

## *Daucus carota* – Wild Carrot

By Christine Dennis

*“Just as, when you look into the eyes of another human being you get a glimpse of their soul... so also when you look deeply into the heart of a flower you get a glimpse into the soul of the Earth.” ~ Rudolf Steiner*

*Daucus carota* is a biennial herb with the first year focusing all the energy into setting the root, with just a lush rosette of leaves at ground level only. The roots, building and concentrating high amounts of carotene, reminds one of what is necessary for healthy eyes and vision, which is interesting as the medicine of this plant is used as a pituitary tonic.

After the patience of a few seasons wait, hope and anticipation, in the second year with it's strong tap root now firm in the earth, it sends up stems and antique white coloured flowers, with a balanced polar yet connected relationship between the physical and consciousness, the senses and the soul. The whole plant has an airy and delicate appearance, however upon closer inspection and feel, one notices that the stems are very solid and although it blows in the breeze, it is not easy to knock over and bounces right back up, focused on the heavens. The extremely high silica content of these stems absorb and hold the light in the structure of the being.

Explosion in the creation of the expanding flower, sends the green brackets underneath downward whilst the rest of the flower faces upward reaching out to the cosmos and is comprised of thousands of smaller flowers in a characteristic umbel formation. Each cluster arises out of and expanding into and forming the whole. Thus each white flower/universe is made up of many smaller clusters/galaxies, which is made again of many smaller tiny flowers/planets.

The particularly special piece with *Daucus* is that in the center of the whole of all the universe is one tiny little flower that can range in colour from pale pink to dark purple, almost black, reminiscent of the spectrum of the shades of skin colour, but most often it is red; a single flower, self, centered in the middle of the universe. It is important to note here that not all *Daucus* plants have the little red flower and perhaps is representative of the lack of self in some individuals in society.

Each plant, as with many plants, will have flowers in various stages of development from flower budding to ripening seeds, reminding us that we are all on this journey together, and even though often at seemingly different stages, that is not what is important, rather that we are traveling together and supporting each other in the process.

Inhalation of the fragrance of the flower, breaths deep into and reminding one of the souls wholeness and knowing - earthy yet light, dense as well as expansive, musty and fresh, bitter to sweet – sending waves of familiarity throughout the senses and soul.

Then as the whole flower matures the little flower/self elevates and rises slightly above the rest of the clusters of the white flower/universe and remains standing there as if awaiting, by a sort of grace of God, to be pollinated thus an exchange of divine nectar. It is at this point a side view of the flower has a very clear torus appearance in form, with the brackets pointing downward and the umbel facing upward, with the self rising out of the event horizon, or the heart, of the torus.

Then once this ascension of the self is completed, the whole flower/universe then contracts with the center of the self, which interestingly enough although pollinated is left infertile, is drawn back and the whole of the flower contracts up and curls over the self creating a nest shaped womb. Here inside this womb the pollinated flower heads, excluding the infertile self which itself dissolves into the whole, the focus turns toward the maturing of the tiny developing new seeds; thus a ripening of the new seeds in the cozy protected womb. Interestingly, the medicine of these seeds is used as a digestive remedy, working on the mucous membrane, which is often referred to as the "I" organization, thus the interface between what one ingests and what one becomes. The plant then dies giving way for the fruits of it's labours to live on from the expansion, ascension and contraction experiences.

Wild Carrot is also commonly known as Queen Anne's Lace and there are many stories around how that name came about. One is that it was named after Anne, mother of Mary, grandmother to Jesus, a sort of delicate and intimate family lacing from which fruit is produced.

In summary, wild carrot is representative of the macrocosm in the microcosm, the “as above, so below” – and of our journeying and the ongoing expansions and contractions of life. We are reminded of how we must root and be firm in our senses, whilst we work to ascend and rise expanding our souls, never loosing sight and hold on to the self in the center of the expanding universe. Then in the contracting, we let go of the old, dissolving into the the new, taking the maturing seeds back into the protected womb for contemplation and with the fresh hopes of them sprouting one day.

But this is just how I see and experience *Daucus* ..... how do YOU see and experience *Daucus*?