

# Freedom Flowers Individual Essences

All essences available at [www.freedom-flowers.com](http://www.freedom-flowers.com)

**Angelica** flower essence helps us to remove any notions or hang ups we might have that tell us we need an intermediary between us and God. If we have set someone or some religious system as a substitution for a direct line of communication, Angelica shows us how we've done so and that this is not necessary.

**Apple** flower essence is an encourager that helps you make healthy choices. Apple counteracts health-related fears such as fear of cancer returning or hypochondria (however mild it may be), but does it in a way that is empowering, rather than being in denial of prudent actions you need to take to ensure health. Apple inspires a positive outlook throughout the recovery process, which is healing in and of itself. Apple is helpful any time you need to regain the balance between body, mind and spirit.

**Apricot** essence helps us step into new seasons in our lives as if we were born ready. It can also help you to be sensitive to the subtle clues that everything is about to change, and how to best position yourself to be the first to reap the rewards. Use Apricot anytime you sense being in transition, especially if you're feeling apprehensive. Apricot can also help with emotionally driven sugar cravings. It helps us be more aware of the real issue and be able to see better ways of incorporating sweetness in life.

**Arnica** flower essence helps deal with emotions that get locked in the body after accidents, emotional shock, or violent experiences. Arnica is the remedy of choice for dissociative disorders, puzzling illnesses or autoimmune diseases that don't respond to other methods of treating the physical symptoms. It helps us to stay present and not dissociate during triggering moments. Arnica is also helpful for use immediately after accidents, to release the shock held in the body's musculature, or it can be used as a release of old "set in" emotional or physical trauma.

**Arum lily** helps in areas of sexual identity and emotional pain regarding one's gender. Arum lily helps bridge the gap between the masculine and feminine qualities within us all and reconciles feelings of ambivalence or negativity towards a specific gender. As spiritual beings first, gender is a relatively new construct and may not have quite integrated into our identity in the case of androgyny. Yet there is much more to femininity and masculinity than physical and biological characteristics. Arum helps to bring these hidden or more subtle aspects forward, imparting a more holistic mindset as well as clarity and appreciation of gender and sexuality. Arum lilies are also supportive for those who are in nontraditional gender roles and needing assurance that they belong and are capable.

**Aurinia** instills a deep security and trust that you are taken care of and that you have already been given everything necessary to succeed in the place you're called. Dreams, visions and other avenues of spiritual awareness help to build a resolve of boldness and fearlessness. It

helps us feel not just more equipped but also eager to tackle things put off for fear of different reasons/lies. Over-responsibility based on insecurities level out to a confident, balanced way of working.

**Basil** helps to restore the sacred aspect of sexuality. It can be used wherever there has been objectification, degradation or abuse, whichever side of it you were on. Basil helps to shift the perspective from a purely physical act to the deepest expression of intimacy. Use Basil if there's any shame or negative feelings toward sex.

**Bear Grass** flower essence clears energetic blockages in the spine. Beneficial for nerve related spinal injuries, back problems in general and headaches. Bear grass can also be a bit of an awakener, bringing creative ideas and dormant talents to the forefront, as well as dealing with some of the attitudes that are not serving us well. This is not always a comfortable situation in the short term, but the long term effects of changing your thinking and your way of operating that are in alignment with your particular gifts are so worth it!

**Bee Balm** is an explosive little energy generator. It ignites passion that we need to carry on with projects or goals, and helps us find joy and inspiration in the day to day. Bee Balm gives you something to look forward to while being able to enjoy the moment you're in.

**Begonia** is a deep heart healer that helps to mend the hurt areas that cause fragmentation. It's a change agent for the subconscious mind, helping to reconcile the event via an older, more wise frame of reference.

**Bird's Foot Trefoil** helps with emotional eating, binging, bulimia and anorexia. It helps us understand the pain in the lives of those who put us down.

**Bistort** flower essence helps with priorities, knowing what to do, and what to let go of. For those with multiple irons in the fire, it helps us switch tasks and reorient quickly and efficiently. Bistort brings a peace and focus to overwhelming projects, helping us take on the "hard" things that we've been putting off. Bistort also seems to have an affinity for dental health (teeth/gums) and the bones in the jaw area.

**Bittersweet's** tendrils reach out in the spirit to pull in and grab hold of parts of us that have been lost or hiding in the shadows. It imparts a courageousness to go deep into the dark places, facing our fears and nightmares to do a spiritual "jail break." If you do any kind of journey work or spirit travel, Bittersweet is an ally in seeing in the dark, and will also help you "allow" these kinds of experiences to happen.

**Blackberry** - Breakthrough and break out! Blackberry is great for the person with lots of ideas and lacking in follow through to carry them out. It helps translate grand schemes into specific plans of action. Blackberry vines push up through rocks and hard earth; they are all about the breakthrough! Blackberry will also have you speaking up for what you want and what you feel is right. Blackberry enables a beautiful balance between too timid and too forceful in speaking your truth.

**Black Currant** deals with a plethora of fear-based issues: fear of risk, fear of change, fears of abandonment, death as well as generalized or unexplained fears and anxiety. In particular it seems to address the fear of non-existence which can be helpful with parts work. Those who

have trouble moving forward in life, who can't let go of the familiar to take hold of something new, can benefit from Black Currant.

**Black-eyed Susan** is the classic anti-repressor. It is a powerful essence for unlocking areas of old trauma, or painful areas that we've walled off ourselves. Black-eyed Susan lends us the courage to go deep within and release those things, which have been trapped in our subconscious. This essence will bring light into the darkest areas, helping you to identify and shed hurts and burdens.

**Black Locust** is protective against energy that is projected deliberately. When we feel vulnerable to attack from others, can feel their anger and negativity being directed at us with intention, Black Locust is strengthening.

**Bleeding Heart** is the key remedy for any kind of heartbreak. It helps release painful emotional attachments and restores balance, helping you live and love with your whole heart, not from brokenness and neediness. A good essence to take when a relationship ends, whether it is a breakup, death, move, or desire to break a cycle of codependency.

**Blue Vervain** is a must for those who deal with tension in the neck, shoulders and upper back. Blue Vervain mitigates the effects of stress coming from mental exertion and focus. Emergencies, deadlines, and intense focus on the task at hand for too long of period can set you up physically for a stress response. Blue Vervain, in time, will help you develop a more balanced way to be successful. Essential for the workaholic.

**Borage** flower essence is excellent to lift heavy hearts and encourage the user. Its action is strengthening and supportive of change, allowing one to trust in higher guidance. It imbues optimism, gladness, courage and enthusiasm. Borage should be used for any situation that is difficult to face, or when you're feeling disheartened or discouraged. Borage is a great heart remedy, opening you to feel greater levels of love and compassion.

**Boxwood** helps you break free of the expectations of others. For those who feel they have had certain behaviors trained into them, and especially if they have been overly compliant to fit into the "box," this essence can help. Strict upbringing, and with a very strong sense of what kind of behaviors, thoughts and opinions are acceptable, can shift into less shameful states of consciousness. You can still mind your P's and Q's, fitting into situations and different company with boxwood while standing your ground where your individuality matters.

**Bull Thistle** helps release negative past experiences with structure or authority, allowing you to see situations more clearly and trust healthy structure and leaders. This essence also helps ease fears of being controlled or confined. It helps to release imprints from past abuse or controlling parents, or controlling structures in schools or religion. A good essence for claustrophobia and for those who use their authority too strongly for fear of losing control.

**Buttercup** helps those who are frequently overlooked to shine forth with full consciousness of their unique gifts and abilities. Buttercup inspires you not to judge yourself based on conventional ideas of achievement, or by comparing yourself to others, but to realize your worth based on who you are, not your outward recognition. This is also a helpful essence for those who have to step into a phase that, by some standards, would be considered a "less important" path. Buttercup shows you how you are successful at whatever stage you're at.

**Butterfly Weed** flower essence helps where there is fear of commitment, frigidity, impotence or sexual obsessions. It aids a multitude of relational issues that boil down to control, boundary issues, losing interest when things get difficult, mundane or too emotionally intimate. Butterfly Weed helps us to come into a deeper level of relationship.

**Calendula** flower essence fosters warm sensitive communication in those who tend to speak harshly. Those who are "too blunt" are better able to find ways of communicating what needs to be said without shredding the other person. It also helps us to recognize the creative nature of our words, and therefore is an aid to writers, speakers, teachers and prayer warriors. Calendula is especially indicated during relationship work, and for anyone whose livelihood depends upon their ability to communicate with warmth and compassion.

**California Poppy** helps those looking for their true spiritual path. It helps navigate between false spiritual experiences and man-made religious systems/spiritual abuse to find a real connection from within your own heart. It also helps with the compulsion to buy new things, gamble, feed addictions, or other attempts to fill a hole in one's heart. California Poppy helps inner development so you can move into advanced states of spiritual experience without being pulled in a direction that serves somebody else's purpose.

**Camas** flower essence helps brain hemispheric balance (right / left). It reconnects neural pathways, clears obstacles and negativity, and is especially indicated for autism, communication issues, focus, grounding and sound healing.

**Catalpa** is a deep heart healer that can be effective either for present wounding or old childhood pain that persists. This one is especially indicated for any type of abandonment, betrayal or feelings of being unloved. For children and adults who are going through divorce or separation, or dealing with a death, Catalpa is a comforter and a reassurance that they are worthy of love, and that love is a force they can never truly be separated from.

**Catnip** improves social interactions bringing a calmness and ease to potentially awkward or unfamiliar situations. In the Victorian language of flowers, catnip signifies courage, and that's the aspect needed to put yourself out there and make new friends. Use catnip whenever you're meeting new people to connect authentically and naturally with them.

**Chamomile** flower essence soothes and releases emotional tension that is held in the stomach/solar plexus region. Even though most of the tension resolved by Chamomile flower essence is held in the stomach and solar plexus, it is also specific for PMS and menstrual sensitivities. A great essence for stress-related digestive disorders, chamomile is helpful with a variety of childhood dramas, from mysterious upset tummies, colic, fussiness and crying. Chamomile is a super soother. For children who insist on being held, throw tantrums, and want everything and nothing, chamomile is the remedy.

**Cherry Plum** helps where there is a fear of strong emotions. It also guards against breakdown, out-of-control episodes and bad decisions based on desperation. It helps users to express emotions in healthy, non-destructive ways and remain calm and rational in difficult situations where they would otherwise explode or come apart. Cherry Plum makes it easier to access spiritual insight that you will use to overcome emotional situations. It also helps you trust that you have Divine guidance.

**Chia** gives us a sense of peace, stability and grounding. Historically the seeds were used as an eye cleanser; we find it bumps our spiritual visions up a notch and gives us a better sense of being spiritually in tune. It also seems to bring balance to our timelines if we are living too much in the moment with little regard for the future, or too future-oriented to be present and enjoy where we're at.

**Chicory** helps with abandonment issues and wounds from rejection or lack of love that result in holding people so tightly that they pull away, creating a vicious cycle. Chicory allows you deal with your own emotional needs honestly and directly and helps you love deeply and completely without any strings attached. It brings a sense of security in all close relationships, and once those close to you feel the release, they too are free to love with no reservations. Chicory flower essence is indicated for children who demand attention and for children who are crying, clingy or throwing tantrums. Chicory teaches about love; it calms neediness by revealing the source of unconditional love— and with that comes new-found security.

**Chrysanthemum** fosters a sense of positive enduring energy throughout the day and helps to bring a better alignment of the spirit in relationship to body and soul. Typically the spirit gets suppressed, and since it has a direct line to God, and wisdom for life and healing, it's to our body and soul's advantage for it to have a more prominent place in our lives. Chrysanthemum seems to mitigate the soul's concerns about letting a radical spirit have its place and a more harmonious triunity can emerge. With Chrysanthemum, Body Coaching goes easier and therefore the ability to fix imbalances through speaking the body back into original design.

**Clover** flower essence fosters intuition, clarity, reasoning skills and logical thinking, as well as proper perspective on life events, which add up to a much better time in this life. It helps us to adjust better to circumstances that are outside of our control, and counterbalances fatalistic thinking. Clover helps us to see where our realm of responsibility lies.

**Coleus** helps increase dream recall. Just as the coleus doesn't need sunlight to be vivid, you don't need the daylight to see clearly about your destiny, your hangup, your potential for averting disasters or seizing new opportunities. Coleus increases the vivid pictures waiting in the shadows.

**Comfrey** reverses the effects of old traumas that have caused a "shut down" effect in an attempt to protect the conscious mind. Its repair of the nervous system can bring about beneficial effects on memory and the ability to receive information through dreams and other avenues of spiritual awakening. May stimulate dormant or atrophied areas of the brain to become more active. Since the nervous system is the bridge between mind and body, you may also experience better coordination, better blood pressure, digestion and healing from broken bones or surgery while taking comfrey.

**Coreopsis** - a flower that reduces cravings, and combats addiction and depression. Coreopsis is in our "Smoke Free" blend, but lends itself well to food issues and is in our "Craving Control" blend as well. It also ups your sense of confidence, strengthens you and helps you deal with stress.

**Cosmos** helps us to translate abstract or emotional concepts into clear speech. It's helpful for those who try to communicate things that are of a spiritual nature and not always easily translatable into practical language for the average listener. It's also helpful for those who get overexcited and the words come out in a jumble, or for those who recognize the difficulty and resort to an overly simplified statement that lacks the depth and intricacy needed for the listener to truly understand. For those who are unfocused, or overwhelmed by trying to communicate, Cosmos helps bring it down to a level where it can be articulated. By extension, as the individual grows more confident in their self-expression, more of the personality can make contact with the higher mental function and be expressed more fully.

**Daffodil** increases sensitivity and connection to the voice of Creator. Daffodil facilitates an illumination and clarity into complicated decisions and identity crises and is the perfect adjunct to spiritual pursuits. It relieves feelings of shyness for those who can't find their voice or are afraid to use it. Daffodil helps you see the big picture and realize where you fit into it. The big picture view becomes necessary in times when we become fixated on an object of desire or, conversely, something we dislike. Both extremes become a stumbling block to receiving undistorted unbiased communication from a higher source. Daffodil also helps cut through negative communications in earthly relationships. It's clarifying action helps you to truly hear what's being said, or not said, allowing you to deal with the real issue.

**Dandelion** works out the knots and stress in muscles. For the hard-driving enthusiastic personality that pushes beyond their physical capacity to carry out intense activity dandelion will tune you in to what your body needs and help you process much-needed inner quiet time. If you tend to throw yourself full on into too many activities, over-plan, or over-schedule, Dandelion is a great balancer for a more sustainable lifestyle.

**Datura** is also a spiritual vision aid that cuts through illusion and works through dreams as well. It makes it easier for you to let go of old ways and increases your faith to step into the new and unknown.

**Dill** flower essence deals with sensory overload. Our present culture tends to distract and over stimulate to the point where we have a type of spiritual ADD. There are retreats for this sort of thing, but the trick is to remain functional in a modern world where sights, sounds and smells come from everywhere all the time. The usual way of dealing is to become hardened so we don't become overwhelmed, but what's needed is to refine and clarify so our senses become a vehicle for revelation. Dill helps put it all together, to discern the whole picture rather than a bunch of sensory impressions. Sometimes when your dream life is too fragmented to form anything coherent, sensory overload is indicated. Dill flower essence can free up your dreams from overload so they can be better used as means of revelation.

**Double Delight Rose** helps us let go of the struggle of our logic mind being able to accept a paradox and grab onto a counter-intuitive path or way of being. The process of getting out of your own way isn't as simple as these statements however. If you have been in a long-term struggle to apprehend and work out a paradox in your life, Double Delight can help. With Double Delight, you may find yourself transitioning to a place of happiness that you've thus far been unable to accept. Double Delight can also resolve generational trauma. (Trauma that you feel, but never happened to you.) When you resolve an issue in place of your ancestor, you free yourself and also your descendants from wounds and hardships that never should have been theirs to deal with. Use Double Delight for closure and release of family, racial or cultural trauma.

**Easter Lily** addresses the spiritual and physical aspects of the reproductive organs, especially in women. It helps when there has been abuse or misuse of sexuality, even on a generational level. This trauma can linger in the reproductive system causing more issues than should be natural. For this reason, Easter lily is helpful for women whose experience of menopause is difficult. This is also a very helpful essence for any woman who needs or has undergone a hysterectomy.

**Echinacea** helps transition from old traumatized self-image to the new, fully-integrated person. It maintains a protection around you while vulnerable weakened state, but doesn't leave you there. Childhood traumas can shatter a person's core identity, causing you to dissociate or adopt a different persona to get through. Echinacea helps restore true identity and wholeness by releasing the old, especially for those who do not feel fully present.

**Elder** essence stimulates the recovery process by building joy, energy, and resilience and is an emotional decongestant. Stagnant, heavy emotional states are relieved and replaced with peace and a strong sense of optimism. Elder also instills a sense of beauty and youthfulness. It's a rejuvenator and strengthener for those who are "feeling their age". It also calms fears and helps you realize your inner strength.

**Elecampane** helps those who feel out of touch with the general population. It helps you be comfortable being yourself in social situations and also enhances self-worth. It brings a stronger sense of individual identity and helps you integrate new information and experiences.

**Evening Primrose** helps heal emotional pain absorbed from the mother in the womb or in early childhood. It is especially recommended for those who were adopted or unplanned causing stress *in utero*. It opens the ability to form deep lasting relationships by dealing with issues of rejection, fear of commitment and parenthood, and difficulties dealing with sexual and emotional feelings. It promotes healing of early childhood trauma and helps users develop greater emotional intimacy with others.

**Feverfew** supports change and helps regulate hormonal disturbances. It brings out strength and tenacity and instills calmness, softness and serenity.

**Filaree** is a tiny little flower for those that hyper-fixate on details. It loosens up perfectionism, and helps you have a wider and healthier perspective on life. Filaree helps us let go of control, and put our attention back on what's really important when we get hyper-focused on the insignificant. This is our best flower for OCD, helping to redirect obsessive energy towards more productive endeavors.

**Fireweed** is about springing up from the ashes with new passion and purpose after devastation. It is the first plant to re-grow after forest fires and other severe disturbances and is a great remedy for "burn out." Its action helps you recover your true purpose in life and can help you clear out old habits, behaviors and armor that aren't serving you. Fireweed is about restoration on the deepest level, supporting an immediate rekindling of vitality. We find it helps many people with migraines.

**Fleabane** is for those who suffer from depression and negative thought patterns. It uplifts and brings clarity, lightness, openness, cheerfulness, and a positive desire toward change. It is a bit similar to Yarrow in that it helps “seal” us up where we’ve been too porous and vulnerable but its action is more on the protection against the undertow of sadness, pessimism and hopelessness.

**Gaillardia’s** essence is that of a survivor. Part firewheel, part security blanket, Gaillardia helps us shift from a recent blow or trauma to peace, comfort and a quick regrouping to a new path or focus. Gaillardia doesn’t make light of what you’ve been through, as some essences almost have an “erasing” quality. Gaillardia seems to empower you to stand unwavering in the face of opposition or trials with strength.

**Goldenrod** instills self-trust and confidence especially in those who don't have a strong sense of their individual identity. A key to identifying this type of personality is the individual modifying to fit whoever their present company is. We cannot help but derive our identity, value, and meaning from external sources, however, Goldenrod will help where affirmation and attention is needed, it helps one to stop seeking peer approval and gain inner strength and conviction about who they truly are.

**Golden Yarrow** is for the social and mental aspects of relating to others without feeling vulnerable. Helps you to interact with others from a place of strength combined with sensitivity. It's especially good if you are one who puts up walls when in relationship with other people.

**Habanero** brings clarity when there is mental fogginess, absentmindedness, forgetfulness or inability to focus. It does this by clearing out repressed trauma, which results in a greater flow of energy throughout the body and a mental awakening. This essence may require you to process some things that you have suppressed in the past.

**Harebell’s** lesson is that you are good enough, just as you are, worthy of your Creator's unconditional love, and to stop seeking love in the wrong places, and compromising who you really are in order to get it. It helps you realize Creator's heart and timing, and allow things to fall into place by resting in faith rather than trying to force things to happen. Harebell also helps those who have a hard time opening their heart to others. By receiving true and pure love from the Source, you are able to let it flow freely to others.

**Horseradish** puts you back in the driver’s seat. You *can* move forward and change direction. Feeling stuck, feeling like a victim of circumstance, feeling frustrated or fearful? Horseradish powers through all that. You'll have to take responsibility for your situation, but Horseradish will build you up, fire you up, and move you out of your current rut by dislodging fear, low self-esteem and blame-shifting.

**Hyssop** addresses guilt and shame-based issues and all their cousins: self-sabotage, self-blame, fear of being judged, perfectionism and unworthiness. Hyssop works within the structures of thinking we’ve created to reverse the internal judgment and self-condemnation we fall into. Some degree of judgment is necessary, but it's not to be held on to and continually revived. This kind of self-punishment creates a barrier toward receiving the good in life. Hyssop is especially wonderful for those who grew up in a guilt-based religious system, which has become a stumbling block to true relationship with Creator.

**Iceberg Rose** helps to heal the effects of sexual abuse or harassment and restore a sense of purity and innocence. This essence encompasses all ages and genders but seems especially

useful for children, who can be sensitive even to an illicit intention. Adults who experience frigidity or lack of emotional involvement connected to sex can benefit from Iceberg Rose, whether they recall an abusive situation in the past or not.

**Indian Paintbrush** is a stimulator of creativity, passion, vision and self-expression. It's useful to jump start the creative process but also to see it through. It helps us to meet our own needs during intense times where we tend to overlook basic things like eating and rest because we are busy doing our thing! We are all creative beings whether we consider ourselves artists or not. Indian Paintbrush will make you a sustainable one.

**Indian Pipe** has a quiet solemn energy bringing heightened awareness of our ancestors, familial spirits, Holy Spirit, and our place in the spectrum of time. It helps us tap into networks that exist across other realms and find resolution with the shadowy parts of our past and of our generational line. The spiritual crisis referred to as the "dark night of the soul" seems to be a rite of passage on the journey toward union with God. Indian Pipe does not dismiss it, the only way out is through, but it does contain the blueprint for how to be sustained through a higher source while being in the dark.

**Iris** flower essence helps with creative blocks and frustration or lack of inspiration. It can ease mental strain and lack of flexibility from being too deep in left brain dominant activities and not finding one's way back to creative flow. Another of its benefits is balance for people who tend to use food as a drug. It gets at some of the emotional components to hypoglycemia, helping you establish right boundaries with others.

**Japanese Knotweed** helps focus divergent personalities into a more energetically harmonious whole. Whether these personalities are a family, organization, business, church or other group attempting to collaborate and get things done, or one's own internal system with parts who are frustrated and misunderstood, Knotweed can help grow a sensitivity towards others and a sense of "team." It also can help the team tap into higher guidance to help with the overarching goal.

**Joe Pye Weed** resolves issues involving resistance to solitude and prayer or meditation time, for it is when you are alone that you meet God. There can be a conscious or subconscious aversion to what might happen in those moments based on old fears, religious programming, logical predispositions, and questions you think you may not want the answer to. Joe Pye eases the resistance to moving toward the unknown, and allows an assurance of safety to surface. The types of fears that Joe Pye confronts are fears that are associated with kidney and bladder problems so it has a cleansing and stimulating effect on these organs. Other benefits to taking Joe Pye Weed are healthier friendships with others. Find it in our "Dream Drops" and "Open Ears" blends.

**Kerria** helps balance and stabilize emotions, especially in cases of excessive mood swings and rage. It helps to counter polarized moods, bringing a healthier sense of self and personal power. Find it in our "Anger Management" blend.

**Klip Dagga** is calming, strengthening, and adds will power to the person struggling with addiction. Its latin name Leonotis is after a lion, and a lion is the essence disposition. It helps you face problems head on with the heart of a lion.

**Larkspur** flower essence is a great ground for leaders. It helps with the dualistic yet often unbalanced or opposing roles of the magnanimous charismatic side and the humble inspiring servant leader. Larkspur helps you orient and ground your values into the way that you lead, and express your mission in a way that encourages and inspires others.

**Lavender** flower essence helps quiet the mind. It helps you learn to balance your mental/spiritual/physical energies to be more effective through each phase of resting, and helps keep you active mentally and spiritually. A side benefit of Lavender is that it can release tension in the neck and shoulders.

**Lemon Balm** facilitates a deep natural relaxation. It eases the velocity of the mind, helping you slip into an alpha state more easily. Lemon Balm also moves anxiety out so revelation can surface. Lemon Balm is great for children unable to relax or slow down. Calms fears and helps regulate the sleep cycle. Lemon Balm flower essence is a restorer after stress from modern civilization and from being around too many people or stretched too thin. There may be anxiety over something obvious or anxiety over something lurking in the background of the mind. Either way, Lemon Balm helps release peace of mind, usually through dreams.

**Lettuce** is a great calmer and helps you communicate clearly and focus. Soothes the central nervous system and eases external stresses. Lettuce also helps unwind kids who are overtired or hyperactive or too wound up to play constructively.

**Lilac** helps those who won't let others help them. They can't delegate work. ("If you want it done right, you have to do it yourself.") These people carry a tremendous load and often have back problems. Lilac is often used in conjunction with chiropractic care to help an adjustment hold.

**Lovage** helps make continual progress in a positive direction. It's all about growth, less talk, more action. Lovage helps you move forward despite fear when called out of your comfort zone. Use Lovage when there is uncertainty about the direction you should take because Lovage will bring a resonance of strength, joy, and confidence.

**Love Rose** - It's been said that the opposite of love is not hate, it is control. Love Rose would tend to agree. It helps users to allow others space to think, believe and have differences without a need to "be on the same page" or control the other person. It helps with accepting what can't be changed, not getting eaten up by disagreements, allowing other people to think what they want. Truly a Freedom Flower.

**Lungwort** helps those who lose their breath in anxious moments. It is useful for many types of breathing difficulties, especially when there is an emotional counterpart to the physical symptoms. It is a valuable counterpart to breathing therapies and disperses energetic blockages in the airways.

**Maltese Cross** has large flower heads made up of loads of little red crosses. The signature of this plant denotes that it's applicable any time you need some disaster relief, or the ability to remember to stand in faith for what is rightfully yours in life. Maltese Cross flower essence renews our confidence that the events in life that are designed to shatter us, are actually the things that can catapult us forward, set us free and bring us back stronger.

**Malva** aids in stopping the cycles of rejection. For many of us life is always about what we perceive things to be and not what they necessarily are in reality. An initial trauma of rejection

can sensitize a person to further perceived "slights" any time another falls short of what is expected in the relationship. This can cause distancing, "I'll leave so you can't hurt me." or hostility which prompts those they are in relationship with to also become defensive and withdraw. The cycle completes with the person feeling justified in their initial perception. Malva helps to desensitize, soothe and unravel the reinforced patterning. Stopping the rejection cycle is the only way to obtain what's needed through relationships. Malva prompts the bravery needed to stay and experience the reality that's beyond the initial perception, and melt away the feelings of paranoia and not being loved.

**Marie Pavie Rose** goes to very difficult to access places and helps parts of the soul in deep bondage to surface and heal. It instills a sense of peace amid the sometimes tumultuous emotional processing of old trauma. It enables you to hear your soul parts and fragments and help them to heal. For SRA survivors, it breaks down energetic blocks and other high tech stuff used to keep alters from communicating with each other as well as the core personality. It facilitates more restful nights for those who tend to have spiritual battles when they need to be sleeping.

**Missouri Primrose** reaches back to our childhood, helping us to reframe some our circumstances. Many of us were told we would never amount to anything, or that we were any number of things that would impose limits on us. Others may have grown up with an overall lack of love, abuse, strict religious teaching or other ways of ensuring we would have a battle over our worth. This sets us up to feel undeserving anytime good things come our way. Beliefs that something bad is going to happen because things are too good come from this place, but Missouri Primrose is a master at reshaping all the childhood stuff, reinstating our worthiness and helping us learn to receive and to self-nurture.

**Milk Thistle** helps you forgive and let go of anger, especially in cases of longstanding family problems. Just as the herbal form of Milk Thistle detoxes the liver, the essence form detoxes negative emotions that are stored there. It is effective whether you're in touch with your feelings or not. This essence brings on the dreams; it offers a cathartic release.

**Moonbeam Coreopsis** is an excellent essence to use during recuperation, whether it's post operative, emotional, physical, mental, or spiritual. It facilitates heart rebuilding and depth of the healing process that goes beyond the obvious. Many times we have physical symptoms that are related to much-deeper heart issues. This is an essence that energetically wraps around you and gives you a reassuring hug, helping you receive healing on a deeper level.

**Moonshine Yarrow** - Sometimes when we're angry, we're simply mirroring what's going on around us and making other people's dissatisfaction our own. This can become a vicious cycle as empathetic people mirror the issues another is displaying that they don't want to look at. This leads to scapegoating, you feeling worse and the cycle continues. Moonshine Yarrow helps keep you immune to other people's anger and negativity.

**Mullein** amplifies your ability to connect with the still small Voice, especially in areas of right and wrong and fulfilling your purpose. Decision-making becomes clearer and your ability to stand strong and stick to your guns is enhanced. Mullein allows a calm certainty and sense of protection as you walk your unique path. For anyone who is indecisive, or who has difficulty recognizing the voice of God, Mullein has a way of clarifying. The grey scale goes away, and you can move into action with confidence.

**Nasturtium** rebalances people who have been deep into intellectual pursuits to the point of exhaustion and feeling disconnected from the world around them. Nasturtium is a great way to wrap up a school year or handle burnout at an overly intellectual job. Nasturtium sometimes can be a help for OCD, CFS and metabolic disfunction.

**Nettle** takes the sting out of past trauma and helps you identify toxic circumstances in your life. It helps where we have become oversensitive due to old hurts and get angry, feel tormented, and subsequently disconnect from others. It's especially indicated for those who came from broken homes, abuse situations or other disturbances to the family unit. If you have present emotions that seem unreasonable given your current situation, trouble maintaining healthy relationships, or generally feel misunderstood, Nettle can help release the pain that's locked in as well as help you have proper social boundaries.

**Nicotiana** - Yes, it's made from the tobacco flower. Nicotiana flower essence has a long track record of working with addictions, predominately to cigarettes. It helps by strengthening an addictive personality (those who need a substance to cope) and making it ok to feel the feelings. Being tough and cool is overrated. So is being the loner. Nicotiana is connecting and grounding, softening and even as Native Americans know, a peace maker.

**Old Master Rose** essence helps us release old familial attitudes, judgements and belief systems that are irrelevant in this day and age, or don't serve us well. Rivalry between ancient Scottish clans that have no modern reason to still have animosity, could be an example. Sometimes there are some residues and knee jerk reactions that have been handed down the family line that Old Master can dislodge.

**Onion** flower essence is great for the grieving process. Onion will get you crying if you need to cry and stop you up if you can't quit, or if you're holding on to pain excessively and need to move on. It's great because you don't have to try and figure out whether you're reacting appropriately or not; it will balance you. It's very important to grieve fully and completely but you don't want to be crying forever. Onion will help you do what is right for you. Onion is your fastest route through the grieving process. It helps you access your emotions, express them completely and then move it on out. It works equally well on present situations and on past grief that has been bottled up.

Much like our regular Chrysanthemum essence, **Orange Mum** fosters good energy throughout the day, and helps the soul/spirit balance and works for Body Coaching. Orange mum in particular seems a bit more active on the physical aspect of the spirit/soul/body combo. It seems to be a regulator of different functions that are either cyclical/rhythmic such as breathing and women's periods or fluid related like mucus production/hydration.

**Oregon Grape** heals patterns of conditioning that are instilled in us, conditioning that tells us we aren't safe in relationships and can't let our guard down. Oregon Grape helps you see the good intentions of others and disrupts paranoid thought processes, allowing trust and love to flourish.

**Parrot Tulip** flower essence brings about an upbeat positive mood, brimming with get-it-done energy. It helps you find humor and optimism everywhere and enhances social situations. If you're an introvert that has to be around a bunch of people, this will help you "extrovert" temporarily. If you have to navigate difficult personalities, Parrot Tulip will help you maintain a good attitude and shrug off the naysayers.

The name does have bearing, some of our testers found that when tossed into difficult situations, they were quickly able to recall and repeat bible verses, affirmations and mantras to better face the issues.

**Pear** promotes an internal peace, so your inner warrior can rise up and confidently confront your issues head on. Pear also works within relationships to bring resolution.

**Peppermint** helps bring mental clarity to those who have trouble concentrating when tired. Helpful for the post-lunch slump, as well as those who need alertness without stimulants. Good idea for shift work or winter blahs.

**Pink Bougainvillea** builds a joyful, positive attitude. It's refreshing, grounding, and encouraging for those going through healing or personal growth challenges, helping us roll with the punches. It's heart action is like a very gentle balm, it's not heavy-handed in dealing with trauma, therefore those effects might be best realized over time. If you need a little happy-go-lucky pick-me-up, this might be the one!

**Pink Yarrow** aids in discerning one's own emotions from what's being picked up from others. Helps you set healthy boundaries while remaining compassionate.

**Plantain** flower essence helps us to release bitterness and resentment and have better tolerance around other people. It dissolves negative and repetitive thought patterns that keep us stuck in old cycles. It changes "biting" words into a more positive means of communicating as well as healing wounds inflicted by others. It's the "get along" essence.

**Plumbago** helps people pleasers who often operate under obligation. Those who need Plumbago easily accept shame, blame and guilt and deal with a level of unworthiness which can shut out blessings. For us to be able to succeed in life and forge ahead, we need to be able to move past our failures and disappointments. Plumbago helps us to let things take their course and keep moving forward despite our mistakes. It also helps where we've lost trust in our own judgement or intuition. Plumbago also helps to restore a sense of autonomy, confidence and deservedness while keeping the empathy and sensitivity to others needs.

**Potato** helps you take your deep spiritual experiences and bring them into reality and practice. This is a good essence to help your spiritual growth continue at a steady rate. Potato counteracts spaciness, daydreaming, escapism, and trouble seeing the big picture. Potato is grounding, helping you make sense of new or abstract concepts so you can integrate the information into your everyday life. With Potato, the phrase "so heavenly-minded you're no earthly good" comes to mind. The truth is being heavenly-minded makes you a lot of earthly good, but only if you can bring it down to earth in a practical manner. Potato helps you hold on to those insights and act accordingly.

**Prickly Pear** flower essence helps lessen emotional reactivity toward change. It brings an ease where we have been trying to control all outcomes by helping us relax and realize that our best path through is surrender. It helps us focus on the resources at our disposal instead of what we don't have. For that reason it's perfect for people who tend to over buy, over eat, or otherwise over-resource themselves in times of uncertainty or confusion.

**Purple Archangel** is all about getting things in order. It's a clarifier of the complex, aids in understanding and decisive action, and simplifies and grounds those who are stuck in chaos.

Good for those dealing with creative blocks, those who are trying to get organized, clean house, or those who feel worn out by work or excess activity. Helps those going in a hundred directions at once and feeling the need to decipher what is worthwhile and what is not.

**Pussy Willow** helps regain balance and flexibility when there has been too much *doing* and not enough *being*. In today's society, we tend to create high-pressure situations, trying to cram it all in at the expense of relaxation. Too much pressure causes us to become rigid and resentful and eventually crack, much like a willow that is no longer tapped into a water source. The positive side of willow is creativity, flexibility, increase in intuition, patience, kindness, grace and a proper balance of right brain/left brain functioning. Pussy Willow helps find new ways of operating, new ways to organize our days so we can enjoy a balanced lifestyle that is conducive to love and comfort, flowing in proper timing and rest. Pussy Willow also helps us engage our 5 senses, helping take in life and all its sensual pleasures more fully.

**Queen Anne's Lace** is beneficial for anyone wanting to amplify or activate a "seer" ability. For those who already have a strong gift in this area, Queen Anne's is grounding and balancing between realms. It also enhances discernment and brings the balance between "woo-woo" and rational thinking. Queen Anne's Lace has been reported to clear up physical vision problems as well, when the cause is psychosomatic.

**Red Chestnut** is indicated anywhere there is over-concern for another person. This usually happens in a parent-child relationship, but can occur anywhere there are repetitive or obsessive thoughts and worries over another's well-being. Those that need Red Chestnut often have a hard time with trust in a higher power because the world is a scary place to them. They imagine the worst rather than hoping for the best. Red Chestnut can shift the perspective over time to replace worry with faith.

**Red Clover** helps you stay calm and think clearly in the midst of pandemonium. Other people's negative energy has a tendency to capture us as well. Think of Red Clover as an inoculation against mob mentality.

**Rose Campion** is an interesting essence to accompany healing work within the bloodline. It seems to enlighten us to our choices of what to receive from our lineage as well as open our hearts where there has been lockdown between the generations. It helps heal woundings that cycle throughout the generations. Rose Campion opens pathways between generations via love and forgiveness. For best results, pray, dream, vision and travel through your bloodline for revelation of what's there. Through these passageways we can receive healing as well as our spiritual inheritance.

**Rosemary** is an aid where traumatizing situations have caused a disconnect from the physical realm. For those who don't feel entirely present or in tune with their bodies, Rosemary can bring about a greater healing and sense of safety for soul and spirit to inhabit its earthly temple. Forgetfulness, spending a lot of time out-of-body and hypoglycemic tendencies may be indicators of old trauma that has convinced you that it's not safe to be in the here and now. Rosemary is known as the "herb of remembrance" and it calls you to remember that you are a spirit and soul that has a physical body. I can't not let the re-member pun go by either, as it helps your reacquaint with every member of your body. Rosemary has a social aspect as well, helping you to reintegrate into your place as a member of a society, network or community.

**Rue** helps us identify deceptive and abusive behavior masquerading as good intentions. It replaces blind faith with true discernment involving those who are impacting our lives or well being. Rue helps us shake off gaslighting, brainwashing and other mind games and change the roles we play in the wake of narcissists, those in positions of authority and charismatic personalities with hidden motives. With Rue, we're more able to see where our boundaries have been lax. Rue's botanical name is *Ruta* and comes from the Greek word "reuo" which means "to set free." Rue helps us see the truth about our relationships and leaders, and the truth sets us free.

**Russian Sage** moves us into a spiritual maturity by helping transition us out of a state of confusion, desolation, and barrenness. It opens up the respiratory system and sets our hearts aflame with love, our affections, gratitude, and joy moving and diffusing upwards, and set on things above, not to be diverted or distracted by the winds of adversity. To be in tune with the Russian Sage frequency is to live from a place of overflow, abundance and lightness. Issues of unworthiness quietly move out, as easy as exhaling.

**Sage** flower essence helps us draw on wisdom, and enhances the capacity for deep inner peace. It helps us take a step back and look at our life through a higher perspective, while at the same time bringing it down to the nitty gritty of where you are and how best to proceed. Sage's ultimate help is through enabling the user to distill this wisdom down to a model for counseling or teaching others.

**Scotch Broom** encourages optimism in those who are in a pattern of depression over world events. Brings a little sunshine into the doom and gloom perspective, adds hope and optimism for the future.

**Self-Heal** strengthens your resolve and puts you in charge of your recovery process with a newfound faith for healing. It is a very beneficial remedy for those who face physical, mental or spiritual healing challenges, or anyone who is trying to take better care of themselves. In addition to intuitively tuning you in to what you personally need for healing (never mind the gurus) it helps you take charge and do the things that you know you need to do to be well, and do them consistently. Sometimes the recovery process is hard. Self-Heal is your personal motivator and cheerleader, instilling in you the will to keep moving forward.

**Shasta Daisy** helps you see how everything fits together into the big picture. Helps you pull pieces of disconnected information, ideas and concepts together into a cohesive whole. Excellent for writers, researchers and teachers who need to produce comprehensive, understandable presentations. It's also perfect for multi-taskers and anyone who has to keep track of lots of projects or information. Shasta Daisy assists with compartmentalized emotions and thoughts, helping you reintegrate and become "whole" rather than shutting down or sectioning off feelings that you can't deal with. Being able to see the big picture can reduce anxiety. Shasta Daisy has been used to prevent panic attacks. Shasta can also restore "wholeness" in relationships by allowing you to see the big picture there too, rather than focusing on winning arguments. Find it in our "M&M" blend.

**Shooting Stars** help those who feel very different from those around them, as in profound alienation or other worldly. They haven't quite mentally or emotionally connected with the earthly realm. Many have had difficult or traumatizing births or womb trauma. Often there is a constant

though not always obvious battle for them to fulfill their destiny or purpose, especially early on in life. This tends to show up as childhood health issues, and the disconnect between them and others or between them and the Divine as well as a disconnect from their true identity and mission to earth. For a Shooting Star personality to step into their purpose, they have to battle initially through a fog of having a strong sense of purpose though not knowing what exactly it is, then potentially fear of ostracism, ridicule or even martyrdom. Shooting Star will help you recognize why you are here, and help you to stand in your identity in the face of opposition, as well as feel more connected to the earthly realm and those you share it with.

**Skullcap** helps those who are in self-hatred, self-critical, or neglect themselves. It's ideal for parts work, easing into those areas that you've not been able to fully accept about yourself usually due to early trauma. It reinstates sensitivity where there was numbness, and allows self-forgiveness and self nurturing to happen. We're also seeing possibilities of helping with parts that seem absent. Skullcap has a history of helping people overcome addictions, allowing us to find healthier ways of coping, and reducing the emotionally driven cravings and withdrawal symptoms.

**Snapdragon** flower essence helps release tension in the jaw area from withholding words; and for those with less self-control when it comes to letting abusive words fly. Sarcasm, criticism, teeth grinding, TMJ and the need to eat hard, crunchy, or chewy things or bite nails can indicate a need for Snapdragon essence.

**Solomon's Seal** helps you relinquish control and attachment to outcomes so you can go with the flow. It helps you move through disappointment and frustration quickly so you can refocus and adjust your way of doing things. It helps you learn from mistakes, adapt to unforeseen circumstances, and work effectively with things outside your control.

**Sow Thistle** helps you deal effectively with inappropriate behavior, whether you are the problem, or another person is. It helps you stand up to bullies and is helpful in reconciling issues in group situations. Think of Sow Thistle as anti-domineering. Whether it's obnoxious, pushy behavior, or a more subtle controlling relationship using manipulation or smothering, Sow Thistle brings it into clear focus, helping you make healthy changes. Find it in our "Anger Management" blend.

**Speedwell** helps people who are moving too fast, having trouble living in the present. Instigates stillness and focus. Speedwell increases spiritual insight and awareness and helps you go at the "right speed". It brings a sense of calm in the midst of chaos and allows you to rest. Speedwell teaches that you can cover a lot of ground by focusing on small tasks consistently without rushing. It also allows you to "see" ahead and maintain objectivity with regard to the vision. Many times when we receive revelation from the spiritual realm, we immediately try to get it to make sense through leaning on our own understanding. Our grids for understanding come from past experience, what we've been taught, religious doctrines, and emotional or cultural mindsets which can color the vision and lose the true meaning in the translation. Speedwell keeps you grounded and better able to see it for what it is.

**Star of Bethlehem** is the classic trauma essence. Whether old trauma or new, it helps you find reassurance and rapidly neutralizes trauma. Practically all of us experience shocking events in our lives. Star of Bethlehem reverses the "shutting down" effects of trauma and helps the user regain the ability to cope with circumstances with mental clarity and inner strength.

**Star Thistle** aids in feeling and focusing on abundance rather than lack. It gives us the ability to give freely and spontaneously to others, as well as receive which is often harder. For those who have money worries or a tendency to “tighten up” and be fearful during financial stress, hoarders or anyone who feels there is not enough to go around will benefit from Star Thistle.

**St. John’s Wort** has to do with light in every sense. We use this on people who are sensitive to light, who are afraid of the dark, and who are deprived of light such as in S.A.D or graveyard workers. Saint John's not only deals with external physical light, but brings light inward illuminating your soul. The Greek name for this plant is Hypericum (also its Latin botanical name), which means "over a spirit." It has a very long history of offering spiritual protection, protection against nightmares and helping people face darkness. I believe this to be more of a solidifying of courage and authority rather than a mere superstition. The common name came about because its peak harvest time happens on St. John's Day. Whether you're harvesting for a flower essence, or as an herb, the flowering tops are used. When the flower heads are picked, the plant oozes a bright red sap, depicting the beheading of John the Baptist. This signature refers to helping one keep their head, or spiritual authority at times, when there are negative spiritual influences seeking to cut us off.

**Sweet Cherry** is a broad-spectrum negative emotions essence, dissolving fear, anger and frustration. It strengthens you to see goodness and softens your heart toward others. It takes down walls of self-protection that keep you from relating properly with others.

**Sweet Chestnut** – For those dark nights of the soul when intense despair and the feeling of being utterly alone are pervasive; having no sense of understanding from others and no sense of higher guidance; feeling there is no way out, no hope; at a breaking point. Sweet Chestnut helps break down old patterns and belief systems, restores faith and helps you realize you’re on a new path and that change is possible.

**Sweet Pea** helps with finding a sense of one's place on earth and true social bonds. Useful for frequent travelers who are homesick, military families, and those who move from one thing or people group to another without becoming truly involved, Sweet Pea offers a sense of roots and connectedness. Sweet Pea is also a great aid for kids and pets that have just undergone a move and need to settle in and make new friends.

**Sunflower** works on father wounds and heals distortions in relationships to those in authority. When we grow up with a conflicted relationship, or lack of relationship, to our fathers, it plays into self-esteem issues. We also tend to project the natural relationship we had with our fathers onto how we see God. None of us had perfect fathers in the natural; our issues may cause a block in our ability to receive from the Father who *is* perfect. It also impacts where insecurity is an issue, where the person continually tries to convince others of their value. Sunflower is corrective of both insecurity and pride, bringing the person into balance in the grand scheme of things.

**Sweet William** aids in stopping cycles of negative thoughts regarding past woundings and dwelling on or stirring up pain. We can build up false expectations either by being sure we will always get hurt, and also perceiving every little misstep another does as a purposeful stab. It sets the stage for more realistic expectations in future relationships.

**Tansy** helps ward off procrastination and indecision. When you experience chaos, emotional instability or violence, it’s normal to back away and withdraw. On the surface, this looks like

apathy and laziness, but it may be symptomatic of a deeper issue, perhaps one ingrained from childhood. Tansy addresses the functional side of the core personality after fragmentation, and helps you feel empowered and purposeful, with fresh energy and an attitude conducive to success. It helps users take decisive action and helps them get back in the game.

**Teasel** is for depleted, emotionally-exhausted people. The key thing with this remedy is loss of energy through any emotional condition, strained relationship, or long term illness. Another plus of Teasel is that it gives you the good sense to live and work in the livelihood you're called to. When you're working in the wrong field, your energy isn't being restored. Teasel helps find the place that resonates with your spirit. Sometimes when taking Teasel, a person may become solitary or withdrawn. This is all part of the process. It's a place of restoration and reflection of how to change situations, relationships and your behavior to a more sustainable lifestyle. The key indicator for Teasel is loss of energy, aches and pains. There is also a lot of documented use of Teasel flower essence as a complementary therapy for Lyme disease. Teasel helps children learn to regulate their energy, for those that are hyper-active and then drop when exhausted. Helps deliver a more moderate pace for playing and resting.

**Thimbleberry** – “Que sera sera”, Thimbleberry supports an easy going, "look on the bright side" mentality and gives you the ability to be unfazed by difficult circumstances. Thimbleberry supports a detachment to imagined outcomes, with the philosophy that everything ultimately works out for the best. Increased awareness of angelic activity adds to the confidence that the details are being taken care of. It lets you flow through life with positivity, joy and gratitude.

**Tiger Lily** helps balance mood swings and hot flashes. It brings stability and harmony by allowing the user to let go of hostility and aggressive tendencies. It has a long history of balancing hormonal tension.

**Tithonia** gives you the confidence to do your own thing, creatively. No backing down from self-doubt or getting into sabotage. Tithonia gives us the courage to go for it - in a big way. It's perfect for those who are exploring new things and developing new skills.

**Trumpet vine** assists in speaking with confidence and fluidity, broadcasting your personality through a megaphone with the ability to banter dynamically and synergistically with others. Words can be compared to seeds. Trumpet Vine creates big pods that snap open on a precise timetable. Also helpful for those trying to communicate through art or other non-verbal means, and for those trying to teach or explain a difficult concept. Helps with intimidation and shyness, may help with speech impediments or those who are trying to learn a new language. Because thyroid problems are often associated with having your voice dismissed or unheard, Trumpet Vine may help support better function.

**Verbena** helps those who are rigid in their approach to leading or teaching others. Harsh personalities can soften, release judgmentalism and the need to shame others into compliance. Their natural zeal and drive for excellence can then become an invitation to others to "up their game" via better ways of communicating.

**Violet** strengthens the introverts, the shy ones, the so-called “shrinking violets.” There is a tension one has to maintain, as an introvert, between sharing one's self and one's gift to the world with the downtime and solitude needed to develop those things in private. Violets put out the showy “ta da!” flower that we all love, but it has few if any seeds. The real reproduction goes

on beneath the leaf canopy, with unseen and petal-less flowers full of seeds. This is reflective of the way violet personalities can best function. The outward flower for the rest of us to love and delight in, yet protecting the most important developments until they are ready to be unleashed. For this reason violet is great not only for the shy, but the artists, writers and others who desire privacy during creation yet also need to feel safe enough to share their work.

**Wild Aztec Tobacco** deals with fears regarding one's relationship to God. It helps facilitate the transition from structured religion to authentic spirituality, and all of the fear that would hold you back from that. It does this by bringing up the event that initially triggered the fear, so that you may take it before God and deal with it consciously. This is also a good essence for gifted children that suppress their spiritual side when they receive negative feedback from others.

**Wild Rose** flower essence assists where there has been a shut down that the person is resigned to their current situation and cannot see any way out. There is no fight in them, only acceptance of their fate as an inevitability. Wild Rose brings life back in, with a new found inner freedom to live life to fullness even though it is filled with trials.

**Wild Strawberry** puts a stop to negative scenarios that play out in the imagination. It brings light into dark thoughts and helps us see positive possibilities, and the potential that our present circumstances hold. If you have flash visions of calamity, definitely give Wild Strawberry a try. Peace of mind, creativity and energy are free to flow without the disruptive mental overlays.

**White Chestnut** helps users get off the mental merry-go-round. With a to-do list swimming in your head at all times and constant mind chatter adding to stress, White Chestnut calms and clears your thinking. Appropriate for those with OCD (Obsessive Compulsive Disorder) and those with "busy minds," White Chestnut can tame the worries, give you confidence to solve daily problems, and realize that challenges are opportunities to grow. White Chestnut is a remedy for insomnia, too, if your thought life is what keeps you up at night.

**Wisteria** is an appetite stimulant that also reveals how and why we should set better boundaries. It helps us discern our blind spots, and gives us greater insight into our current troublesome situations. Wisteria also opens our emotions while not allowing them to cloud our judgement. The result is a stronger stance against co-dependency, denial, and false responsibility.

**Wormwood** helps us transition from the dream state to waking and allows for better dream recall. Wormwood is also useful for processing unresolved issues and helps with letting go of the past. It is useful in conditions of lingering negative or unwanted thoughts, feelings or habits where a person has done some work on their issues but some parts of it remain in the psyche. Many things have an emotional core somewhere in the psyche that needs to be released before there is freedom in the area. Wormwood helps the thinking process become clearer by releasing deeper imprints in the subconscious which distort things as they surface. Thoughts revealing how things really are, or what must be done are more easily accessed.

**Xhosa**, meaning "white ways/white paths" (also known as African Dream Root) is a plant native to the Eastern Cape of South Africa, where it is regarded by the Xhosa people as a sacred

plant. Its root is traditionally used to induce vivid (and according to the Xhosa, prophetic) dreams. This is the flower essence, so none of the alkaloids are present in this form.

**Yarrow** helps sensitive people be less affected by other people's moods and less-than-harmonious environments. It sets boundaries for those who are empathetic, and those in healing/care giving arenas where they pick up other people's issues or land issues and are deeply affected by them. I believe that sometimes what's diagnosed as mental or social disorders is actually sensitivity to environmental and energetic conditions. In these cases, Yarrow can be beneficial. It may also strengthen those who have other conditions relating to their environment (multiple chemical sensitivity and allergies).

**Yellow Monkey Flower** is a classic remedy for fears, phobias and anxiety. If you can name your fear (not for mysterious panic attacks with no explanation) Yellow Monkey Flower will help you face it with joy and humor. It calms the fight or flight response and releases us into greater levels of joy and curiosity. Yellow Monkey Flower tends to be most appropriate for the sensitive introverted type of individual.

**Zinnia** helps you lighten up and laugh more. Laughter, as we all know, is the best medicine. For anyone who takes him or herself too seriously or has lost their sense of playfulness or adventure, zinnia restores. It is a very good essence for the elderly, the workaholic, the bored, those who don't relate well to children, or anyone with depression. Encouraging spontaneity and silliness, Zinnia is just plain fun. Bridging the gap between the responsible adult and the inner child is what Zinnia does best.

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