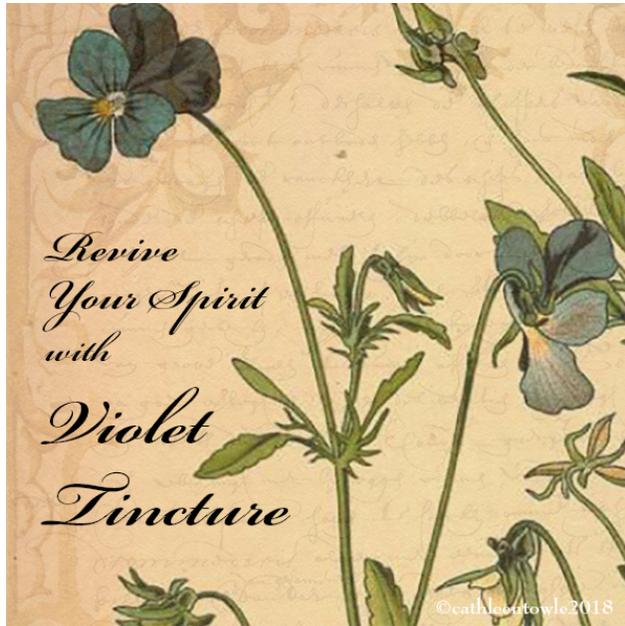


Violet Tincture Recipe

With love...from Cathy Towle – Traditional Healer and Spirit Medium



“Oh! faint delicious spring-time violet,
Thine odor like a key,
Turns noiselessly in memory’s wards
to let
A thought of sorrow free.”
W. W. Story—*The Violet*.



The beginning of May is the perfect time to prepare a Violet Tincture. This lovely concoction is a subtle mood lifter, shifting grief and loss in sweet ways. Taking us to a deeper and more loving place, violet enhances self-love and self-care. I find it helps also with things like weight loss, and after one has had a bout of illness, when we are letting go of emotions and difficult thoughts. Violet gets us a gentle nudge to get back on track and connect with our feelings. It also subtly helps our lungs heal. And not to mention, a wonderful herb to imbibe after a soul retrieval in the integration process of remembering the soul part.

To prepare your tincture:

Collect a lot of violet flowers. Put them in a glass jar and cover with 100 proof vodka. You will see the color of the liquid turn a cast of purple after a few days. Leave the violets in the solution to macerate for 2-3 weeks. Then strain out and you have a nice tincture.



Use:

Just a few drops on the tongue works wonders, but again it is subtle compared to nettle or other more robust herbs. I tend to liken it to being infused with fairie dust...it is that magical.

Know that it does not retain its strength for that long, approx. 9 months, so make several tinctures throughout the bloom time, to enjoy it into the winter months.



“A humble flower long time I pined
Upon the solitary plain,
And trembled at the angry wind,
And shrunk before the bitter rain.
And oh! ’twas in a blessed hour
A passing wanderer chanced to
see,
And, pitying the lonely flower,
To stoop and gather me.”

Thackeray—*Song of the Violet.*

“A violet by a mossy stone
Half hidden from the eye!
Fair as a star when only one
Is shining in the sky.”

Wordsworth—*She Dwelt Among the Untrodden Ways.*