. I'm a bit spoiled by Herbalists Without Borders. I know I'm getting top quality product from them. I order my flower essences from them. I order my hydrosols from Mountain Rose. I love their brand.

**Rosalee de la Forêt:**

Nice, nice. And they have the sweet grass? Mountain Rose Herbs? Because I want to make this blend.

**Carolyn Jones:**

They have the sweet grass, yeah.

**Rosalee de la Forêt:**

Wonderful. Thank you so much for sharing about yarrow and for, again, that powerful explanation of this beautiful recipe. I have no doubt many people are going to feel called to make it and to work with it as well, so thank you for that.

**Carolyn Jones:**

Yes, yes. Absolutely. I did create a book around it called, *Medicine for the Soul*. It explains all of the blends in detail as I read to you.

**Rosalee de la Forêt:**

Oh, cool! So, the book is *Medicine for Your Soul*.

**Carolyn Jones:**

*Medicine for Your Soul*, essential oils, hydrosols and flower essences.

**Rosalee de la Forêt:**

Wonderful! That's not the only book you've written. Do you want to tell us about the other book as well?

**Carolyn Jones:**

Sure! *Pick Up Your Bed and Walk* is the first book that I wrote, mainly because I was working with senior citizens. I would teach about an herb this week, and then next week, they'll say, "What was that herb you were talking about again?" so, I said, "Let me just create a book." It's a bit of a guide book for people who are just becoming familiar with herbs and oils and clays, and all of that. I made it like A to Z. Just a blurb with—it has my poetry in it and affirmations. It's just a way to introduce people to herbs with a fun twist.

**Rosalee de la Forêt:**

I love that.

**Carolyn Jones:**

Yes, and *Incantations* is an affirmation book. It has over a hundred affirmations because people sometimes don't know how to say something good about themselves. I was talking to one of my friends the other day. I said, "Okay. I need you to write a blurb about yourself and send it to me." She said, "Oh, I hate doing that!" I said, "Well, I'm going to teach you how to love talking about yourself. You should never not want to celebrate the 'you,' the temple that you are occupying, and let the world know, because there is value there."

**Rosalee de la Forêt:**

I feel like everyone needs to hear that again. Oh, my gosh. Yeah, yeah. So, your three books all sound really powerful. Are they available just wherever books are sold or is it better to get them off your website? What's the best way for people to find them?

**Carolyn Jones:**

I like offering them directly because a lot of times people have questions, and so I like connecting with the people.

**Rosalee de la Forêt:**

Okay. Wonderful.

**Carolyn Jones:**

They can connect to me through my website, sure.

**Rosalee de la Forêt:**

Okay, great. Yes, and there'll be a link to your website in the show notes as well, so thank you for that. What other things do you have going on in the herbal world that you're working on, courses you might be doing, etc.?

**Carolyn Jones:**

I'm working on a book now called, *Blood and Guts*.

**Rosalee de la Forêt:**

Oh!

**Carolyn Jones:**

It's talking about the importance of keeping your blood cleansed and your colon cleansed because what fascinated me when I was doing my studies and studying about Ayurvedic medicine—and I love it because diet is the focus—kitchen medicine. When I learned that what they call “amma,” fecal impaction, occurs, that poison begins to leak through your intestinal wall into your bloodstream, and that also promotes disease as well. It usually travels to the weakest area of your body, so then can manifest as that disease. The book is—will talk about the herbs that are good for blood building and blood cleansing, and also, the herbs that are great for cleansing your intestine.

**Rosalee de la Forêt:**

As herbalists, we love those regular bowel movements, for sure. It's a rallying cry. You know, just the other day, I was scrolling through Instagram and there was a—so much of my Instagram is health-related stuff. There was this M.D. and he's like, "I'm a gut health specialist, Dr." blah blah blah. He said, "I'm here to tell you that you do not need to poop every day. Three times a week is just fine." I was like, "Are you kidding me?" I thought that was—that we were over that. I just couldn't believe that a doctor was not only perpetuating that, but making a stand. No, no, no. I may be a lowly herbalist, but no. Three times a week is not ideal. No. It might be "normal" in our society, but it's not ideal.

**Carolyn Jones:**

I have a friend who just got tickled. I mean, I had just met the person. We were talking about health and I said, "Are your bowel movements pebbly?" and he was just so tickled by the fact that I had just met him and I'm asking about his bowel movements. But it's important.

**Rosalee de la Forêt:**

That's a real insight into health, for sure.

**Carolyn Jones:**

Yes.

**Rosalee de la Forêt:**

Look forward to seeing that book come out. Four books under your belt, that's an impressive feat. I love that you're offering those direct from your site as well.

**Carolyn Jones:**

Yes.

**Rosalee de la Forêt:**

Any other projects you'd like to share before I get to my last question for you, Carolyn?

**Carolyn Jones:**

We've just about covered it. I'm really excited about the upcoming clinic, so that's what I'm laser-focused on right now. I do work with seniors. I do hand massages. My work covers a broad spectrum of caring. Seniors—being one myself, but I always say “my seniors”—want this information. They want to be touched. They want to be loved on. That's my excitement these days that I'm able to go around and do these things, and share information and such.

**Rosalee de la Forêt:**

That's so beautiful. Thank you for your work. Like I said before, I just find Herbs Without Borders—Herbalists Without Borders to be so inspiring, and the way people manifest that is just really wonderful, so thank you for that. A gift to your community on multiple levels, I have no doubt.

**Carolyn Jones:**

Yes, thank you.

**Rosalee de la Forêt:**

Before I let you go, I would love to ask you one more question, and that question is, “How do herbs instill hope in you?”

**Carolyn Jones:**

I love that question. My response to that is even more than hope, they instill confidence. As far as hope goes, I know that if people would really open up their hearts and open up their minds—the heart has to open first in order for the mind to open—and believe that your body was created to heal itself and plants were put here to support that healing. I'm asking that people trust the plants, or it is my hope that people begin to trust the plants more and more until it just overtakes their medicine chest as it did mine. I don't have any pharmaceuticals in my house anymore. I only have oils, clays, herbs, and salves, flower essences and hydrosols and tinctures. Let's not forget our tinctures.



As far as confidence goes, once you—do a small experiment with yourself in order to—like we did. We—it’s trial and error. We tried and there was no error! So, we’re like, “Oh! This could work!” That will instill the confidence which will take it on from generation to generation because that’s what we need now. We need generational knowledge. That should be our legacy to pass it down of how to take care of yourself to get through what we call “life.”

**Carolyn Jones:**

Oh, my gosh, Carolyn. You’ve shared so many powerful things, so many wise things. Again, I know this is a podcast I’m going to go back and listen to again. That was a really beautiful, powerful ending both on the confidence, and I hear you on the “passing through the generations.” That’s our job now because it was, unfortunately, skipped some generations in that vast amount. Even though it still lived threads here and there, vast amounts of people lost that ability to turn to the plants with confidence for healing. That’s our work now—is to bring that back. It’s through people like you that that’s happening, so thank you so much for your work. Thank you so much for being with us. Thanks for that powerful sharing about yarrow and your beautiful recipe, and for taking the time for us. I deeply, deeply appreciate it.

**Carolyn Jones:**

Thank you so much. Thank you for having me.

**Rosalee de la Forêt:**

Thanks for being here. Don’t forget to head over to the show notes at [herbswithrosaleepodcast.com](http://herbswithrosaleepodcast.com) to download your beautifully illustrated recipe card. There you’ll also be able to sign up for my newsletter, which is the best way to stay in touch. You can find more about Carolyn and check out her books at her website at [BeHealed.info](http://BeHealed.info). If you’d like more herbal episodes to head your way, then one of the best ways to support this podcast is by subscribing on YouTube or your favorite podcast app.

I deeply believe that this world needs more herbalists and plant-centered folks, and I'm so glad that you're here as part of this herbal community. Also, a big round of thanks to the people all over the world who make this podcast happen week to week:

Emilie Thomas-Anderson is the Project Manager who oversees the entire podcast operation from guest outreach, to writing show notes, and on and on. I often tell people I just show up! Emilie does most of the heavy lifting.

Nicole Paull is the operator for the entire Herbs with Rosalee School and Community. She keeps an eagle eye view on everything to ensure it's running smoothly.

Francesca is our fabulous video and audio editor. She not only makes listening more pleasant. She also adds beauty to the YouTube videos with plant images and video overlays. Tatiana Rusakova is the botanical illustrator who creates gorgeous plant and recipe illustrations for us. I love them and I know you love them. Once the illustration is ready, Jenny creates the recipe cards, as well as the thumbnail images for YouTube.

Alex is our behind-the-scenes tech support and Social Media Manager, and Karin and Emilie are our Student Services Coordinators and Community Support. If you've written in with a question, undoubtedly, you got help from them. For those of you who like to read along, Jennifer is who creates the transcripts each week. Xavier, my handsome French husband, is the cameraman and website IT guy.

It takes an herbal village to make it all happen including you. Thank you so much for your support through your comments, reviews and ratings.

One of my very favorite things about this podcast is hearing from you. I read every comment that comes in and I'm excited to hear your thoughts.

Alright. You've lasted to the very end of the show, which means you get a gold star and this herbal tidbit:

If you take a close look at yarrow's flowering tops, you'll notice that they form a kind of umbrella--a delicate cluster of flowers that are arching out to catch the sun. In energetic herbalism, that shape is more than just ornamental. As Carolyn shared, yarrow is often seen as a protective plant, like a soft shield that helps you stay open to the world without being overwhelmed by it. Whether growing in a wild field or offered as a flower essence, yarrow reminds us that strong boundaries can be beautiful ones.

Thanks for joining me on this herbal adventure. I'll see you next time.

Hi, it's Rosalee. If this podcast has brought you inspiration or grounded you in your love of herbs, I'd love to invite you to join the Podcast Circle. Your membership helps support the show and it gives you access to live herbal classes, exclusive resources, and a warm community of fellow plant lovers. Learn more and join us at [HerbalPodcastCircle.com](https://HerbalPodcastCircle.com). Your support truly helps this podcast thrive.

Thank you.