Rue

The name of this herb - Rue - comes from a Greek word meaning “to regret bitterly”. Both ancient and modern texts concerning this plant all include references to sorrow, regret, and grief. Such deeply felt pain can obscure our vision and alter our perspective. Truth becomes relative to our experience of pain. We either indulge in denial, suppressing memory or rewrite the truth in order to survive or to seek vengeance. However, rue is very strong and should be used with caution and experience.

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