



GREEN HOPE FARM

## Green Hope Farm Flower Essence Suggestions For Common Concerns

**PLEASE REMEMBER FLOWER ESSENCES ARE INFORMATIONAL ROAD MAPS. THEY ARE NOT CHEMICAL AND WILL NOT ALTER YOUR BODY CHEMISTRY. INSTEAD, THEY GIVE YOUR ELECTRICAL SYSTEM TOOLS TO SOLVE ITS OWN PROBLEMS.**

*Each concern is followed by our suggestions of possible Flower Essences. As always, trust your own guidance about what Essences feel right for your situation. Flower Essences have great depths. If an Essence is calling to you, but is not included in our suggestions, trust your own guidance. This list is simply a place to begin your own dialog with our Flower Essences.*

*If we have a combination essence that addresses the issue, it is listed first. These combinations often contain many of the individual Flower Essences suggested for the issue.*

*Specific sub-topics are listed below their corresponding main topic in italics.*

### **Abundance:**

*Increasing the flow of abundance into your life:* Flow Free, Rain of Gold, Desert Gold

*Overabundance of energy:* Outburst, Orange Hawkweed

*Confidence there is abundance, even in times of apparent scarcity and lack:* Desert Gold, Rose a Parfum de l'Hay

*Experiencing less as enough:* Purplemat

*Contentment with what is:* Loving What Is, Omei Island, Purplemat, Rose a Parfum de l'Hay

*Help to receive as well as give:* Sea Champion

*Feeling a part of a generous universe:* Tree Peony

### **Abuse:**

*Recovery from present day abuse:* Emergency Care, Animal Emergency Care, Abandonment & Abuse, Recovery

*Healing issues from childhood abuse:* Abandonment & Abuse, Inner Child, Brown Eyed Evening Primrose

*Sexual abuse:* Abandonment & Abuse, Red Hibiscus, White Hibiscus

*Physical abuse:* Abandonment & Abuse, White Hibiscus

*When experiencing ongoing heightened physical response after the fact:* Abandonment & Abuse, Anxiety, Emergency Care

*Finding a gentler view of self:* Meadowsweet, Maple, Eyes of Mary

*Post-traumatic Stress Disorder:* Abandonment & Abuse, Coral Pink Rose

*No longer running the mental tapes of those that abused you:* All Ego Contracts Null & Void, Pennyroyal, Meadowsweet

*Recovery from experiences that tore you apart:* Maltese Cross, Abandonment & Abuse

*Bitterness from experiences of childhood abuse:* Brown Eyed Evening Primrose

*Healing sense of loneliness after abuse:* White Hibiscus, Fremont Pincushion

*Healing scar that "I am FINE without anyone else.":* Fremont Pincushion

*Confidence that healing will prevail:* Desert Chicory, Love Prevails

*Rescue animals and abused animals:* Abandonment & Abuse

*Restoring sense of lovableness after abusive childhood:* Inner Child, Fremont Pincushion

*Restoring sense of our our own lovableness:* Meadowsweet, All Ego Contracts Null & Void, Konigin von Danmark Rose, Abandonment & Abuse

**Acceptance of What is:** Loving What Is, Purplemat, Don't Worry – Bee Happy

### **Adaptation, Adaptability:**

*Adaptation to change:* New Beginnings, Mutabilis Rose

*Adaptation to new circumstances:* New Beginnings, Red Mangrove, Psychillis Macconnelliae Orchid, Ocotillo

*Adaptation to difficult changes and constraints:* Omei Island

*Adaptation to physical limitation:* Devil's Bit Scabiosa, Omei Island

*Adaptability to changes in climate, season or weather:* Summer Snowflake

*Adaptation to higher vibrations:* Mutabilis Rose, Titan, all Venus Garden Essences

*Confident adaptation to new life when old life has dropped away:* Ocotillo

### **Addictions:**

*Key support for all addictions:* All Ego Contracts Null & Void, "Purify Trio" of Purify, Restore, Inspire

*Dismantling off balanced appetites:* Dicliptera Sexangularis

*Cleansing after release of addictive pattern:* Purify

*Addiction to unhealthy relationships:* All Ego Contracts Null & Void

*Addiction to caffeine:* Coffee, Purify, Restore & Inspire

*Addiction to doing too much:* Coffee, Tea, Solandra, "Purify Trio" of Purify, Restore, & Inspire

*Addiction to sugar:* Banana, Honeybees in the White Hawthorn, "Purify Trio" of Purify, Restore, & Inspire

*Addiction to alcohol:* Grape, "Purify Trio" of Purify, Restore & Inspire

*Addiction to tobacco:* Sacred Tobacco, "Purify Trio" of Purify, Restore, & Inspire

*Recovery of self as part of healing addiction:* To Thine Own Self be True, Recovery

*Setting a new course for ourselves after we leave addiction behind:* Inspire, The Alignment Garden

*Improving health through course correction:* Larkspur

*Finding moderation:* Maple, Rose a Parfum de l'Hay

*Finding courage to do what we need to do:* Alex Mackenzie Rose

*For finding the courage to let go of old patterns even when we don't know what our life will look like without them:* Trabadelo

### **Adolescence:**

*Feeling betwixt and between:* Common Scurvygrass

*Dealing with issues of aging:* Mallow

*Successfully grafting onto new life:* Psychillis Macconnelliae Orchid

*Dealing with and accepting all the physical changes:* Flow Free, Mutabilis Rose, French Marigold

*Resisting peer pressures:* Goldenrod, To Thine Own Self Be True

*Skin Issues:* To Thine Own Self be True, Outburst, Healthy Coat, Beautiful Skin

*Resisting the urge to make unhealthy choices in lifestyle and relationship:* All Ego Contracts Null & Void, Eyes of Mary, Spiderwort

*Letting go of rebelliousness, selfishness, and view of people as commodities:* Chicory

*Unwavering sense of one's own value:* Freemont Pincushion

**Adrenals:** Immune Support, Recovery, Teasel, Golden Armor, Blackberry

### **Aggression:**

*Releasing overcharge of negativity in benign ways:* Outburst

*Calming troubled waters:* Healthy Coat, Orange, Honeybees in the White Hawthorn, Indian Pipe

*Buffering out negativity so as to not get feeling aggressive:* Golden Armor

*Verbal aggression or biting:* Outburst, Snapdragon, Royal Ponciana

*Finding calm at the center of conflict:* Indian Pipe, True Wood Sorrel, Trillium

*Getting in alignment with our best selves so as not to fall into violent reaction:* The Alignment Garden

*Seeing past enmity or deep hatred to solution:* Mary Queen of Scots Rose

### **Aging:**

*Broad support for physical, mental and emotional issues of aging:* Senior Citizen, Omei Island, Mallow, Sea Lavender

*Experiencing timeless vitality:* La Belle Sultane Rose

*Menopause related issues:* She Changes

*Support when we experience limitations because of aging process or feel cut off from our old life:* Omei Island

*Physical issues of aging particularly skin:* Beautiful Skin, Mallow

*Letting go of worries about the changes time brings:* Mountain Avens

**Alcoholism:** All Ego Contracts Null & Void, "Purify Trio" of Purify, Restore & Inspire, Grape

*Moderation:* Rose a Parfum de l'Hay, Maple

### **Alienation:**

*Help to feel we are not alone in our healing:* Desert Chicory, Joe Pye Weed, The Sunflower Spiral

*Support when we are the black sheep in our clan:* Bog Asphodel

*Support to see who is there to support us in the community we are in:* The Sunflower Spiral, Peach  
*Difficulty living in close quarters:* Corn  
*Difficulty with people in general perhaps because of previous experiences in this or earlier life:* Sweet Pea  
*Support when we feel alienated from our tribe of origin:* Plum  
*Support when we have been ostracized:* Ostedpermum, The Three Phacelia Sisters  
*Recovery from wound, "I am FINE without anyone else.":* Fremont Pincushion

### **Alignment:**

*Alignment in every regard and every category below:* The Alignment Garden  
*Alignment with divine blueprint:* Larkspur, Sago Palm, Date Palm, Vanda Orchid, Avocado  
*Alignment with divine plan:* Lilac, Sage, Sago Palm  
*Alignment of chakras:* Niella, Heavenly Bamboo, Snapdragon, Sunflower, Tuberose, Sunlight Datura  
*Alignment of subtle bodies:* Tuberose, Sunflower  
*Alignment of etheric and physical body:* Ethereal Fluidium Super Glue, Alba Maxima Rose  
*Alignment with divine self:* To Thine own Self Be True, Goldenrod, Sunflower, The Sunflower Spiral  
*Alignment with divine plan for creative self expression:* Graniana Rose  
*Alignment of heart and head, heart chakra and throat chakra, so we speak our truth from our hearts:* Cosmos  
*Alignment with all who are there to help us and all whom we are there to help:* The Sunflower Spiral  
*Spinal alignment:* Snapdragon  
*Alignment of creative process with divine will:* Wild Iris  
*Genetic freedom in alignment with divine purpose:* Date Palm

### **Allergies:**

*Allergic situations in general:* Healthy Coat, Breathe, Immune Support  
*Dealing with new or foreign allergens:* Common Ragwort  
*Explosive allergic situations:* Outburst, Screw Pine  
*Inflamed tissue and other irritations:* Healthy Coat, Jewelweed  
*Lung issues:* Breathe  
*When anxiety is a factor in asthma:* Anxiety  
*When grief is a factor in asthma:* Grief & Loss

**Alzheimers Disease:** Memory, Larkspur, Sago Palm, Date Palm, Inner Child, Anxiety, The Arbor Garden, Lemon, Chinese Hat Plant, Grounding  
*Support for the family and friends:* Love Prevails, The Arbor Garden, Loving What Is

### **Ambition:**

*Spiritualizing worldly ambition:* The Alignment Garden, Chicory, Ginger

**Ambivalence:** (co-existence in one person of emotional attitude of love and hate towards the same object): Mary Queen of Scots Rose

### **Amplification:**

*Amplification of Flower Essences:* Alba Maxima Rose  
*From our Additional Essence collection:* Radish, Ginseng, Speedwell  
*Amplification of healing energies:* Lime  
*Amplifies help we get from other modalities:* Peach, Lime

**Ancestral/ Family of Origin Pattern Clearing:** Precious Blood, All Ego Contracts Null & Void, "Family River Trio" of Bloodroot, Black Currant, & Borage

**Anemia:** Vitex, Precious Blood, Red Currant, Black Currant, Bloodroot, Teasel, Heritage Rose

### **Angels:**

*Feeling support of Angels:* To Hear the Angels Sing, The Sunflower Spiral  
*Archangel Michael:* Sweet William  
*Hearing Angelic guidance better:* To Hear the Angels Sing

### **Anger:**

*Explosive anger and rage:* Outburst, Orange  
*Calming troubled waters, support to restore peace:* Feverfew, The Arbor Garden, Orange, Healthy Coat, Indian Pipe

*Letting anger go:* Flow Free

*Resolving feuds, deep enmity and raging inner conflicts:* Mary Queen of Scots Rose

*Anger at self:* Crab Apple, Konigin von Danemark Rose, Meadowsweet

*Fiery anger:* Coral Aloe, Healthy Coat, Orange

*Anger about loaded cultural issues especially sexual orientation:* Orange

*Anger held in muscles:* Dandelion

*Not beating yourself up about feeling angry:* Water Hyacinth, Maple

### **Annoyance:**

*Irritation:* Jewelweed, Crab Apple

*Find sanctuary that has always been within us:* The Arbor Garden

*Able to hold our tongue when annoyed:* Royal Ponciana, Snapdragon

*Forgiveness for grievances with self:* Heliotrope

### **Anxiety:**

*Anxiety in general:* Anxiety

*Niggling fears:* Common Knapweed

*Anxiety for others:* Red Chestnut (from Additional Essences list)

*Anxiety something bad is going to happen:* Coral Pink Rose

*Finding sanctuary of calm within us when anxious:* The Arbor Garden

*Replacing an experience of anxiety with a feeling of peace:* The Arbor Garden, Feverfew, Indian Pipe

*Soothing nerves when anxious:* Sarah Van Fleet Rose

**Apathy:** Rosa Mundi, Borage, Wild Fuschia, Stanwell Perpetual Rose, Ginger, Wild Rose

### **Appetite**

*Improving the appetite:* Vitality, Globe Mallow, Loquat

*Dismantling off-balance appetites:* Dicliptera Sexangularis

### **Appreciation:** Mehera

*Gratitude even amidst trials and tribulations:* Yellow Loosestrife

*Open appreciation for life:* Morning Glory, Ocotillo

*Appreciation for physical life:* Bacopa Monnieri

*Appreciation for life even when our circumstances have been pared down in some way:* Omey Island, Purplemat

### **Argumentativeness:** Outburst

*Argumentativeness in groups:* The Arbor Garden, Feverfew, Corn

*Argumentativeness about highly polarized issues like sexual orientation:* Orange

*Help to hold our tongues:* Outburst, Snapdragon, Royal Ponciana

*Arguments with self:* Mary Queen of Scots Rose

*Long standing feuds:* Mary Queen of Scots Rose

*Help to hear what people we are arguing with are actually saying:* French Marigold, Miterwort

**Arrogance:** All Ego Contracts Null and Void, The Sunflower Spiral, Agnes Rose, Carry Less, Pebble Pincushion, Arbor Garden

### **Arthritis:** Run & Play, Flow Free, Immune Support

*Getting the energy moving:* Flow Free

*Pain:* Painkiller Plant

*Inflammation:* Healthy Coat

### **Ascension:**

*Understanding self identity as human and divine:* Sunflower, Hesperides' Gift

*Alignment with ascension process as it is meant to unfold in your life:* The Alignment Garden

*Experiencing unified field:* Passion Flower

*Keeping on keeping on:* Rosa Mundi, Stanwell Perpetual Rose, Borage, Chicory, Ruby Moon Hyacinth Bean

*Bringing in higher vibration:* All the Venus Garden Collection Essences, Bells of Ireland, Titan

*Remembering self before illusion of separation:* Desert Forget-Me-Not, Vanda Orchid, Sago Palm, Passion Flower, Agnes Rose

*Keeping energies focused in the heart:* Clitoria

*Helping heart to hold expanding light:* The Mary Rose, Jasmine

*Confidence everything is unfolding as it is meant to unfold:* White Water Lily

*Experience process as a joyous blossoming, not one hurdle after another:* Alchymist Rose  
*Energetic representation of the moment of God realization:* Tuberose

**Assertiveness:** Showcats, Bermudiana, Frangipani

**Assimilation of Learning:** Corn, Ocotillo, Trillium

**Asthma:** Breathe, Grief & Loss, Chamomile, Flow Free, Sea Campion, Blackberry

**Attention Deficit Disorder (ADD and ADHD):** Grounding, Lemon, Queen Anne's Lace, Orange Hawkweed, Babies of Light, Honeybees in the White Hawthorn, Flow Free

**Attunement:** Fireweed, Spider Lily

*Attunement to original divine blueprint:* Sago Palm

**Authority:** To Thine Own Self Be True

**Autism:** Grounding, Queen Anne's Lace, Larkspur, Celandine, Omei Island

**Auto Immune Function:** Immune Support, Queen Anne's Lace, Mary Queen of Scots Rose, Spiderwort

**Awareness:** Spiderwort, Eyes of Mary, Alika Rose, Bottle Gentian, Lemon

**Babies:** Babies of Light, Baby Blue Eyes, Lavender

*Protection:* Babies of Light

*Teething:* Pink Baby's Breath

**Bach Equivalents in Our Collection:**

*Agrimony for mental torture behind brave face:* Anxiety

*Aspen for vague fears of unknown origin:* Aspen (from our Additional Essences collection), Scarlet Runner Bean

*Beech for intolerance:* Beech (from our Additional Essences collection), Meadowsweet, Hardhack, Crab Apple, Jewelweed

*Centaury for weak will or subservience:* Wintergreen, Sweet William

*Cerato for seeking advice or confirmation from others:* Neediness, Yellow Water Lily

*Cherry Plum for fear of mind giving way:* Anxiety

*Chestnut Bud for failure to learn from mistakes:* Vetch, Spruce

*Chicory for selfishness:* Chicory

*Clematis for lack of interest in present:* Clematis, Grounding

*Crab Apple for self hatred and sense of uncleanness:* Crab Apple

*Elm for when overwhelmed by responsibility:* Joe Pye Weed, Caretaker, Dombeya Wallichii, Solandra, Common Knapweed

*Gentian for discouragement or despondency:* Bottle Gentian

*Gorse for hopelessness and despair:* Borage, Fragrant Orchid, Queen Anne's Lace, Phoenix Rising

*Heather for self centeredness:* Irish Heaths ( same plant)

*Holly for hatred, envy and jealousy:* Jealousy, The Arbor Garden

*Honeysuckle:* Honeysuckle

*Hornbeam for Monday morning feeling:* Alex Mackenzie Rose, Day Lily, Morning Glory

*Impatiens for impatience:* Jewelweed (Jewelweed is wild Impatiens)

*Larch for lack of confidence:* Showcats, Larch (from our Additional Essences collection)

*Mimulus for fear of unknown things:* The Watchman from our Additional Essences collection

*Mustard for deep seated gloom or black depression:* Mustard (from our Additional Essences collection)

*Oak for despondence when struggling on:* Oak (from our Additional Essences collection), Borage, Rosa Mundi

*Olive for complete exhaustion:* Phoenix Rising, Maple, Recovery

*Pine for self reproach and guilt:* Heliotrope

*Red Chestnut for anxiety for others:* Anxiety, Red Chestnut (from our Additional Essences collection)

*Rock Rose for terror:* Red Clover, The Arbor Garden

*Rock Water for self repression and denial:* Meadowsweet, Flow Free, Pyramidal Orchid

*Scleranthus for uncertainty or indecision:* Eyes of Mary, Sage, Spiderwort, Yellow Water Lily

*Star of Bethlehem for shock:* Star of Bethlehem, Emergency Care

*Sweet Chestnut for extreme anguish:* Maltese Cross, Grief & Loss

*For tenseness and hyperactivity:* Anxiety, Orange Hawkweed, Dandelion, Blue Vervain (from our additional Essences collection)

*Vine for domineering or inflexible behavior:* Flow Free, Coralita, Jade, Grape

*Walnut for protection from change or link breaking:* Golden Armor, Cardinal de Richelieu Rose  
*Water Violet for pride and aloofness:* Rosemary, Pebble Pincushion  
*White Chestnut for unwanted thoughts and mental arguments:* White Chestnut, Pennyroyal  
*Wild Oats for uncertainty about correct career path:* Sage, Turnera, Wild Oats (from our Additional Essences collection)  
*Wild Rose for resignation and apathy:* Wild Rose  
*Willow for issues of faith, resentment, and bitterness:* Willow (from our Additional Essences collection), Golden Wings Rose, Meadowsweet, Brown Eyed Evening Primrose

**Back/Spine:** Watch Your Back, Lilac, Osteospermum, Snapdragon, Goldenrod, Heavenly Bamboo  
*Lower back/feelings of scarcity:* Rain of Gold, Desert Gold, Flow Free, Purplemat  
*Lower back/carrying too much:* Carry Less, Joe Pye Weed  
*Feeling lack of support:* The Sunflower Spiral

**Backbiting:** Carouby de Maussane Pea, Snapdragon, Royal Ponciana

**Balance:**

*Physical balance:* Chinese Hat Plant  
*Balance of male and female:* Black Cohosh, Chives  
*Balance of male and female when too much male:* Banana, Chives  
*Balance of male and female when too much female:* Frangipani, Chives  
*Balance of yin and yang:* Maple, Omei Island, Banana  
*Balance of right and left hemispheres of the brain:* Lauriana Rose  
*Balanced polarities:* Lauriana Rose  
*Balanced assessment of events:* Eyes of Mary, Lauriana Rose, Ginger Thomas  
*Balanced chakras:* Niella, Teasel, The Alignment Garden, Snapdragon, Tuberosa  
*Balance of heart and head:* Cosmos, Loving What Is, Nasturtium  
*Balanced participation in the human community:* The Sunflower Spiral, Sweet Pea, Omei Island, Thistle  
*Balance of female creativity:* Pomegranate, The Sacred Feminine  
*Balance of the four winds and four elements:* Indian Pipe  
*Balance about material possessions:* Rose a Parfum de l'Hay, Ginger  
*Balance of divine love, wisdom, and power:* Sunflower, The Mary Rose  
*Balance of emotions amidst turmoil:* Maltese Cross, True Wood Sorrel, Red Rugosa Rose, Honeybees in the White Hawthorn  
*Balance of wet & dry especially when too wet:* Jasmine, Montbretia, Bignonia  
*Balance of wet & dry especially when too dry:* Arizona Lupine  
*Balance of giving and receiving:* Omei Island, Peach, Reines des Violettes Rose  
*Balance of going out into the world and going inward:* Omei Island  
*Balance of energy into and out of our bodies:* Teasel  
*Balance of selfless giving and appropriate recharging of batteries:* Omei Island, Solandra  
*Balance of opening to new information and grounding this information:* Trillium, Sunflower  
*Balance of action and restraint, knowing what to do & what not to do:* Reine des Violettes Rose, Thistle, California Poppy, Blue Eyed Grass, Cat's Claw  
*Balance during psychic awakening:* California Poppy  
*Energetic balance of land:* Honeybees in the White Hawthorn  
*Hormonal balance:* Honeybees in the White Hawthorn, She Changes, Sea Lavender  
*Help being human and divine at the same time:* Sunflower  
*Balanced creative efforts so that you don't burn out:* Masterwort

**Betrayal:** Osteospermum, Maltese Cross

**Between Worlds:**

*Pulling distinct worlds and divided communities together:* Beach Pea  
*Bringing something new ashore from a very long way away:* Inkberry, Nickernut  
*Feeling betwixt and between:* Common Scurvygrass  
*In this world but not of it:* Rosa Mundi

**Birth:**

*Physical birth support for mother and babe:* Centered Birth, Magnolia  
*Support for first breath:* Magnolia, Breathe  
*Support for spiritual birth or rebirth:* White Flower from Druid Rock, Fisterra, Pasque Flower, Phoenix Rising  
*Birth of new life with discernment, clarity and feeling of safety:* Nicker Nut

*Grounding new life:* Inkberry

*Birth trauma release:* All Ego Contracts Null & Void, Sago Palm, Vanda Orchid, Larkspur, Carry Less

*Letting go of old life when new one arrives:* Star of Bethlehem

*Support when new life arrives in a firestorm:* Phoenix Rising

*Letting go of what you don't need after birth process has happened:* Calabash

**Bi-Polar:** Grounding, Water Hyacinth, Queen Anne's Lace, Maple, Honeybees in the White Hawthorn, Blackberry

**Bitterness:** Meadowsweet

*Healing residual bitterness after being abused as a child:* Brown Eyed Evening Primrose

*Easing bitterness and regret about failed romances:* Seaside Mahoe

**Black Sheep:**

*Support when you are the black sheep in your clan:* Bog Asphodel

*Harmony within a group when you are the black sheep:* The Alignment Garden, The Arbor Garden, Plum

**Bladder:** Flow Free, Kidney Vetch

**Blame:**

*Moving beyond paradigm of good guys and bad guys:* Cherokee Trail of Tears

*Self blame:* Hyssop, Heliotrope

*Sour grapes:* Grape

*Blaming life path on other people or circumstances:* Sage

*Finding your power in difficult situations:* Queen Anne's Lace, Baby Blue Eyes, Maple, Eyes of Mary

*Seeing events with detachment:* Eyes of Mary, Baby Blue Eyes

*Harvesting gifts of experience, not getting log jammed in blame:* Cherokee Trail of Tears

**Blockage:** Flow Free, Coralita

*Any blockage:* Flow Free

*Second chakra for women:* Scarlet Cordia

*Second chakra for men:* Bells of Ireland

*Spinal issues:* Coralita, Lilac

*Fourth chakra:* Blue Snakeweed, Calliandra

**Blood:** Precious Blood, Red Currant, Calliandra, Bottlebrush, "Family River Trio" of Black Currant, Bloodroot & Borage

*Circulation:* Flow Free, Precious Blood, Bloodroot, Calliandra, Blackberry, Mallow

**Blood Pressure:** Flow Free, Outburst, Precious Blood, Carry Less, The Three Phacelia Sisters, Mary Queen of Scots Rose, Blackberry, Thyme, Bells of Ireland, Orange, Passion Flower, Emergency Care

**Body Image:**

*Moderation of self criticism or harsh treatment of body:* Maple

*Body image when older:* Senior Citizen

*Peace with your appearance:* Therese Bugnet Rose

*Enjoyment of physical body as it connects to other people's bodies:* Rosemary

**Body Wisdom:** Amaryllis

*Body wisdom of Earth:* Sage

*Body wisdom of southern hemisphere:* Floripondio

*Pushing oneself too hard:* Sahagun

*Deciphering body wisdom about GYN issues and treatment plan for these issues:* Orange Amaryllis

**Bones:** Run & Play, Boneset, Osteospermum, Coltsfoot, Snapdragon, Vitex, Precious Blood, Comfrey

**Boredom:** Wild Tamarind

*Seeing the world with fresh eyes:* The Fairy Rose, F.J.Grootendorst Rose, Pink Babies Breath

**Boundaries:** Golden Armor, Watch Your Back, Henry Hudson Rose, Wintergreen, Flee Free, Thistle, Teasel, Bottle Gentian, St. John's Wort, Titan

*Good boundaries for women:* Calabash, Sea Mayweed

*Good sexual boundaries:* Ixora

*Good boundaries while doing healing work:* Golden Armor, Henry Hudson Rose, Eyes of Mary, Teasel

*Good boundaries about what to do and not to do:* Thistle, Calabash, Reine des Violettes Rose

*Good boundaries when you have been a doormat to others:* Wintergreen, Sea Mayweed

*Wisdom about good boundaries in relationships:* Sea Mayweed, Ixora

**Bracing for next problem:**

*Relaxing muscle tension when we are inadvertently bracing ourselves for another problem:* Dandelion

*Feeling safe and released from anxiety about next trauma that might befall us:* Coral Pink Rose, Old Blush China Rose

**Brain Function:** Titan, Lauriana Rose

**Breathing & Lungs:** Breathe, Chamomile, Lungwort, Sea Campion, Flow Free

*Cleansing the breath:* Sea Bindweed

**Brokenheartedness:**

*Brokenheartedness in general:* Grief & Loss, Love Prevails

*Seeing the unity beneath wrenching circumstances:* Maltese Cross, Eyes of Mary, Epimedium

*Comfort for deep griefs and brokenheartedness:* Pink Water Lily, Calliandra

*When the heartbreak is enormous or a circumstance of political events such as loss of country:* Cherokee Trail of Tears

*Romantic heartbreak:* Seaside Mahoe

*Experiencing the ongoingness of love amidst heartbreak:* Love Prevails, The Arbor Garden

*When the heartbreak won't end:* Seaside Heliotrope, Blue Snakeweed

**Brother's Keeper, Brother's Helper:**

*Love with detachment, leaving person free to learn what they want to learn:* Eyes of Mary

*Support for caretaker when they are helping those who are suffering:* Caretaker, White Chestnut

*Clarity about when to help and when it is not your business:* Thistle, Reine des Violettes Rose

**Buffering:**

*Energetic buffer:* Golden Armor

**Bugs & Pests:** Flee Free, Golden Armor, Teasel, Immune Support

**Burdens:** Joe Pye Weed, Carry Less, The Sunflower Spiral

**Burn Out:** Healthy Coat, Phoenix Rising, La Belle Sultane Rose, Recovery, Orange, Coral Aloe, Zucchini, Quatre Saisons Rose, Ginger

*Burn out with creative projects:* Masterwort

**Cabin Fever:** Spruce, Borage, Cucumber, Sunflower, Clematis

**Calming/Stability:**

*Feeling inner sanctuary:* The Arbor Garden, Tea, Chamomile, Bottle Gentian

*Riding turbulence:* Red Rugosa Rose, Jade, Aloe Ciliaris

*Calming nerves:* Anxiety, Sarah Van Fleet Rose, Feverfew

*Calms during highly charged situations, oil on troubled waters:* Orange

**Candida:**

*Strengthening system:* Immune Support, Vitality, Golden Armor

*Sealing energy leaks:* Teasel

*Sugar balance:* Banana, Honeybees in the White Hawthorn

*When candida reflects inner conflict:* All Ego Contracts Null & Void, Queen Anne's Lace, Mary Queen of Scots

**Cancer:**

*Cancer in general:* Flow Free, Aloe Ciliaris, Chinese Hat Plant, Precious Blood, Eggplant, Wild Physic Nut, Phoenix Rising, Mutabilis Rose, Snapdragon, Madagascar Periwinkle, Recovery, Sago Palm, Aloe Vera, Larkspur, Celandine, Hyssop, Sunflower, Avocado, Burdock

*Chemotherapy and radiation:* Golden Armor, Leopard's Bane (from our Additional Essence list), Healthy Coat, Recovery, Zucchini, Christmas Bush

**Career Transitions:**

*Getting the lay of the land:* Russian Sage, Sage, Eyes of Mary

*Reading the signs, discernment about decision making process:* Spiderwort

*Career changes in alignment with authentic self:* The Alignment Garden, Turnera

*Moving ahead without fear:* Borage, Alex Mackenzie Rose, Mutabilis Rose

*Seeing your career situation in overview:* Eyes of Mary, Ginger Thomas

*After difficulties or career set backs:* Phoenix Rising

**Caretaker:**

*Essence offering most broad range support:* Caretaker

*Sheltering love for mothers and other caretakers:* Dombeya Wallichii

*Support to be a caretaker for others who are suffering:* White Chestnut

**Cell Health:**

*Cell to cell communication:* Celandine

*Cell cleansing:* Spanish Bayonet, Flow Free, Dandelion

*Harmonious cell growth:* Aloe Ciliaris, The Alignment Garden and other Venus Garden Essences, Mutabilis Rose, French Marigold

*Cell vitality:* Vitality, Kidney Vetch, Red Currant

*Core experience of cellular health:* Red Currant

*Information about how to improve low oxygen transport capacity in red blood cells:* Burdock (new summer 2009)

*Information about improving white blood cell health:* White Baneberry (new summer 2009)

**Centering:**

*Clarity in crisis:* Bottle Gentian, Broccoli, Eyes of Mary, Trillium

*Staying centered in ourselves in the face of fanaticism or frenzied behavior:* True Wood Sorrel

*Centering for meditation:* Chamomile, Tea, Indian Pipe

*Centered in own strengths:* Wintergreen

*Centered in own strengths as a woman:* The Sacred Feminine, Wild Red Morning Glory, Motherwort, Pomegranate

**Central Nervous System:**

*Health and well being:* Watch Your Back, Snapdragon, Lilac, Angelica, Heavenly Bamboo

*Blockages and optimum energy movement:* Coralita, Niella, Sunlight Datura, Flow Free

*Moving energies up the chakras:* Clitoria

**Chain Reaction:**

*Defuses emotional chain reaction:* Red Clover

**Chakras:**

*First chakra:* Amaryllis, Black Currant, Bloodroot, Broccoli, Brown Eyed Evening Primrose, Calendula, Carrot, Claret Cup Cactus, Coltsfoot, Comfrey, Corn, The Fairy Rose, Ginger, Grounding, Heritage Rose, Honeysuckle, Joe Pye Weed, Inner Child, Maple, Nuuphretia Lavarissa, Plum, Precious Blood, Rain of Gold, Red Currant, Red Mangrove, Rosemary, The Three Phacelia Sisters, Yellow Mullein, Yellow Water Lily, Water Hyacinth

*Second chakra:* Anthurium, Asclepias, Banana, Bee Balm, Bells of Ireland, Bird of Paradise, Black Cohosh, Blue Flag Iris, Claret Cup Cactus, Clitoria, Clivia, Corn, Ixora, Lady's Mantle, Moonlight Datura, Morning Glory, Orange, Orange Hawkweed, Papaya, Partridgeberry, Pomegranate, Red Hibiscus, Sea Lavender, She Changes, Watermelon, White Hibiscus, Wild Iris

*Third chakra:* All Ego Contracts Null & Void, Avocado, Baby Blue Eyes, Bloodroot, Broccoli, Cardinal de Richelieu Rose, Carouby de Maussane Pea, Chia, Chives, Common Spotted Orchid, Dandelion, Epimedium, Hyssop, Locust & Wild Honey, Loquat, Motherwort, Old China Blush Rose, Pennyroyal, Pumpkin, Queen Anne's Lace, Sage, Sea Mayweed, Self Heal, Shrimp Plant, Spiderwort, Sweet William, Thistle, True Wood Sorrel, Wintergreen

*Fourth chakra:* Blackberry, Black Eyed Susan, Borage, California Poppy, Chamomile, Hardhack, Honeybees in the White Hawthorn, Hyssop, Jasmine, Loving what Is, Love Prevails, Maltese Cross, The Mary Rose, Meadow Sweet, Mehera, Purple Flowering Raspberry, Rabanal, Scarlet Pimpernel, Thyme, Trillium, Vitality

*Fifth chakra:* Alex MacKenzie Rose, Agnes Rose, Agrippina Rose, Bermudiana, Blue Eyed Grass, Blue Flag Iris, Blueberry, Breathe, Cardinal Flower, Coffee, Cosmos, Frangipani, Gardenia, Graniana Rose, Grape, Irish Heaths, Lady's Mantle, Masterwort,

Milkweed, Pink Laurel, Pink Yarrow from the Cliffs of Moher, Sea Campion, Showcats, Snapdragon, Wild Iris, Vanda Orchid, White Nicotiana

*Sixth chakra:* Allamanda, Banana, Bermudiana, Bottle Gentian, Breathe, California Poppy, Chamomile, Crab Apple, Daffodil, Dandelion, Eyes of Mary, French Marigold, Goldenrod, Grapefruit, Lauriana Rose, Lemon, Nasturtium, Rosa Glauca, Spider Lily, Yellow Water Lily

*Seventh chakra:* Alika Rose, Angelica, Belerephon of the Open Door, Bermudiana Century Plant, Fireweed, Lavender, Osteospermum, Passion Flower, Queen Anne's Lace, Rosemary, Silver-rod, Sunflower, Scullcap, Swamp Candles, Sweet Alyssum, Tuberose, Vetch

*All chakras:* The Alignment Garden, Angelica, Bee Balm, Bottlebrush, Heavenly Bamboo, Lilac, Mehera, Niella, All Palms, Ruby Moon Hyacinth Bean, Scarlet Pimpernel, Silver-Rod, Snapdragon, Spruce, Sunflower, The Sunflower Spiral, Teasel, Tuberose, Violet Transmuting Flame Violet, Watch Your Back, Yellow Loosestrife

*Integrating information from chakras above the head:* Spruce, Tuberose

### **Change:**

*Trusting the flow of change so we don't feel we need to "push the river":* Desert Chicory

*Harmonious mutation:* French Marigold, Mutabilis Rose

*Making change without fear:* Mutabilis Rose

*Resilience and grounding amidst change:* Common Ragwort

*Stability during radical change:* Common Ragwort, Red Rugosa Rose

*Change in financial circumstances:* Purplemat, Omei Island

*Cushion the impact of change:* Pink Baby's Breath

*Change after difficulties or fiery times:* Phoenix Rising

*Adapting to feel comfortable on changing Earth:* Psychillis Macconnelliae Orchid

*Helps us make peace with major life changes, helps us accept necessity of such changes:* Lobelia

**Cheerfulness:** Borage, Zinnia, Ice Plant, Bramble, Globe Mallow, Woolly Marigold, Woolly Easter Bonnets, FJ Grootendorst Rose

*Good cheer amidst extreme stress or trauma:* Sea Purslane

*Half glass full:* Bramble, Tree Peony

**Chemical sensitivities:** Outburst, Healthy Coat, Golden Armor, Gardenia, Lamb's Ear

### **Chemotherapy (post):**

*Cleansing, post-chemotherapy:* Flow Free, Golden Armor, Precious Blood, Red Currant, Celandine, Spanish Bayonet

*Getting strength back:* Recovery, Vitality, Immune Support, Precious Blood, Zucchini

*Restoring tissues/wound healing:* Healthy Coat, Christmas Bush, Leopard's Bane (from our Additional Essence list), St John's Wort

**Childbirth:** Centered Birth

**Children:** Baby Blue Eyes, The Fairy Rose, Babies of Light, Lavender, see also our "For the Kids" list

**Choice:** Sage, Russian Sage, Sacred Tobacco, Spiderwort

**Christ Consciousness:** Black Eyed Susan, Passion Flower, Star of Bethlehem

### **Cholesterol:**

*Cholesterol issues in general:* Flow Free, Vitality, Precious Blood, Calliandra, "Joy Essences" including The Fairy Rose, Zinnia, FJ Grootendorst Rose, Morning Glory, Woolly Marigold and Woolly Easter Bonnets

*If genetic issue:* "Family River Trio" of Bloodroot, Black Currant & Borage

**Chronic Fatigue Syndrome:** Ginger, The Sacred Feminine, Queen Anne's Lace, Joe Pye Weed, To Thine Own Self Be True, Vitality, Vitex, Precious Blood, Desert Chicory, Mary Queen of Scots Rose

**Circadian Rhythms:** Blackberry, Turnera

**Circulation:** Flow Free, Precious Blood, Bloodroot, Calliandra, Blackberry, Red Currant, Kidney Vetch

**City Life/Stress:** Golden Armor, Corn, Carouby de Maussane Pea, Sweet Pea, Rose a Parfum de l'Hay

**Clairaudience:** To Hear the Angels Sing, Allamanda, California Poppy, Sunlight Datura, French Marigold, Daffodil, Cedar

**Clairvoyance:** To Hear the Angels Sing, Goldenrod, Rosa Glauca, Silver-rod

**Clarity:**

*Seeing with clarity:* Eyes of Mary, Bottle Gentian, Rosa Glauca

*Thinking with clarity:* Lemon, Lauriana Rose, Grapefruit

*Thinking and acting with clarity during stressful situations:* Bottle Gentian, Lavender

*Clarity of purpose:* French Grass

*Clarity about the right balance of external activities and inner seeking:* Omei Island

*Clarity about who and what support your spiritual journey:* Puente la Reina

*Clarity about choices after leaving addiction behind:* Restore

**Cleansing:**

*Cleansing genetic baggage:* Black Currant, Cardinal de Richelieu Rose, All Ego Contracts Null & Void

*Breath-related cleansings such as colds:* Breathe, Sea Bindweed

*Cleansing emotional field:* Lavacolla, Cedar, Dandelion, Arrowhead

*Cleansing etheric body:* Dandelion, Comfrey, Bottlebrush, Cedar, Black Currant, Alba Maxima Rose

*Cleansing mental body:* Cedar, Lemon, Alba Maxima Rose, Carolina Thermopsis, Dandelion

*Physical cleanser:* Tomato, Purify, Flow Free

*Cleansing the heart:* The Mary Rose

*Cleansing the second chakra in women:* Scarlet Cordia

*Cellular cleansing:* Spanish Bayonet

*Cleansing passageways:* Bottlebrush, Calliandra, Scarlet Cordia, Kidney Vetch

*Cleansing and organizing any system organized around linkages or skeins:* Coralita

*Family of origin cleansing:* "Family River Trio" of Black Currant, Bloodroot & Borage

*Cleansing all chakras:* Sunlight Datura

*Cleansing after release from addictive pattern:* Purify

*Precise cleansing of pockets of negativity:* Eggplant

*Mr Clean of Flower Essences:* Lemon

*Land cleansing:* Violet Transmuting Flame Violet, Comfrey

*Support during firestorms or traumatic cleansings:* Phoenix Rising

**Clenching of Teeth:** Anxiety, Flow Free, Snapdragon, Banana

**Clutter:**

*Mental clutter:* Loving What Is, Carry Less, All Ego Contracts Null & Void, Don't Worry- Bee Happy, The Alignment Garden, Crab Apple, Pennyroyal, Nasturtium, Alba Maxima Rose, Lemon

*Sorting clutter:* Loving What Is, Spiderwort

*Shedding things we used to think we needed:* Wintergreen

*Help to feel less interested in material things:* The Sacred Feminine, Ginger, Rose a Parfum de l'Hay

**Closure:**

*Knowing when to call it a day:* Day Lily

*Wound closure:* Christmas Bush, Angelica

**Co-dependence:** To Thine Own Self Be True, All Ego Contracts Null and Void, Abandonment & Abuse, Recovery, Los Arcos

**Colds:** Breathe, Sea Bindweed, Jasmine, Lemon, Lime, Orange, Grapefruit, Goldenrod, Blackberry, French Marigold, Aloe Vera, Dandelion, Capeweed

**Comfort:**

*Our best loved comfort Essences:* Pink Tecoma, The Arbor Garden

*Comfort for misfits, dreamers, mystics, artists, rebels, poets:* Autograph Tree at Coole Park

*Comfort when your life has gone up in flames:* Phoenix Rising

*Comfort when tired on the spiritual journey:* Mazarife, Rosa Mundi, Stanwell Perpetual Rose, Omei Island

*Comfort and courage in challenging situations:* Nuuphretia Lavarissa

*Comfort for mothers:* Dombeya Wallichii

*Comfort when we don't feel physically safe:* Old Blush China Rose

*Reminds us that sanctuary and a well of restorative love is within us:* The Arbor Garden, Quatres Saisons Rose

*Comfort when experiencing deep sorrows or traumatic circumstances or feeling brokenhearted:* Pink Water Lily

**Commitment:**

*When deepening your commitment to life work, a cause, your spiritual path or another person:* Cardinal Flower

*When procrastination has slowed our process:* Pumpkin

*When a lack of confidence in ourselves has slowed our process:* Yellow Mullein

**Communication:** Showcats, Cosmos, Bermudiana, Celandine, Snapdragon, Royal Ponciana, Pink Yarrow from the Cliffs of Moher

*Communication with Angels:* To Hear the Angels Sing

*Communication with Nature Spirits:* Calendula, Palmer's Penstemon

*Communication with Rock Elementals:* Birdfoot Trefoil at Gallarus Oratory

**Community:**

*Harmony during tribal gatherings:* Plum, Indian Pipe

*Spiritual community:* Pear

*Appropriate involvement in community life:* The Sunflower Spiral, Omei Island, Wintergreen

*Living harmoniously in community:* The Arbor Garden, Jealousy, Carouby de Maussane Pea, Peach, Arizona Lupine, Sweet Pea

*Finding spunk if you have been a doormat in community:* Wintergreen, Sea Mayweed

*Finding kindred spirits for your spiritual journey:* Locust & Wild Honey, Peach

*Containing other people's stories with compassion:* Rabanal

*Living with lots of people in close quarters:* Corn, Carouby de Maussane Pea, Spring Sandwort

*Healing old wounds of community, refinding ability to interact in community:* Sweet Pea, Wild Pea, The Three Phacelia Sisters

*Having faith in the emptiness before you meet your right community:* Belorado

*Helps groups resolve mixed motivations so they get along better:* Pear

*Warring community:* Mary Queen of Scots Rose

*Helps us relish community:* Rosemary

*Healing past life wounds from communities:* The Three Phacelia Sisters, Comfrey

*Feeling insignificant in crowd:* Spring Sandwort, Common Spotted Orchid

*Feeling supported by community:* The Sunflower Spiral

*Grace and tolerance when living in a community that doesn't share your values:* Galicia

*Feeling your rightful place in your community or withdrawing smoothly to a new community as necessary:* Turk's Cap Cactus

**Compassion:**

*Compassion in general:* Peach

*Help to know that everyone is doing their best:* Eyes of Mary, Carouby de Maussane Pea

*Listening with compassion:* Rabanal

*Treating your body with compassion:* Hontanas

*Compassion for those on a different spiritual path than your own:* Galicia

*Remembering oneness:* Agnes Rose, Rosemary

*Spiritual equality:* Carouby de Maussane Pea

**Competitiveness:**

*Competitiveness in general:* The Sunflower Spiral, All Ego Contracts Null & Void, The Arbor Garden, Jealousy

*When feeling there is not enough:* Tree Peony, The Sunflower Spiral

*When feeling separate:* The Arbor Garden, Agnes Rose

*Transforming competitiveness and backbiting into gentler view of others:* Carouby de Maussane Pea

*When feeling unsupported:* The Sunflower Spiral, Joe Pye Weed

*When feeling unsafe:* Old Blush China Rose

*Spiritualizes ambition into something more selfless:* Chicory

*Unravelling competition when based on a good guy/bad guy paradigm:* Cherokee Trail of Tears

*Unbinding us from competitive mindset:* Don't Worry-Bee Happy, Loving What Is

**Complaining:**

*Negative mental tape running:* Pennyroyal, Crab Apple, Nasturtium

*Sour Grapes:* Grape

*Changing attitude to one of gratitude:* Mehera, Borage

**Completion of tasks:** Pumpkin, Jacob's Ladder, Chicory

**Computers, protection from:** Golden Armor, White Yarrow

**Compulsiveness:** Anxiety, All Ego Contracts Null & Void, Nasturtium, Blackberry, Feverfew

**Concentration:** Bottle Gentian, Carrot, Lemon, Lauriana Rose, Chamomile, Grapefruit, Tea

**Confidence:** Showcats

*Confidence when doing something difficult to do:* Alex Mackenzie Rose

*Confidence about emotions:* Cucumber, Water Hyacinth

*Confidence you can handle the emotions you are feeling:* Cucumber

*Confident self expression when speaking your heart's truths:* Cosmos

*Confidence self expression when feeling exposed:* Pink Yarrow from the Cliffs of Moher

*Confidence when you take the road less traveled:* Blueberry, Blue Eyed Grass

*Confidence for gentle quiet people:* Bog Pimpernel

*Confidence that rebirth process is a good thing:* Star of Bethlehem

*Confidence about what was learned in past romantic relationships:* Seaside Mahoe

*You can do it moral support:* Yellow Mullein, Coralita

*Confidence about being able to follow through on your most pressing spiritual tasks:* White Orchid from the Burren

*Confidence you can be a beacon of light and leadership:* Alika Rose

*Confidence for healers:* Henry Hudson Rose, Agrippina Rose, Lime

*Confidence during spiritual awakenings:* Scarlet Pimpernel

*Confidence we can change as the times and our spiritual path dictate:* Mutabilis Rose

*Confidence that healing will prevail:* Desert Chicory, Love Prevails

*Confidence for children that their time will come:* Baby Blue Eyes, Lavender

*Confidence for adults that our time will come:* Lavender

*Confidence we can survive bumps in the road:* Eyes of Mary

*Confidence everything is unfolding as it is meant to unfold:* White Water Lily, Coral Pink Rose

**Conflict:**

*Dissolves long standing feuds and deep enmity:* Mary Queen of Scots Rose

*Inner conflict:* All Ego Contracts Null & Void, The Arbor Garden, Loving What Is, Outburst, Queen Anne's Lace, Mary Queen of Scots Rose, Jade

*Inner conflict about tribe of origin:* Family River Trio of Black Currant, Bloodroot, & Borage, Plum

*Outer conflict:* Outburst, The Arbor Garden, All Ego Contracts Null & Void, Orange, Mary Queen of Scots Rose, Jade

*Conflict with tribe of origin:* Plum

*Healer of opposites:* Sage

**Confrontation:**

*Confronting falseness with poise:* Pavonia Spinifex

**Confusion:**

*Getting the information clearly, even the details:* Spiderwort, Lemon

*Seeing in the dark:* Swamp Candles, Rosa Glauca

*Seeing everything in overview with more detachment:* Eyes of Mary

**Connections:**

*Connection to our present life:* Grounding, Thyme, Clematis

*Connection to Earth and Elementals:* Calendula, Palmer's Penstemon, The Fairy Rose,

*Strengthening interpersonal connections that have been challenged by ego-dominated forces:* Wild Pea

*Connections to higher realms:* To Hear the Angels Sing, Fireweed, Datura Moonlight and Sunlight, Angelica, The Sacred Feminine

*Connection to natural world if you have to be inside a lot:* Spruce

*Connection to life in your body:* Clematis, Grounding, Nasturtium, Rosemary, Sunflower

*Primal connection to life beyond distractions of modern life:* Navelwort

*Connections in central nervous system:* Coralita

*Linking things you are having problems connecting:* Shrimp Plant, Vetch

*Connecting heaven and Earth:* Red Mangrove, Fireweed, all Venus Garden Essences

**Consecration:** Cardinal Flower, Cardinal de Richelieu Rose, Claret Cup

**Conservation:**

*Conservation of energy:* Wild Thrift

*Conservation of resources:* Arizona Lupine

**Consistency:** Honeybees in the White Hawthorn, Ginger, Maple

**Constipation:** Blackberry, Flow Free, Tomato, Digestive Woes

**Constraint:** Omey Island

*Physical constraint:* Devil's Bit Scabiosa

**Containment**

*Containing another's story with compassion:* Rabanal

*Staying contained and centered during crisis or hurrican force change:* Bottle Gentian

**Contentment:**

*Contentment with what is:* Loving What Is, Rose a Parfum de l'Hay, Desert Garden, Purplemat, Maple, English Stonecrop

*Contentment with who you are:* Common Scurvygrass, Maple

*Contentment with your appearance:* Therese Bugnet Rose

*Contentment when dissatisfaction has previously ruled the day:* English Stonecrop

**Conviction:** White Orchid from the Burren

*Trusting your life's pace:* Arre

**Cooperation:**

*Understanding where support is available and who you can support:* The Sunflower Spiral

*Finding common purpose:* Angelica, Pear

*Vibration supporting cooperative community:* The Arbor Garden, Jealousy, Sweet Pea, Corn

**Courage:** Borage

*Courage to be true to ourselves:* To Thine Own Self Be True

*Courage to be true to ourselves and/or change even when family or peers disapprove:* To Thine Own Self be True, Goldenrod, Bay Cedar

*Courage in the midst of betrayal:* Osteospermum

*Courage to do what you need to do:* Alex Mackenzie Rose

*Courage to begin, take the first step on a journey:* Roncesvalles

*Courage to leave behind people that do not serve you as you walk your spiritual journey:* O'Cebreiro

*Courage to set off on your own:* Los Arcos

*Courage to manage spiritual awakenings including kundalini awakenings:* Scarlet Pimpernel

*Courage when leaving old habits:* Sahagun, Restore

*Courage to be who you are when you have changed dramatically:* Bay Cedar

*Courage when change is not possible:* Pebble Pincushion

*Courage for downtrodden to keep shouldering their burdens:* Pebble Pincushion

*Courage and comfort together:* Nuuphretia Lavarissa, Borage

*Courage to be happy:* Don't Worry –Bee Happy, Borage

*Courage to keep on going on our spiritual journey:* Rosa Mundi

*Courage for children or those whose wisdom has been discounted:* Baby Blue Eyes

*Courage to let go of old patterns even when you don't know what your life will look like without them:* Trabadelo

**Course Correction:**

*Cell course correction:* Aloe Ciliaris

*Course correction when someone or something has been misappropriated by someone's ego:* All Ego Contracts Null & Void, Cardinal de Richelieu Rose

*Course correction when lost with time to mull over changes:* Sage

*Course correction when lost with no time to mull over changes:* Russian Sage

*Course correction when ill:* Recovery, Larkspur, Sago Palm

*Course correction when dealing with viruses and other mutations:* French Marigold, Teasel, Mutabilis Rose

**Cravings**

*Sugar cravings:* Banana, Honeybees in the White Hawthorn

*Caffeine cravings:* Coffee

**Creativity:**

*Bringing creative idea into form just the way you imagined it:* Milkweed

*Birth of creative idea:* Magnolia

*Creativity in alignment with divine will:* Graniana Rose, Wild Iris, Milkweed, Lilac

*Support with issues of protection, balance and flow to prevent burn out:* Masterwort

*Creative momentum:* Watermelon

*Support for all stages of creative efforts from sheltering idea to bringing it to outer attention:* Lady's Mantle, Nicker Nut, Masterwort, Clivia

*Translating big dreams into huge projects of self expression:* Giant Milkweed

*Free flow of creativity:* Blue Flag Iris, Asclepias

*Moving through wintry times in one's creative life or writer's block:* Flow Free, all Irises

*Discovering your unique creative voice:* La Rioja

*Clarity and freedom about creative choices, how best to express yourself if you are a woman:* Pomegranate

*Bringing creative projects that felt out of reach into form:* Inkberry, Biting Stonecrop, Clivia

*Managing force of creative flow:* Orange Hawkweed

*Making an indelible impression with your creativity:* Inkberry

*Staying true to your creative voice:* Milkweed

*Hearing and staying true to your creative voice when it is different than everyone else's:* Bermudiana

*Pulling a creative project together especially if made from wildly disparate parts:* Bird of Paradise

*Creative expression in balance of male and female:* The Sacred Feminine and The Sacred Masculine taken together, Black Cohosh

*Creating art that heals:* Wild Iris

**Crisis:** Emergency Care, Animal Emergency Care

*Help not to panic:* Red Clover

*Support when things are falling apart:* Maltese Cross, Broccoli, Old Blush China Rose, Bottle Gentian

*Courage during crisis:* Borage

*Clarity about what to do during a crisis:* Russian Sage

*Calming emotions during crisis:* Emergency Care, Anxiety, Orange, Healthy Coat, The Arbor Garden

*Help not to project worst outcome:* Coral Pink Rose

*Reminder to give it all to God/Goddess:* Joe Pye Weed

**Cynicism:** Rosa Mundi, Mehera

**Daily Life:**

*Enjoyment of daily life:* Don't Worry-Bee Happy, Borage, Globe Mallow, Wild Tamarind, The Fairy Rose, F.J. Grootendorst Rose

*Time Crunches in daily life:* Jade, Mountain Avens

*Physical happiness in daily life:* Bacopa Monnieri

*Help when all the different parts of daily life feels disconnected:* Shrimp Plant

*Sunshine on a cloudy day:* Woolly Easter Baskets, Bramble

*Being present in daily life:* Clematis

*More present in daily life:* Inner Child, Clematis

**Dampness:**

*Too much mucus, dampness in lungs:* Jasmine

*Too much watery emotion:* Cucumber

*Too much water, needing more fire energy:* Montbretia, Bignonia

**Dancers, for:** Angelica

**Dark Night of the Soul:** Swamp Candles, Datura Sunlight, Ragged Robin, Phoenix Rising, Arrowhead, Elderberry

*Finding our way, even in the dark:* Sage

**Daydreaming:** Clematis, Grounding

**Death/Dying:**

*Death/dying in general:* Transition, Grief & Loss, Arbor Garden, Magnolia, Pale Pink Rose

*Help to know that oneness prevails even after death:* The Arbor Garden

*Help to know eternal identity as child of God so you can let go of earth family more easily:* Heritage Rose

**Decisiveness:** Alex Mackenzie Rose, Lemon, The Alignment Garden, Pumpkin, Spiderwort

**Defensiveness:** Old Blush China Rose, To Thine Own Self Be True, Baby Blue Eyes, Flow Free, Anxiety, Morning Glory

**Delight:**

*Delight in general:* The Fairy Rose, Zinnia, Ice Plant, Borage, Desert Forget-Me-Not, Wild Tamarind

*Childhood delight:* F.J. Grootendorst Rose, The Fairy Rose, Palmer's Penstemon, Wild Fuschia

**Dementia:** Grounding, Memory

*Course correction:* Larkspur

**Denial:** Eyes of Mary

**Dental Issues:**

*All-around support for teeth, jaw, gums:* Breathe, Banana, Snapdragon

*Getting to the root of the dental issue:* Comfrey

*Gums:* Pink Baby's Breath

**Dependability:** Maple, Grounding, The Sunflower Spiral

**Depression:**

*Depression in general:* Borage, Bramble, Blackberry, Cucumber, The Fairy Rose, Vitality, Water Lilies, Zinnia, Zucchini

*Too much water energy:* Montbretia, Bignonia, Cucumber

*Half glass full:* Bramble, Tree Peony

**Desire:**

*Desire for more:* Rose a Parfum de l'Hay, Ginger, Purplemat

**Despair:** Borage, Feverfew, Crab Apple, Montbretia

*When stuck in childhood despair:* Inner Child, Abandonment & Abuse

**Destructiveness:**

*Destructiveness in general:* Outburst

*Help to de-escalate our feelings:* Orange

*Help to control energy:* Orange Hawkweed

*Helps us find a path of restraint:* Rose a Parfum de l'Hay

**Detachment:**

*Not seeing other people's behavior as a reflection on you:* Baby Blue Eyes, Red Rugosa Rose, All Ego Contracts Null & Void

*Seeing overview:* Eyes of Mary, Vetch

*Seeing calmly and clearly during crisis:* Bottle Gentian

*Assisting others to heal in their own way, loving detachment about healing decisions:* Eyes of Mary, Agrippina Rose

*Release from disappointments about human love:* Sea Purslane

**Details:** Spiderwort

**Detox:** Flow Free, Purify, Spanish Bayonet, Tomato, Bottlebrush, Dandelion

**Diabetes:** Honeybees in the White Hawthorn, Avocado, Meadowsweet, Sago Palm, Banana, Larkspur, Grape, Queen Anne's Lace

**Digestion:** Digestive Woes, Flow Free, Loquat, Dandelion, Avocado, Shrimp Plant

**Direction:**

*New direction:* New Beginnings, Blueberry, Turnera, Grounding

*Getting sense of direction and lay of the land:* Sage, Spiderwort

*Getting sense of direction and lay of land in crisis:* Russian Sage, Indian Pipe

**Disability:** Devil's Bit Scabiosa, Run & Play, Omei Island

**Disagreements:**

*Seeing disagreements in partnerships as divine opportunities not death nell of relationship:* Partridgeberry  
*Resolving disagreements:* Mary Queen of Scots Rose, The Arbor Garden

**Disappointments:**

*Disappointments about love:* Sea Purslane

**Disasters:**

*Help to find calm during disasters:* Emergency Care, Coral Pink Rose, Red Rugosa Rose, Old Blush China Rose, Bottle Gentian,

**Disatisfaction:** English Stonecrop, Purplemat

**Discernment:**

*Seeing below the surface of world events to what is actually going on:* Manjarin, Indian Pipe  
*Discernment about religious ideas, what will feed your soul:* Rhododendron, Manjarin, To Hear the Angels Sing  
*Discernment about what are actually gifts and what are red herrings:* Manjarin, Pavonia Spinifex  
*Discernment about what to let go of:* Puente la Reina, Cat's Claw, Calabash  
*Discernment about our old unsupportive patterns and support to let them go:* Trabadelo  
*Discernment what data means:* Spiderwort, Carrot  
*Discernment what body is saying:* Amaryllis  
*Discernment what we are meant to do:* The Alignment Garden, Blue Eyed Grass  
*Discernment during psychic openings:* California Poppy  
*Discernment with hearing:* Allamanda  
*Discernment about sexual choices:* Ixora  
*Discernment between ego and divine self:* To Hear the Angels Sing, All Ego Contracts Null & Void  
*Discernment about boundaries:* Thistle  
*Discernment about who supports your spiritual growth:* Puente La Reina  
*Discernment of lies:* Pavonia Spinifex  
*Discernment during birth process:* Nicker Nut  
*Discernment about whether people are being truthful:* Pavonia Spinifex, Spiderwort

**Disconnection:** The Arbor Garden, Grounding, Agnes Rose, Queen Anne's Lace, Epimedium

**Discouragement:** Borage, Alex MacKenzie Rose, Grape, Crab Apple

**Disequilibrium:**

*Physical disequilibrium:* Chinese Hat Plant  
*Stability during radical change:* Psychilis Macconnelliae Orchid

**Dishonesty:** To Thine Own Self be True, Borage, Mary Queen of Scots Rose

**Disorientation:** Grounding, Russian Sage, Sage, Chinese Hat Plant, Maple, Spruce

**Dissatisfaction:** Crab Apple, Grape

**Divine Blueprint:** Sago Palm, Vanda Orchid, Avocado, Larkspur

**Divine Identity:**

*Rooted in divine identity:* Red Mangrove, Yellow Water Lily  
*Knowing divine identity:* Agnes Rose, Sunflower, The Alignment Garden, To Hear the Angels Sing, Self Heal, Meadowsweet  
*Knowing divine strength:* Titan  
*Experiencing equal divinity of partner and self:* Partridgeberry  
*Staying grounded in divine identity during growth spurts:* Heavenly Bamboo  
*Staying grounded in divine identity when traumatic events challenge you:* Osteospermum

**Divine Order:**

*Confidence things are happening in divine order:* Coral Pink Rose, White Water Lily  
*Finding divine order in our lives:* Omey Island  
*Divine order in our physical body:* Aloe Ciliaris, Bottlebrush, Larkspur

**Divine Plan:**

*Staying with divine plan:* Alex Mackenzie Rose, The Alignment Garden, Lilac, Sweet William

*Knowing divine plan:* The Alignment Garden, Cedar, Sago Palm

*Anchoring in divine plan:* Yellow Water Lily

**Divine Purpose:** Mehera, The Alignment Garden, Cedar, Bermudiana, White Orchid from the Burren, Locust & Wild Honey

*Staying centered in our inner guidance, non conforming to external pressures or pressures of old personality habits:* Coffee

*Genetic freedom in alignment with divine purpose:* Date Palm

**Divine Will:** The Alignment Garden, Lavender, Lilac

*Creative self expression in alignment with divine will:* Graniana Rose Wild Iris

**Divinity in form:** The Sacred Feminine

*Anchored to divine reality:* Red Mangrove

**Division between body and soul:** Paul Neyron Rose, Claret Cup Cactus, Rosemary

**Divorce:**

*For wrenching pain of divorce:* Maltese Cross

*For navigating the break with the least amount of feuding:* Mary Queen of Scots Rose, Old Blush China Rose

*For support to find perspective:* Eyes of Mary

*Moving through grief to an understanding of what was learned:* Seaside Mahoe, Jerusalem Thorn Tree

*Releasing guilt and burdensome memories so we can begin anew:* Seaside Heliotrope

**Dizziness:** Chinese Hat Plant

**DNA:** Date Palm, Vanda Orchid, Bells of Ireland, The Alignment Garden

**Dogmatic:** All Ego Contracts Null & Void, Crab Apple, Pennyroyal

**Dormancy:**

*New life after dormancy:* Chaparral

**Doormats, for:** Wintergreen, Sea Mayweed

**Doubt:** Love Prevails, Don't Worry-Bee Happy

*Staying true to your creative projects in the face of other people's doubts:* Goldenrod, Motherwort, Milkweed

*Staying true to yourself in the face of other people's doubts:* To Thine Own Self Be True, Goldenrod

*Self doubt:* Maple

*Doubt the new life is worth the pain of losing the old life:* Star of Bethlehem

*Romantic doubt:* Seaside Heliotrope

**Downtrodden:** Pebble Pincushion, Spring Sandwort

**Dreams:**

*Dreamwork:* Pyrola Elliptica

*Jungian work:* Pyrola Elliptica, Purple Flowering Raspberry

*Manifesting dreams:* Biting Stonecrop, Clivia

*Nightmares:* Sweet Pea

*Tuning out static:* Ladies' Bedstraw

*Processing dreams; bringing back information:* Shrimp Plant

*More lucid dreams:* Celandine

**Dryness:** Flow Free

*Making use of available resources to solve problem:* Arizona Lupine

**Duality, beyond:** all Flower Essences!

*Beyond duality of good guys and bad guys:* Cherokee Trail of Tears

*Beyond duality of better than, worse than:* Agnes Rose, Konigin von Danemark Rose

**Dullness:** Clematis, The Fairy Rose, Wild Fuschia

**Earth and Earth Healing:** Violet Transmuting Flame Violet, Comfrey, Elderberry

*Deepening our connection to the heart of Earth:* Calendula

*Gridwork:* Scullcap, Silver-rod, Gallandia Rose, Henry Hudson Rose, Psychilis Macconnelliae Orchid

*Transmutation of all negativity on land:* Violet Transmuting Flame Violet, Comfrey

*Healing etheric wounds on land:* Comfrey

*Handling Earth changes in electromagnetic field of Earth:* Golden Armor, Silver-rod, Scullcap, Psychillis Macconnelliae Orchid

*Balancing energies of land:* Honeybees in the White Hawthorn

*Support to serve if you are called to grid work:* Elderberry

**Eating Issues:** All Ego Contracts Null and Void, Anxiety, Love Prevails, To Thine Own Self Be True, Carry Less, Meadowsweet, Crab Apple, Scarlet Runner Bean

**Eczema:** Outburst, Flow Free, Healthy Coat, Anxiety, Etherial Fluidium Superglue, Painkiller Plant, Comfrey

**Ego:** To Thine Own Self Be True

*Releasing old ego habits, personality choices that no longer serve us:* All Ego Contracts Null & Void

**Electrical Issues:**

*Electrical balance:* Lauriana Rose, Silver-rod

*Electrical overload:* Outburst, Healthy Coat

*Electrical exhaustion/frayed nerves:* Sarah Van Fleet Rose, Healthy Coat

*Electrical flow:* Flow Free, Watch Your Back, Coralita

*Electrical misfiring:* Blackberry, Titan

*Disturbance in electrical field:* Silver-rod

*Electrical protection:* Golden Armor

*Electrical rewiring:* Silver-rod, Snapdragon

*Vitality of electrical system:* Watch Your Back, Coralita, Red Currant

**Elemental Connection:**

*In general:* Calendula, Palmer's Penstemon, The Fairy Rose, F.J. Grootendorst Rose, Wild Lily of the Valley (new summer 2009)

*Connection with the Elementals of the rocks:* Birdfoot Trefoil at Gallarus Oratory

**Emergency Situations:** Emergency Care, Animal Emergency Care

**Emotions, emotional body:**

*Waterlogged with too much emotion:* Montbretia, Cucumber, Bignonia

*Too much fiery emotion:* Outburst, Orange Hawkweed, Lantana Involucrata

*Wise use of emotion:* Water Hyacinth, Arrowhead

*Emotions out of control:* Outburst, Flow Free, Arrowhead, Trillium, Orange, Avocado, Lantana Involucrata

*Emotional cleansing:* Arrowhead, Water Hyacinth, Bee Balm

*Releasing strong emotions in benign ways:* Outburst, Avocado, Lantana Involucrata

*Being your best self during emotional or muddy times:* Arrowhead

*Cleansing emotional body:* Arrowhead, Lavacolla, Bee Balm, Cedar

*Calms emotional body:* Orange, Sarah Van Fleet Rose

*Emotional balance:* Water Hyacinth, Yellow Water Lily

*Emotional blockages:* Calliandra

*Detachment from emotional reaction:* Water Hyacinth, Eyes of Mary, Broccoli

*Processing emotions after trauma:* Broccoli

**Empaths**

*Keeping energetic field clear:* Golden Armor, Flee Free, Teasel, Watch Your Back

*Clearing your field while also assisting earth and humanity:* Violet Transmuting Flame Violet

*Help not to fall into old patterns of taking on responsibilities and energetic garbage that is not ours:* All Ego Contracts Null & Void, The Alignment Garden, Spiderwort, To Thine Own Self Be True, Carry Less, Family river trio of Black Currant, Bloodroot, and Borage, Loving What Is, Thistle, Watch Your Back

*Finding peace with following your calling:* Loving What Is, Don't Worry –Bee Happy, The Alignment Garden

**Empaths**

*Having the gift of sensitivity without getting overwhelmed by it:* Lamb's Ear

**Empathy:** The Arbor Garden, Love Prevails, Agnes Rose, Eyes of Mary, Peach, Rabanal

**Encouragement:** Borage

*Encouragement for the mystic, misfit, artist, poet, dreamer or unusual soul:* Autograph Tree from Coole Park

*Encouragement that you are enough:* Bog Pimpernel, Common Knapweed

*Keep on keeping on:* Borage

**Endurance:** La Belle Sultane Rose, Zinnia, Zucchini, Maple, Stanwell Perpetual Rose, Rosa Mundi

**Engagement & retraction:**

*Knowing when to start a project and when to call it a day:* Day Lily

*Knowing what is our business and what is not:* All Ego Contracts Null & Void, Thistle

*Clarity about everything to do with engagement and retraction:* Cat's Claw

*Engaging and withdrawing from community gracefully and in alignment with what is right for us:* Turk's Cap Cactus

*Balance of action and restraint:* Reine des Violettes Rose

*Appropriate involvement in other people's circumstances:* Thistle, All Ego Contracts Null & Void

**Energy:** Vitality, Irish Heaths, Wild Thrift, Red Currant

*Receiving energy from Earth:* Calendula

*Balancing erratic energies:* Honeybees in the White Hawthorn

*Getting energies moving:* Flow Free

*Closing energy leaks in chakras:* Teasel

**Enjoyment:**

*Experiencing the half glass full:* Bramble, Tree Peony

*Physical enjoyment of life:* Bacopa Monnieri, The Fairy Rose, F.J. Grootendorst Rose, Rosemary

*Enthusiasm:* Borage

*Enjoyment of daily life:* Borage, Globe Mallow, Don't Worry-Bee Happy, Wild Tamarind

**Envy:** Jealousy, Rain of Gold, Tree Peony, Desert Gold

*Contentment with what is:* Purplemat, Ginger, Parfum de l'Hay

**Equality:**

*Spiritual equality:* Angelica

**Erratic Behavior:**

*Discharging overcharge of energy or negativity more benignly:* Outburst

*Emotion based erratic behavior:* Honeybees in the White Hawthorn

*When its difficult to manage energy smoothly:* Orange Hawkweed

*Not grounded:* Grounding

*Information overload leading to erratic behavior:* Outburst, Trillium

*Rage:* Outburst, Orange

**Escapism:**

*Escapism in general:* Grounding, Clematis

*Help with habits of not being present:* All Ego Contracts Null & Void, Clematis

*When our escapism is a form of running from our fears:* Scarlet Runner Bean

**Ethereal Fluidium:** Ethereal Fluidium Super Glue, The Alignment Garden, Alba Maxima Rose, Aloe Vera, Bells of Ireland, Bottlebrush, Calliandra, Carolina Thermopsis, Coffee, Date Palm, Field Chickweed, Jasmine Peach, Pennyroyal, Spiderwort, Spruce, Sweet Pea

**Etheric Body:**

*Mending wounds in etheric body:* Comfrey, Sweet Olive

*Tears in the etheric field particularly of land:* Comfrey

*Cleansing of etheric body:* Comfrey, Bottlebrush, Cedar, Black Currant, Alba Maxima Rose

*Cushion around etheric field so sleep is deep and unchallenged:* Ladies Bedstraw

*Healing etheric wounds from experiences with groups of people including religious groups: The Three Phacelia Sisters*  
*Healing etheric wounds from abuse experiences: Abandonment & Abuse, Red Hibiscus, White Hibiscus, Desert Forget-Me-Not*  
*Integration of etheric and physical body after trauma like surgery: Spruce, The Alignment Garden*  
*Getting the most energy through the etheric body to the physical body: Ethereal Fluidium Super Glue, Rosemary*

**Excess:** Ginger, Rose a Parfum de l'Hay, Diclipteras Sexangularis

**Exhaustion:** Phoenix Rising, Recovery, Healthy Coat, Zucchini, Carrot, Ginger, Stanwell Perpetual Rose, Rosa Mundi, Queen Anne's Lace

**Expectation:**

*For those of whom too much is expected: Calabash, Quatre Saison Rose, Solandra, Common Knapweed*

**Exploration of the New:** Ocotillo, Morning Glory, Day Lily, New Beginnings

**Explosive Situations:** Outburst, Orange, Screw Pine, Feverfew

**Expression of Uniqueness:** Common Spotted Orchid, Blue Eyed Grass, Blueberry, Bermudiana

**Eyes/Focus/Vision:**

*Seeing clearly in times of fog: Rosa Glauca*

*Seeing clearly during intense situations: Bottle Gentian*

*Seeing from an overview as a wise elder or Angel might: Eyes of Mary, Ginger Thomas, Sage*

*Focus for healing work: Alika Rose, Agrippina Rose*

*Seeing things differently: Eyes of Mary, Pink Baby's Breath*

*Seeing previous romantic relationships clearly: Seaside Heliotrope*

*Mental clarity so as to improve eyesight: Lauriana Rose*

*Focus, rooted, centered grounded vision: Carrot*

**Failure:**

*Beginning again after firestorms: Phoenix Rising*

*Understanding only God, not this difficulty, defines you: Maple*

*Seeing where support is offered and what is and isn't your responsibility: The Sunflower Spiral*

*Taking a gentle view of self: Meadowsweet*

*Love with detachment: Eyes of Mary*

*Feeling whole during experiences that rip you apart: Maltese Cross*

*Stopping the shame spiral: Konigin von Danemark Rose*

*Allowing yourself to be taken care of in times of vulnerability: Arzua*

*Giving your burdens to God: Joe Pye Weed*

**Faith:**

*Faith in general: Golden Wings Rose*

*Faith in own inner light: Osteospermum*

*Faith during dark night of the soul experiences: Swamp Candles, Ragged Robin, Elderberry*

*Faith that healing will prevail: Desert Chicory*

*Faith that you will find a new love when an old one is gone: Wild Pink Morning Glory*

*Having faith in the emptiness before you find your authentic community: Belorado*

*Faith that we have the ability to make necessary changes: Old Blush China Rose, Mutabilis Rose*

*Abiding faith: Borage*

*Faith that the spiritual journey continues in spite of difficulties: Eyes of Mary*

*Finding our faith when our life is torn apart: Maltese Cross*

**False Endings:**

*Moving through false endings with confidence that your journey is ongoing: Santiago*

**False Sense of Responsibility:** Wintergreen, Spiderwort, Eyes of Mary, Vetch, Coffee, The Sunflower Spiral

**False Persona:** To Thine Own Self Be True, Crab Apple, Pink Yarrow from the Cliffs of Moher, Wintergreen, Coffee

**Family of Origin:**

*Seeing divine wisdom of family of origin:* Bloodroot  
*Cleaning up genetic garbage of family of origin:* Black Currant  
*Transforming experience of alienation from family of origin to awareness of universal human connection:* Plum  
*Detachment from family dramas:* All Ego Contract Null & Void, Eyes of Mary  
*Definition of self not pinned to family of origin but grounded in definition of self as child of God:* Heritage Rose  
*Handling the role as black sheep of the family:* Bog Asphodel  
*Resolving tribal feuding and deep enmity:* Mary Queen of Scots Rose  
*Experiencing self and family of origin beyond the framework of right and wrong:* Cherokee Trails of Tears, Plum

**Fanaticism:**

*Moderating one's own fanatical tendencies:* Maple, Crab, Orange  
*Staying true to self in face of other people's fanaticism:* True Wood Sorrel

**Fathering:** The Sacred Masculine, The Sacred Feminine

**Father Issues:** Bloodroot, Black Currant

**Fatigue:** Recovery, Zucchini, La Belle Sultane Rose, Zinnia, Chia, Rosemary, Teasel  
*Spiritual fatigue:* Rosa Mundi, Stanwell Perpetual Rose, Blackberry, Quatre Saisons Rose  
*Chronic fatigue:* Queen Anne's Lace, Mary Queen of Scots Rose, Ginger, The Sacred Feminine, Joe Pye Weed, To Thine Own Self Be True, Vitality, Vitex, Precious Blood, Desert Chicory, Red Currant, Teasel

**Fear:**

*Fear in general:* Scarlet Runner Bean, Old Blush China Rose, Red Clover, Orange, Comfrey, Nuuphretia Lavarissa, Pale Pink Rose, Red Rugosa Rose, Emergency Care  
*Fear that bad things are going to happen:* Coral Pink Rose  
*Letting go of fear-driven behaviors:* Sahagun  
*Fear of death:* Blackberry, Mallow, Coral Pink Rose, Heritage Rose  
*Fearlessness:* Nuuphretia Lavarissa  
*Survival issues:* Ginger  
*Fear we are doing the wrong thing or can fall from grace:* Golden Wings Rose  
*Freedom from fear:* Golden Wings Rose, Nuuphretia Lavarissa  
*Removing monkey wrench of fear during change process:* Mutabilis Rose  
*Fearlessness about love:* Peach

**Female Issues:**

*Overall health of reproductive system:* Pomegranate  
*Clearing blockages in female reproductive system:* Scarlet Cordia for tubes, Eggplant for small pockets  
*Ovarian issues:* Pomegranate  
*Fybroids and clarity about the use of our creative life force energy:* Pomegranate, Flow Free  
*Clarity about creative powers:* Pomegranate, Asclepias, The Sacred Feminine, Motherwort  
*Menopause:* She Changes, Mallow, Pomegranate, Honeybees in the White Hawthorn, Sea Lavender  
*Hormonal balance:* Honeybees in the White Hawthorn  
*Menstruation:* Moonlight Datura, Flow Free, Blackberry  
*Fertility & Conception:* Pomegranate, Yellow Rose of Texas, Orange Amaryllis (from Additional Essences collection), Blackberry, The Alignment Garden, Clivia, Zucchini, the Venus Garden Collection Essences and Essences connected to the Elementals  
*Working through issues about having children with your partner:* Partridgeberry  
*Celebration of menarche:* Moonlight Datura, Pomegranate, Asclepias  
*Restoring vitality for women:* Zucchini  
*Genuine support for mothers, not sentimental crap dished out by culture:* Motherwort  
*Understanding and manifesting new paradigms for women:* The Sacred Feminine  
*Standing up for ourselves:* Motherwort, Frangipani, Calabash, Wild Red Morning Glory  
*Understanding our immense creative power and role in the new millineum:* The Sacred Feminine, Wild Red Morning Glory  
*Balance use of our feminine and masculine energies so we act from our wisest self:* The Sacred Feminine & The Sacred Masculine, Black Cohosh, Chives, Frangipani  
*Birth:* Centered Birth, Magnolia, Fisterra, White Flower from Druid Rock, The Sacred Feminine, Calabash  
*Letting go of false responsibilities, false obligations to others:* Calabash, Coffee, O'Cebreiro, Puente La Reina, All Ego Contracts Null & Void

**Feminine Consciousness:** The Sacred Feminine, Pomegranate, Moonlight Datura

**Fertility:** Pomegranate, Yellow Rose of Texas, Orange Amaryllis (from our Additional Flower Essence collection), Blackberry, The Alignment Garden, Zucchini, Clivia, the Venus Garden Collection Essences and Essences connected to the Elementals

**Feuds:** Mary Queen Of Scotts Rose, Peach, Plum, Eyes of Mary, Royal Ponciana, Beach Pea

**Fibromyalgia:** Recovery, Queen Anne's Lace, Dandelion, Painkiller Plant, Immune Support, Borage, Comfrey, Flow Free, Joe Pye Weed

**Fidgety:** Feverfew, Grounding, Maple

**Fight or Flight:** Broccoli, Alex Mackenzie Rose

**Finances:**

*Optimism during difficult financial times:* Bramble, Yellow Loosestrife

*Help to accommodate financial difficulties:* Omey Island

*Increasing financial flow:* Flow Free, Rain of Gold, Desert Gold

*Contentment with what is:* Loving What Is, Purplemat, Maple, Rose a Parfum de l'Hay, Desert Garden

*Balanced view of circumstances:* Lauriana Rose, Eyes of Mary

*Help to relieve us of any feelings of lack or sacrifice:* Rose a Parfum de l'Hay

**Fire Energy and Fiery Situations:**

*Moderating intense emotions:* Lantana Involucrata, Orange

*For healers and others who are burnt out:* Hesperides Gift, Coral Aloe

*Too much fire energy:* Orange, Coral Aloe, Aloe Ciliaris

*Too little fire energy:* Bignonia, Montbretia

*Life up in flames:* Phoenix Rising

*For inflamed tissues:* Outburst, Healthy Coat, Jewelweed, all Aloes

*Inflamed nerves:* Sarah Van Fleet Rose, Healthy Coat, Watch Your Back, Jewelweed, Feverfew

**Fifth Dimension:** All Essences from the Venus Garden Collection Garden, Bells of Ireland

**Flexibility:** Run & Play, Coltsfoot, Water Hyacinth, Mallow, Watch Your Back, Heavenly Bamboo

**Flow:**

*Flow in general/all issues of flow:* Flow Free

*Issues of blockage:* Flow Free, Honeybees in the White Hawthorn, Coralita

*Circulation:* Flow Free, Precious Blood, Bloodroot, Calliandra, Blackberry, Mallow, Kidney Vetch

*Flowing with what is:* Loving What Is, Jade

*Smooth flow of information especially electrical information in the body:* Coralita

*Allowing momentum of your life to fuel its forward flow:* Zubiri

*Relaxing in healing flow:* Desert Chicory

*Irregular flow:* Blackberry, Flow Free

*Natural flow of participation in human community:* Omey Island, Turk's Cap Cactus

*Flow of Love:* Honeybees in the White Hawthorn, Peach

*Flowing with the green energy of nature:* Jade

**Flower Essence suggestions for Super Heroes**

*Essence for Superman:* Sunflower

*Essence for Mr. Clean:* Lemon

**Focus:** Lemon, Grapefruit, Carrot

*Bringing yourself into focus so that people see you, get you, and put you on their maps:* Turk's Cap Cactus, Celandine

*Clear focus during chaotic situations:* Bottle Gentian, Rosa Glauca

*Focused leadership:* Alike Rose

*Focused creativity:* Orange Hawkweed

*Helps us focus on what matters:* Pear

**Food Issues**

*Food sensitivities:* Digestive Woes, Lamb's Ear, Jewelweed, Honeybees in the White Hawthorn, Shrimp Plant

*Food phobias:* Carry Less, All Ego Contracts Null & Void, Maple, Morning Glory, Red Clover, True Wood Sorrel  
*Fanatical behavior around food:* Maple, True Wood Sorrel, Rose a Parfum de l'Hay  
*Problems with textures, taste, and smell:* Carry Less, All Ego Contracts Null & Void, Maple, Loquat, Lamb's Ear  
*Problems with textures, taste, and smell for those who do not feel at home on Earth:* Grounding, Psychillis Macconnelliae Orchid, Lamb's Ear, Home Away from Home from additional Flower Essence list, Loquat, Locust & Wild Honey, Shrimp Plant  
*Food allergies:* Breathe, Healthy Coat, Common Ragwort, Jewelweed, Immune Support

**Forgetfulness:** Memory, Eyes of Mary

**Forgiveness:**

*Self forgiveness from past life experiences:* Buddleja, Meadowsweet  
*Forgiveness & release from sexual guilt, remorse, regret, sorrow or anxiety:* Clitoria Ternatea  
*Forgiving our most deeply held grudges against ourselves:* Heliotrope, Hyssop  
*Improving work with the Violet Transmuting Flame of Forgiveness:* Violet Transmuting Flame Violet  
*Letting go of burdens as an act of self forgiveness:* Joe Pye Weed  
*Forgiveness as a process unhampered by mind ideas:* The Alignment Garden, Don't Worry-Bee Happy

**Fortitude:** Alex Mackenzie Rose, Borage, Quatre Saisons Rose

**Frailty:**

*Dismantling illusion of frailty:* Queen Anne's Lace

**Fragmentation:** Epimedium, Queen Anne's Lace, Maltese Cross, Shrimp Plant

**Freedom:**

*Spiritual freedom:* Ruby Moon Hyacinth Bean  
*Freedom from ideas about what we owe our family of origin:* Black Currant  
*Freedom from judgment:* Konigin von Danemark Rose  
*Freedom from fear:* Nuuphretia Lavarissa, Golden Wings Rose  
*Freedom to love ourselves unconditionally:* Don't Worry-Bee Happy  
*Freedom from patriarchy:* The Sacred Feminine, Maiden Apple, Pomegranate, Motherwort, Ixora  
*Genetic freedom:* Date Palm  
*Freedom from concern with appearance:* Therese Bugnet Rose  
*Freedom to reconfigure our personal relationships:* Asclepias  
*Freedom from all mistaken ideas of self:* The Three Phacelia Sisters  
*Freedom to be our most joyful self:* Bignonia  
*View of life as an experience of liberation:* Vetch

**Frustration:** Outburst, Crab Apple, Dandelion, Eyes of Mary, Joe Pye Weed, Orange Hawkweed, Chamomile

**Generosity:** Flow Free, Irish Heaths

**God Connection:** To Hear the Angels Sing, The Alignment Garden

*Clarity that we don't need intermediaries to connect to God:* Angelica

*When we feel out of rhythm with God:* Blackberry

**God's Will:** To Thine Own Self Be True, The Alignment Garden, Sweet William

**Grace:** Don't Worry-Bee Happy, Galicia, Heritage Rose

*Fear we are doing the wrong thing or can fall from grace:* Golden Wings Rose

*Help to know there is nothing to worry about, we live in a state of grace:* Don't Worry- Bee Happy

*Knowing the grace of your circumstances even when there has been much suffering:* Jerusalem Thorn Tree

**Gratitude:** Mehera, all Marigolds

*Gratitude toward those on a different spiritual path:* Galicia

*Gratitude amidst trials and tribulations:* Yellow Loosestrife

**Greed:** Rose a Parfum de l'Hay, Rain of Gold, Maple, Trillium, Chicory, Tree Peony, Old Blush China Rose

**Green Energy:** Jade

**Grief & Sorrow:**

*In general:* Grief & Loss, Pink Tecoma, Borage, Zinnia, Cucumber, Clematis, Pale Pink Rose, "Water Lily Trio" of Pink Water Lily, Yellow Water Lily, and White Water Lily

*Transforming grief of romantic loss into wisdom and acceptance:* Seaside Mahoe

**Grounding:**

*Being fully and physically in our bodies:* Grounding, Maple, Carrot, Rosemary, Paul Neyron Rose, Bacopa Monieiri

*Grounding higher vibrations in physical body:* Fireweed, Bells of Ireland, all Venus Garden Collection Essences, Gallandia Rose, Madagascar Periwinkle

*Grounding spiritual wisdom in practical ways:* Corn

*Grounding what we have learned from difficulties or suffering:* Broccoli, Jerusalem Thorn Tree

*Laying a strong foundation for healing work:* The Venus Garden

*Grounding to alien terrain:* Psychillis Macconnelliae Orchid

*Grounding spiritual wisdom in balanced way:* Trillium

*Grounding to the heart of Earth:* Calendula

*Staying grounded amidst wildly changing circumstances or whirlwinds in our personal life:* Red Mangrove, Red Rugosa Rose, Common Ragwort

**Group dynamics:**

*Promotes spiritual growth and harmony in a group:* Hops (new summer of 2009)

**Guilt:**

*Release of habit of Guilt:* Hyssop, Don't Worry-Bee Happy

*Sexual guilt:* Clitoria Ternatea

*Romantic guilt:* Seaside Heliotrope

*Past life guilt:* Buddleja

*Transmutation of guilt, personal and planetary:* Violet Transmuting Flame Violet

*Constructive release of guilt and pattern of responding to all mistakes with guilt:* Hyssop, Crap Apple

*Release from deeply held grudge against self:* Heliotrope

*Understanding that only God defines us and we are not defined by our mistakes:* Maple

*Releasing guilt created by illusion of good guy-bad guy dynamic:* Cherokee Trail of Tears

*Letting go of guilt without feeling guilty:* Don't Worry- Bee Happy

*Religious guilt:* Pyramidal Orchid

**Gum & Teeth Issues:** Snapdragon, Banana, Toothwort, Pink Baby's Breath, Grapefruit

**Habit Breaking:** All Ego Contracts Null & Void

*Sugar:* Banana

*Caffeine:* Coffee, Tea

*Alcohol:* Grape

*Nicotine:* Sacred Tobacco

*Addictions in general:* All Ego Contracts Null & Void, trio of Purify, Restore & Inspire, To Thine Own Self Be True

*Habit of doing too much:* Solandra, Calabash, Coffee

*Finding middle road:* Maple

*Disengaging from habit:* Cat's Claw

*Nervous habits:* Anxiety

**Hair:** Healthy Coat, Cotton, Cedar, Bog Cotton, Calliandra, Lemon, Grapefruit, Black Ebony

*For those with difficult gene pools:* Bog Cotton

**Half Glass Full:** Bramble, Tree Peony

**Happiness:**

*Happiness in general:* Borage, Peach, Woolly Marigold, Don't Worry- Bee Happy, The Fairy Rose, Zinnia, F.J. Grootendorst Rose, Wild Thrift

*Happiness with what is:* Purplemat, Morning Glory, Omei Island

*Opening to happiness:* Morning Glory

*Physical happiness:* Bacopa Monnieri, F.J. Grootendorst Rose

*Happiness without guilt:* Don't Worry-Bee Happy

**Hardness:** Yellow Water Lily

**Harmony:**

*In general:* The Arbor Garden

*Harmony during gatherings:* Plum, Indian Pipe

*Fence mender during meetings:* Beach Pea

*Harmonious cell growth:* Aloe Ciliaris

**Hatred:** Mary Queen of Scots Rose, Crab Apple

**Head:**

*Head issues in general:* Snapdragon

*Cloudy and overstuffed feeling:* Silver-rod

*TMJ:* Snapdragon

*Headaches:* Grapefruit

*Teething and gums:* Pink Baby's Breath

**Healing and Healers:**

*Higher dimensional healing information:* Madagascar Periwinkle, Bells of Ireland, all Venus Garden Collection Essences

*Support for healers:* Hesperides' Gift, Agrippina Rose, Lime, Dombeya Wallichii, Henry Hudson Rose, Pear, Caretaker

*Healing with sound:* Pear

*Healing core issue:* Comfrey, Vanda Orchid, Sago Palm, Red Currant

*Healing a relationship with time:* Thyme, Jade, Thyme from Omey Island

*Healing more swiftly:* Thyme from Omey Island

*Amplifies other healing modalities:* Lime, Peach

*Improving healer's skills:* Agrippina Rose, Henry Hudson Rose, Lime, Hesperides' Gift

*Healing divisions between people:* Cherokee Trail of Tears

*Healing wounds:* Healthy Coat, Christmas Bush, Angelica, Comfrey

*Improving health through course corrections:* Larkspur, Sago Palm

*Good boundaries while doing healing work:* Eyes of Mary, Henry Hudson Rose, Teasel

*Acute Healing Crisis:* Emergency Care, Animal Emergency Care, Outburst, Wild Physic Nut, Painkiller Plant

*Precise removal of pockets of negativity:* Eggplant

*Healer of opposites:* Sage

*Support for those who bear the responsibility of holding greater light:* Hesperides' Gift, The Sunflower Spiral, Caretaker

*Laying a strong foundation for healing work:* The Venus Garden

**Hearing/Ears/Sound:**

*Healing trauma so we can hear more clearly:* Allamanda, French Marigold

*Clairaudience/ hearing all divine guidance better:* To Hear the Angels Sing, Spider Lily, Fireweed

*Issues of ear, nose and throat:* Breathe, Daffodil

**Heart:**

*Heart in general:* Vitality, Precious Blood, The Mary Rose, Flow Free, Borage, Calliandra, all Rose Garden Collection Essences

*Anchoring in heart:* California Poppy

*Restoring the heart:* Borage, The Mary Rose

*Further igniting God flame in heart:* Jasmine

**Heartbreak/Ache:**

*In general:* Grief & Loss, Sweet Olive, Pink Water Lily

*Romantic heartbreak:* Seaside Mahoe, Pink Water Lily, Wild Pink Morning Glory

*Release of deeply knotted griefs:* Blue Snakeweed

*Comfort for heartbroken:* Grief & Loss, Pink Water Lily, Calliandra, Borage, Pink Tecoma

*Support for traumatic heartbreak when you feel torn in pieces:* Maltese Cross

*Support when your trusting heart has been violated:* Calliandra, Osteospermum

**Heat, dealing with:** Summer Snowflake

**Heritage:**

*Understanding our heritage as a child of God thus freeing us from attachment to other ideas of heritage:* Heritage Rose

**Hesitation:** Flow Free, Jacob's Ladder

**Higher Dimensions:**

*Receiving higher energies:* All Venus Garden Collection Essences, Bells of Ireland, Sunlight Datura, Fireweed, Gallandia Rose, Madagascar Periwinkle, Spruce

**Hives:** Outburst, Healthy Coat, Emergency Care, Common Ragwort

**Homesickness**

*Courage and good cheer when feeling homesick:* Alex Mackenzie Rose, Borage

*Spiritual homesickness:* Rosa Mundi

**Honesty:** To Thine Own Self Be True

**Hope:** Phoenix Rising, Queen Anne's Lace, Swamp Candles, Fragrant Orchid, Borage

*Light at dawn after dark night of soul:* Ragged Robin

*Hope when life looks devoid of life:* Epimedium

*Help to bring hopes and dreams into form:* Inkberry, Nicker Nut, Ladies Mantle, Biting Stonecrop, Belerephon of the Open Door

**Hormonal balance:** Blackberry, She Changes, Silver-rod, Honeybees in the White Hawthorn

**Hostility:** The Arbor Garden, Mary Queen of Scots Rose, Emergency Care, Orange

**Housebreaking:** Spraying, Amaryllis, Flow Free, Spiderwort

**Humility:** Pebble Pincushion

**Humor:** The Fairy Rose, Eyes of Mary, Rosa Mundi, Red Rugos Rose

**Hydration without much actual water:** Arizona Lupine

**Hyperactivity:** Outburst, Maple, Trillium, Thyme, Orange Hawkweed, Honeybees in the White Hawthorn

**Hypochondria:** Anxiety, Scarlet Runner Bean, Old Blush China Rose, Crab Apple, Dandelion

*Obsession with symptoms:* Crab Apple, Irish Heaths

**Hysteria:** Red Clover

**Identity Crisis:**

*In general:* To Thine Own Self Be True

*Greater understanding of ourselves during difficult experiences:* Grape

*Releasing our own or other people's judgments of us in order to see ourselves more clearly:* All Ego Contracts Null & Void, Cardinal de Richelieu Rose

*Removing illusions that keep us from seeing ourselves clearly:* Carry Less

*Getting grounded in a clearer sense of ourselves:* To Thine Own Self Be True, Grounding

**Illness**

*Acute:* Emergency Care, Animal Emergency Care, Recovery

*Making peace with chronic illness or limitation:* Omey Island, Devil's Bit Scabiosa

*Course correction when ill:* Larkspur

*Physic:* Wild Physic Nut

*Higher vibrational input about illness:* all Venus Garden Collection Essences, Madagascar Periwinkle, Bells of Ireland, Wild Physic Nut

**Illumination:** Alika Rose, Elderberry

**Illusion Busting:**

*In general:* Carry Less, Painkiller Plant, Freesia, Ruby Moon Hyacinth Bean

*About emotions:* Water Hyacinth

*About healing ourselves:* Self Heal

*About life after death:* Phoenix Rising

*About separation between heaven and Earth:* Red Mangrove, all Venus Garden Collection Essences

**Immune Support:** Immune Supprt, Vitex, Larkspur, Celandine, Chia, White Yarrow, Lauriana Rose

**Impatience:** Jewelweed, Crab Apple

**Impulsiveness:** Outburst, Orange Hawkweed, Spiderwort, The Sacred Feminine, All Ego Contracts Null & Void, Reine des Violettes Rose

**Indecision:** Pumpkin, Spiderwort, Eyes of Mary, Alex Mackenzie Rose

**Independence:** To Thine Own Self Be True, Blueberry

**Individuality:** Blue Eyed Grass, Bermudiana, Blueberry

**Inertia:** Pumpkin, Yellow Mullein

**Infections:**

*In general:* Golden Armor, Immune Support, Christmas Bush, French Marigold, Teasel

*Course corrections during infection:* Larkspur

**Inferiority:** Meadowsweet, Angelica, Common Spotted Orchid

**Influence:** Goldenrod

**Information Transfer:**

*Cell to cell:* Celandine

*Helps people get what you are saying:* Turk's Cap Cactus

**Inhibition:** Showcats, Cosmos, Irish Heaths

**Injury:**

*Immediate care right after injury occurs:* Emergency Care, Animal Emergency Care

*Healing explosive orthopedic injuries:* Outburst, Kangaroo Paw

*Speeding up healing process:* Thyme, Thyme from Omey, Self Heal

*Orthopedic injuries:* Run & Play, Recovery, Boneset, Coltsfoot, Kangaroo Paw

*Injuries involving open wounds:* Recovery, Healthy Coat, Christmas Bush, Angelica, Maltese Cross

*Fighting infection:* Golden Armor, Immune Support, Teasel, French Marigold, Christmas Bush

**Inner Child:** Inner Child

**Inner Conflict:** All Ego Contracts Null & Void, The Arbor Garden, Loving What Is, Outburst, Queen Anne's Lace, Mary Queen of Scots Rose, Jade

**Inner Peace:** The Arbor Garden, Feverfew, True Wood Sorrel, Tea, Solandra, Passion Flower, "Water Lily Trio" of Pink Water Lily, Yellow Water Lily & White Water Lily

**Inner Strength:** Maple, Alex Mackenzie Rose

**Innocence:**

*Restores our feelings of innocence and delight:* Desert Forget-Me-Not

**Insecurity:** Old Blush China Rose, Anxiety

*Not feeling physically safe:* Old Blush China Rose

*Trying to measure up to other's standards:* Goldenrod

*Insecurities about aging:* Mallow

*Not feeling safe in your body:* Rosemary, Old Blush China Rose

**Insensitivity:**

*Not feeling connected to others:* Agnes Rose, Angelica, Peach

*Difficulty listening:* Allamanda, French Marigold

*Inability to relate to others' experiences:* Peach, Rabanal

*Insensitivity to partner:* Partridgeberry, Papaya

**Insight:** Eyes of Mary, Spider Lily, Tea, West Indian Sage

**Insomnia:** Sweet Pea, Ladies' Bedstraw, Ladies' Bedstraw from Ireland

*When circadian rhythms are off:* Blackberry, Turnera

**Instability:** Grounding, Old Blush China Rose, Trillium, Maple

**Instinctual Self:** Navelwort, Bloodroot

*Awakening instinct of self care:* Painkiller Plant, Self Heal

**Integrity:**

*In general:* Maple

*Holding with your own sense of your journey as ongoing when other people feel things are over:* Santiago

*Holding onto the integrity of your creative vision during process of bringing it into form:* Milkweed, Motherwort

*Living with integrity when a sea change in values calls you to live differently:* Bay Cedar

**Integration:**

*Integration of wisdom:* Corn, Yellow Water Lily, Trillium

*Integration after experience of holy disorientation:* Spruce, Shrimp Plant

*Integration of life's different parts:* Shrimp Plant

*Integration of body and spirit after shock, trauma or surgery:* Spruce

*Spiritual cohesiveness:* Epimedium

*Seeing how things are connected:* Vetch

*Integrating what we have learned from traumatic experiences:* Broccoli

*Knit together the unraveled sleeve of care:* Common Knapweed

**Intellectual Acumen:** Lemon, Lauriana Rose

**Intellectual, overly:** Loving What Is, Nasturtium

**Intention:** To Thine Own Self Be True

*Clarity of intention:* White Orchid from the Burren

**Interconnectedness**

*When feeling divided from within:* Queen Anne's Lace, Mary Queen of Scots Rose

*When feeling disconnected from family of man:* Rosemary, Sweet Pea

*When feeling disconnected from God:* Joe Pye Weed, The Arbor Garden

*When scars from past life lead to decisions to stay isolated:* Sweet Pea

**Intestines:**

*Floral balance in intestinal tract:* Avocado, Jade

**Intimacy:** Partridgeberry, Papaya

**Intolerance:** Crab Apple, Meadowsweet, Hardhack, Jewelweed

**Introversion:** Morning Glory, Frangipani

**Intuition:** To Hear the Angels Sing

**Irish Descent:**

*Support to find inner fire and joy when prone to melancholy:* Montbretia

**Irritable Bowel Syndrome:** Digestive Woes, Outburst, Healthy Coat, Flow Free, Anxiety, Blackberry

**Irritability:** Jewelweed, Outburst, Snapdragon, Crab Apple

**Irritants, irritation:**

*Foreign irritants that might lead to allergic reaction:* Common Ragweed, Teasel

*Skin irritations:* Healthy Coat, Beautiful Skin

*Chronic irritation:* Healthy Coat, Jewelweed, Screw Pine

**Isolation:** The Arbor Garden, Agnes Rose, Corn, Sweet Pea, Joe Pye Weed

**Jealousy:** Jealousy

*Transforming possessive love into more universal love:* Sea Purslane

**Jet Lag:** Summer Snowflake

**Jittery:** The Arbor Garden, Anxiety, Sarah Van Fleet Rose, Feverfew

**Joint Flexibility:** Flow Free, Run & Play, Watch Your Back, Coltsfoot, Heavenly Bamboo, Angelica

**Joy:**

*Joy of the fairies:* The Fairy Rose, Wild Fuschia, Palmer's Penstemon

*Infectious joy:* Ice Plant

*Joyful participation:* Irish Heaths

*Opening to joy:* Morning Glory

*Able to know the joy of love:* Peach

*Restoration of childlike joy and trust:* Baby Blue Eyes

*Joy in the every day:* F.J.Grootendorst Rose, Woolly Marigold

*Joyful embrace of life in a body:* Maple, Rosemary, Paul Neyron Rose, Bacopa Monnieiri

*Joy when religious dogma gets you down:* Pyramidal Orchid

*Creating oases of joy during bleak stretches in your life:* Manzarife

*Return to joys of childhood summers:* F.J. Grootendorst Rose

*Joyous abandon:* Wild Rose

*Remembering our joy in life before difficulties befell us:* Desert Forget-Me-Not

*Joyful enthusiasm:* Bignonia

*Sturdy joy:* Zinnia

**Judgment:**

*Finding a gentle view of self and others:* Buddleja, Peach, Meadowsweet, Hardhack

*Release from habitual patterns of judgment:* Carry Less, All Ego Contracts Null & Void, Wild Rose, Crab Apple

*Shame spirals:* Konigin von Danemark Rose

**Jungian Work:** Purple Flowering Raspberry, Pyrola Elliptica, The Sacred Feminine, Hesperides' Gift

**Justice:**

*Letting the laws of the universe take care of justice:* Cherokee Trail of Tears

**Kidney & Liver:** Flow Free, Kidney Vetch, Dandelion, Avocado

**Kindness:** Peach

*Kindness towards self:* Heliotrope, Buddleja, Meadowsweet, Hardhack, Eyes of Mary

*Listening to your own body with kindness:* Hontanas

**Knowing Own Value:** Common Knapweed, Common Dwarf Centaury, Common Scurvygrass

**Know It Alls:**

*Feeling safe enough to consider other points of view:* Old Blush China Rose, Joe Pye Weed

*Opening to other points of view, opening to experience life without seeking constant control:* Flow Free, Morning Glory

*Removing sanskara of fear that it is dangerous not to know the answers to everything:* Carry Less

*Moving out from mind into heart:* Loving What Is, Don't Worry-Bee Happy

*Feeling comfortable with ambiguity:* Eyes of Mary

*Dealing with Know It Alls: Cosmos, Eyes of Mary*

**Kundalini Opening:**

*Managing a kundalini opening: California Poppy, Scarlet Pimpernel*

*Moving energies up from lower chakras to hear during kundalini opening: Clitoria*

**Lack or Limitation:**

*Acceptance of loss or constriction in our daily life: Omei Island*

*Acceptance of physical limitation: Devil's Bit Scabiosa*

*Abundance issues: Rain of Gold, Desert Gold, Tree Peony, Flow Free*

*Experiencing less as enough: Purplemat*

*Contentment with what is: Loving What Is, Omei Island, Purplemat, Maple*

*Help to receive as well as give: Sea Campion*

*Feeling one with a generous universe: Tree Peony*

*Lack or limitation with hair: Bog Asphodel*

**Land**

*Healing and clearing memory body of land: Comfrey*

*Mending tears in etheric/memory body of land: Field Chickweed*

*Healing wounds in land especially when something has been taken: Gooseberry (from our Additional Essence list)*

*Clearing negativity: Violet Transmuting Flame Violet, Comfrey*

*Healing wounds on land that has been burned: Phoenix Rising, all Aloes*

**Laughter:** Zinnia, The Fairy Rose, Ice Plant

**Laziness:** Chicory

*Low energy: Vitality*

*No follow through: Pumpkin, Jacob's Ladder, Chicory*

*Problematic mind set: Carry Less*

*Fear about what might happen if you pull your weight: Scarlet Runner Bean*

*Selfishness: Chicory*

**Leadership:**

*Knowing when to lead: The Alignment Garden, Sage*

*Leading even when feeling exposed: Pink Yarrow from the Cliffs of Moher*

*Understanding where you are in spiral of leadership: The Sunflower Spiral*

*Strength to lead when this is your calling: Alike Rose*

*Balanced Leadership: The Sacred Masculine used with The Sacred Feminine, Indian Pipe, Ginger Thomas*

*Wise Leadership in extreme situations of light and dark: Elderberry*

**Learning:**

*Clear thinking: Lemon, Lauriana Rose*

*Sorting and understanding data, discernment about what matters and what doesn't: Spiderwort*

*Integrating information: Shrimp Plant, Corn, Spiderwort*

*Support to be present in classroom: Grounding, Maple, Clematis*

*Managing lots of energy that might otherwise be disruptive: Orange Hawkweed*

*Help focusing, even in a busy classroom: Bottle Gentian, Carrot, Lemon*

*Anxieties about learning: Anxiety, All Ego Contracts Null & Void*

*Scattered energies: Queen Anne's Lace, Carrot*

*Organization of thoughts: Celandine*

*Memory: Memory*

*Linking ideas: Vetch*

**Lethargy:** Vitality, Chia, Bignonia

**Letting Go:** Flow Free, Carry Less, Cat's Claw, Calabash

**Life Direction:** Sage, Russian Sage, Turnera, Nicker Nut

*Discovering your unique autonomy: La Rioja*

*Letting go/moving forward: O'Cebriero*

*Discovering new direction in crisis situation:* Russian Sage

**Life Force:** Vitality, Calendula, Chia, Bignonia, Chaparral

**Life Purpose**

*Finding life purpose:* The Alignment Garden, Sage, Russian Sage, Locust & Wild Honey

*Living your divine purpose:* To Thine Own Self Be True, The Alignment Garden, Turnera, Ruby Moon Hyacinth Bean

*Welcoming new information about life purpose:* Belerephon of the Open Door and all Venus Garden Collection Essences

*Rooted in life purpose:* Carrot, Sunflower, The Sunflower Spiral

*Dismantling fears about what you will hear if you ask for guidance about life purpose:* Scarlet Runner Bean

**Light Touch:** Bog Pimpernel

**Limitation:**

*Finding peace during times of limitation:* Rose a Parfum de l'Hay, Omey Island

*Finding peace with physical constraint or limitation:* Devil's Bit Scabiosa

*Emptying mental and emotional bodies of false ideas of limitation:* Coralita

**Listening:** To Hear the Angels Sing, Daffodil, Allamanda, French Marigold

**Liver:** Dandelion, Tomato, Bottlebrush, Spanish Bayonet

*Release of strong emotions that get stored in the liver:* Avocado

**Loneliness:**

*Feeling God's support when feeling alone:* The Arbor Garden, Joe Pye Weed, Phoenix Rising

*Feeling the support that is there for you:* The Sunflower Spiral

*Finding the bravery to move ahead alone while being open to support from unusual places:* Los Arcos

*Support to find community:* Locust & Wild Honey

*Managing until you find your right community:* Belorado

*Feeling the universality of all of our experiences as children of God:* Plum, Heritage Rose

*Feeling oneness:* Agnes Rose

*Feeling oneness during traumatic tearing apart experiences:* Maltese Cross

**Long View:** Ginger Thomas, Jewelweed

**Loss:** Omey Island, Grief & Loss, Maltese Cross

**Love:** Love Prevails, Agnes Rose, Peach

*Love for God:* All Roses, Mehera

*Lovableness:* Meadowsweet, Hardhack

*Being more loving:* Peach

*Experience of unconditional love:* Black Eyed Susan

*Love without expectation:* Sea Purslane, Eyes of Mary

*Rebirth of love:* Pink Water Lily, Wild Pink Morning Glory

*Love amidst turmoil:* Quatre Saisons Rose

*Finding love:* Love Prevails

*Love for life:* Wild Tamarind, The Fairy Rose, Palmer's Penstemon, F.J.Grootendorst Rose, Wild Fuschia

*Loving what is:* Loving What Is

*Knowing love prevails beneath all circumstances:* Love Prevails

*Love with detachment:* Eyes of Mary, Sea Purslane

*Loving in difficult situations:* Wild Pink Morning Glory

*Opening to receive more love:* Meadowsweet

**Love/Hate relationships tending towards violence:** Black Cohosh

**Lung Congestion:** Breathe, Flow Free, Sea Champion, Blackberry, Carolina Thermopsis, Jasmine, California Poppy

**Lupis:** Maple, Grounding, the Venus Garden Collection combinations

**Lyme Disease:** Golden Armor, Immune Support, Precious Blood, Vitality, Flee Free, Recovery, Teasel

*Most important single Essence for Lyme Disease: Teasel*

**Male/Female Balance:** Chives, Anthurium, Clitoria, Frangipani, Black Cohosh, Sunflower, Papaya

**Male Issues:** The Sacred Masculine

*Release of machismo:* Banana

*Balance and creative use of male energy:* Anthurium

**Manifestation:** Bells of Ireland, Belerephon of the Open Door, all Venus Garden Collection Essences

*Manifestation of our inner divinity:* Ruby Moon Hyacinth Bean

*Bringing into form that which feels out of reach:* Inkberry, Biting Stonecrop

*Bringing creative project into form just the way you envisioned it:* Milkweed

**Manipulation:** All Ego Contracts Null & Void, Spiderwort, Eyes of Mary

**Martyrdom:**

*Martyrdom in general:* Carry Less, The Three Phacelia Sisters, All Ego Contracts Null & Void

*Hair shirts:* Pyramidal Orchid

**Materialism:** Ginger, Rose a Parfum de l'Hay, Purplemat

**Meditation:**

*Calming and centering:* Chamomile, Tea, True Wood Sorrel, Trillium, Honeybees in the White Hawthorn

*Breath work:* Breathe, Chamomile

*Opening to receiving energy through crown chakra:* Tuberose, Fireweed

**Melancholy:** Montbretia

**Memory:**

*Difficulties with memory:* Memory

*Remembering what matters spiritually:* Eyes of Mary

*Remembering free of nostalgia and regret:* Honeysuckle

*Remembering wisdom of body, individual and collective:* Rosemary

*Remembering ancient truth:* Wood Sage from the Burren

*Using memory for spiritual growth free of ego entanglements:* Honeysuckle

*Clearing memory body of land:* Comfrey, Violet Transmuting Flame Violet

*Letting go of memories of earlier romances so to begin afresh:* Seaside Heliotrope

*Remembering our joy in life before difficulties befell us:* Desert Forget-Me-Not

*Memory wounds:* Sweet Olive

*Short term memory issues linked to trauma and misalignment of etheric and physical body:* Spruce

**Menopause:**

*Our mix for menopause:* She Changes

*Smoother of energies during menopause:* Honeybees in the White Hawthorn, Flow Free, Sea Lavender

*Issues with skin and aging process:* Beautiful Skin, Mallow, Omei Island

*Making choices about what to do with creative and life force energy during menopause and beyond:* Pomegranate

**Menstruation:**

*Menarche:* Precious Blood,

*Menstrual cramps and PMS:* Moonlight Datura, Flow Free

*Menstrual irregularities:* Blackberry

*Health and well being of reproductive system:* Pomegranate, Scarlet Cordia

**Mental Body**

*Cleansing mental body:* Alba Maxima Rose, Carolina Thermopsis, Cedar, Lemon

*Clarifying effect on mental body:* Lauriana Rose, Coralita, Grapefruit, Lemon

**Mental Chatter:** Nasturtium, Pennyroyal, Crab Apple

*Mental chatter at night interfering with sleep:* Ladies' Bedstraw from Ireland

**Mental Tension:**

*Mental tension in general:* Anxiety, The Arbor Garden, Dandelion, Feverfew, Lemon, Grapefruit

*Untangler of mental knots:* Ladies' Bedstraw from Ireland, Nodding Ladies Tresses

*Headaches:* Grapefruit, Snapdragon, Flow Free

*Mental anguish:* Blackberry

**Metabolism:** Flow Free, Vitality, Maple

**Metamorphosis:**

*Metamorphosis with vibrational shifts:* Silver-rod, Mutabilis Rose, French Marigold

*Metamorphosis during menopause:* She Changes

*Harmonious metamorphosis:* French Marigold, Golden Armor, Larkspur, Aloe Ciliaris, Mutabilis Rose, Dandelion, Alchemist Rose

*Rebirth:* Phoenix Rising, Fistera, White Flower from Druid Rock, Pasque Flower

*Metamorphosis in time & space:* Gallandia Rose

*Metamorphosis spiritually:* All Venus Garden Collection Essences, California Poppy, Alchemist Rose

*Changing romantic love to universal love:* Sea Purslane

**Migraine:** Flow Free, Outburst, Feverfew, Grapefruit, Snapdragon, Honeybees in the White Hawthorn, Painkiller Plant, Golden Armor, She Changes (for women), Nodding Ladies Tresses

**Mind:**

*Manonash:* Carry Less, Loving What Is, Don't Worry- Bee Happy, The Alignment Garden

*Detachment from mind ideas:* All Ego Contracts Null & Void, Carry Less, Loving What is, Don't Worry-Bee Happy, The Alignment Garden

**Mistakes:**

*Learning from our mistakes:* Spruce, Vetch

*Letting go of guilt about our mistakes:* Hyssop, Heliotrope, Crab Apple

*Letting go of guilt about past life mistakes:* Buddleja

**Mistrust:**

*When we need to be open to the possibility that trust is not appropriate:* Spiderwort, Eyes of Mary, Goldenrod, Osteospermum, Pavonia Spinifex

*When mistrust is a habit that is not serving us:* All Ego Contracts Null & Void, Carry Less, Baby Blue Eyes, Borage, Maple

**Moderation:**

*Moderation of strong emotions:* Lantana Involucrata

*Moderation of off balanced appetites:* Diclipteras Sexangularis

*Moderation of material desires:* Rose a Parfum de l'Hay, Ginger, Purplemat

**Momentum:**

*Starting a new project:* Day Lily, Belerephon of the Open Door

*Keeping the flow going:* Flow Free, Zubiri

*Finding energy for the project from doing the project, fueling your forward flow:* Zubiri

*Breaking a project down into manageable stages:* Chicory, Jacob's Ladder

*Getting things started when there is resistance:* Pumpkin

*Encouragement to keep going and believe you can do it:* The Sunflower Spiral, Yellow Mullein, Coralita

*Momentum to be our best self:* Sweet William

*Momentum for partnerships:* French Grass

**Mood Swings:** Honey Bees in the White Hawthorn

**Motherhood:**

*Sheltering love for mothers:* Dombeya Wallichii

*Support for tired mothers:* Caretaker

*True reckoning of motherhood without patriarchal sentimentality or discount:* Motherwort

*Understanding and using wisely the power and significance of their role in the world:* Motherwort

*Helps mothers know what they need to do for their kids:* Motherwort

*Anchoring in full understanding and expression of sacred nature of motherhood:* The Sacred Feminine

*Reproductive health:* Pomegranate

**New Motherhood:**

*Birth new life as mother:* The Sacred Feminine, Fistera

*Adapting to new role:* Mutabilis Rose

*Unwavering sense of your own value in changing circumstances:* Fremont Pincushion, Meadowsweet

*Feeling supported when earth family support is not there:* Heritage Rose, Old Blush China Rose, Joe Pye Weed

*Seeing yourself as whole even when you temporarily can't do all you were doing:* Omei Island

*Knowing value of your new role as mother:* Motherwort

*Getting over post-partum exhaustion:* Phoenix Rising, Recovery, Vitality

*Emotional balance post-partum:* Maple

*Letting go of what you don't need as you begin your new life as a mother:* Puente la Reina, Calabash

**Motion Sickness:** Chinese Hat Plant, Anxiety

**Motivation:**

*Getting clear on your motivation:* White Orchid from the Burren, California Poppy

*Grounding in the most selfless and evolved reason for doing something:* Chicory, White Orchid from the Burren

*Getting motivated:* Pumpkin, Yellow Mullein

*Helps group resolve mixed motivations so they get along better:* Pear

*Handling psychic gifts with appropriate motivations:* California Poppy

**Mouth Issues:** Snapdragon, Banana, Grapefruit, Pink Baby's Breath

*Talking too much:* Snapdragon, Reine des Violettes Rose

*Talking inappropriately or rudely:* Snapdragon, Royal Ponciana

*Canker sores:* Outburst, Healthy Coat, Anxiety, Flow Free, Eggplant

**Moving to a new place:**

*In general:* New Beginnings

*For when the new place feels extremely alien:* Psychillis Macconnelliae Orchid

*Grounding in a new place:* Grounding, Clematis, Trillium

*Getting the lay of the land:* Sage, Indian Pipe

*When having difficulty getting connected to new situation:* Clematis, Trillium

*Adapting energy system to geographical change:* Sea Holly

*Finding what serves you in new environment:* Rhododendron

*Courage and good cheer when feeling homesick:* Alex Mackenzie Rose, Borage

**Mucus Issues:** Jasmine, Flow Free, Aloe Vera, Breathe, Goldenrod, Lime, Lemon

**Music:** Pear, Bermudiana, To Hear the Angels Sing

**Mutation:** French Marigold, Mutabilis Rose, Lilac

*Adapting to feel comfortable on changing Earth:* Psychillis Macconnelliae Orchid

**Napoleon Complex:** All Ego Contracts Null & Void, To Thine Own Self be True, Baby Blue Eyes

**Native American:** Cherokee Trail of Tears, Sage, Indian Pipe, Sacred Tobacco

**Nature:**

*Deepens kinship with nature:* Lilac

*Attunement to green energy in nature:* Jade

*Co-creation with nature:* To Hear the Angels Sing, Lilac, Calendula

*Support from fairies to enjoy life:* The Fairy Rose, Palmer's Penstemon

*Working more deeply with rock Elementals:* Birdfoot Trefoil at Gallarus Oratory

**Neediness:** Neediness

**Negativity:**

*Rebuffing and protection from negativity:* Golden Armor, Teasel, St. John's Wort

*Seal energy leaks that are letting negativity into our electrical field:* Golden Armor, Teasel

*Discharge of negativity in benign way:* Outburst

*Clearing crystals, rooms, clothing of negativity:* Pennyroyal

*Precise removal of pockets of negativity:* Eggplant  
*Getting pests or pesty people to bug off:* Flee Free  
*Confidence we can rebuff negativity:* St John's Wort  
*Rebuffing electrical dissonance and negativity:* Golden Armor, White Yarrow  
*Negative talk or backbiting:* Snapdragon, Carouby de Maussane Pea  
*Negative theme songs playing over and over:* Crab Apple, Pennyroyal  
*Seeing half glass full:* Bramble, Tree Peony  
*Moving away from negative choices:* Chicory, Cardinal Flower  
*Holding our own sense of ourselves and our focus during extremely negative situations:* Bottle Gentian, True Wood Sorrel  
*Protection when negativity is coming at us from a new direction and we feel undefended:* Sea Holly

**Nerves:**

*In general:* Watch Your Back  
*Overwrought nerves:* Sarah Van Fleet Rose, Feverfew  
*Healthy nervous system:* Watch Your Back (includes all palms), Snapdragon, Silver-rod, Niella, Angelica, Comfrey, Blackberry  
*Smooth flow of energy in nervous system:* Coralita  
*Nerve ganglion:* Chinese Fan Palm  
*Nervous habits:* Anxiety  
*Nervousness:* Anxiety, Sarah Van Fleet Rose, Feverfew

**New Beginnings, New Life:**

*In general:* New Beginnings  
*Promise of new life and renewal after old life has died:* Pasque Flower  
*Grafting onto a new life in alien landscape:* Psychillis Macconnelliae Orchid  
*Handling the emptiness of letting go before a new life can be born:* Star of Bethlehem, Pasque Flower, Belorado  
*Opening to new circumstances:* Morning Glory, Day Lily  
*Finding new life through exploration of new environments:* Ocotillo

**New Plan of Action:** Russian Sage, Sage

**Nightmares:** Sweet Pea

**Non-attachment:** Baby Blue Eyes, Thistle, Eyes of Mary

**Nostalgia:** Honeysuckle, Eyes of Mary, Thyme

**Not feeling valued or loved:**

*Giving up our mindset that we are not loved:* Carry Less  
*Giving up our contracts with those who don't love us:* All Ego Contracts Null and Void  
*Leaving behind those that don't support us:* O'Cebreiro  
*Knowing our value:* Fremont Pincushion, Meadowsweet, Hardhack, Common Spotted Orchid  
*Feeling others love for us:* The Sunflower Spiral, Dombeya Wallichii  
*Knowing that love is the abiding reality:* Love Prevails

**Nourishment:**

*Nourishment in inhospitable places:* The Desert Garden, Wild Thrift  
*Getting the most nourishment especially the minerals in our food:* Vitex  
*Spiritual nourishment:* Rhododendron, Corn  
*Nourishing relationship with self so we don't look to fill up with unsatisfying diversions:* White Hibiscus  
*Finding spiritual nourishment when circumstances have changed or you are part of a new place, culture or tradition:* Rhododendron

**Nurturing:**

*Nurturing of creative activities:* Lady's Mantle, Autograph Tree at Coole Park  
*Receiving nurturing from the Flowers:* Caretaker, Dombeya Wallichii, Pink Tecoma, The Sunflower Spiral

**Objectivity:** Eyes of Mary

**Obsession:** All Ego Contracts Null & Void, To Thine Own Self Be True, Pennyroyal

**Obsessive/Compulsive:**

*Help to end behavior:* Anxiety, All Ego Contracts Null & Void

*Easing frayed nerves and tension:* Anxiety, Sarah Van Fleet Rose, Feverfew, Dandelion, Tea

**Oneness:** Cherokee Trail of Tears, Agnes Rose, Carouby de Maussane Pea, Passion Flower, Plum

**Opening Spiritual Channel:** To Hear the Angels Sing, Bells of Ireland, all Venus Garden Collection Essences, Sunlight Datura, Moonlight Datura, Passion Flower, Vanda Orchid, Lime, Gardenia, Fireweed, Spider Lily, Goldenrod, Angelica, Jasmine, Inspire

**Open to Possibilities:**

*In general:* Morning Glory, Day Lily

*Open to the new while staying grounded:* Trillium

*Open to receiving support from unexpected directions:* Los Arcos, Sea Campion

**Optimism:**

*In general:* Borage, Bramble, Blackberry, Woolly Easter Bonnets

*Knowing life is good:* The Sacred Feminine

**Ordinary:**

*Cheerful appreciation of the ordinary:* Globe Mallow

**Organization:** Loving What Is, Lemon, Spiderwort

**Orthopedic Injuries:**

*Explosive or greatly inflamed orthopedic injuries:* Outburst, Healthy Coat, Kangaroo Paw

*Dealing with physical limitation:* Omey Island, Devil's Bit Scabiosa

*Immediately after injury:* Emergency Care

*Wound healing and knitting together pieces:* Christmas Bush, Angelica

*Bone health and well being:* Run & Play, Boneset, Osteospermum, Ethereal Fluidium Super Glue

*Regaining flexibility:* Coltsfoot

*Long term support:* Recovery, Run & Play

**Osteoporosis:**

*In general:* Osteospermum, Boneset, Run & Play

*Better absorption of calcium:* Vitex

**Ostracism:** The Three Phacelia Sisters, Goldenrod, Osteospermum

**Outcome, letting go:** Flow Free, Bermudiana, Maple

**Outside-the-Box Thinking/Lateral Thinking:** Loving What Is, all Venus Garden Collection Essences, Eyes of Mary

**Overwhelm:**

*Staying in our bodies when feeling overwhelmed:* Grounding

*Too much to do:* Jade, Red Clover, Thyme from Omey Island

*Too many burdens:* Joe Pye Weed

*Not in the now:* Thyme

*Overextended:* Ginger, Solandra, Common Knapweed, Coffee

**Overacheiver:** Solandra

**Oversensitive:**

*Having the gift of sensitivity without getting overwhelmed by it:* Lamb's Ear

*Not taking what others do personally:* Pennyroyal, Baby Blue Eyes

*Tougher skin:* Golden Armor, Wintergreen, Thistle

**Panic:** Emergency Care, Red Clover, Red Rugosa Rose

**Pain:**

*Pain relief:* Painkiller Plant

*Relief from muscle pain:* Dandelion

*Comfort during painful situations:* Anxiety, The Arbor Garden, Pink Tecoma, Pink Water Lily, Borage  
*Support during painful situations:* Joe Pye Weed, Dombeya Wallichii, Pink Water Lily, The Sunflower Spiral  
*Understanding our own strength:* Self Heal, Titan, Hesperides' Gift

**Paradigm Shift:** Fisterra, Santiago, Belerephon of the Open Door, all Venus Garden Collection Essences  
*Shift beyond patriarchy:* The Sacred Feminine, The Sacred Masculine, Thyme from Omei Island

**Paranoia:** Anxiety, Scarlet Runner Bean, Flee Free, True Wood Sorrel, Red Clover

**Parkinson's Disease:** The Alignment Garden, Watch Your Back, Maple, Queen Anne's Lace, Celandine, Striped Phalaenopsis  
(from the additional Essences list)

**Partnership:**

*Clarity and momentum for partnerships:* French Grass  
*Support to find a romantic partner:* Escallonia  
*Support to maintain sense of self during romantic partnership:* Escallonia  
*Clarity and resolution about issues of sexuality in a partnership:* Papaya  
*Working towards a common goal in a partnership, bearing fruit:* Partridgeberry  
*Support when you need to be the strength in a partnership:* White Chestnut  
*Experiencing partnership as spiritual equals:* Partridgeberry  
*Seeing disagreements in partnerships as divine opportunities not death nell of relationship:* Partridgeberry  
*Better hearing and understanding what a partner is saying:* Miterwort (new summer 2009)

**Passion in a Relationship:** Papaya, Asclepias

**Past Life Issues:**

*Clearing memory scars from unpleasant past life events:* Comfrey, The Three Phacelia Sisters  
*Self forgiveness about past life experiences:* Buddleja  
*Retrieval of spiritual strengths from other past lives:* Inishbofin  
*Clearing past life scars when we have been "burned at the stake":* The Three Phacelia Sisters  
*Clearing up past life business with family of origin, seeing its spiritual strengths and letting go of its weaknesses:* Precious Blood, Angelica, "Family River Trio" of Bloodroot, Black Currant & Borage  
*Clearing up religious dogma from past lives:* Pyramidal Orchid, Paul Neyron Rose, The Three Phacelia Sisters, Claret Cup Orchid, The Sacred Feminine, Ruby Moon Hyacinth Bean, Santiago  
*Clearing past life videotapes:* Cedar

**Patience:** Blackberry, Omei Island, Thyme from Omei, The Sacred Feminine

**Patriarchy, dismantling:** The Sacred Feminine, The Sacred Masculine, Thyme from Omei Island, Lavender, Pomegranate  
*Dismantling idea of body as separate and inferior to spirit:* Claret Cup Cactus, Paul Neyron Rose  
*Dimantling ideas of better than, worse than:* Cherokee Trail of Tears

**Peace:**

*Peace of knowing oneness:* The Arbor Garden, Agnes Rose  
*Peace that passeth understanding:* Feverfew  
*Knowing peace to be the abiding reality beneath all appearances:* Indian Pipe  
*Grounded and balanced inner peace:* Trillium  
*Finding more peace and quiet in your life:* Chamomile, Tea

**Peer Pressure:** Goldenrod

**Perfectionism:** Solandra, Konigin von Danemark Rose

**Perserverence, Persistence:**

*In general:* Borage, La Belle Sultane Rose, Rosa Mundi, Stanwell Perpetual Rose  
*Persistence in manifesting your creative vision into just exactly what you envisioned:* Milkweed

**Perspective:** Eyes of Mary, Vetch

**Pessimism:**

*Negative Thinking:* Crab Apple, Pennyroyal  
*Sour Grapes:* Grape  
*Half glass full:* Bramble, Tree Peony  
*Melancholy of our ancestors especially if Irish:* Montbretia

**Physical Body:**

*Vitality of physical body:* Vitality, Recovery, Precious Blood, Maple, Rosemary, Alba Maxima Rose  
*Understanding that the physical body is divinity in form:* Paul Neyron Rose  
*Healing split between spirit and body when caused by religious dogma:* Claret Cup Cactus  
*Reconnecting spirit and body if separation occurred because of trauma or other challenges:* Grounding, Spruce, Maple, Clematis  
*Getting into our body when we have been only in our heads:* Grounding, Sunflower, Nasturtium  
*Accepting physical constraints:* Omey Island, Devil's Bit Scabiosa  
*Supporting physical growth:* Hops (new summer 2009)

**Physical Happiness:**

*Full enjoyment of physical life:* Rosemary, Bacopa Monnieri, Paul Neyron Rose

**Physical Strength, Stamina and Vitality:** Vitality, Grounding (includes many tree Essences) Chia, Maple, Zucchini, Bigonia, Pumpkin, Ginger, Recovery, Restore, Chicory, Banana, Bacopa Monnieri, Rosemary  
*Physical stamina and strength during chaotic situations:* Bottle Gentian, Broccoli  
*Physical vitality without overstimulation:* Catmint  
*Finding our physical vitality after firestorms or burn out:* Phoenix Rising

**Phobias:** Anxiety, Pennyroyal

**Pituitary function:** Silver-rod, Hops (new summer 2009)

**Playfulness:** Run & Play, The Fairy Rose, F.J.Grootendorst Rose, Wild Rose, Palmer's Penstemon

**Plants:** Green & Tonic

*Plants suffering from drought:* Spruce  
*Renewed growth when weather has stunted plant growth:* Hops (new summer 2009)

**PMS:** Moonlight Datura, Pomegranate, Honeybees in the White Hawthorn

**Poise**

*When confronting lies:* Pavonia Spinifex

**Polarity:**

*Balanced polarity:* Lauriana Rose

**Positive Body Image:**

*Embracing life in a physical body with relish:* Rosemary, Bacopa Monnieri, Maple  
*Dismantling idea of body as separate and inferior to spirit:* Claret Cup Cactus, Maple, Paul Neyron Rose  
*Release from concern with appearance:* Therese Bugnet Rose

**Possessiveness:**

*In general:* Jealousy, Rose a Parfum de l'Hay  
*Reminder that there is enough:* Tree Peony, Rain of Gold, Desert Gold

**Post-Traumatic Stress Disorder:**

*Untangling and releasing emotional and mental scars:* Abandonment & Abuse, Queen Anne's Lace, Joe Pye Weed  
*Releasing fears:* Arbor Garden, Coral Pink Rose, Scarlet Runner Bean  
*Releasing fear that more bad things are going to happen:* Coral Pink Rose  
*Restoring shot nerves:* Sarah Van Fleet Rose, Emergency Care  
*Healing wounds of inner child so we can feel more empowered:* Inner Child  
*Easing muscle tension from unconsciously bracing for next difficulty:* Dandelion  
*Re-discovering self, self identity:* Purple Flowering Raspberry, To Thine Own Self Be True  
*Recovery from experiences that tore you apart:* Maltese Cross  
*Adaptation to continuing physical constraints and limitations:* Devil's Bit Scabiosa, Omey Island

*Breaking down behaviors triggered by fears:* Sahagun  
*Seeing things clearly:* Eyes of Mary Rosa Glauca  
*Opening to new circumstances and potential for new joys:* Morning Glory, Ocotillo, Fistera  
*Moving past false endings created by our culture:* Santiago  
*Overcoming feelings of powerlessness:* Queen Anne's Lace, Broccoli, Dill (from additional Essence list)  
*Re-integration of fragmented self:* Epimedium  
*Finding calm again:* Feverfew, Arbor Garden, Indian Pipe,  
*Self forgiveness, moving beyond guilt:* Hyssop, Heliotrope  
*Depression, sadness:* Borage, Maple, Cucumber, Mustard (from Additional Essence list)  
*Acceptance:* Loving What Is, Arbor Garden  
*Grief:* Grief & Loss

**Power:**

*Gift of power:* Elderberry, Titan  
*Wise use of power:* The Sacred Masculine, Black Cohosh  
*Understanding our power to heal:* Self Heal, Henry Hudson Rose  
*Resolving feelings of powerlessness:* Queen Anne's Lace  
*Holding our power serenely amidst chaos:* Bottle Gentian, Broccoli  
*Understanding our power as women:* The Sacred Feminine, Wild Red Morning Glory, Pomegranate, Motherwort

**Pregnancy:**

*To get pregnant:* The Sacred Feminine, Grounding, Pomegranate, Blackberry, Morning Glory, all Venus Garden Collection Essences and Essences connected to the Elementals, Amaryllis, Yellow Rose of Texas, Orange Amaryllis (from Additional Essence list), Morning Glory  
*Throughout entire pregnancy:* Pomegranate  
*Delivery:* Centered Birth, Flow Free, Magnolia  
*Post-partum:* Recovery, Flow Free (for nursing), Calabash

**Pride and aloofness:** All Ego Contracts Null & Void, Pebble Pincushion, Rosemary

**Prioritizing:** Loving What Is, Spiderwort, Ginger

**Problem Solving:**

*Seeing how everything is connected as part of problem solving:* Angelica  
*When looking at lots of data, seeing what matters and what doesn't:* Spiderwort  
*Seeing all the puzzle pieces clearly:* Spiderwort  
*Solving problems that have defied solution:* Box Briar  
*Untangling problems that have gotten very knotted:* Nodding Ladies' Tresses  
*Solving problems of the heart that have resisted solution:* Bee Balm, Blue Snakeweed  
*Getting to the bottom of a problem:* Bee Balm  
*Sorts the wheat from the chaff when looking at healing modalities:* Agrippina Rose  
*New ways to solve old problems:* Inkberry  
*Finding and using a different consciousness than created the problem:* Loving What Is, all Venus Garden Collection Essences

**Procrastination:** Pumpkin, Jacob's Ladder, Borage, Yellow Mullein

**Productivity:** Zucchini

**Projects:**

*Starting a new project:* Day Lily, Belerephon of the Open Door, Morning Glory  
*Keeping the flow going:* Flow Free, Zubiri  
*Finding more energy for the project from the doing of the project:* Zubiri  
*Breaking a project down into manageable stages:* Chicory, Jacob's Ladder  
*Getting things started when there is resistance:* Pumpkin  
*Encouragement to keep going and believe you can do it:* The Sunflower Spiral, Yellow Mullein

**Prostate Issues:** Flow Free

**Protection:** Golden Armor, Teasel, Pennyroyal, Thistle, White Yarrow, Wintergreen, St. John's Wort, Bottle Gentian  
*Protection of creative efforts:* Lady's Mantle, Masterwort, Nicker Nut

*Protection for children:* Babies of Light, Lavender  
*Protection electrically:* Golden Armor, Lavender, White Yarrow  
*Protection from Archangel Michael:* Sweet William  
*Protection when travelling or moving geographically:* Sea Holly  
*Protection of newfound wisdom when building a new life:* Nicker Nut, Lady's Mantle  
*Protection during chaotic situations:* Bottle Gentian  
*Protection during firestorms:* St. John's Wort  
*Sound protection:* Golden Armor  
*Protection for each and every chakras:* Teasel  
*Cushion of protection around etheric field so sleep is restful:* Ladies' Bedstraw

**Psychic Ability:** To Hear the Angels Sing, Fireweed, Spider Lily, California Poppy

**Psychic Attack:** Golden Armor, Henry Hudson Rose, Lavender, Pennyroyal  
*Protection especially for children:* Babies of Light, Lavender

**Psychic Opening:**

*To manage:* California Poppy  
*To facilitate:* Clitoria  
*To feel brave enough to manage psychic opening and see it as orchestrated not random:* Scarlet Pimpernel

**Public Speaking:** Showcats, Cosmos, Pink Yarrow from the Cliffs of Moher

**Pull Self Together:** Angelica, Epimedium, Queen Anne's Lace

**Purification:** Purify

*Purification of air element:* Sea Bindweed  
*Support during purification processes that are fiery and traumatic:* Phoenix Rising  
*Cell purification:* Spanish Bayonet

**Purpose:**

*Finding purpose:* The Alignment Garden, West Indian Sage, Sage, Russian Sage, Locust & Wild Honey  
*Living your divine purpose:* To Thine Own Self Be True, The Alignment Garden, Turnera, Ruby Moon Hyacinth Bean, Passion Flower, Mehera  
*Courage to live your purpose:* Alex Mackenzie Rose  
*Living your divine purpose beyond ideas of patriarchy:* Maiden Apple, The Sacred Feminine, The Sacred Masculine  
*Welcoming new information about life purpose:* Belerephon of the Open Door and all Venus Garden Collection Essences  
*Rooted in life purpose:* Carrot, Sunflower, The Sunflower Spiral  
*Purposeful action especially in partnerships:* French Grass  
*Living your evolving spiritual purpose:* Dandelion  
*Help to find a common purpose:* Angelica, Pear

**Rage:** Outburst, Orange Hawkweed, Orange, Feverfew

**Rebelliousness:** Outburst, To Thine Own Self Be True, The Alignment Garden, Orange Hawkweed, Baby Blue Eyes,

**Rebirth:**

*Rebirth of love:* Pink Water Lily, Wild Pink Morning Glory  
*Rebirth after long running chapter in your life has run its course:* Pasque Flower  
*Rebirth after destructive events:* Phoenix Rising, Epimedium  
*Help to birth new life when major paradigms are over:* Fisterra  
*Midwife energies for rebirth:* White Flower from Druid Rock, The Sacred Feminine  
*Rebirth of freedom:* Nodding Ladies' Tresses

**Receptivity:**

*Opening to receive:* Morning Glory, Bells of Ireland, all Venus Garden Collection Essences, Sea Campion  
*Opening to receive while also grounding the new information:* Trillium, Corn  
*Opening to the new:* Belerephon of the Open Door, Day Lily, Morning Glory  
*Opening to higher vibrational information and healing:* Bells of Ireland, Belerephon of the Open Door, all Venus Garden Collection Essences, Locust & Wild Honey, Madagascar Periwinkle

*Help to find a gentler view of self so you open to receive more love: Meadowsweet*

**Recovery:**

*Recovery in general: Recovery*

*Recovering from scars of oppressive childhood religion: The Three Phacelia Sisters*

*Recovering from scars of oppressive childhood: Inner Child, Abandonment & Abuse, The Three Phacelia Sisters, Desert Chicory, Brown Eyed Evening Primrose*

*Recovery from addictive process: "Purify Trio" of Purify, Restore & Inspire*

*Recovery from illness: Recovery, Zucchini, Chaparral*

**Regret:**

*Letting go of regret: Jerusalem Thorn Tree, Honeysuckle*

*Easing bitterness and regret when romance is over: Seaside Mahoe*

**Rejection:** The Arbor Garden, The Sunflower Spiral, Recovery, Meadowsweet, Crab Apple, Osteospermum

**Rejuvenation:** Vitality, Phoenix Rising, Ginger, Chia, Chaparral

**Relationship Issues:**

*To promote awareness of common ground and spiritual equality in partnerships: Partridgeberry*

*Discovering and experiencing love: Love Prevails*

*Openness and capacity to receive: Sea Campion, Wild Pink Morning Glory*

*Resolving issues of sexuality in romantic partnerships: Papaya*

*Navigating ups and downs of romantic partnership without losing faith or taking things personally: Escallonia*

*Holding the bead on the positive in romantic relationships: Sea Aster*

*Believing a new love will come when an old relationship has died: Wild Pink Morning Glory*

*Freedom to reconfigure our interpersonal relationships: Asclepias*

*Help to digest our interpersonal relationships: Avocado*

*For finding a way past long standing disagreements: Mary Queen of Scots Rose, Nodding Ladies' Tresses, Box Briar*

**Relaxation:**

*Muscles: Dandelion, Passion Flower*

*Mental: Feverfew, Grapefruit, Nodding Ladies' Tresses, Passion Flower, Solandra, Ladies Bedstraw*

*Nerves: Anxiety, Sarah Van Fleet Rose, Passion Flower, Feverfew*

*Restful sleep: Ladies' Bedstraw, Ladies' Bedstraw from Ireland, Sweet Pea*

**Release:**

*In general: Flow Free*

*Release of our burdens: Joe Pye Weed*

*Release of our sorrows and griefs: Grief & Loss, Pink Water Lily*

*Release of people and things we must let go of now to go forward even as they once served us: Calabash, Los Arcos*

*Release of joints: Flow Free*

*Release of worldly concerns: Ginger*

*Release of religious dogma: The Three Phacelia Sisters, Pyramidal Orchid, Desert Chicory, Santiago, Ruby Moon Hyacinth Bean, Ginger*

*Muscular release: Dandelion*

*Release of all tensions: Passion Flower*

*Release of old habits that no longer serve us: All Ego Contracts Null & Void*

*Release of selfish tendencies: Chicory*

*Release of difficult emotions: Outburst, Avocado, Arrowhead*

*Release at birth as well as at death: Magnolia*

*Release from mental, emotional, physical and spiritual tangles: Nodding Ladies' Tresses*

**Religious Dogma:**

*Release of religious dogma: The Three Phacelia Sisters, Desert Chicory, Santiago, Ruby Moon Hyacinth Bean, Pyramidal Orchid*

*Release of hair shirt about what service to God will look like in regards to abundance: Rain of Gold*

*Release of hair shirt about self imposed suffering as a necessary religious practice: Pyramidal Orchid*

*Religious dogma about split between body and soul: Claret Cup Cactus, The Sacred Feminine*

*Religious dogma that physical body is less than spiritual self: Paul Neyron Rose*

*Religious dogma about idea of redemption: Claret Cup Cactus, The Three Phacelia Sisters*

*Religious dogma about family of origin:* Black Currant, Angelica  
*Religious dogma that you need an intercessory to connect with God:* Angelica  
*Religious dogma about happiness:* Don't Worry-Bee Happy

**Remembrance of the Divine:** Mehera, Honeysuckle

**Renewal:**

*Renewal in general:* Recovery, Restore, New Beginnings  
*Renewal in dead zones or systems of networks or tributaries feeding into central passageways:* Kidney Vetch  
*Renewal and increased life force entering system due to cleansing of etheric and mental bodies:* Alba Maxima Rose

**Repression:** Flow Free, Wild Rose, Purple Flowering Raspberry

**Resentment:**

*In general:* Jealousy, Dandelion, Crab Apple, Meadowsweet  
*Resentment after difficult childhood:* Brown Eyed Evening Primrose

**Resignation:** Maple, Borage, Alex Mackenzie Rose

**Resilience:**

*Resilience no matter how we are tossed about:* Red Mangrove, Red Rugosa Rose, Yellow Water Lily, Sea Lavender  
*Resilient good cheer:* Zinnia, Irish Heaths, Woolly Easter Bonnets, Woolly Marigold  
*Spiritual resilience:* Yellow Water Lily, Stanwell Perpetual Rose, Rosa Mundi  
*Resilient in the face of change:* Common Ragwort

**Resistance:** Flow Free

**Respiratory System:** Breathe, Blackberry, Flow Free

*Release of grief in lungs:* Grief & Loss

**Responsibility:**

*Clear sense of responsibility:* The Sunflower Spiral  
*Letting go of false sense of responsibility:* All Ego Contracts Null & Void, Carry Less, Don't Worry - Bee Happy, Eyes of Mary, Wintergreen, Sea Mayweed, Coffee, Calabash, Solandra  
*Social responsibility:* Sweet Pea  
*Taking responsibility for own life rather than blaming others:* Grape, Broccoli, Queen Anne's Lace  
*Support for those who bear the responsibility of holding greater light:* Hesperides' Gift, The Sunflower Spiral, Caretaker

**Restlessness:** Anxiety, Grounding, Feverfew, Passion Flower, True Wood Sorrel, Tea

*Restless sleep:* Sweet Pea, Ladies' Bedstraw, Ladies' Bedstraw from Ireland

**Restoration of Dead Zones:** Kidney Vetch

**Restraint:** Rose a Parfum de l'Hay, Reine des Violettes Rose

**Reverie:** Graniana Rose

**Rhythm:**

*Rhythm with sleep:* Turnera  
*Life in more natural rhythm:* Omei Island, Sea Lavender  
*All rhythmic functions:* Blackberry  
*In rhythm with God:* Blackberry, Omei Island

**Rigidity:** Flow Free, Run & Play, Coltsfoot, Watch Your Back, Coralita

*Rigidity of mind:* Dandelion

*Righting human misappropriation:* Cardinal de Richelieu Rose, All Ego Contracts Null & Void

**Rite of Passage:**

*For menarche and other significant moments for women:* Moonlight Datura

**Road Less Traveled:** Blueberry, Blue Eyed Grass , Russian Sage, all Camino Collection Essences

**Role/Life Purpose:** The Alignment Garden, The Sunflower Spiral, Sage

**Romance:**

*Balance and unwavering self esteem during ups and downs of romantic relationships:* Escallonia

*Returning sweetness to romantic partnerships:* Sea Aster

*Holding bead on positive qualities during relationship ups and downs:* Sea Aster

*Healing from finished romances so that we can see learning and begin afresh:* Seaside Mahoe

*Help with our romance with God:* Rosa Mundi

*Release from guilt, burdensome memories, insecurities, shame, doubts from old romances:* Seaside Heliotrope

*Faith while searching for romantic partner:* Seaside Mahoe

*Romantic heartbreak:* Wild Pink Morning Glory, Seaside Mahoe

**Sacred Feminine:** The Sacred Feminine

*Actualize Sacred Feminine:* The Sacred Feminine with The Sacred Masculine

*Protect Sacred Feminine:* The Sacred Masculine, Lavender

**Sadness and Sorrow:**

*In general:* Grief & Loss, Love Prevails, Don't Worry - Bee Happy, Montbretia, Pink Water Lily, Borage,

*Strength to continue on with an unburdened heart:* Stanwell Perpetual Rose

*When a consequence of childhood trauma:* Inner Child

*Cleansing the heart of sorrows:* The Mary Rose

**Safety:**

*Concerns about physical safety:* Broccoli, Old Blush China Rose

*Not feeling safe in our physical bodies:* Rosemary

*Finding the sanctuary that has always been within us:* The Arbor Garden

*Safety from modern electro magnetic dissonance:* Golden Armor, White Yarrow

*Feeling safe when things fall apart:* Old Blush China Rose, Broccoli, Bottle Gentian

*Feeling safe no matter where you are, even when feeling exposed:* Pink Yarrow from the Cliffs of Moher

**Sanctuary:** The Arbor Garden, Omey Island

**Sanskara release:** Carry Less

**Sarcasm:**

*Refraining from sarcasm:* Royal Ponciana, Snapdragon

*Return to feeling of innocence after becoming cynical about life:* Baby Blue Eyes

**Scarcity:** All Desert Collection Essences, Desert Gold, Rain of Gold, Tree Peony

**Scatteredness:**

*Bringing all the pieces of self or a situation into better alignment:* The Alignment Garden

*Too much information not grounded in body:* Trillium, Sunflower

*Too much data to sort through:* Spiderwort

*Pulling the threads of a divided situation pull together:* Queen Anne's Lace, Epimedium

*Holding a creative project together with care for all aspects of the project:* Masterwort, Lady's Mantle

*Finding centered calm after being scattered:* Chamomile, Feverfew, Tea, The Arbor Garden, True Wood Sorrel, Ginger, Epimedium

*Seeing significance of events more clearly:* Vetch

**Schizophrenia:** Lauriana Rose, Pyrolla Elliptica, Omey Island

**Seasonal Changes:**

*Seasonal Affective Disorder (SAD):* Elecampane (new summer 2009), Black Ebony, Datura Sunlight

*Difficulty with changes in temperature:* Summer Snowflake

**Seasonal Depression:** Blackberry

**Security:** Old Blush China Rose, The Arbor Garden

**Seeking:**

*Inner seeking:* West Indian Sage

*Support for new spiritual doors to open:* Belerephon of the Open Door

**Seizures:** Flow Free, Watch Your Back ( contains all our Palm Essences), Outburst, Healthy Coat, Honeybees in the White Hawthorn, Blackberry

**Self Acceptance:**

*Self acceptance that one is enough:* Common Knapweed

*Finding the gifts of being you:* Common Scurvygrass

*Self acceptance without doing everything for everyone:* Coffee

**Self Awareness, Self Identity:**

*Finding new and previously unknown inner strengths and talents:* Purple Flowering Raspberry

*Understanding and consciously containing our sacred inner wisdom:* The Sacred Feminine

*Knowing what we need to do in order to be true to ourselves:* To Thine Own Self Be True

*Finding the inner kindness to listen to your body with tenderness:* Hontanias

*Understanding the messages of your body:* Amaryllis

*Finding a true experience of yourself in stillness:* The Sacred Feminine, Tea

*Finding your value because you are not because of what you do:* Don't Worry - Bee Happy, Navelwort

**Self Care:** Hontanias, Caretaker, Self Heal, Sahagun

**Self Confidence:**

*In general:* Showcats, Maple, Cosmos, Pink Yarrow from the Cliffs of Moher, Henry Hudson Rose

*Self confidence for healers:* Hesperides' Gift, Henry Hudson Rose, Self Heal

**Self Discovery:** Purple Flowering Raspberry

**Self Doubt:** Maple

**Self Effacement:** Mehera, All Ego Contracts Null & Void, Pebble Pincushion

**Self Esteem:**

*Knowing your value even when unnoticed:* Spring Sandwort

*Knowing your sweetness is a strength not a weakness:* Dwarf Common Centraury

*Knowing only God defines you:* Maple

*Knowing your primal and eternal value:* Navelwort

*Having a true accounting of your strengths:* Heath Milkwort, Maple

*Letting go the niggling feeling you are not enough:* Common Knapweed

*Self esteem for teenagers:* Common Scurvygrass

*Help to find a gentler view of self so you open to receive more love:* Meadowsweet

*Finding our self esteem after traumatic experiences:* Fremont Pincushion

**Self Expression:**

*Confident self expression:* Pink Yarrow from Cliffs of Moher, Blueberry, Cosmos, Bog Asphodel, Common Scurvygrass, Bignonia

*Clear expression of one's problems:* Bee Balm

*Expression of the heart with the head:* Cosmos

*Orderly and clear self expression:* Orange Hawkweed

*Expression of divine self:* Milkweed, Wild Iris, Cardinal de Richelieu Rose, Yellow Water Lily, Graniana Rose

*Joyful self expression no matter the headwinds:* Irish Heaths

*Speaking truth with calm:* Pavonia Spinifex

*Self expression impervious to others especially tribe members or peer groups:* Bog Asphodel, Goldenrod, Bermudiana

*Self expression at its most joyous even when we feel exposed:* Pink Yarrow from the Cliffs of Moher

*Self expression when people are trying to shut us down:* Wild Rose

*Balanced and measured self expression:* Orange Hawkweed

*Fearless self expression of unique self:* Blueberry, Blue Eyed Grass, Bermudiana

*Balanced self expression of wisdom and power:* Black Cohosh

*Self expression for the shy and retiring:* Showcats, Wintergreen, Chaparral

**Self Judgment:**

*Release from recriminations and self judgment especially if lingering from past life situations:* Buddleja  
*Freedom from all mistaken ideas of self:* The Three Phacelia Sisters, Grape, All Ego Contracts Null & Void  
*Release from self judgment and self censorship:* Crab Apple, Wild Rose

**Self Hatred:** All Ego Contracts Null & Void, Mary Queen of Scots Rose, Crab Apple, Black Cohosh

*Self hatred because we are playing other people's negative tapes about ourselves:* Pennyroyal

**Self Worth:**

*Knowing our own unique value and worth:* Common Spotted Orchid

*Knowing your self worth in an environment in which you do not appear to be a dominant or even relevant force:* True Wood Sorrel

*Unwavering sense of one's own value:* Fremont Pincushion

*Knowing your own strength and worth as a woman:* Wild Red Morning Glory, The Sacred Feminine, Pomegranate

*Knowing your own worth when others have called you "too sweet":* Common Dwarf Centaury

*Knowing your value when you have been used by others:* Fremont Pincushion, Wintergreen

**Selfishness:** Chicory, Ginger, Tree Peony

**Sense of Humor:** Don't Worry - Bee Happy, Eyes of Mary, The Fairy Rose, F.J. Grootendorst Rose, Palmer's Penstemon, Carry Less, Ice Plant, Zinnia

**Sensitivity:**

*Having the gift of sensitivity without getting overwhelmed by it:* Lamb's Ear

*Not taking what others do personally:* Pennyroyal, Baby Blue Eyes

*Tougher skin:* Golden Armor, Wintergreen, Thistle

**Sentimentality:**

*Refusal to let other's sentimentality interfere with our genuine sense of our own value as women:* Motherwort

*Refusal to let sentimentality cloud our memories or keep us from going forward in our life:* Honeysuckle

**Serenity:**

*Serenity in general:* The Arbor Garden, Sarah Van Fleet Rose, Feverfew, Red Rugosa Rose

*Serenity amidst major upheaval:* Bottle Gentian

*Serenity during times of limitation:* Rose a Parfum de l'Hay, Omei Island, Purplemat

**Service:** Caretaker

*Appropriate service:* Solandra

**Sexuality and Sexual Issues:**

*Clarity about our right to say no:* Ixora

*Recovery from sexual abuse:* Red Hibiscus, Abandonment & Abuse, White Hibiscus

*Machismo:* Banana

*Support for sexual differentiation process:* Papaya

*Moving kundalina up from lower chakras:* Clitoria

*Resolving sexual issues in a relationship:* Papaya

*Partnership choices:* Ixora

*Clarity about sexual orientation:* Orange, Papaya

*Guilt or shame about sexual choices or experiences:* Clitoria Ternatea

*Sexual communication, intimacy and connection in a partnership:* Papaya

**Shame:**

*Shame in general:* Meadowsweet, Hardhack, Crab Apple

*Sexual shame:* Clitoria Ternatea

*Shame spirals:* Konigin Von Danemark Rose

*Expressing yourself without shame:* Common Scurvygrass

**Sharing:**

*Sharing yourself openly and truthfully:* Morning Glory, Cosmos

*Knowing there is enough for everyone:* Rain of Gold, Desert Gold, Tree Peony

**Sheltering:**

*Sheltering Love:* Dombeya Wallichii, The Arbor Garden

*Sheltering new ideas, new life:* Red Mangrove, Lady's Mantle

*Sheltering vibration for highly evolved souls coming to Earth:* Babies of Light, Lavender

**Shock:**

*Immediate care after shocking events:* Emergency Care, Animal Emergency Care

*When lots of difficult things have happened and you are inadvertently bracing for the next bad thing to happen:* Coral Pink Rose

*Nervous shock:* Sarah Van Fleet Rose, Feverfew, The Arbor Garden

*When things have been torn apart in our lives:* Maltese Cross

*When we don't feel safe in our bodies:* Old Blush China Rose, Rosemary

*Help to get back in our bodies after shock or trauma:* Spruce, Recovery

**Shyness:**

*In general:* Showcats

*True accounting of one's strengths especially for shy persons:* Common Scurvygrass

*Expressing your heart's truth when shy:* Cosmos, Celandine, Morning Glory, Chaparral

*Help for the shy or retiring person to more boldly live his or her life:* French Grass

**Sibling Rivalry:** Jealousy**Single minded Love and Devotion to God:** Mehera**Skin:**

*Skin in general:* Beautiful Skin, Healthy Coat

*Aging skin:* Beautiful Skin, Mallow

*Acne:* Beautiful Skin, Outburst, Healthy Coat

*Skin irritations, rashes, hot spots:* Healthy Coat, Outburst, Jewelweed

*Wound healing:* Christmas Bush

**Sleep:**

*Sleep in general:* Sweet Pea, Ladies' Bedstraw, Ladies' Bedstraw from Ireland

*Regaining healthy sleep pattern when we have been through a sea change:* Niella

*Circadian rhythms:* Turnera, Niella

*Assimilating data during sleep:* Ladies Bedstraw

**Smoking Cessation:** "Purify Trio" of Purify, Restore & Inspire, Sacred Tobacco, All Ego Contracts Null & Void**Sobriety:** "Purify Trio" of Purify, Restore & Inspire, All Ego Contracts Null & Void, Grape**Social Harmony/Social Interaction:** The Arbor Garden, Sweet Pea, Corn, Meadowsweet, Carouby de Maussane Pea, Plum, Pear, Peach**Sore Throat:** Breathe, Snapdragon, Cosmos, Healthy Coat, Outburst, Aloe Vera, Coral Aloe, Orange**Sorting data:** Spiderwort**Sound healing:** Pear**Sour Grapes:** Grape**Sovereignty**

*Sovereignty over your body:* Ixora

*Sovereignty over your energy system:* Titan, Teasel

**Spine:**

*Spine in general:* Watch Your Back, Snapdragon

*Spiritual spine:* Osteospermum, Goldenrod, Lilac, Heavenly Bamboo

*Flexibility in spine:* Watch Your Back, Heavenly Bamboo

*Moving energy in spine:* Watch Your Back, Flow Free, Boneset, Coralita, Niella

*Managing energy surges during kundalini events:* Clitoria

*Blockages:* Coralita

**Spiritual Awakenings:**

*Staying anchored in our hearts during spiritual awakenings:* California Poppy

*Kickstarting spiritual awakenings:* Belerephon of the Open Door

*Managing the energies of a kundalini opening by grounding them in the heart:* California Poppy, Clitoria

*Confidence we can handle the spiritual awakening:* Scarlet Pimpernel

**Spiritual Breakthrough:** Fireweed

**Spiritual Connection:**

*In general:* To Hear the Angels Sing, Fireweed, Agnes Rose

*Spiritual road map:* Sage, Russian Sage, West Indian Sage

**Spiritual Consciousness:** Belerephon of the Open Door, Allamanda, To Hear the Angels Sing, Epimedium, Fireweed, Date Palm

**Spiritual Courage:** Rosa Mundi, Borage

**Spiritual Direction:** Belerephon of the Open Door, Alba Maxima Rose

**Spiritual Emergency:** Emergency Care, Grounding, The Arbor Garden, Elderberry, Swamp Candles, Russian Sage, Mutabilis Rose

**Spiritual Evolution:**

*In general:* all Camino Collection Essences, Dandelion, Alchemist Rose

*Spiritual growing pains:* Coltsfoot

**Spiritual Fatigue:** Caretaker, Rosa Mundi, Stanwell Perpetual Rose, Alchemist Rose

**Spiritual Flexibility:** Coltsfoot

**Spiritual Freedom:** Ruby Moon Hyacinth Bean

**Spiritual Growth, activates:** Hops (new summer 2009)

**Spiritual Housecleaning:** Phoenix Rising

*Dark night of the soul:* Swamp Candles

**Spiritual Information:** To Hear the Angels Sing

*Harbinger of change, opens door to higher dimensions:* Belerephon of the Open Door

**Spiritual Journey:**

*Courage to take the first step:* Roncesvalles

*Trusting your life's pacing:* Arre

*Lightening your energetic load, being clear whom you travel forward with & who can actually support your growth:* Puente la Reina

*Faith in the emptiness before the dawning of the next chapter when you will find your community:* Belorado

*Realizing we can create an oasis of joy during bleak stretches in our lives:* Mazarife

*Seeing below surface of situation being energetically discerning about gifts and red herrings:* Manjarin

*Finding courage to let old patterns go even as we don't know what our life will look like without them:* Trabadelo

*Finding the strength to leave behind people and places that you have loved but are not part of your growth as a soul:* O'Cebreiro

*For moments of false endings when the spiritual journey is ongoing:* Santiago

*Support when the soul is at the end of a long process of laying down major paradigms of this or other lives:* Fistera

*Kickstart for spiritual journey:* Belerephon of the Open Door, Tuberose

*Spiritual growing pains:* Coltsfoot

*Recognizing we are all on a spiritual journey:* Galicia, Carouby de Maussane Pea

*When spiritual path seems disconnected from your daily life:* Spruce, Passion Flower

*Feeling of waiting:* Arre, Rosa Mundi, Stanwell Perpetual Rose, La Belle Sultane Rose, Omei Island, Thyme from Omei Island

*Intake of new ideas flooding system, downloading information from chakras above our heads:* Spruce

*Only feeling okay when alone or in nature:* Loving What Is, Quatre Saisons Rose  
*Journey beyond paradigm of good guys-bad guys to union:* Cherokee Trail of Tears  
*Support from those who have gone before us when we are suffering on the journey:* Cherokee Trail of Tears, The Sunflower Spiral  
*Confidence everything is unfolding as it is meant to unfold:* White Water Lily, Scarlet Pimpernel  
*Living from your heart and feeling of good cheer no matter what obstacles arise on your spiritual journey:* Wild Thirt  
*Experiencing your spiritual journey as a blossoming not one hurdle after another:* Alchymist Rose  
*Encouragement and a replenishing of love on your journey:* Quatre Saisons Rose, Stanwell Perpetual Rose  
*Spiritual wake up call:* Belerephon of the Open Door, La Belle Sultane Rose, Day Lily, Morning Glory

**Spiritual Retreat:** Moonlight Datura

**Spiritual Roadmaps:**

*Finding our place on the map:* Sage  
*Finding our place on the map in a crisis:* Russian Sage  
*Having others put us on their map:* Celandine, Turk's Cap Cactus  
*Revising our spiritual map of the world:* Coltsfoot

**Spiritual Shifts:** Boneset

**Spiritual Support:** The Sunflower Spiral, Joe Pye Weed

**Spiritual Thread:**

*Following the spiritual thread in a situation:* Vetch  
*Holding the spiritual thread in a conversation especially when it has gotten contentious:* Royal Ponciana

**Spontaneity:** The Fairy Rose, Flow Free

**Sports:**

*Clarity and focus:* Bottle Gentian, Rosa Glauca, Yellow Water Lily  
*Strength and Endurance:* Stanwell Perpetual Rose, Maple, Yellow Water Lily, Alba Maxima Rose, La Belle Sultane Rose, Paul Neyron Rose  
*Flexibility:* Flow Free, Watch Your Back (all Palm Flower Essences), Willow ( from additional Essence list)  
*Following instructions, making course corrections, and learning from mistakes:* Spiderwort  
*Commitment and Follow through:* Alex Mackenzie Rose, Sweet William  
*Orthopedic issues:* Run & Play, Flow Free, Healthy Coat, Recovery  
*Hand Eye coordination:* Grounding, Maple, Lauriana Rose, Celandine  
*Being fully in your body:* Grounding, Nasturtium  
*Accessing athletic talents from other lives:* Inishbofin

**Stability:**

*Feeling physically stable:* Grounding, Chinese Hat Plant, Trillium, Cedar  
*Feeling emotional stability when things are storm tossed:* Red Rugosa Rose  
*Feeling emotional stability when things are falling apart:* Maltese Cross, Bottle Gentian

**Stamina:**

*In general:* Recovery, Wild Thirt , Zucchini, Chia  
*Stamina for leaders:* Alike Rose

**Stillness:** Tea, Trillium, Chamomile, West Indian Sage, Blue Flag Iris

**Stomach/Digestion:** Digestive Woes, Avocado, Loquat, Flow Free

**Storytelling:** Wood Sage from the Burren

**Strength:**

*Strength to keep going:* Borage  
*Physical strength:* Maple  
*Knowing your own strength as a woman:* Wild Red Morning Glory, Motherwort, Pomegranate, The Sacred Feminine  
*Strength to let go of people and places you need to let go of for your journey:* O'Cebriero

**Stress:**

*Stress in general:* Emergency Care, Anxiety, The Arbor Garden, Feverfew

*Handling other people's stress:* Caretaker, True Wood Sorrel, White Chestnut

*De-escalating stress:* Orange, Ginger, Sarah Van Fleet Rose, Feverfew

*High octane stress:* Phoenix Rising, Coral Aloe, Orange

*Stressful time constraints:* Thyme, Thyme from Omey, Mountain Avens, Don't Worry- Bee Happy

*Stress of many deaths:* Arbor Garden, Maltese Cross, Pale Pink Rose, Coral Pink Rose, Old Blush China Rose

*Stressful ups and downs:* Red Rugosa Rose

*Handling panic response:* Red Clover

*Handling fear response:* Old Blush China Rose, Scarlet Runner Bean, Broccoli

**Stubbornness:** Flow Free, All Ego Contracts Null & Void, Pebble Pincushion, Don't Worry- Bee Happy, Loving What Is, Scarlet Runner Bean, Nuuphretia Lavarissa

**Suffering:**

*Harvesting wisdom from suffering:* Jerusalem Thorn Tree, Painkiller Plant, Cherokee Trail of Tears

**Sugar Cravings:** Banana, Peach, Honeybees in the White Hawthorn, Maple

**Sunlight:**

*Integration of sunlight:* Black Ebony, Sunlight Datura

*Integration of gifts of whatever sunlight we get when we do not get enough sunlight:* Elecampane (new summer 2009)

*Seasonal Affective Disorder:* Elecampane (new summer 2009)

*Handling higher vibrational energies coming through in thin ozone areas:* Elecampane (new summer 2009)

**Support:**

*Seeing where your support is coming from in community:* The Sunflower Spiral

*Receiving spiritual help more clearly:* To Hear the Angels Sing

*Backing yourself up:* Goldenrod, Osteospermum

*Getting help to carry your burdens:* Joe Pye Weed

**Surgery:**

*Surgery in general:* Emergency Care, Animal Emergency Care, Recovery

*Help to feel whole if something has been removed:* Omey Island, Devil's Bit Scabiosa

*Wound healing:* Christmas Bush, Angelica

*Speedy recovery:* Thyme from Omey Island

*For animals during surgery if experiencing breathing issues:* Breathe, Animal Emergency Care

**Surrender:**

*Surrendering burdens:* Joe Pye Weed

*Surrendering behaviors triggered by fears that cause us to push our physical and emotional selves beyond balance:* Sahagun

**Survival Issues:** Ginger, Broccoli

**Sustaining Health:** Yellow Loosestrife, Aloe Vera, Self Heal

**Synthesis:**

*Synthesis in general:* Shrimp Plant, Bird of Paradise, Vetch, Corn

*Pulling the threads of a divided situation together:* Queen Anne's Lace

*Synthesize light:* Tuberose

**Talkative:**

*Problems talking too much:* Snapdragon, Royal Ponciana, The Alignment Garden

**Tantrums:** Outburst, Orange, Orange Hawkweed, Trillium

**Technology:**

*Protection from technology:* Golden Armor, White Yarrow

*Understanding the technology:* Lemon, Spiderwort

*Getting in touch with essential self in the face of too much technology:* Navelwort

**Teeth/Gums/Jaw:**

*In general, all issues of teeth/gums/jaw:* Banana, Snapdragon, Pink Baby's Breath, Grapefruit

*Teeth Clenching:* Flow Free, Snapdragon

*Teething:* Pink Baby's Breath

**Telepathy:** To Hear the Angels Sing, Spider Lily, Fireweed, Passion Flower, California Poppy

**Temperature Fluctuations:** Summer Snowflake

**Temper Tantrums:** Outburst

**Tenderness:** Hontanas

**Tension:**

*In general:* Anxiety

*Muscle tension:* Dandelion

*Tension in head:* Grapefruit, Snapdragon

*Tension in jaw:* Snapdragon

*Nervous tension:* Sarah Van Fleet Rose, Feverfew

**Test Taking:**

*Organization of thoughts:* Celandine

*Clear thinking:* Lemon

*Memory:* Memory

*Linking ideas:* Vetch, Shrimp Plant

*Sorting and understanding data, discernment about what matters and what doesn't:* Spiderwort

*Integrating information:* Shrimp Plant, Corn

*Support to be present in classroom:* Grounding, Maple, Clematis

*Managing lots of energy that might otherwise be disruptive:* Orange Hawkweed

*Help focusing even in a busy classroom:* Grounding, Bottle Gentian, Carrot, Lemon

*Anxieties about learning:* Anxiety, All Ego Contracts Null & Void

*Scattered energies:* Queen Anne's Lace, Carrot

**Thicker Skin:**

*Thicker skin about romantic difficulties:* Escallonia

*Thicker skin for empaths or sensitive people:* Lamb's Ear, Golden Armor

**Third Eye:** Goldenrod, Breathe

**Thyroid:** Thyme, Thyme from Omey Island, La Belle Sultane Rose, Flow Free, Blackberry

**Time:**

*Time management:* Gallandia Rose, Spiderwort

*Illusions about time and aging process:* Date Palm, Mallow

*Timelessness:* Rosa Mundi, La Belle Sultane Rose, Don't Worry - Bee Happy

*Experience timeless self:* Omey Island

*Improved relationship with time:* Mountain Avens

*Feeling you have enough time:* Thyme from Omey Island, Thyme

*Adjusting to vibrational changes in time and space:* Gallandia Rose

*Moving in time differently:* Gallandia Rose, Thyme, Thyme from Omey

*Faster healing:* Thyme, Thyme from Omey

*Being in Now:* Thyme, Thyme from Omey, Trillium, The Sunflower Spiral, Mountain Avens, Don't Worry - Bee Happy

**Tiredness:** Recovery, Vitality, Teasel, Chia, Zucchini, Lavender, Rosemary La Belle Sultane Rose, Zinnia

**Tissue:**

*Soothing inflamed tissue:* Healthy Coat, All Aloes, Jewelweed

*Tissue repair:* Healthy Coat, Christmas Bush

**TMJ:** Snapdragon

**Toilet Training:** Amaryllis

**Tolerance:** Maple, Galicia

**Touch:** Papaya

**Transition:**

*In general/all transitional situations:* Transition

*Larger transitions including death and rebirth:* Transition, Pale Pink Rose, Magnolia, Fistera, White Flower from Druid Rock

*Transitions to new:* New Beginnings, Day Lily, Fistera, White Flower from Druid Rock, Morning Glory

*Transitions through menopause and adolescence:* Mallow, She Changes

*Transitions during travel:* Watch Your Back (for flexibility), Summer Snowflake, Fistera

*Help if we are confused about direction to go:* Russian Sage, Sage, Spiderwort

*Experiencing transitions as a joyous blossoming:* Alchymist Rose

**Transplanting to New Terrain:**

*When transplanted to landscape alien to you:* Psychillis Macconnelliae Orchid

*Finding what will nourish you spiritually in your new life:* Rhododendron

**Transformation:** Dandelion, Mutabilis Rose, White Flower from Druid Rock, Fistera, Painkiller Plant

**Transmutation of judgment:** Violet Transmuting Flame Violet

**Trauma:** Emergency Care, Animal Emergency Care

*From group dynamics:* The Three Phacelia Sisters, Goldenrod, The Arbor Garden

*Physical trauma:* Emergency Care

*Emotional trauma:* Anxiety, Broccoli, Maltese Cross, Old Blush China Rose

*Keeping positive during traumatic situations:* Yellow Loosestrife, Borage

*Resolving trauma so vision doesn't get fixed in blurry traumatized place:* Bottle Gentian

**Trust:**

*Trust in God:* Joe Pye Weed, Don't Worry-Bee Happy, Love Prevails

*Trust in self:* Baby Blue Eyes, Pink Yarrow from the Cliffs of Moher, Yellow Mullein, Maple, Wild Rose, Arre

*Healing when your trust has been broken:* Osteospermum, Calliandra

*Trusting your life's pace:* Zubiri

*Trusting the healing flow of life:* Desert Chicory, Love Prevails, The Sacred Feminine

*Trust in your own skills and resources:* Arizona Lupine

**Truth:**

*Having the skills to discern the truth:* Pavonia Spinifex, Spiderwort

*Having the courage to acknowledge and let go of old patterns that no longer serve:* Trabadelo

*Being true to self:* To Thine Own Self Be True, Arre

*Being true to self after sea change:* Bay Cedar

*An open heart as we speak our truth:* Irish Heaths

**Ulcers:**

*Stomach ulcers:* Digestive Woes, Recovery, Immune Support, Healthy Coat, Outburst, Ethereal Fluidium Super Glue

*Emotional component:* Don't Worry-Bee Happy, Anxiety, Carry Less, Feverfew

**Unconditional love:** Caretaker, Black Eyed Susan, California Poppy, Joe Pye Weed, Pink Tecoma, Meadowsweet, Hardtack

**Unfinished Business, resolving:** Bee Balm

**Unity:** Carrot, Agnes Rose, Angelica, Beach Pea, Carouby de Mausanne Pea, Queen Anne's Lace, The Desert Garden

*Authentic self expression in a sea of unity:* Blue Eyed Grass

*Knowing unity with plant and animal kingdom:* Calendula

*Unity of heaven and earth:* Red Mangrove, The Desert Garden

*Feeling unity amidst wrenching circumstances:* Maltese Cross

*Unity of all people:* Cherokee Trail of Tears

*Feeling unity with others because of common humanity not because of common religious, cultural or family backgrounds:* Plum

**Unraveling:** Ladies Nodding Tresses, Coralita

**Vaccination, reactions to:** Recovery, Immune Support, Healthy Coat (contains all our Aloe Flower Essences), Emergency Care, Outburst

**Value:**

*Understanding your unique value:* Common Spotted Orchid

*Understanding you are of equal value as everyone else:* Desert Chicory

**Vanity:** Therese Bugnet Rose

**Veil of illusion:** Gardenia, Date Palm, Turnera

**Vertigo:** Chinese Hat Plant

**Victim:**

*When we have been a victim of another's sexual rage:* Clitoria Ternatea

*Helps us see our own power in situations that might have left us feeling powerless:* Queen Anne's Lace

**Violence, controlling violent impulses:** Outburst, Orange, Royal Ponciana, Feverfew, Orange Hawkweed

**Viruses:** Immune Support, Golden Armor, French Marigold, Teasel, Celandine

**Vision:**

*Vision in general:* Rosa Glauca, Eyes of Mary, Bottle Gentian, Carrot

*Seeing clearly when things are cloudy or in a fog:* Rosa Glauca, Alike Rose

*Seeing things with fresh and unjaded eyes as a child might:* Pink Baby's Breath

*Resolving trauma so vision doesn't get fixed in blurry traumatized place:* Bottle Gentian

**Vitality:**

*Vitality in general:* Vitality, La Belle Sultane Rose, Chia, Calendula, Vitex, Wild Fuschia, Red Currant

*Getting life force to enervated places:* Kidney Vetch

*Restores physical vitality after illness or exhaustion:* Recovery, Chia, Catmint, Chaparral, Wild Fuschia, Bignonia, all Aloes, Zucchini

*Restores vitality when we have overextended ourselves:* Ginger, Quatre Saisons Rose

*Timeless vitality:* La Belle Sultane Rose

*Helps us remineralize our systems when depleted:* Vitex

*Cleanses subtle bodies so we have more physical vitality:* Ethereal Fluidium Super Glue, Alba Maxima Rose, Black Currant

*Vitality at all points in our spiritual evolution or maturing process:* Dandelion

*Restoring vitality for women in particular:* Zucchini

*Restoring vitality for older people:* Senior Citizen

**Vulnerability:**

*Need to be more vulnerable:* Morning Glory, Belerephon of the Open Door, Datura Sunlight, Datura Moonlight, Allamanda

*Feeling too vulnerable:* Pink Tecoma, Old Blush China Rose, Broccoli, Golden Armor, Flee Free, Arzua, Lamb's Ear

*Feeling safe when vulnerable, support when vulnerable:* Arzua

*Opening to vulnerability:* Morning Glory, Belerephon of the Open Door, Datura Sunlight, Datura Moonlight, Allamanda

*Feeling safe to express yourself even when feeling vulnerable:* Pink Yarrow from the Cliffs of Moher, Common Scurvygrass

**Weight Issues:** Flow Free, Neediness, Banana

**Wholeness:**

*Body and soul wholeness:* Claret Cup Cactus, Paul Neyron Rose

*Experience of wholeness when feeling fragmented:* Shrimp Plant

**Will:** Sweet William, Cosmos

## **Winds of Change:** Carolina Thermopsis

### **Wisdom:**

*In general:* Cedar, Gardenia

*Grounding of:* The Sacred Feminine and the Sacred Masculine, Corn

*Wisdom on the long view:* Ginger Thomas

*Harvesting family of origin wisdom from our genetics:* Bloodroot

*Harvesting wisdom from difficulties:* Broccoli, Painkiller Plant

*Harvesting wisdom from what we have suffered:* Jerusalem Thorn Tree, Broccoli, Painkiller Plant

*Harvesting wisdom from life we have let go of:* Pasque Flower

*Inner wisdom translated into wise action:* Corn, Black Cohosh, The Sacred Masculine

*Wisdom about inner journey:* West Indian Sage

*Embodying our wisdom:* The Sacred Feminine, Corn, Rosemary, Claret Cup Cactus, Paul Neyron Rose

*Reclaiming and containing sacred wisdom:* The Sacred Feminine

*Protection of sacred wisdom:* The Sacred Masculine

*Envisioning a world beyond patriarchy:* The Sacred Feminine, Cherokee Trail of Tears, Maiden Apple

*Wisdom and power to jettison all that does not serve us:* Calabash, Trabedelo, O'Cebreiro

*Wisdom about good boundaries in relationships:* Sea Mayweed, Ixora

*Energetic version of the red tent, vision quest for women in alignment with menstrual cycles:* Moonlight Datura

*Wisdom to sometimes simply say no:* All Ego Contracts Null & Void, Ixora, Calabash

*Harvesting wisdom from what we have experienced:* Pasque Flower, Corn

*Wisdom that knows a path beyond disharmony and hatred:* Mary Queen of Scots Rose, Cherokee Trail of Tears

*Strength to be our wisest self in action:* Bay Cedar

*Transformation of grief over romantic loss into confidence about what you learned:* Seaside Mahoe

### **Withdrawal:**

*Graceful withdrawal from situations, places, relationships or communities:* Turk's Cap Cactus

### **Women:**

*Overall health of reproductive system:* Pomegranate

*Clearing blockages in female reproductive system:* Scarlet Cordia for tubes, Eggplant for small pockets

*Ovarian issues:* Pomegranate

*Fybroids and clarity about the use of our creative life force energy:* Pomegranate, Flow Free

*Clarity about creative powers:* Pomegranate, Asclepias, The Sacred Feminine, Motherwort

*Menopause:* She Changes, Mallow, Pomegranate, Honeybees in the White Hawthorn, Sea Lavender

*Hormonal balance:* Honeybees in the White Hawthorn

*Menstruation:* Moonlight Datura, Flow Free, Blackberry

*Fertility & Conception:* Pomegranate, Yellow Rose of Texas, Orange Amaryllis, Blackberry, The Alignment Garden, Clivia, Zucchini

*Working through issues about having children with your partner:* Partridgeberry

*Celebration of menarche:* Moonlight Datura, Pomegranate, Asclepias

*Restoring vitality for women:* Zucchini

*Genuine support for mothers, not sentimental crap dished out by culture:* Motherwort

*Understanding and manifesting new paradigms for women:* The Sacred Feminine

*Standing up for ourselves:* Motherwort, Frangipani, Calabash, Wild Red Morning Glory

*Understanding our immense creative power and role in the new millinnum:* The Sacred Feminine, Wild Red Morning Glory

*Balance use of our feminine and masculine energies so we from our wisest self:* The Sacred Feminine & The Sacred Masculine, Black Cohosh, Chives, Frangipani

*Birth:* Centered Birth, Magnolia, Fisterra, White Flower from Druid Rock, The Sacred Feminine, Calabash

*Letting go of false responsibilities, false obligations to others:* Calabash, Coffee, O'Cebreiro, Puente La Reina, All Ego Contracts Null & Void

**Work & Career Goals:** The Alignment Garden, Turnera, Sage, Russian Sage, Rose a Parfum de l'Hay

*Balance of creative expression in work and family:* Pomegranate

**Worldly concerns, release:** Ginger

**World Weary:** Rosa Mundi, La Belle Sultane Rose, Wild Fuschia

**Worry:** Anxiety, Feverfew, Don't Worry – Bee Happy

*Worry for others: Anxiety*

*When disoriented from worry: Clematis*

*Worry about bad things happening: Coral Pink Rose*

*Worry when it takes the form of nervous habits: Feverfew*

*Niggling worry: Common Knapweed, Bee Balm*

*Easing chronic worrying: Ladies' Bedstraw from Ireland*

*Leaving behind worry without guilt: Don't Worry-Bee Happy*

*A preoccupation with inner problems that keep us from being present in our daily lives: Clematis*

*Worries about aging: Mallow*

*Worries in the night: Ladies' Bedstraw from Ireland*

**Worthiness:** Maple, Common Knapweed

*Healing the illusion that we must do too much in order to prove our worthiness: Solandra, Coffee*

**Wound Healing:** Recovery, Precious Blood, Christmas Bush, Angelica

*Mending wounds in etheric body: Comfrey, Sweet Olive*

*Release of wounds from childhood: Inner Child, Abandonment & Abuse*

*Peacemaking and mending wounds in community: Beach Pea*

**Writer's Block:** all Irises, Flow Free, Asclepias, Inkberry, Clivia

**X-ray & Radiation:** Leopard's Bane (from our Additional Essences list), Golden Armor