



*MOSS* Whilst in Barbados I went to the Gullies to find some of the most ancient plants in Barbados. I was rewarded with banks of a very beautiful fern of the lycopodium family and also rocks covered in a beautiful Jade green Lichen The Gullies here are very interesting because they have never been cultivated and therefore are full of the ancient plants of Barbados. They are millions of years old with collapsed caves with amazing twisted and strange rock formations and stalactites.

*Strange to find a similar eco culture as Gunong Mulu on the other side of the world but no Monofilia Glauca!*



*Lycopods are flowerless, vascular, terrestrial or epiphytic plants, with widely branched, erect, prostrate or creeping stems, with small, simple, needle-like or scale-like leaves that cover the stem and branches thickly. The leaves contain a single, unbranched vascular strand and are microphylls by definition. The kidney-shaped or reniform spore-cases (sporangia) contain spores of one kind only and are borne on the upper surface of the leaf blade of specialized leaves called sporophylls, arranged in a cone-like strobilus at the end of upright stems. The club-shaped appearance of these fertile stems gives the clubmosses their common name. Lycopods reproduce asexually by spores. The spore is a subterranean mass of tissue of considerable size*

*and bears both the male and female organs. And form rhizomes as ferns and moss.*

*They are the oldest recorded life form on the planet. Millions of years old and are frequently seen as fossils.*



*Mosses are an amazingly resilient and versatile group of plants. They range from microscopic discolourations on the soil to great shaggy knee-high carpets. They can be found in just about every habitat you can think of, from deserts to streams and from the Arctic to the Antarctic.*

*Masters of suspended animation, you can dry them out completely, subject them to heats of 70 0C (twice as hot as our recent summer heat wave) and on applying water, they will spring back into vibrant life again. (Dried museum specimens, have on occasion, been brought back to life after many years storage, by the simple application of a few drops of water.)*

*Mosses will grow in deep, dense forests and caves, in light intensities too low for any other green plants to survive. In places like the high Arctic, they are one of the few plant forms that can survive the devastating coldness. Miraculous indeed!*

*Together with the related liverworts, mosses make up a group of plants known collectively as 'Bryophytes'. This is a group of non-flowering plants which are considered to be fairly simple in evolutionary terms. Compared to Flowering Plants, such as daisies or dandelions, they have a much less organised structure. They have no true roots and the leaves are only a few cells thick.*

*I am so excited by the mosses that we found in Sarawak and also the Gullies of Barbados. Several years ago on one our wonderful Jersey Training course 'The Course of Grace', one of our practitioners called Anne found this beautiful moss growing on the sacred Dolmen. Research showed that this moss supported the Alveolar macrophage of the Lungs, the immune system of breathing. Further research with both Gunong Mulu moss and also the moss lycopod found in the gullies of Barbados has shown an even more powerful benefit- the absolutely remarkable activity of the stem cells of the blood platelets called the Megakariocytes. There is no doubt that moss has powerful healing powers for the lungs. Interesting that Homeopathic Lycopodium has been used for centuries to treat Pneumonia.*



*Researched to support the pre cursor stem cells in the lungs called Megakariocytes that activate and produce blood platelets and feed back to the stem cells of the bone marrow to activate the immune system*

*Upgrading our Master Special Care Formula Olive Love*