**Pine Ridge Steading Flower Essence Inventory 2022**

**\*indicates available soon @indicates making in 2023**

Alfalfa flowers help us to recognize our life’s abundance. Alfalfa is tenacious and adaptable – a plant rich in nutrients that spreads readily in nature. Alfalfa assures us that the nectar is worth the work, and that obstacles are part of the process. Awareness of and gratitude for the wealth and protection that surrounds us daily –  holds that space. Alfalfa encourages us to notice the resources and opportunities that await. Also use to bring protection and blessings to domestic animals.

**@Apple** Peaceful, Mental clarity; healthy, magnetic attitudes; an abundance of psychologically nourishing thoughts; hope; motivation to take better care of oneself; a positive outlook. 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 anytime you need to regain the balance between body, mind, and spirit.

**Aster (Wild Blue) & (Calico-White)** encourages us to delight in every moment of any day, even when the moment contains a sink full of dirty dishes! Helps us feel both grateful for and joyful about even the most ordinary of days.

**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.

**Bean (Green)** Perseverance in the face of obstacles, frustrations; tenacity, stamina. For seeing the beauty of the struggle, the worth of the way. Helps one to cease running and face one's fears; helps to dispel fears we have about hearing the truth about who we are and why we are here.

**Bean** (Purple)

**Bee Balm (Melissa)** 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. Assists in finding a way to express joyfulness. This essence helps people let go of inhibition and helps them to have fun. This is an essence for workaholics, or those who are overly serious but secretly yearn to break free and dance, sing, and play. Bee Balm promotes a sense of humor and the ability to live our dreams.

**Begonia (Pink)** is a deep heart healer that helps to mend the hurt areas that caused the soul to split in the first place.  It's a change agent for the subconscious mind, helping to reconcile the event via an older, more wise frame of reference.

**Birds Foot Trefoil** Helps you to value yourself and stop you being too needy of others. Promotes understanding, communication. Takes you out of yourself, helps to communicate with your environment, including other people.  Helps you to understand what's going on and the reasons people do things.  Allows you to become tuned to the light of the universe as it is happening.  Helps with emotional eating, binging, bulimia and anorexia.  It helps us understand the pain in the lives of those who put us down, and helps us deal with overwhelming situations.

**Black-Eyed Susan** Positive qualities: Awake consciousness capable of acknowledging all aspects of the Self; penetrating insight and self-aware behavior. 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.

**@Bleeding Heart**Ability to love others unconditionally, with an open heart; emotional freedom. Bleeding Heart is for heart break and codependency.  It helps to release painful emotional attachments and restores balance, helping you to live and love with your whole heart, not from brokenness and neediness.  A good essence to take when a relationship ends, whether a breakup, a death, or a move.  
   
**Borage** is excellent to lift up heavy hearts and to encourage the user. It imbues the person with optimism, gladness, courage and enthusiasm.  Borage should be used for any situation that is difficult to face, or when you are feeling disheartened or discouraged.  Borage is a great heart remedy, opening you to feel greater levels of love and compassion.

**Bridal Wreath (Brides Veil)**helps you to abundantly work with times of expansion and growth. Confront the emotions of unworthiness, awkwardness and rejection so we can learn to accept compliments and acknowledgement without embarrassment and apologies. Once we can accept our own worth we are able to be more generous and accepting of others worth without resentment.

**Buttercup** flower essence 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** 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** Healing warmth and receptivity, especially in the use of the spoken word and in dialogue with others. 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.  
  
**Carnation** Promoting flow and reconnecting one to playfulness and childlike energy.

**Catnip** helps us to feel full of vitality, but not overwrought. This one brings the stimulation of mint, without the side effects of heat or burnout. Catmint offers the electrical strength of the Flower, not the shadow side of over stimulation. *I AM the steady energy of vibrant good health.* Catnip flower essence 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**Serene, sun-like disposition, emotional balance. A super soother, especially for emotional distress that ends up manifesting in the stomach. Very comforting after crying.

**Cherry Plum (white)** Spiritual surrender and trust, feeling guided and protected by a Higher Power; balance and equanimity despite extreme stress or adversity. Guards against breakdown, out of control episodes and bad decisions based on desperation. Cherry Plum makes it easier to access spiritual insight that you will use to overcome the situation. Helps you to trust that you have Divine guidance. **Indication: Overly Critical: Works to heal the heart and the words of one who lashes out at others with harsh words and criticism.** Brings the power of white, a light to expand your awareness. See the depth and complexity of all parts of yourself. Take this journey of profound.

**Cleavers** Supports attachment and appropriate bonding and teaches. It helps the heart to reach out and hold on to the loving relationships in our lives. Cleavers brings new energy to the limbs so that they may hold and nurture...as your heart reconnects and the tapestry of your relationships is rewoven, you are able to see its importance to your human experience. You begin to feel supported by your relationships as you give your love and support. Cleavers help us to let go of what no longer promotes our highest good. Help us to release codependency and toxic relationships that hold us back, helping us to emotionally rebalance our hormones and cleanse unwanted toxic energy. The weight of the world can manifest as a mindset and a physical form, Cleavers help us release some of that weight and take control of our lives and goals.

**Clematis** is a great remedy to develop perfect clarity and deep understanding of the things and actions the individual does. It can help a person to find the best and the most effective way to materialize the ideas, implement the plans and achieve the goals. It calls people to wake up and bring light and positive energy to this world. Also, Clematis flower essence can assist in solving various psychological problems and puzzles by helping individuals to understand the cause and effect process much better. It can be of a great help to human mind in doing all sorts of healing and relaxing work, this way making people’s souls go warmer, more kind and more open to one another. Finally, by using Clematis flower essence we can prevent physical illness to take over the body because this [herbal remedy](http://guide2herbalremedies.com/) can activate warm protecting forces of human body.

**Red Clover** & **(Purple Prairie Clover - Wild)** Calm and steady presence, especially in emergency situations, internally generated behavior. 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. Use Red Clover Flower Essence when desiring a more profound, more comprehensive, fuller spectrum experience of consciousness yet feeling held back by anger, fear, impatience, or other negative emotional states.

**Columbine** Radiant expression of one’s unique creativity and inspiration; distinctive individuality as a source of luminosity and radiance for others; inspired acting and speaking in the world.

**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 potential for averting disasters or seizing new opportunities. Coleus increases the vivid pictures waiting in the shadows.

**Comfrey** Use when you experience very deep emotional and psychological wounds that are usually from trauma, abuse and shock. The wounds could be recent or very old, from this lifetime or a past life. Creates a sense of comfort and solace for your soul.  Balance to the nervous system can bring about beneficial effects on memory, helping with retention of information as well as accessing deeper buried memories. May stimulate dormant or atrophied areas of the brain to become more active. 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.

**Daffodil** flower essence 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.

## **Daisy (Wild)** Protection –Stay calm and focused. Helps to stay centered, grounded and in command when circumstances which are out of your control threaten to throw you off balance. This essence helps you to center in yourself, remain calm and composed, collect your thoughts and then move forward with peace of mind.

## **Dandelion** Dynamic physical energy and expressive life force; inner ease in work and play. 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.

**Dill** Ability to experience and absorb a wide variety of sensory experiences, heightened awareness of taste, touch, hearing, sight, smell, etc. Dill flower essence deals with sensory overload.  Our present culture tends to distract and overstimulate to the point where we have a type of spiritual ADD. Dill helps us put it all together to have the whole picture, rather than a bunch of little sensory impressions.

**Elecampane** flower essence 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.

**Elder (berry)** Wisdom to rise above apparent opposites and encompass dualities. Overcomes judgement. Recognizing the importance of all things, each in its own place. Providse a constancy of light for you to connect to and refuel with. Elderberry offers the light of the stars and moon and assists you to illuminate the way for others and yourself. Because this light is so bright, it also brings with it a sense of calm because of the focus and clarity it allows. This essence can help in the darkest of times. Elder flower 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.

**@Elm** Joyous service, faith and confidence to complete one’s task; ability to shoulder tasks effectively.

**Gay feather/Prairie Blazing Star (wild)** (*Liatris pycnostachya*) Works when you are caught in a cycle of over analyzation or trying to figure out your problems from a mental perspective only. Helps you to release your need to know; while opening you to receive higher answers. Assists you in getting out of the mind that is constantly trying to “figure out” everything, instead of trusting in Divine guardianship and guidance. Letting your mind believe it needs to always understand and control your life can keep you up at night as all of your problems line themselves up for solution. It can also keep you blind to the real truth as the mind by itself was never meant to be in total control and simply doesn’t “see” everything in completeness.

**Geranium** assists with extreme tension, anger, fight or flight, overcoming challenges and obstacles with ease.

**Goldenrod** Strong and secure sense of individuality, balanced with group or social consciousness. Goldenrod will help where affirmation and attention from others is needed, it helps one to stop seeking outside approval and gain inner strength and conviction about who they truly are.

**Fireweed** Recovery of vital forces; phoenix-like powers of soul to re-construct and re-create new life; assimilation of alchemical fire toward new forces of life and rejuvenation.  
  
**Habanero** flower essence 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** flower essence helps those having a hard time interacting in group situations and helps you not give your power away to others by letting them make decisions, or by seeking approval. 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 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.

**Heal-all (Self Heal – Woundwort) SELF-HEALING - IT’S TIME TO THRIVE. Self Heal gives us a sense of courage and heart.** It enlivens us and sparks our desire to thrive, recalibrates our energy + enhances our awareness of what's needed in the moment.On an emotional level, it magnifies our ability to recognize the conditions most conducive for operating at our fullest potential. [**Self Heal**](https://www.lotuswei.com/products/self-heal-flower-essence-elixir) dissolves any resistance to self-care, self-nourishment + self-healing. Sometimes we take on too much and getting sick is our body's way to slow down. Self Heal helps us understand the messages of our bodies, so that we don't push ourselves to the point of getting a sick, exhausted, burnt out or physically ill. It helps us notice more acutely the needs of the physical body, like eating when we're hungry, resting when we need a break, taking naps when we need [sleep](https://www.lotuswei.com/blogs/blog/flowers-self-heal-flower-essence) and stretching our muscles when we need it.

**Hops** essence promotes the impetus for new growth at all energetic levels and is particularly useful for spiritual growth. The plant grows very rapidly demonstrating how quickly it can bring shifts in your consciousness. It also improves group interaction because it can quickly shift the consciousness of an entire group.

**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. Support to stand in our truth absolutely, immovably but also politely. This is a dynamo of towering strength and helps us be one too.

**Hosta** helps in finding happiness living in the here and now.  It assists in feeling protected from fears both earthly and unearthly.  Hosta aids in finding a sense of well-being and happiness and peace. It has the ability to lift the spirit and produce a completely joyous and carefree attitude.  It is great for excessive worry.  If taken in a good mood it can even make you giddy or childlike silly.

**Hydrangea** (*Hydrangea macrophylla*)**Balancing Qualities:**Like the flower its self, this essence is able to bring together bits of information into a whole, thus focusing and clearing the mind when feeling scattered and chaotic. It also helps one be honest in expressing personal truths in a healthy, gentle way, thus healing unexpressed anger and [depression](https://www.injoynow.com/product/hydrangea-flower-essence-1-2-oz-bottle-with-dropper/) harmoniously. This can heal relationships and bring balance, vitality and joy to one’s life. **Indications:** Helps to release suppressed and repressed emotions, gently. It is also helpful for those who have difficulty focusing their mind and become scattered in their thinking and speaking.  These people are often unable to say no and stand up for themselves. Useful for those who hold in their feelings, letting them fester, and causing a build-up of anger and /or depression. They may have been abused or restricted in a harsh way previously. Indicated for those who are highly sensitive, highly gifted people, who can easily be confused or overwhelmed, even those with autistic or Alzheimer tendencies can be helped.

**Hyssop** (Agastache anethiodora) **Balancing Qualities:** Heals trauma at the cellular level, particularly trauma that is thought to be one’s fault, reliving the weight of personal pain, shame, and guilt thus stabilizing the person, relieving [anxiety](https://www.injoynow.com/product/anise-hyssop-flower-essence-1-2-oz-bottle-with-dropper/) and bringing back the sweetness of life. **Indications:**Unwarranted or distorted anxiety, guilt and shame usually brought on by misperceptions in interpretation of events, often related to trauma inflicted by another yet taken on by the self. Body-Soul integration of pain and suffering; ability to forgive and to accept forgiveness from others. Hyssop is another that can help with those deeply engrained issues of unworthiness and self-sabotage, but also any shame or guilt connected with having abundance. Hyssop also does well with deprogramming guilt-based religious indoctrination.

**Impatiens** Ability to flow harmoniously with time and daily rhythms, patient embrace of life events and the pace of others.

**Iris (Purple)** Inspired artistry, soulful creativity in touch with higher realms; radiant, iridescent vision in all aspects of life. Patterns of imbalance: Lacking inspiration or creativity; feeling weighed down by the ordinariness of the world; dullness or spectator consciousness

**Jewelweed** For clarity and focus. Sharpens powers of observation and ability to see perspective. Aids perceptual development and respect for unique possibilities, making available to us the infinite vitality of life force. Increases calm, inner enjoyment.  Helps enjoy the moments of life, stages of the journey; slow down, embrace fun, joy, peace.

**Joe Pye Weed** Support to surrender our burdens. Supports us in filling our own cup before we give our energy to others. Teaches us to lighten our load from over-responsibility and stress so that we may return to light-heartedness and joy. Joe Pye Weed resolves issues involving resistance to solitude, for it is when you are alone that you meet God. If you're the type of person who needs to have the TV or radio on all the time, Joe Pye can help you be more comfortable and receptive during the quiet times. Many spiritual experiences exceed the comprehension of the deductive mind. This can cause fears, blocks and avoidance to spiritual practices on conscious and unconscious levels. 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.

**Lambs Quarter**(*Chenopodium Album)* **Indications**: perspective limited to what we can understand with the mind; lacking balance and harmony between the mind and the heart, the rational and the intuitive. **Healing Qualities**: heals separation between the heart and the mind; encourages the flowering of a softer and more heart-centered mental perspective.

**Lavender** is a more subtle distillation of the qualities of lavender, no longer aromatic, but rather a calming and soothing [energy](https://www.fesflowers.com/lavender-calming-and-soothing-energy-sensitive-soul/) for the sensitive soul, whose nerves and senses have been over-stimulated. Lavender essence brings our awareness back into our bodies when our consciousness becomes too far extended, through extreme spiritual practices or excessive mental activity, particularly stimulation by our ubiquitous electronic devices, and other forms of [stress](https://www.fesflowers.com/lavender-calming-and-soothing-energy-sensitive-soul/).

**\*Lemon Balm** facilitates a deep natural relaxation.  It eases the velocity of the mind, helps yo wind down, and eases fears and anxieties. There may be anxiety over something obvious or anxiety over something lurking in the background of the mind.  Either way, Lemon Balm helps to release those, usually through dreams.  When the body and conscious mind are relaxed, an active state of dreaming occurs.  Lemon Balm also helps to regulate sleep cycle.  
    
**Lilac**Deep wellsprings of memory that rejuvenate the soul; neurological regeneration through stimulation of memory forces that connect the soul with joy and life meaning. Lilac flower essence is frequently needed in those with back and shoulder problems.  It is used in conjunction with chiropractic care to help an adjustment hold.  Lilac helps those who bear too great a burden. Sometimes this is because they grew up too fast and had too much responsibility as a child, sometimes it’s an inability to delegate or accept help.  It’s an aid to loosening up perfectionists and those that are in a cycle of setting impossible standards for themselves and then suffering low self-esteem when they fail to live up.  On the other side of the coin, lilac helps those who lean too much on others and don’t trust themselves to hold their own burdens.  Lilac, like so many flowers corrects extremes in either direction.

**Linden** Provides angelic relief to deep worry and [anxiety](https://deltagardens.com/products/linden); steadies the high-strung or overexcited psyche; helps balance cycles of work, play and rest. *-Linden is particularly good for those of us born before 1978. We have outdated circuit boards and will have to do different work to hold the new energies in our electrical systems than those born more recently.*

**Mustard (Wild)** For those who suffer from chronic melancholy, despair, gloom, especially with no obvious reason or cause for such feelings. Helps to start loving life again instead of living in the darkness all the time, Triggers immediate healing response and begins opening to, and brings amazing feelings of true joy and serenity.

**Milkweed** Healthy ego strength; independence and self-reliance.

**Motherwort** is particularly beneficial for people who would like to be more assertive. It provides support in standing tall and sticking up for oneself, and learning to say "no" with ease. It is for people who need help asserting themselves without getting pulled into feelings of self-reproach or guilt. It is also an essence to help one release oneself from unhealthy, unwanted emotional co-dependence. It helps one achieve a feeling of being whole and complete when appearing in public unassisted by a partner or friend.

**Mullein** Strong sense of inner conscience, truthfulness, uprightness. It brings a sense of security, purpose, protection. Mullein flower essence 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 difficultly 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** Glowing vitality, radiant warmth; living thinking. Nasturtium is helpful anywhere we feel our energy lagging, whether on a physical, mental, spiritual or emotional level.  It brings in a sense of excitement, curiosity and a sense of adventure. 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 dysfunction.

Stinging **Nettle** helps you see and change old behaviors. For example, behaviors necessary for [survival](https://www.treefrogfarm.com/store/flower-essences-tree-essences/stinging-nettle-flower-essence.html) as a child are not healthy as an adult. Stinging Nettle Essence clears your thinking and aligns your heart with self-love and connection to Spirit. This enables you to see and respond to unhealthy, toxic, or abusive situations more appropriately. These can be on any level – a relationship that no longer serves you, negative thinking about yourself and your life, addictive food or drug habits – anything that does not support your true being. Stinging Nettle Flower Essence may help with menopause symptoms if the above situations feed them.

**Oak** helps us access and align with the steady, reliable, dependable, and complete energy of the God within us. This is a good one to take if you seek to become more solidly connected with the God within, able to more fully access God's abundant recharging balanced love and light. Oak is especially good for despairing people struggling to find the strength and optimism to go on.Balanced strength, accepting limits, knowing when to surrender.

**Onion** flower essence gradually releases barriers that you have put up to protect yourself emotionally. It helps to clear away any resistance that stops you from seeing yourself, your behaviors and patterns with clarity and awareness. It is very helpful for getting in touch with suppressed emotions and helps with emotional release. Onion brings the subtle bodies into alignment which helps to create patience, clarity of mind and a positive emotional outlook. It is a good stabilizing essence for anyone who lacks discipline or who is irrational and illogical.

**Oregano** Just like its use as a spice in cooking, Oregano punches up any mix of remedies we might be working with and also helps us feel the zesty possibilities in our life and generally enjoy our daily life more. Think of this one as revealing your "Inner Spice"!

**Peppermint** Mindful and wakeful clarity, warm metabolism balanced with cool head forces. Peppermint helps bring clarity to those who have trouble concentrating when tired, especially for the post-lunch slump.

**Petunia (White)** For the dreamer.  It helps make dreams come into reality, and makes anything a possibility.

**Phlox (Wild)** Essences are all about purification in that they help us let go of external illusions so we can discover the powerful divine self ever within each of us. Phlox, with its tall wands of white flowers, holds a tremendous energy of purification. It works vibrationally to anchor us deeply within ourselves and to fully own our divine self. Phlox brings peace and softens aggression. It is a sweet drink to the soul, embracing and cloaking one with calming influences. It is a wonderful essence to take when one’s environment is challenged with tension or when one needs a gentle sleeping tonic.

# **\*Pineapple Weed –**(*Matricaria Matricariodes)***Indications**: lack of harmony with our physical environment; unaware of the support and nurturing that is available from nature; weak nurturing bond between mother and child. **Healing Qualities**: helps us maintain a calm awareness of ourselves and our surroundings so that we can remain free from injury and risk; promotes harmony between mothers and children, and between humans and the Earth.

**Plantain** helps release bitterness and resentment. It dissolves negative and repetitive thought patterns that keep you stuck in old cycles. It changes "biting" words into more positive means of communication and heals the wounds that have been inflicted by others. It's the "get along" essence.

**Poinsettia**provides courage to express your own feelings and to show yourself just as you are.  
  
**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](https://www.freedom-flowers.com/potato-flower-essence/). Potato counter-acts 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.

**Rock Rose** (Helianthemum nummularium) encourages the positive potential of strong will and courage, especially in the face of emergencies. For times in your life when a sense of panic and helplessness is replaced by calm and courage

**Rose** (Wild) helps you defeat hopelessness and apathy.  For those who have given up the fight, Wild Rose helps you regain the ability to dream again, see the opportunities around you and take initiative. Will to live, joy and commitment to life despite trials or pain.

**(Sand)** **Cherry** is a broad spectrum negative emotions essence, dissolving fear, anger and frustration.  Many times, back issues stem from anger and relationship difficulties.

**Sedum** Release from Limits. Go ahead, break that gridlock! Get on with life and look back only to see how far you have come!

**St. John’s Wort** *(Hypericum perforatum*)**Shield of Light** This flower essence is appropriate for people experiencing deep fears and anxieties, often resulting from overly expanded states of consciousness (such as when dreaming or meditating) leading to psychic and physical vulnerability. The essence helps the astral body to properly separate from the physical body during this time and safely cross over into other realms. At the same time, it keeps the soul safely grounded and anchored within their physical self so that the expansion into other realms of consciousness does not leave them feeling insecure and vulnerable. It is a protective essence useful for all forms of nighttime disturbance including insomnia and night-sweats.

**Strawflower** “Don’t worry. Be happy.” Allows one to do the things they love the most which creates a life of happiness, joy, abundance, & growth. Following dreams in life & career.

**@Sunflower (Wild Narrow Leaf Sunflower)**

**Summer Squash** Restores courage to those experiencing fear and resistance when faced with daily routine; shyness; phobia. Releases frustration and anger, especially through meditation, by balancing yin/yang energy. Good for women who have suppressed their creativity and abilities because of personality difficulties or cultural conditions.

**Tamarack**

**Tansy** Decisive and goal-oriented, purposeful in action, self-directed mastery and achievement. Tansy helps ward off procrastination and indecision. Tansy 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. Strong vibrational support to help us to be committed in our purpose, solid in our physical presence, and confident in the wisdom of our choices. Helps repel negativity being directed our way while also helping us know the nature of the attack. “Tansy can blast through energies we have been clinging to for hundreds of lifetimes.” M.J., PA

**Thimbleberry** “Que sera sera”, Thimbleberry flower essence 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**Positive social interaction; collaboration derived from dynamic balance of feminine and masculine soul forces. Support to heal from painful sexual experiences and sorrows. Support to heal the scars from sexual abuse.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.

**Vervain (Verbena)** Ability to practice moderation, tolerance, and balance; “the middle  
way;” passionate and embodied idealism.  
  
**Violet** Delicate, highly perceptive sensitivity, elevated spiritual perspective; socially responsive but self-contained.  
  
**White Yarrow** (Wild) Helps shield from present and past exposures of radiation, pollutions, or other geopathic stress. Protects against negative outside influences and for psychic shielding, acts to strengthen and solidify the self.

**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.

**Willow**It is not fair…those who sulk and self-pity. For those who have suffered adversity or misfortune and find these difficult to accept, without complaint or resentment, as they judge life much by the success it brings. They feel that they have not deserved so great a trial, that it was unjust, and they become embittered. They often take less interest and less activity in those things of life which they had previously enjoyed.

**Wormwood** Enhance the dream state; allowing dreams to become clearer and more vivid, and aiding us to more fully understand lessons from the dream world. Helps one transition from day consciousness to night consciousness. It will also help to bring balance to a person that tends to live too much in the dream world, by providing solid grounding in the practical, physical world. By keeping balance between the physical world and the dream world, this flower essence helps gradually open the soul to expanded consciousness. Wormwood flower essence helps one integrate their experiences during expanded states into daily reality. This is pretty important – As we know, Wormwood is used as an herbal remedy to physically rid the body of parasites. In the same way, the flower essence helps eliminate heavy patterns and energies, sometimes referred to ‘energetic parasites’. This flower essence is specific to dissolving unconscious ‘cords’ or connections that we have to unresolved issues and personal situations.

**Zinnia** Childlike playfulness and curiosity, detached perspective on Self, sense of humor.