



THE MEADOW MOON
FERTILITY
APOTHECARY



The Meadow Moon Fertility Apothecary

PLANT ALLIES FOR THE JOURNEY OF CONCEPTION

The journey towards conception can be filled with hope, excitement and anticipation, but it can also bring uncertainty, waiting and emotions that change from one day to the next. The Meadow Moon Fertility Apothecary has been created as a collection of botanical allies to accompany you through those changing seasons.

Each Meadow Moon essence has its own story, personality and energetic qualities, inspired by the flowers, trees and plants from which it is created. These are not fertility treatments, but gentle vibrational companions to support the emotional and spiritual landscape of your journey. Sometimes we need courage. Sometimes we need patience. Sometimes we need to soften, to let go, to find our strength again or simply remember who we are beyond the fertility journey.

This guide invites you to explore the plants and discover which one feels like the right companion for you.

What are flower essences?

Flower essences are subtle vibrational preparations made from flowers. They are traditionally used to work with our emotional and energetic wellbeing rather than the physical properties of the plant itself. The essence captures something of the plant's character and symbolism – its resilience, softness, strength, adaptability or ability to flourish – and offers this as an energetic ally.

At Meadow Moon, I love thinking of each essence as a little botanical teacher.

The plant doesn't tell us what to do. Instead, it offers us a quality that we can become more aware of within ourselves. A flower growing through difficult conditions can remind us of resilience. A plant that bends with the wind can teach us flexibility. A golden flower can bring our attention back to abundance and joy.

The fertility journey can sometimes make life feel very focused on the outcome. These essences offer an opportunity to gently bring some of that attention back to you.

What do I need today?

There is no perfect essence for the whole fertility journey.

What you need at the beginning of a cycle may be completely different from what you need after ovulation, during IVF treatment, while waiting for results or after another disappointing month. Rather than asking: "Which essence will help me conceive?" try asking: "What do I need today?"

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PLANT ALLIES FOR THE JOURNEY OF CONCEPTION

Take a quiet moment before choosing an essence.

How are you feeling?

Are you exhausted?

Do you need hope?

Are you overthinking?

Do you need to feel grounded?

Are you struggling to trust your body?

Do you need strength to keep going?

Could you be kinder to yourself?

Are you being asked to adapt to circumstances you didn't expect?

Let your answer guide you. You may find that one particular plant immediately catches your attention. Perhaps you are drawn to its name, its flower, its story or simply the quality it represents. Trust that first feeling.

You don't need to choose the "right" essence in a perfect or scientific way. This is an intuitive relationship with the plants. You may also find that your needs change throughout your journey. An essence that feels deeply supportive one month may no longer feel relevant the next. This is perfectly natural. Think of the collection as a little apothecary of plant allies that you can return to whenever you need a different quality.

A little Meadow Moon Ritual

Before working with your chosen essence, take a few moments to pause.

Think about the plant. Take a slow breath. Look at the plant and consider its qualities.
You might ask yourself:

What quality would I like to invite into my life today?

Then simply allow yourself to receive it.

There is no need to force anything, analyse everything or make the fertility journey another task to complete. Sometimes the most powerful thing we can do is pause, breathe and remember that we are still here, still whole and still ourselves beyond the outcome we are hoping for.

A collection of plant allies created to offer emotional, energetic and spiritual support throughout the many seasons of trying to conceive.

TRIPLE GODDESS | PINK BLACKBERRY

Created beneath the full moon and sun, with luscious pink blackberry blossoms, Triple Goddess honours the changing rhythms of the female cycle.

It can be a beautiful companion through the follicular, ovulatory and luteal phases, particularly for women experiencing variations in cycle length or finding their rhythm again after miscarriage.

A bountiful essence honouring the sacred female spaces of Maiden, Mother and Crone. Embody this essence's superpower of feminine strength, wisdom and the knowledge that every stage of the journey has its own purpose.



ABUNDANCE | CINQUEFOIL

An ancient plant of prosperity, Cinquefoil brings the energy of abundance to the TTC journey. Its sunny yellow blooms remind us that abundance isn't only about the outcome we are hoping for – it is also about remembering the abundance already within us.

The fertility journey can be challenging, and sometimes we lose sight of ourselves amongst appointments, treatments, cycles and waiting. Allow this golden bloom to remind you of your own wonder, worth and wholeness.

A beautiful ally for: cultivating abundance, self-worth and a positive relationship with the fertility journey.



COMPASSION | JASMINE

The ultimate feminine plant ally, Jasmine has been associated with women's health for centuries and has been traditionally referred to as a womb healer.

From a herbal tradition perspective, Jasmine has been valued for its calming and soothing qualities. Energetically, this essence is about softening self-criticism and finding compassion when emotions, hormones and uncertainty become overwhelming.

The fertility journey asks us to have compassion not only for ourselves, but also for our partners, our bodies and the process itself. When overthinking takes hold or criticism gets the better of you, call upon Jasmine to bring you back to gentleness.

A beautiful ally for: self-compassion, emotional softness and quietening an overactive mind.



FAITH | OLIVE

Often associated with the tired and weary, Olive is the tree that keeps giving. Its ancient symbolism of peace, endurance and nourishment makes it a beautiful companion when the fertility journey begins to feel like too much.

Olive can be called upon when you feel you can no longer continue with the TTC journey, when another cycle has passed without the outcome you hoped for, or when you simply feel shattered by the emotional demands of trying.

Long before its biblical associations, the olive tree provided food, oil, wood and shelter – sustaining communities through generations.

Reconnect with your own inner wisdom and allow Olive to whisper: you may be tired, but you are not without strength.

A beautiful ally for: faith, weariness, resilience and reconnecting with inner wisdom.



ENDURANCE | COMFREY

In traditional plant lore, Comfrey is known as a master healer and a plant of restoration and strength.

Endurance can be a valuable energetic companion during the more rigorous stages of assisted conception, particularly from trigger injection through to egg collection, transfer and the waiting period that follows.

IVF can ask a great deal of the mind, body and spirit. There can be procedures, hormones, appointments, waiting and complex emotional experiences to process. Comfrey invites you to draw upon your own reserves of strength and to honour everything your body and heart are moving through.

Call upon this powerful plant ally when you need super strength, resilience and endurance.

A beautiful ally for: perseverance, strength and navigating demanding stages of treatment.



FLEXIBILITY | CORKSCREW HAZEL

The ups and downs of the TTC journey can be exhausting. Plans change, cycles change and sometimes the path ahead looks completely different from the one we imagined.

Corkscrew Hazel offers a beautiful reminder of flexibility. Its branches twist and spiral into intricate sculptures of nature, and yet they must remain flexible in order to grow.

This essence encourages us to bend without breaking – to remain open to changing circumstances and different possibilities while still holding our deepest hopes.

A beautiful ally for: flexibility of mind, adapting to change and finding your way through unexpected twists and turns.



STABILITY | YELLOW WATER IRIS

A fixture of water gardens, ponds and riverside locations, Yellow Water Iris carries a strong, upright energy. Its golden flowers glow amongst the early greens of summer while its roots anchor deeply below the water.

This essence speaks of stability, grounding and strength through uncertain times.

Use Yellow Water Iris during the period between ovulation or embryo transfer and the next stage of your journey, when waiting can feel particularly challenging. It can also become a gentle energetic companion after a positive pregnancy test, offering a symbolic reminder to stay grounded, upright and connected to yourself.

A beautiful ally for: grounding, stability, patience and staying centred during times of uncertainty.



BLESSED BE | ROSE RITUAL SPRAY

A little ritual for the Divine Feminine

Created with the energy of the Divine Feminine, Blessed Be is a beautiful companion to the fertility journey.

Rose has long been associated with feminine energy, love, beauty and the heart. Its soft yet powerful presence reminds us of the many facets of womanhood – tenderness, strength, intuition, sensuality and wisdom.

Use Blessed Be as a little moment of ritual and self-care. Mist around your aura or into your space whenever you want to create a feeling of softness, connection and feminine energy.

You might choose to use it before meditation, while working with your chosen essence, during your cycle, or simply whenever you need a reminder to come back to yourself.

Mist. Breathe. Connect.

Let the scent of rose create a moment to honour the woman you are, rather than focusing only on the outcome you are hoping for.



Flower essences are complementary/energetic support and aren't intended to diagnose, treat or replace medical or fertility care.

Any questions?

Contact Kim Child at info@kimchild.co.uk or pop over to the [Meadow Moon](#) [Essences](#) website for more details about our wonderful products.

