

Qualities of the North American Flower Essence Remedies

Aloe Vera *Aloe Vera (yellow)*

Positive qualities: Intense work ethic; fiery creativity well-balanced with flowing qualities of renewal

Patterns of imbalance: Workaholics who burn the candle at both ends; fatigue; exhaustion

Alpine Lily *Lilium parvum (red-orange)*

Positive qualities: For women, acceptance of one's femininity; harmony between upper & lower chakras

Patterns of imbalance: Negative understanding of the female body and the role of women

Angel's Trumpet *Datura candida (white)*

Positive qualities: Spiritual surrender of the ego to the will of God or inevitable change; excellent remedy for hospice work or to aid family members during death or times of loss and change in their lives

Patterns of imbalance: Inability to accept change or make peace with death or the trials of war

Angelica *Angelica archangelica (white)*

Positive qualities: Feelings of protection and connection with spiritual realms; acceptance of the past

Patterns of imbalance: Inability to feel the guidance and protection of heaven

Arnica *Arnica mollis (yellow)*

Positive qualities: Resilience and rapid recovery from shock, trauma, deep-seated emotional stress, injury, or scarring

Patterns of imbalance: Lack of awareness of surroundings or depth of injury

Baby Blue Eyes *Nemophila menziesii (light blue)*

Positive qualities: Child-like innocence and trust; being able to trust—men especially; feeling at home in the world and at ease with oneself; feeling supported and loved; deep connection with the spiritual realm

Patterns of imbalance: Defensiveness; insecurity; mistrust, difficulty feeling a connection with the spiritual world; negative feeling that may have been created by lack of support from the father in childhood.

Basil *Ocimum basilicum (white)*

Positive qualities: Able to understand the spiritual dimensions of sexuality; wholeness of body and spirit.

Patterns of imbalance: Tendency to keep sexuality and spirituality in separate compartments of the soul—often leading to inappropriate behaviors, extra-marital affairs, or marital stress

Black Cohosh *Cimicifuga racemosa (white)*

Positive qualities: Courage to confront and leave abusive or threatening relationships

Patterns of imbalance: Caught in relationships and lifestyles patterns which are abusive or addictive

Blackberry *Rubus ursinus (white-pink)*

Positive qualities: Ability to follow-through from intentions to accomplishments; clearly directed willpower; decisive and organized action

Patterns of imbalance: Goals and aspirations but very little ability to bring them into being; lack of organizational skills; sluggish metabolism and digestion

Black-Eyed Susan *Rudbeckia hirta (yellow/black center)*

Positive qualities: Confronting and acknowledging traumatic episodes from the past or unwanted personality traits; penetrating insight into personal self-destructive tendencies

Patterns of imbalance: Avoidance or repressions of traumatic or painful parts of the personality or past events

Bleeding Heart *Dicentra formosa* (pink)

Positive qualities: Open-hearted ability to love others unconditionally; emotional freedom; excellent remedy for grief because a loved one is no longer present or with whom there is estrangement or ill-will

Patterns of imbalance: Tendency to form relationships based on fear or possessiveness; living too much for another without consideration for one's own needs

Borage *Borago officinalis* (blue)

Positive qualities: Tremendous 'heart' energy and enthusiasm; courage in the face of adversity; quite literally a buoyancy in the soul that helps one rise above adversity and discouragement; optimistic

Patterns of imbalance: Having a heavy heart with lack of confidence especially when facing difficult circumstances; discouraged; disheartened; weighed down by sorrow

Buttercup *Ranunculus occidentalis* (yellow)

Positive qualities: Inward strength; inner light; joy in the face of disabling physical or emotional circumstances; ability to enjoy the simple things and appreciate one's unique gifts

Patterns of imbalance: Feelings of low self-worth; comparing one's talents and gifts to those of a more flamboyant and outgoing nature

Calendula *Calendula officinalis* (orange)

Positive qualities: Use of the spoken word to instruct and uplift

Patterns of imbalance: Using cutting or sharp words; argumentative; displaying poor listening skills

California Pitcher Plant *Darlingtonia californica* (green/purple)

Positive qualities: Physical vitality; excellent metabolism; highly developed natural instincts; appreciation of the body and its functionality

Patterns of imbalance: Feeling listless; anemic; unable to trust 'gut' reactions or perceptions; eating disorders; digestive problems with poor assimilation of nutrients

California Poppy *Eschscholzia californica* (gold)

Positive qualities: Finding a solid spirituality; developing an inner center of intuition and inspiration; taking responsibility for both thoughts and actions; quiet inner development

Patterns of imbalance: Seeking outside oneself for false forms of light or spirituality, especially through escapism, addictive substances, or pseudo-psychic experiences

California Wild Rose *Rosa californica* (pink)

Positive qualities: Love for life on this earth; enthusiasm for doing and serving; open-hearted relationships; responsible behavior

Patterns of imbalance: Apathy toward people, responsibilities, and life in general; avoidance of any experience that might bring pain or challenges

Calla Lily *Zantedeschia aethiopica* (white/yellow)

Positive qualities: Clarity about sexual identity and gender roles; balance of male and female energies

Patterns of imbalance: Feelings of confusion about sexual identity or gender roles; feelings that they were unwelcome or that their parents would have preferred a child of the opposite gender

Canyon Dudleya *Dudleya cymosa* (orange)

Positive qualities: Quiet, sustained spiritual development; inner contentment with everyday life; charisma

Patterns of imbalance: Preoccupation with and exaggeration of spiritual or psychic experiences; neglect of practical daily activities and responsibilities; tendency to dramatize every event of their lives

Cayenne *Capsicum annuum* (white)

Positive qualities: Energetic in mind and body; ready for change and growth,

Patterns of imbalance: Feeling stuck or complacent; avoiding challenge or situations with potential for growth; tendency to procrastinate; stagnant

Chamomile *Matricaria recutita* (white/yellow center)

Positive qualities: Serene, sunny disposition; emotional equilibrium and balance

Patterns of imbalance: Easily upset; moody and irritable; accumulated tension—often in the stomach or solar plexus

Chaparral *Larrea tridentata* (yellow)

Positive qualities: Emotionally balanced and stable; able to resist emotional stress from the chaotic, violent and degrading words and pictures that cross our lives every day

Patterns of imbalance: Disturbed and disturbing dreams; sub-conscious negativity; drug addiction

Chrysanthemum *Chrysanthemum morifolium* (red-brown)

Positive qualities: Understanding and acceptance of the eternal nature of the soul; calm acceptance of aging and death; connection with and understanding of the nature of the soul/body connection

Patterns of imbalance: Fear and aging and death; identification with and longing for youth; mid-life crisis; creation of illnesses or life-threatening situations to show that death and age can be conquered

Corn *Zea mays* (yellow-white)

Positive qualities: Connects us to earth through the body and feet; grounding; finding peace and harmony in both rural and city settings

Patterns of imbalance: Disorientation and stress; particularly in urban environments; difficulty staying grounded and centered

Cosmos *Cosmos bipinnatus* (red-purple/yellow)

Positive qualities: Ability to express thoughts with coherence and clarity; integrity of ideas and speech

Patterns of imbalance: Disorganized communication; overexcited speech; overwhelmed by too many ideas and unable to communicate them coherently

Dandelion *Taraxacum officinale* (yellow)

Positive qualities: Naturally intense with a love for life that allows the spirit to soar and to listen

Patterns of imbalance: Overly tense, especially in the muscles of the body; compulsive over-achievers

Deerbrush *Ceanothus integerrimus* (white)

Positive qualities: Purity; clarity of purpose; actions which align sincerely with beliefs

Patterns of imbalance: Conflicting motives; actions and reactions to be polite but without real feeling

Dill *Anethum graveolens* (yellow)

Positive qualities: Experiencing and absorbing life to the fullest without being overwhelmed

Patterns of imbalance: Hypersensitivity to the environment, noise, and activity

Dogwood *Cornus nuttallii* (yellow/white bracts)

Positive qualities: Gentleness and inner peace; a state of grace and peace achieved through obtaining understanding and peace with past abuse and its relationship to present day choices

Patterns of imbalance: Emotional trauma stored deep within the body creating awkwardness, self-destructive behavior, or accident prone tendencies; continually choosing abusive relationships

Easter Lily *Lilium longiflorum* (white)

Positive qualities: Inner purity of the soul; ability to be both a sexual being and a spiritual being

Patterns of imbalance: Feeling that sexuality is impure, unclean; inner conflicts about sexuality; the extremes of promiscuity and prudishness; resentment within the marital relationships

Echinacea *Echinacea purpurea* (pink/purple)

Positive qualities: Able to maintain a firm sense of self, especially when beliefs are being challenged, boundaries are being pushed against, or in times of illness or extreme stress

Patterns of imbalance: Feeling shattered by severe trauma or abuse which has destroyed one's sense of self; threatened by physical or emotional collapse; a compromised immune system; vacant look in eyes

Evening Primrose *Oenothera hookeri* (yellow)

Positive qualities: Ability to open emotionally and form deep, committed relationships

Patterns of imbalance: Feeling rejected or unwanted; avoidance of commitment in relationships; fear of parenthood; sexual and emotional repression (sometimes these feelings begin in infancy)

Fairy Lantern *Calochortus albus* (white)

Positive qualities: A natural development from childhood into adult responsibility and unique personality

Patterns of imbalance: Immaturity; inability to take responsibility, demanding and needy

Fawn Lily *Erythronium purpurascens* (yellow with purple)

Positive qualities: Accepting of and involved with one's community; sharing one's spiritual gifts and physical talents freely with others

Patterns of imbalance: Withdrawing into modes of self-protection; overly delicate; lacking the inner strength to face the world

Filaree *Erodium cicutarium* (violet)

Positive qualities: Proper perspective; an ability to see an overview that holds the events of ordinary life in perspective; inner strength and spiritual reserves

Patterns of imbalance: Disproportionate and obsessive worry about details and minor events; unable to see the big picture or maintain an overall perspective

Forget-Me-Not *Myosotis sylvatica* (blue)

Positive qualities: Mindfulness of those who have gone 'beyond the veil' and a deep awareness of spiritual realms; able to form soul satisfying, eternal relationships

Patterns of imbalance: Loneliness and isolation, particularly when due to the death of a loved one; lack of awareness of spiritual connection with others, both in this life and the next

Fuchsia *Fuchsia hybrida* (red/purple)

Positive qualities: Natural ability to feel deeply and express those feelings well

Patterns of imbalance: False states of emotion which cover more deeply-seated pain and trauma; suppression of emotions or memories; psychosomatic symptoms

Garlic *Allium sativum* (violet)

Positive qualities: Sense of wholeness which imparts strength and active resistance to evil and evil entities

Patterns of imbalance: Fearful, weak, or easily influenced; prone to low vitality; poor immune response with a tendency to parasitic or viral infection; vulnerable to other people's energy or even to psychic possession; nervous fear and anxiety

Golden Ear Drops *Dicentra chrysantha* (yellow)

Positive qualities: Able to release painful memories of the past; seeing one's childhood experiences, even the less than pleasant ones, as sources of learning which are the foundation of emotional well-being

Patterns of imbalance: Suppressed toxic memories of childhood; feelings of pain and trauma about past events which affect present emotional balance

Golden Yarrow *Achillea filipendulina* (yellow)

Positive qualities: Being open to others while still feeling inner protection and maintaining the boundaries one has set; active social involvement; the overcoming of the desire to avoid the limelight

Patterns of imbalance: Outgoing or overly sensitive people who become confused or fatigued by the demands made of them and by the people around them; defensive withdrawing into social isolation

Goldenrod *Solidago californica* (yellow)

Positive qualities: Well-developed individuality; strong sense of Self yet with the ability to participate in group activities and situations

Patterns of imbalance: Easily influenced by group or family ties; inability to establish boundaries and be true to oneself and one's principles; tendency to give in to peer pressure or social expectations

Hibiscus *Hibiscus rosa-sinensis* (red)

Positive qualities: Warmth and responsiveness in female sexuality; spontaneity; laughter and joy

Patterns of imbalance: Lack of warmth, vitality and connection, often due to prior exploitation or abuse or exposure to media images of dehumanized sexuality; coldness and lack of response

Hound's Tongue *Cynoglossum grande* (blue/white)

Positive qualities: Holistic thinking; perceiving the physical world and physical life with spiritual clarity; gratitude and reverence for life and the Creator of us all

Patterns of imbalance: Materialism; an overly scientific or pragmatic viewpoint; inability to appreciate nature or see Heaven's hand in the events of every day life; heaviness in the physical body

Indian Paintbrush *Castilleja miniata* (red)

Positive qualities: Artistic; energetic and lively; a healthy integration of physical and spiritual energy; particularly useful for the expression of art or music

Patterns of imbalance: Low vitality and physical exhaustion; inability to sustain the energy and intensity required for creative accomplishment; inability to bring creative ideas all the way into physical expression

Indian Pink *Silene californica* (red)

Positive qualities: The ability to remain centered and focused, even under great stress; organized; able to manage and coordinate many activities at the same time

Patterns of imbalance: Equilibrium and balance easily torn or shattered by too much activity or too many things going on around them at once; inability to stay centered during intense or varied activities; haggard; emotionally and spiritually depleted; volatile and irritable

Iris *Iris douglasiana* or *Iris versicolor* (blue-violet)

Positive qualities: Radiant vision and perspective on all aspects of one's life; ability to receive and interpret inspiration; highly developed intuition and sensitivity; fully alive

Patterns of imbalance: Lacking inspiration, intuition, and creativity; feeling weighed down by the ordinariness of the world; unable to feel alive and in touch with other people or the spiritual realms

Lady's Slipper *Cypripedium reginae* (pink and white) or *Cypripedium parviflorum* (yellow)

Positive qualities: Balances the relationship between the crown chakra, with its connection to Heaven) and the lower chakras, with their connection to earth and the physical world.

Patterns of imbalance: Nervous exhaustion; inability to envision higher spiritual purpose when involved with real life and work; avoidance or disinterest in sexuality

Larch *Larix decidua* (red f./yellow m.)

Positive qualities: Self-confident; courageous; perseveres until lessons are learned and growth achieved; expressive, able to grow and achieve

Patterns of imbalance: Lack of confidence; expectation of failure; self-doubt; unable to take even the minimum risks required for positive growth

Larkspur *Delphinium nuttallianum* (blue-violet)

Positive qualities: Charismatic leadership with contagious enthusiasm; joy in service and in relationships

Patterns of imbalance: Leadership distorted by selfishness; feels burdened by people; hates duty

Lavender *Lavandula officinalis* (violet)

Positive qualities: Spiritual sensitivity; stable and vibrant physical health; able to relax and rejuvenate

Patterns of imbalance: Nervousness; depleted physical reserves; low energy; stressed; insomniac; prone to spiritual, emotional, or mental emergencies

Lotus *Nelumbo nucifera* (pink)

Positive qualities: Open and expansive spirituality; meditative insight and spiritual gifts

Patterns of imbalance: Spiritual pride; inflated ego about spirituality

Love-Lies-Bleeding *Amaranthus caudatus* (red)

Positive qualities: The ability to move beyond personal pain, suffering or mental anguish by finding larger meaning in such suffering; compassionate awareness of and attention to the meaning of pain or suffering

Patterns of imbalance: Feelings of intense pain or sadness aggravated by loneliness and isolation

Madia *Madia elegans* (yellow/red spots)

Positive qualities: Precision and focus of mental capacities; ability to concentrate; decisive

Patterns of imbalance: Easily distracted; dull or listless; suffering from learning disabilities; indecisive

Mallow *Sidalcea glauscens* (pink-violet)

Positive qualities: Warm and caring; open-hearted and friendly; compassionate; trusting

Patterns of imbalance: Socially insecure; fear of reaching out to others; creates barriers to friendships

Manzanita *Arctostaphylos viscida* (white-pink)

Positive qualities: Understanding that the body is the temple of the soul; respect for and enjoyment of the physical world in which we live coupled with reverence for all things spiritual

Patterns of imbalance: Aversion, disgust or revulsion toward the body and the physical world; bulimia or anorexia; insomnia; premature aging or hardening of the body

Mariposa Lily *Calochortus leichtlinii* (white/yellow center/purple spots)

Positive qualities: Warm, feminine, and nurturing; mother-child bonding; healing of the inner child; compassion; trust; innate ability to forgive and heal

Patterns of imbalance: Alienated from mother or from desire for motherhood; feelings related to childhood abandonment or abuse; eating disorders

Milkweed *Asclepias cordifolia* (red-purple)

Positive qualities: Strength; resiliency; independence; self-reliance

Patterns of imbalance: Extreme dependency and emotional regression; dulling the consciousness through drugs, alcohol, overeating; desire to escape from self-awareness

Morning Glory *Ipomoea purpurea* (blue)

Positive qualities: Vibrant; full of life and energy; able to rest and sleep deeply and wake refreshed

Patterns of imbalance: Crave late night activities; erratic sleep patterns and eating habits; fatigue; craving for stimulants; compromised immune system; liver disorders; nervousness

Mountain Pennyroyal *Monardella odoratissima* (violet)

Positive qualities: Mental strength and clarity of thought; rational decision making

Patterns of imbalance: Absorbing negative thoughts of others; psychic contamination or possession

Mountain Pride *Penstemon newberryi* (magenta)

Positive qualities: Ability to live according to one's knowledge and beliefs; characteristics of a spiritual warrior; sureness of personal identity; ability to take a stand and stand for something

Patterns of imbalance: Indecisive in the face of challenge; lack of assertiveness; inability to take a stand for the things that are important; inability to distinguish good from evil, truth from falsehood

Mugwort *Artemisia douglasiana* (yellow)

Positive qualities: Awareness of dream experiences and the ability to incorporate those lessons into everyday life

Patterns of imbalance: Tendency to hysteria or emotionality; overactive psychic life but out of touch with the physical world

Mullein *Verbascum thapsus* (yellow)

Positive qualities: Strong sense of conscience; truthfulness; uprightness; integrity

Patterns of imbalance: Inability to hear one's inner voice; weakness and confusion, indecisiveness; lying or deceiving oneself or others

Nasturtium *Tropaeolum majus* (orange-red)

Positive qualities: Glowing health and vitality, especially in the intellect and in the ability to think and organize the thought processes

Patterns of imbalance: Feeling overly "dry" or intellectually exhausted with the accompanying physical illnesses of colds, congestion, and general immune dysfunction

Nicotiana *Nicotiana glauca* (white)

Positive qualities: Peace which is deeply centered in the heart; physical and emotional well-being

Patterns of imbalance: Numbing of the feelings, often with resulting hardening throughout the body

Oregon Grape *Berberis aquifolium* (yellow)

Positive qualities: Discernment and the ability to trust one's assessment of others; an ability to create situations which will connect people and establish lasting friendships

Patterns of imbalance: Feeling paranoid or self-protective

Penstemon *Penstemon davidsonii* (violet-blue)**Positive qualities:** Ability to find meaning, even recognize the choice for growth, in difficult circumstances**Patterns of imbalance:** Feeling persecuted or sorry for oneself; buckling under adversity or trials**Peppermint** *Mentha piperita* (violet)**Positive qualities:** Mentally alert; excellent metabolism and digestive processes**Patterns of imbalance:** Unbalanced metabolism which causes brain fog and mental fatigue**Pine** *Pinus sylvestris* (red f./yellow m.)**Positive qualities:** Acknowledgement of one's faults without excessive self-blame; regret and remorse when it is appropriate but with the courage to set things right and move on**Patterns of imbalance:** Excessive guilt; inability to move on from past mistakes**Pink Monkeyflower** *Mimulus lewisii* (pink)**Positive qualities:** Emotional openness and honesty; the courage to take emotional risks and give love**Patterns of imbalance:** Fear of letting oneself get close to others; hiding real self from others; masking one's feelings; unable to experience love and affection from others**Pink Yarrow** *Achillea millefolium var. rubra* (pink-purple)**Positive qualities:** Loving awareness of others while maintaining appropriate emotional boundaries**Patterns of imbalance:** Unable to maintain proper emotional boundaries; becoming a willing sponge for the negativity of others**Poison Oak** *Toxicodendron diversiloba* (greenish-white)**Positive qualities:** Emotional openness and vulnerability; ability to be close emotionally with others**Patterns of imbalance:** Hostile or distant with people; fearful of any show of vulnerability; projecting a tough exterior; overly involved with sports and competition**Pomegranate** *Punica granatum* (red)**Positive qualities:** Warm-hearted feminine creativity; actively productive and nurturing of others**Patterns of imbalance:** Ambivalent or confused about the feminine role, especially in juggling career and home, creative and procreative, personal and external areas of life**Pretty Face** *Triteleia ixioides* (yellow, brown stripes)**Positive qualities:** Beauty that radiates from within; satisfaction with one's personal appearance**Patterns of imbalance:** Feeling ugly or rejected because of personal appearance; overly concerned with physical appearance, clothing, and hair**Purple Monkeyflower** *Mimulus kelloggii* (purple)**Positive qualities:** Inner calm and clarity; the courage to trust in one's own spiritual experience or guidance; love-based, rather than fear-based, spirituality**Patterns of imbalance:** Fear of the occult; fear of any spiritual experience; fear of disapproval and rejection for departing from religious attitudes and principles of family or community**Quaking Grass** *Briza maxima* (green)**Positive qualities:** Finding joy in being part of a group; flexibility with the schedules and needs of others; ability to see one's place in the family or the community**Patterns of imbalance:** Dysfunctional in group settings; unable to find right balance between individual sense of self and the needs of the group; inability to compromise and work well with others; resentful of authority

Queen Anne's Lace *Daucus carota (white)*

Positive qualities: Spiritual insight; clear vision of the past, the present, and the future

Patterns of imbalance: Lack of objectivity in viewing other people's motives and intentions; distortion of emotional perception or physical eyesight due to sexual or emotional imbalances

Quince *Chaenomeles speciosa (red)*

Positive qualities: Gentle strength; balance of masculine aggressive and protective instincts with the feminine ability to nurture

Patterns of imbalance: Inconsistent behavior as a parent or when in leadership positions

Rabbitbrush *Chrysothamnus nauseosus (yellow)*

Positive qualities: Active and lively consciousness; focused attention to detail but with the larger picture in view at the same time

Patterns of imbalance: Easily overwhelmed by details; inability to cope with demanding or high stress situations or multiple tasks at the same time

Red Clover *Trifolium pratense (pink-red)*

Positive qualities: Calm and efficient, especially in emergencies or highly emotional situations

Patterns of imbalance: Easily influenced by whatever emotion the group is experiencing whether it is panic, anxiety, or anger

Rosemary *Rosmarinus officinalis (violet-blue)*

Positive qualities: Feelings of warmth, physical and mental health, and security in all aspects of life

Patterns of imbalance: Forgetfulness; learning disabilities; lack of physical warmth; hypoglycemic tendencies; emotional issues showing up in the physical body—sometimes caused by extreme early childhood trauma and abuse

Sage *Salvia officinalis (violet)*

Positive qualities: Drawing wisdom from life experience; reviewing and surveying the events of one's life while seeking the direction of heaven

Patterns of imbalance: An attitude of being either a martyr or a victim; seeing one's life as completely out of personal control; viewing events as unfair or undeserved

Sagebrush *Artemisia tridentata (yellow)*

Positive qualities: Deep awareness of the inner life of the Soul; readiness to learn, grow and change

Patterns of imbalance: Materialism; over-identification with finding 'oneself' without a deep faith or connection to spiritual forces

Saguaro *Carnegiea giganteus (white, yellow center)*

Positive qualities: A sense of tradition or lineage; ability to learn from ancestors or family traditions; appreciation of what was accomplished by those who went before

Patterns of imbalance: So focused on freedom and becoming separate and independent that there becomes resentment of authority, tradition, and family values; rebelliousness; disrespect

Saint John's Wort *Hypericum perforatum (yellow)*

Positive qualities: Spiritual awareness and strength; seeking for the light; illuminating the paths of those around them because of their own clarity and faith

Patterns of imbalance: Deep fears; disturbed dreams; sensitivity to light or intense heat; a remedy for those who suffer from Seasonal Affective Disorder (depression due to lack of sunlight during the winter months)

Scarlet Monkeyflower *Mimulus cardinalis (red)*

Positive qualities: Emotional honesty; clear and direct communication of deep feelings, including anger or disappointment; honesty and integrity in personal relationships

Patterns of imbalance: Fear of intense feelings; repression of strong emotions; inability to express anger or emotional pain; feelings of powerlessness

Scotch Broom *Cytisus scoparius (yellow)*

Positive qualities: Positive and optimistic feelings about the world and about future events; tenacity and strength; caring, encouragement and purpose

Patterns of imbalance: Feeling weighed down and depressed; has given in to pessimism and despair, especially regarding world events and one's ability to cope with hard times

Self-Heal *Prunella vulgaris (violet)*

Positive qualities: Healthy, vital sense of Self; healing arising from within; deep sense of wellness and wholeness

Patterns of imbalance: Inability to take inner responsibility for one's healing; lacking in spiritual motivation for wellness; overly dependent on external help

Shasta Daisy *Chrysanthemum maximum (white/yellow center)*

Positive qualities: Insight into the meaning of spiritual and emotional experiences; insight and intelligence

Patterns of imbalance: Over-intellectualization or focus on only part of a problem; able to see only bits and pieces rather than the larger viewpoint or picture

Shooting Star *Dodecatheon hendersonii (violet/pink)*

Positive qualities: Open-hearted; generous; caring for all of God's creations

Patterns of imbalance: Profound feeling of alienation; not feeling a part of the community or the human family; a fixation with life in other realms or with the possibility of life existing in space

Snapdragon *Antirrhinum majus (yellow)*

Positive qualities: A strong physical presence with great charisma; energetic; excellent communication skills; balance in all of the chakras

Patterns of imbalance: Inability to communicate without being harsh, sarcastic, critical, or otherwise destructive; tension in the jaw; grinding of the teeth; continually needs to consume crunchy foods

Star Thistle *Centaurea solstitialis (yellow)*

Positive qualities: Having a giving and sharing nature; generous; a sense of abundance and blessing

Patterns of imbalance: Basing actions on feelings that there is not enough for everybody; inability to give freely and openly, or to trust that heaven has things in hand and there will be enough

Star Tulip *Calochortus tolmiei (white/purple)*

Positive qualities: Sensitive and receptive to spiritual promptings; serene, inner listening to others and to spiritual guidance, especially in dreams, meditation or scripture study

Patterns of imbalance: Feelings of being hardened or cut-off; inability to feel quiet inner presence; unable to meditate or pray

Sticky Monkeyflower *Mimulus aurantiacus* (orange)

Positive qualities: Balanced emotions concerning sexual intimacy; ability to express deep feelings of love and experience great joy, especially in sexual relationship

Patterns of imbalance: Repressed sexual feelings, or acting out with inappropriate sexual behavior; inability to experience joy and satisfaction in sexual experiences; deep fear of sexuality and intimacy

Sunflower *Helianthus annuus* (yellow)

Positive qualities: Balanced sense of individuality; healthy, but not overbearing, ego; radiant personality

Patterns of imbalance: Distorted sense of Self; either bragging or insincere modesty; vacillating between low self-esteem and arrogance; poor relationship with father and men in general

Sweet Chestnut *Castanea sativa* (green f./yellow m.)

Positive qualities: Deep courage and faith; surrender to the will of God and the lessons of life

Patterns of imbalance: Deep despair which can only be described as anguish; experiencing the “Dark Night of the Soul” on a very personal level; inability to trust and believe that there is a God and a plan

Sweet Pea *Lathyrus latifolius* (red/purple)

Positive qualities: Sense of belonging; ability to put down roots and become part of a family or community

Patterns of imbalance: Wandering from place to place; inability to settle into a job or a relationship—if forced by circumstances to stay in one place, often experience restlessness or feeling of isolation

Tansy *Tanacetum vulgare* (yellow)

Positive qualities: Straightforward and decisive response to life; goal oriented and purposeful

Patterns of imbalance: Indecisive, with a tendency to procrastinate; building walls, creating emotional distance between oneself and others

Tiger Lily *Lilium humboldtii* (orange/brown spots)

Positive qualities: Easy cooperation with others; inclusive and mindful of others in social situations; inner peace and harmony which makes a sound base for relationships

Patterns of imbalance: Overly aggressive, competitive, hostile attitude; separatist tendencies

Trillium *Trillium chloropetalum* (purple)

Positive qualities: Selfless service; altruistic sacrifice of personal desires for the common good; inner purity

Patterns of imbalance: Greed and lust for possessions and power; excessive ambition; overcome with personal needs and desires; materialism

Trumpet Vine *Campsis tagliabuana* (red-orange)

Positive qualities: Articulate; gifted, witty, and colorful manner of speaking; dynamic in social situations

Patterns of imbalance: Inability to be assertive or to speak clearly; focus on people’s reactions (do they think I’m stupid?) instead of focusing on communicating clearly; speech impediments, stuttering

Violet *Viola odorata* (violet-blue)

Positive qualities: Ability to share personal experiences and opinions in open give-and-take without losing sight of one’s opinion and sense of self; able to heal and move through loneliness or grief

Patterns of imbalance: For any personality type that is experiencing the isolation and loneliness of grief, suffering or pain; for those who, in social situations, tend to adopt the viewpoints and life directions of those around them instead of staying on their own path

Yarrow *Achillea millefolium (white)*

Positive qualities: Inner radiance and strength of the personality and the aura; compassionate awareness and sensitivity to others; calming and healing to be around

Patterns of imbalance: Extreme vulnerability to the negative emotions of other people and to the environment; energy which is easily depleted; often so negative themselves that they deplete the energies of others

Yarrow Special Formula

Yarrow (Achillea millefolium) with Arnica (Arnica montana or Arnica mollis) and Echinacea (Echinacea purpurea) flower essences in a sea salt water base, combined with the fresh plant tinctures of these three plants

Positive qualities: Designed to protect and enhance the energetic and physical bodies; supportive and protective of the immune system

Patterns of imbalance: Disturbance of life force and vitality by radiation, pollution, or geopathic stress; dysfunctions from past exposure

Yellow Star Tulip *Calochortus monophyllus (yellow)*

Positive qualities: Empathetic connection to others; ability to listen sensitively to others and help them heal; compassionate and caring

Patterns of imbalance: Inability to see the effects of one's own actions on those around them; general insensitivity to the feelings of other people

Yerba Santa *Eriodictyon californicum (violet)*

Positive qualities: Capacity to feel deep pain but then heal and find peace; strength in the inner realms of the spirit; the building of a hallowed center in the soul which manifests as strength in the physical body, particularly in the respiratory system

Patterns of imbalance: Vulnerability to sadness, grief, and other emotional pain; tendency to chest congestion, pneumonia, asthma and addiction to tobacco

Zinnia *Zinnia elegans (red)*

Positive qualities: Trusting, light-hearted and playful like a happy and secure child; possessing a wonderful sense of humor; ability to experience joy and to delight in simple pleasures

Patterns of imbalance: Taking oneself too seriously; dullness; heaviness of body and spirit; lack of joy and spontaneity

Range of Light Flower Essence Remedies (Soul of the Sierras)

I have not attempted to describe the remedies in the Range of Light Series. I have not had my own set long enough to be familiar with them yet. The people at FES (Flower Essence Services) provide a small book (often free of charge) which tells about these new remedies. They also have descriptions of the remedies on their web site.