



Green Hope Farm Flower Essence Suggestions for Common Concerns

This is a list of concerns followed by our suggestions for possible Flower Essences that would help. If you type our Flower Essence suggestions into the search bar on the top left of each page of the website, you will find a description of the Flower Essence.

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

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

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

If the suggestion comes from our Additional Flower Essence list, we have indicated this and you can open the Additional Flower Essence list and find the description for this Flower Essence suggestion.

Please remember: Flower Essences are informational road maps. They are not chemical and will not alter your body chemistry. Instead, they give your electrical system tools to solve its own problems.

Abundance:

Increasing the flow of abundance into your life: Flow Free, Desert Gold, Rain of Gold, Torenia Wishbone Flower

Overabundance of energy: Outburst, Orange Hawkweed, Round Plum Raspberry

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

Experiencing less as enough: Chinese Knotweed, Closed Blossom Melastoma, Purplemat

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

Help to receive as well as give: Sea Champion

Feeling a part of a generous universe: Tree Peony, Spanish Shawl

Financial Prosperity: Flow Free, Rain of Gold, Desert Gold

Abuse:

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

Healing issues from childhood abuse: Abandonment & Abuse, Inner Child, Brown Eyed Evening Primrose, Allamanda from Taiwan, Square Stemmed Monkey Flower
Sexual abuse: Abandonment & Abuse, Red Hibiscus, White Hibiscus
Physical abuse: Abandonment & Abuse, White Hibiscus
When experiencing ongoing heightened physical response after the fact: Abandonment & Abuse, Anxiety, Emergency Care, Red Hibiscus from the Temple
Finding a gentler view of self: Meadowsweet, Maple, Eyes of Mary, Bleeding Heart Vine
Post-traumatic Stress Disorder: Abandonment & Abuse, Coral Pink Rose
No longer running the mental tapes of those that abused you: All Ego Contracts Null & Void, Pennyroyal, Meadowsweet
Recovery from experiences that tore you apart: Maltese Cross, Abandonment & Abuse
Bitterness from experiences of childhood abuse: Brown Eyed Evening Primrose
Healing sense of loneliness after abuse: White Hibiscus, Fremont Pincushion
Healing scar that "I am FINE without anyone else: Fremont Pincushion
Confidence that healing will prevail: Desert Chicory, Love Prevails
Rescue animals and abused animals: Abandonment & Abuse
Restoring sense of loveliness after abusive childhood: Inner Child, Fremont Pincushion
Restoring sense of our own loveliness: Meadowsweet, All Ego Contracts Null & Void, Konigin von Danemark Rose, Abandonment & Abuse
Self Destruction: Love Prevails, Outburst, Meadowsweet, Creeping Daisy

Acceptance of What is:

Accepting the spiritual path laid before us: Flower from the Gardens of Taormina
Help with the acceptance of something undesirable but inevitable: Don't Worry-Bee Happy, Effort & Grace, Equanimity, Love It and Leave It, Loving What Is, Maple, Redwood
Contentment with less: Purplemat

Accident Prone:

Grounding, Clematis

Acid Reflux:

Digestive Woes, Blackberry,
Helps with acid reflux by releasing build up of too much yang energy in the upper chakras:
Bleeding Heart Vine

Acupuncture Meridians:

Watch Your Back, Angelica, Lime, Mango, Maple, Sunflower
Cleansing meridians: Mango

Adaptation/Adaptability:

Adaptation to change: New Beginnings, Beggar's Tick, Mutabilis Rose
Adaptation to new circumstances: New Beginnings, Red Mangrove, Psychillia
Macconnelliae Orchid, Ocotillo, Sky Flower
Adaptation to difficult changes and constraints: Omey Island
Adaptation to physical limitation: Devil's Bit Scabiosa, Omey Island

Adaptability to changes in climate, season or weather: Summer Snowflake, Taiwanese Toad Lily

Adaptation to higher vibrations: Butterfly Ginger Lily, Linden, Little Ironweed, Mutabilis Rose, Silver-rod, Titan, all Venus Garden Essences

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

Adaptation to new circumstances with strength and courage: Red Flower from Santorini

Adaptation to rising vibration: The Alignment Garden, The Eight Garden, Linden, Pink Magnolia

Addictions:

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

Dismantling off balanced appetites: Dicliptera Sexangularis

Cleansing after release of addictive pattern: Purify

Addiction to unhealthy relationships: All Ego Contracts Null & Void, Astragalus, Indian Rhododendron

Addiction to caffeine: Coffee, Purify, Restore & Inspire

Addiction to doing too much: Coffee, Tea, Solandra, “Purify Trio” of Purify, Restore, & Inspire, Round Plum Raspberry

Addiction to sugar: Banana, Honeybees in the White Hawthorn, Maple, “Purify Trio” of Purify, Restore, & Inspire

Addiction to alcohol: Grape, “Purify Trio” of Purify, Restore & Inspire

Addiction to tobacco: Sacred Tobacco, “Purify Trio” of Purify, Restore, & Inspire

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

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

Improving health through course correction: Larkspur

Finding moderation: Astragalus, Maple, Rose a Parfum de l’Hay

Finding courage to do what we need to do: Alex Mackenzie Rose, Beggar’s Tick

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

Maintaining good boundaries after enmeshment: Bo He, Verbena Bonariensis

Loosening the hold temporary pleasures have on us: Astragalus

Adolescence:

Feeling betwixt and between: Common Scurvygrass, Purple Trailing Lantana

Dealing with issues of aging: Mallow

Successfully grafting onto new life: Beggar’s Tick, Psychillis Macconnelliae Orchid

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

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

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

Resisting the urge to make unhealthy choices in lifestyle and relationship: All Ego Contracts Null & Void

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

Unwavering sense of one's own value: Freemont Pincushion

Adrenals:

Immune Support, Recovery, Teasel, Golden Armor, Blackberry, Carrot

Ageless Wisdom:

Date Palm Anxiety

Agitation:

Anxiety, Arbor Garden, Sanctuary, Maple, Redwood, Red Clover

Aggression:

Releasing overcharge of negativity in benign ways: Outburst

Calming troubled waters: Healthy Coat, Honeybees in the White Hawthorn, Indian Pipe, Orange, Orange Lantana, Rosa Rugosa

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

Verbal aggression or biting: Outburst, Snapdragon, Royal Ponciana

Finding calm at the center of conflict: Equanimity, Euphorbia of the Ancients, Indian Pipe, Trillium, True Wood Sorrel

Getting in alignment with our best selves so as not to fall into violent reaction: The Alignment Garden, Eyes of Mary, Spiderwort

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

Aging:

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

Experiencing timeless vitality: La Belle Sultane Rose, Redwood

Menopause related issues: She Changes

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

Physical issues of aging particularly skin: Beautiful Skin, Mallow

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

Aging slowed: Thyme, Date Palm

Alcoholism:

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

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

Alienation:

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

Support when we are the black sheep in our clan: Bog Asphodel, Eight Saints

Support to see who is there to support us in the community we are in: The Sunflower Spiral, Eight Saints, Peach

Difficulty living in close quarters: Corn, Sweet Pea

Difficulty with people perhaps because of previous experiences in this or earlier life: Sweet Pea, Snow Camellia

Support when we feel alienated from our tribe of origin: Plum, Bo He

Support when we have been ostracized: Calliandra from Taiwan, Osteospermum, The Three Phacelia Sisters

Recovery from wound, "I am FINE without anyone else.:" Creeping Daisy, Fremont Pincushion

Alignment:

Alignment in every regard and every category below: The Alignment Garden

Alignment with divine blueprint: Larkspur, Sago Palm, Date Palm, Vanda Orchid,

Avocado Alignment with divine plan: Lilac, Sage, Sago Palm, Star Clover

Alignment of chakras: Niella, Heavenly Bamboo, Snapdragon, Sunflower, Tuberose, Sunlight Datura

Alignment of subtle bodies: Tuberose, Sunflower

Alignment of etheric and physical body: Ethereal Fluidium Super Glue, Alba Maxima Rose, Sky Flower

Alignment with divine self: To Thine own Self Be True, Goldenrod, Sunflower, The Sunflower Spiral

Alignment with divine plan for creative self expression: Graniana Rose

Alignment of heart and head, heart chakra and throat chakra, so we speak our truth from our hearts: Cosmos, Butterfly Ginger Lily

Alignment with all who are there to help us and all whom we are there to help: The Sunflower Spiral

Spinal alignment: The Alignment Garden, Watch Your Back, Lilac, Snapdragon

Alignment of creative process with divine will: Flame Vine, Wild Iris

Genetic freedom in alignment with divine purpose: Bo He, Date Palm

Moving forward through change with confident in your course: Arre, Beggar's Tick, Fodder Vetch, Los Arcos

Allergies:

Allergic situations in general: Healthy Coat, Breathe, Immune Support

Dealing with new or foreign allergens: Common Ragwort, Fendler Groundsel

Explosive allergic situations: Outburst, Screw Pine

Inflamed tissue and other irritations: Healthy Coat, Jewelweed

Lung issues: Breathe

Alzheimer's Disease:

Anxiety, The Arbor Garden, Inner Child, Memory, Bells of Ireland, Chinese Hat Plant, Date Palm, Larkspur, Lemon, Mango, Sago Palm

Support for the family and friends: Love Prevails, The Arbor Garden, Loving What Is

Ambition:

Spiritualizing worldly ambition: The Alignment Garden, Chicory, Ginger, Torenia Wishbone Flower

Ambivalence:

Co-existence in one person of emotional attitude of love and hate towards the same object:

Mary Queen of Scots Rose

Amplification:

Amplification of Flower Essences: Alba Maxima Rose

From our Additional Essence collection: Radish, Ginseng, Speedwell

Amplification of healing energies: Lime *Amplifies help we get from other modalities:* Peach, Lime

Ancestral/Family of Origin Pattern Clearing:

Precious Blood, All Ego Contracts Null & Void, “Family River Trio” of Bloodroot, Black Currant, & Borage, Beggar’s Tick, Calliandra from Taiwan, Little Ironweed

Anemia:

Vitex, Precious Blood, Red Currant, Black Currant, Bloodroot, Teasel, Heritage Rose

Angels:

Feeling support of Angels: To Hear the Angels Sing, The Sunflower Spiral, Eight Saints, Madame Isaac Pereire Rose

Archangel Michael: Sweet William

Hearing Angelic guidance better: To Hear the Angels Sing, Allamanda from Taiwan, Daffodil, Sunlight Datura

Anger:

Explosive anger and rage: Outburst, Orange

Calming troubled waters, support to restore peace: Feverfew, The Arbor Garden, Orange, Healthy Coat, Indian Pipe

Letting anger go: Flow Free, Closed Blossom Melastoma, Snow Camellia

Resolving feuds, deep enmity and raging inner conflicts: Mary Queen of Scots Rose, Sky Flower, Sow Thistle

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

Fiery anger: Coral Aloe, Healthy Coat, Orange

Anger about loaded cultural issues especially sexual orientation: Butterfly Ginger Lily, Orange

Anger held in muscles: Dandelion

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

Angst for all creation: Tibouchina (from our [Additional Flower Essence list](#) on the website)

Moving beyond reptilian brain responses: Dill

Clear the heart of old hates and bitterness: Sow Thistle

Annoyance:

Irritation: Jewelweed, Crab Apple

Flower Essence Suggestions for Common Concerns

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

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

Forgiveness for grievances with self: Heliotrope

Anorexia/Bulimia/Eating Disorders:

Breaking personality pattern: All Ego Contracts Null & Void, Anxiety, Carry Less, Bleeding Heart Vine, Bo He, Coralita, Dicliptera Sexangularis, Little Ironweed, Nodding Ladies Tresses, Sahagun

Aligning to healing path: The Alignment Garden, To Thine Own Self Be True

Finding deeper self-love and core wisdom: The Sacred Feminine, Sahagun, Meadowsweet, Love Prevails, Snow Camellia

Anxiety:

Our most popular remedy for people and animals: Anxiety

Niggling fears: Common Knapweed

Anxiety for others: Red Chestnut (from our [Additional Flower Essence list](#) on the website)

Anxiety something bad is going to happen: Coral Pink Rose

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

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

Soothing nerves when anxious: Charles de Mills Rose, Goldfinch Rose, Sarah Van Fleet Rose

Apathy:

Rosa Mundi, Borage, Ginger, Stanwell Perpetual Rose, Taiwanese Toad Lily, Torenia Wishbone Flower, Wild Fuschia, Wild Rose

Appearance:

Concern with appearance: Mallow, Therese Bugnet Rose

Appetite:

Improving the appetite: Vitality, Globe Mallow, Loquat

Dismantling off-balance appetites: Dicliptera Sexangularis

Appearance:

Therese Bugnet Rose

Appreciation:

Appreciation: Gratitude, Mehera, Snow Camellia

Gratitude even amidst trials and tribulations: Yellow Loosestrife

Open appreciation for life: Morning Glory, Ocotillo, Taiwanese Toadlily

Appreciation for physical life: Bacopa Monnieri

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

Apprehension:

Borage, Aspen and the Watchman (from our [Additional Flower Essence list](#) on our website)

Appropriateness:

Moving through the world with both kindness and appropriateness: Alpine Forget-Me-Not

Argumentativeness:

Argumentativeness: Outburst

Argumentativeness in groups: The Arbor Garden, Feverfew, Corn

Argumentativeness about highly polarized issues like sexual orientation: Orange

Help to hold our tongues: Outburst, Snapdragon, Royal Ponciana Blue Penstemon (from our [Additional Flower Essence list](#) on our website)

Arguments with self: Mary Queen of Scots Rose, Pennyroyal

Long standing feuds: Mary Queen of Scots Rose

Help to hear what people we are arguing with are actually saying: French Marigold, Miterwort (from our [Additional Flower Essence list](#) on our website)

Help to be silent in arguments when we only speak to prove we are right: Blue Penstemon (from our [Additional Flower Essence list](#) on our website)

Arrogance:

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

Arthritis:

Run & Play, Flow Free, Immune Support, Butterfly Ginger Lily, Snapdragon

Getting the energy moving: Flow Free *Pain:* Painkiller Plant

Inflammation: Outburst, Healthy Coat

Ascension:

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

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

Experiencing unified field: Passion Flower, Tassel Hyacinth

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

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

Titan Remembering self before illusion of separation: Desert Forget-Me-Not, Vanda

Orchid, Sago Palm, Passion Flower, Agnes Rose

Keeping energies focused in the heart: Clitoria

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

Confidence everything is unfolding as it is meant to unfold: Climbing New Dawn Rose, Flower from the Gardens of Taormina, Fragrant Ladies Tresses, White Water Lily

Experience process as a joyous blossoming, not one hurdle after another: Alchemist Rose

Energetic representation of the moment of God realization: Tuberose

Assertiveness:

Showcats, Bermudiana, Frangipani, White Sweet Clover

Assimilation of Learning:

Corn, Ocotillo, Trillium

Assimilation of New Divine Energy:

Balance in a Blue Moon, Top Chakra Teasel

Assimilation of Sugar:

Banana, Honeybees in the White Hawthorn, Maple

Asthma:

Breathe, Grief & Loss, Flow Free, Sea Campion, Blackberry, Chamomile

When anxiety is a factor in asthma: Anxiety

When grief is a factor in asthma: Grief & Loss

Attachment

Leaving the old behind when necessary even when we have become painfully attached to it:

Chinese Knotweed

Attachment Disorder

Support for healing the original loss: Arbor Garden, Grief & Loss, Wound Healing

For fear and anger: Outburst, Maple, Dill, Abandonment & Abuse, Old Blush China Rose

Restoring feeling of connection to others: Arbor Garden, Queen Anne's Lace, Angelica, Rosemary

Feeling lost in past losses even when in loving new home: Abandonment & Abuse

Turning the situation around: The Alignment Garden, Larkspur

Attention Deficit Disorder (ADD and ADHD):

Grounding, Lemon, Queen Anne's Lace, Orange Hawkweed, Babies of Light, Honeybees in the White Hawthorn, Flow Free

Short Attention Span: Grounding, Lemon

Attunement:

Fireweed, Spider Lily

Attunement to original divine blueprint: Sago Palm

Attunement to spirit's voice above all else: Allamanda from Taiwan

Authority:

To Thine Own Self Be True

Autism: Little Frog Mix, Grounding, Queen Anne's Lace, Larkspur, Celandine, Omey Island

Auto Immune Function:

Immune Support, Queen Anne's Lace, Mary Queen of Scots Rose, Spiderwort

Awareness:

Spiderwort, Eyes of Mary, Alike Rose, Bottle Gentian, Lemon

Awakening:

Awakens our flame of enlightenment, nourishes the fire of spiritual awakening: Crimson Camphor Tree

Avoidance:

Scarlet Runner Bean, Alex Mackenzie Rose

Ayurveda

For supporting those with a Pitta constitution- Pitta Blend

For supporting those with a Vata constitution- Vata Blend

For supporting those with a Kapha constitution- Kapha Blend

Balanced Agni (sun) and Soma (lunar)- The Sacred Feminine & The Sacred Masculine

Prana Vata- subdosha of Vata that governs the emotional mind and inhalation White water Lily, Yellow Water Lily, Pink Water Lily, Breathe

Sadhaka Pitta- subdosha of Pitta sorting out external experience into internal "felt" experience- Spiderwort (see two categories below)

Low Sadhaka Agni- to support thorough processing/cooking of emotions- Scarlet Pineapple Sage, Golden Shrimp Plant, Crimson Camphor Tree, Butterfly Ginger Lily, Canna Indica, Burdock, Cardinal Flower, Rosemary

Sadhaka Agni burning too hot: Grounding, Outburst, Redwood, Pine, Honeybees in White Hawthorn, Margaret Merrill Rose, Goldfinch Rose, She Changes (if happening during menopause)

Tarpaka Kapha- subdosha of Kapha that governs the emotional component of Kapha ie sadness, gried, depression, stuckness

Babies:

Babies of Light, Baby Blue Eyes, Lavender

Protection: Babies of Light

Teething: Pink Baby's Breath

Bach Flower Essences

Here we indicate IF we have made the Flower Essence ourselves

IF not, we indicate what we feel are good substitutions for the Flower Essence.

Agrimony for mental torture behind brave face: Anxiety

Flower Essence Suggestions for Common Concerns

Aspen for vague fears of unknown origin: Aspen, (from our [Additional Flower Essence list](#) on the website), Scarlet Runner Bean, The Watchman

Beech for intolerance: Beech (from our [Additional Flower Essence list](#) on the website), Meadowsweet, Hardhack, Crab Apple, Jewelweed

Centaury for weak will or subservience, the inability to say no: Dwarf Common Centaury, Wintergreen, Sweet William

Cerato for seeking advice or confirmation from other, lack of trust in one's own decisions: Cerato (from our [Additional Flower Essence list](#) on the website where we call it Blue Plumbago), Neediness, Yellow Water Lily,

Cherry Plum for fear of mind giving way: Anxiety

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

Chicory for selfishness and possessive love: Chicory

Clematis for lack of interest in present: Clematis, Grounding

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

Elm for when overwhelmed by responsibility: Joe Pye Weed, Caretaker, Dombeya

Wallichii, Solandra, Common Knapweed

Gentian for discouragement or despondency after a setback: Bottle Gentian, Alex Mackenzie Rose

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

Heather for self-centeredness: Heather, Irish Heaths (Irish Heath is what the Irish call Heather)

Holly for hatred, envy and jealousy: Jealousy, The Arbor Garden, Envy Green Zinnia

Honeysuckle for living in the past: Honeysuckle

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

Impatiens for impatience: Jewelweed (Jewelweed is wild Impatiens), Himalayan Balsam (this is the Flower Dr. Bach used as his Impatiens)

Larch for lack of confidence: Showcats, Larch (from our [Additional Flower Essence list](#) on the website)

Mimulus for fear of unknown things: Mimulus and also The Watchman (both from our [Additional Flower Essence list](#) on the website)

Mustard for deep seated gloom or black depression: Mustard

Oak for despondence when struggling on, for when we have kept going past the point of exhaustion: Oak (from our [Additional Flower Essence list](#) on the website), Borage, Rosa Mundi

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

Pine for self-reproach and guilt: Pine, Heliotrope

Red Chestnut for anxiety for others: Anxiety, Red Chestnut (from our [Additional Flower Essence list](#) on the website)

Rock Rose for terror: Red Clover, The Arbor Garden, Old Blush China Rose

Rock Water for self repression, rigidity and denial: Meadowsweet, Flow Free, Freesia (from our [Additional Flower Essence list](#) on the website)

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

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

Sweet Chestnut for extreme anguish: Maltese Cross, Grief & Loss, Cherokee Trail of Tears
Vervain for tenseness and hyperactivity: Anxiety, Orange Hawkweed, Dandelion, Blue Vervain (from our [Additional Flower Essence list](#) on our website)

Vine for domineering or inflexible behavior: Flow Free, Coralita, Jade, Grape, Watch Your Back

Walnut for protection from change or link breaking: Golden Armor, All Ego Contracts
Null & Void, Cardinal de Richelieu Rose, Cherry Tomato (from our [Additional Flower Essence list](#) on our website)

Water Violet for pride and aloofness: Rosemary, Pebble Pincushion

White Chestnut for unwanted thoughts and mental arguments: White Chestnut, Pennyroyal

Wild Oats for uncertainty about correct path for one's life: Wild Oats (from our [Additional Flower Essence list](#) on our website) Sage, Russian Sage, Turnera

Wild Rose for resignation and apathy: Wild Rose

Willow for issues of faith, resentment, and bitterness: Willow (from our [Additional Flower Essence list](#) on our website) Golden Wings Rose, Meadowsweet, Brown Eyed Evening Primrose

Back/Spine:

Watch Your Back, Lilac, Osteospermum, Snapdragon, Goldenrod, Heavenly Bamboo

Lower back/feelings of scarcity: Rain of Gold, Desert Gold, Flow Free, Purplemat

Lower back/carrying too much: Carry Less, Joe Pye Weed

Feeling lack of support: The Sunflower Spiral

Backbiting:

Carouby de Maussane Pea, Snapdragon, Royal Ponciana

Balance:

Physical balance: Chinese Hat Plant

Balance of male and female: Black Cohosh, Chives

Balance of male and female when too much male: Banana, Chives

Balance of male and female when too much female: Frangipani, Chives

Balance of right and left hemispheres of the brain: Lauriana Rose

Balanced polarities: Lauriana Rose

Balanced assessment of events: Eyes of Mary, Lauriana Rose, Ginger Thomas

Balanced chakras: Niella, Teasel, The Alignment Garden, Snapdragon, Tuberose

Balance of heart and head: Butterfly Ginger Lily, Cosmos, Loving What Is, Nasturtium,

Balanced participation in the human community: The Sunflower Spiral, Sweet Pea, Omei Island, Thistle

Balance of female creativity: Pomegranate, The Sacred Feminine

Balance of the four winds and four elements: Indian Pipe

Balance about material possessions: Rose a Parfum de l'Hay, Ginger

Balance of divine love, wisdom, and power: Sunflower, The Mary Rose

Balance of emotions amidst turmoil: Maltese Cross, True Wood Sorrel, Red Rugosa Rose, Honeybees in the White Hawthorn

Balance of wet and dry especially when too wet: Jasmine, Montbretia, Bignonia

Balance of wet and dry especially when too dry: Arizona Lupine

Flower Essence Suggestions for Common Concerns

Balance of giving and receiving: Omey Island, Peach, Reines des Violettes Rose
Balance of going out into the world and going inward: Omey Island
Balance of energy into and out of our bodies: Teasel, Hollyhock
Balance of selfless giving and appropriate recharging of batteries: Omey Island, Solandra
Balance of opening to new information and grounding this information: Trillium, Sunflower,
 Balance in a Blue Moon
Balance of action and restraint, knowing what to do and what not to do: Reine des Violettes
 Rose, Thistle, California Poppy, Blue Eyed Grass, Cat's Claw
Balance during psychic awakening: California Poppy
Energetic balance of land: Honeybees in the White Hawthorn
Hormonal balance: Honeybees in the White Hawthorn, She Changes, Sea Lavender
Help being human and divine at the same time: Sunflower
Balanced creative efforts so that you don't burn out: Masterwort
Balancing inner guidance about healing with outer input: The Architecture of Balance
Support for a healer to find the balance of soft and strong when doing healing work: The
 Empath's Axis
Balance of all Chakras: Hollyhock
Transforming unbalanced emotional attachment into balanced, centered and creative love:
 Pink Pillar Love
 To balance dryness as well as dampness in Chinese medicine: Chinese Rain Bell

Bear Medicine;

Henri Martin Rose

Being Here Now:

Don't Worry-Bee Happy, Gratitude, Grounding, Loving What Is, The Sunflower
 Spiral, Thyme

Bell's Palsy:

Snapdragon

Belonging:

Arbor Garden, Heather, Irish Heaths

Betrayal:

Osteospermum, Maltese Cross, Calliandra from Taiwan
Helps us create emotional space during or after betrayal so we can sort out what we feel:
 Artichoke
Supporting an end to the energetic pattern of being betrayed: Calliandra from Taiwan

Between Worlds:

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

Big Picture:

Alpine Pennycress

Birth:

Physical birth support for mother and babe: Centered Birth, Magnolia

Support for first breath: Magnolia, Breathe

Support for spiritual birth or rebirth: White Flower from Druid Rock, Fistera, Pasque Flower, Phoenix Rising

Birth of new life with discernment, clarity and feeling of safety: Nicker Nut

Grounding new life: Inkberry

Birth trauma release: Wound Healing, Flow Free, All Ego Contracts Null & Void, Pomegranate, Sago Palm, Vanda Orchid, Larkspur, Carry Less

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

Support when new life arrives in a firestorm: Phoenix Rising

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

Birthing a new life even when situation seems anemic and unable to support this transformation: Pineapple Lily

Bi-Polar:

Grounding, Water Hyacinth, Queen Anne's Lace, Maple, Honeybees in the White Hawthorn, Blackberry

Bitterness:

Meadowsweet, Sow Thistle, Willow Tomato (from our [Additional Flower Essence list](#) on our website)

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

Easing bitterness and regret about failed romances: Seaside Mahoe

Clear the heart of old hates and bitterness: Sow Thistle

Black Sheep:

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

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

Bladder:

Flow Free, Kidney Vetch

Blame:

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

Self blame: Hyssop, Heliotrope

Sour grapes: Grape

Blaming life path on other people or circumstances: Sage

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

Seeing events with detachment: Eyes of Mary, Baby Blue Eyes
Harvesting gifts of experience, not getting log jammed in blame: Cherokee Trail of Tears

Blockage:

Flow Free, Coralita
Any blockage: Flow Free
Second chakra for women: Scarlet Cordia
Second chakra for men: Bells of Ireland
Spinal issues: Coralita, Lilac
Fourth chakra: Blue Snakeweed, Calliandra

Blood:

Precious Blood, “Family River Trio” of Black Currant, Bloodroot & Borage,
Bottlebrush, Burdock, Calliandra, Red Currant, Comfrey
Circulation: Flow Free, Precious Blood, Bloodroot, Calliandra, Blackberry, Mallow
White blood cell health: White Baneberry, Avocado
Blood Cleanse: Avocado, Calliandra

Bloodbaths:

In extreme situations, help to shift from fear and panic to centered calm: Blood Lily

Blood Pressure:

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

Blueprint:

Blueprint for New Age: Cape Hyacinth
Blueprint for Oneness: Nicotiana Mutabilis
Elemental Blueprint for New Earth: South African Foxglove

The Blues:

Woad, Borage, Mustard

Body Image:

Moderation of self-criticism or harsh treatment of body: Maple
Body image when older: Senior Citizen
Peace with your appearance: Therese Bugnet Rose
Enjoyment of physical body as it connects to other people’s bodies: Rosemary

Body Wisdom:

Amaryllis
Body wisdom of Earth: Sage
Body wisdom of southern hemisphere: Floripondio

Pushing oneself too hard: Sahagun

Deciphering body wisdom about GYN issues and treatment plan for these issues: Orange Amaryllis
Trusting our body and it's wisdom when our minds run amok: The Evolution of Ever Forward Motion

Bones:

Run & Play, Boneset, Osteospermum, Coltsfoot, Snapdragon, Vitex, Precious Blood, Comfrey
Help to stay present physically and ground in our most elemental support system, our bones, when treading old pathways with new consciousness: The Structure of Roots

Boredom:

Wild Tamarind

Seeing the world with fresh eyes: The Fairy Rose, F.J.Grootendorst Rose, Pink Baby's Breath

Boundaries:

Golden Armor, Watch Your Back, Henry Hudson Rose, Wintergreen, Flee Free, Thistle, Teasel, Bottle Gentian, St. John's Wort, Titan, Rattlesnake Master, Verbena Bonariensis

Good boundaries for women: Calabash, Sea Mayweed

Good sexual boundaries: Ixora

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

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

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

Wisdom about good boundaries in relationships: Sea Mayweed, Ixora, Verbena Bonariensis

Emotional space during or after conflict so we can sort out what we feel: Artichoke

Bracing for Next Problem:

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

Dandelion *Feeling safe and released from anxiety about next trauma that might befall us:*

Coral Pink Rose, Old Blush China Rose

Brain Function:

Titan, Lauriana Rose, Lemon

Left Brain Imbalance: Banana

Breakthrough:

Belerephon of the Open Door

Breathing/Lungs:

Breathe, Chamomile, Lungwort, Sea Campion, Flow Free

Cleansing the breath: Sea Bindweed

Breast Health:

Nurturing self: Caretaker, Flow Free, Hontanias, Meadowsweet, Morning Glory, Sea
Campion Breaking inappropriate patterns of over responsibility for others: All Ego
Contracts Null & Void, Calabash, Eyes of Mary, Maple, Solandra, Wintergreenn

Broken:

*Healing and reuniting all parts of ourselves when we have been broken apart by physical and
emotional violence, war and terror:* Canna Indica

Broken Heartedness:

Broken heartedness in general: Grief & Loss, Love Prevails

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

Comfort for deep griefs and broken heartedness: Pink Water Lily, Calliandra

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

Romantic heartbreak: Seaside Mahoe

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

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

Broken Love Affair: Seaside Heliotrope, Seaside Mahoe, Escallonia, Calliandra,
Osteospermum

Brother's Keeper/Brother's Helper:

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

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

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

Buffering:

Energetic buffer: Golden Armor

Bugs & Pests:

Flee Free, Golden Armor, Teasel, Immune Support

Bulimia

Bleeding Heart Vine

Burdens:

Joe Pye Weed, Carry Less, The Sunflower Spiral

Burn Out:

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

Burn out with creative projects: Masterwort

Business Venture:

Finding the courage to start a new venture: Roncesvalles

Consecrating new business venture: Cardinal Flower

Keeping a business on mission: The Alignment Garden

Being a calm and confident boss: Pack Leader

Cultivating necessary detachment: Eyes of Mary, Maple

Problem solving for business problems: Spiderwort, Nodding Ladies Tresses, Mignonette
(from our [Additional Flower Essence list](#) on our website)

Getting input from Angelic and Elemental realms: To Hear the Angels Sing

Knowing when to call it a day: Day Lily

Stopping the shame spiral if business fails: Konigin von Danemark Rose

Seeing who can support your growth and who can't, support to cuts ties when necessary:
Puente La Reina, O'Cebreiro

Holding faith in the emptiness before the next chapter: Belorado

Trusting your life and business pacing: Arre *Flying in the face of conventional wisdom:* All
Ego Contracts Null & Void, Goldenrod

Shifting from mind stress to heart centered wisdom that everything is okay no matter what:
Don't Worry-Bee Happy, Loving What Is

Extreme business stress: Anxiety, Don't Worry-Bee Happy, Emergency Care, Gratitude,
Eyes of Mary *Rolling with changes in economic picture:* Sea Lavender

Business venture failing: Maltese Cross

Understanding the value of what was created regardless of outcome: Gratitude

Cabin Fever:

Spruce, Omey Island, Borage, Cucumber, Sunflower, Clematis, Corn

Calming/Stability:

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

Riding turbulence: Red Rugosa Rose, Jade, Aloe Ciliaris

Calming nerves: Anxiety, Sarah Van Fleet Rose, Feverfew, Margaret Marrill Rose

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

Cancer:

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

Chemotherapy and radiation: Golden Armor, Healthy Coat, Outburst, Wound Healing,
Christmas Bush, Leopards Bane (from our [Additional Flower Essence list](#) on the
website), Healthy Coat, Recovery, Zucchini

Cell Health: Aloe Ciliaris, Celandine, Spiderwort, Spanish Bayonet

Breast Cancer: Little Ironweed

Candida:

Strengthening system: Immune Support, Vitality, Golden Armor

Sealing energy leaks: Teasel

Sugar balance: Banana, Honeybees in the White Hawthorn

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

Career Transitions:

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

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

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

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

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

After difficulties or career set backs: Phoenix Rising

Cataract:

Rosa Glauca, Bottle Gentian

Catharsis:

Bleeding Heart Vine

Caretaker:

Essence offering most broad range support: Caretaker

Sheltering love for mothers and other caretakers: Dombeya Wallichii

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

Celiac Disease:

Digestive Woes, Golden Armor, Immune Support, Outburst

Cell Health:

Cell to cell communication: Celandine

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

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

Cell vitality: Vitality, Kidney Vetch, Red Currant

Core experience of cellular health: Red Currant

Information about how to improve low oxygen transport capacity in red blood cells: Burdock

Information about improving white blood cell health: White Baneberry

White blood cell health: White Baneberry

Discernment, sorting wheat from chaff on a cellular basis: Burdock

Centering:

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

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

Sorrel Centering for meditation: Chamomile, Tea, Indian Pipe

Centered in own strengths: Wintergreen

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

Central Nervous System:

Health and well-being: Watch Your Back, Snapdragon, Lilac, Angelica, Heavenly Bamboo
Blockages and optimum energy movement: Coralita, Niella, Sunlight Datura, Flow Free

Moving energies up the chakras: Clitoria

Cervical Health:

Cyclamen

Chain Reaction:

Defuses emotional chain reaction: Red Clover

Chakras:

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

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

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

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

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

Flower Essence Suggestions for Common Concerns

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

Sixth chakra/Third Eye: Allamanda, Banana, Bermudiana, Bottle Gentian, Breathe, Butterfly Ginger Lily, California Poppy, Chamomile, Crab Apple, Daffodil, Dandelion, Euphorbia of the Ancients, Eyes of Mary, French Marigold, Goldenrod, Grapefruit, Lauriana Rose, Lemon, Nasturtium, Rosa Glauca, Spider Lily, Yellow Water Lily, Lemon Balm, Garlic

Seventh chakra/ Crown chakra: Alika Rose, Angelica, Belerephon of the Open Door, Bermudiana Century Plant, Fireweed, Lavender, Osteospermum, Passion Flower, Queen Anne's Lace, Rosemary, Silver-rod, Sunflower, Scullcap, Swamp Candles, Sweet Alyssum, Tuberosa, Vetch, Cosmos Cranberry Double Click, Tibouchina, Top Chakra Teasel

All chakras: The Alignment Garden, Angelica, Bee Balm, Bottlebrush, Heavenly Bamboo, Hollyhock (from our [Additional Flower Essence list](#) on the website), Lilac, Mehera, Niella, All Palms, Ruby Moon Hyacinth Bean, Scarlet Pimpernel, Silver-Rod, Snapdragon, Spruce, Sunflower, The Sunflower Spiral, Teasel, Tuberosa, Violet Transmuting Flame Violet, Watch Your Back, Yellow Loosestrife

Chakras above the Crown chakra/ above the head:

Floss Flower, Kangaroo Apple, Mango

Integrating information from chakras above the head: Spruce, Tuberosa

Improving electrical flow between chakras and secondary nadis: Starflower

Change:

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

Harmonious mutation: French Marigold, Mutabilis Rose

Making change without fear: Mutabilis Rose, Lobelia spicata (from our [Additional Flower Essence list](#) on the website)

Resilience and grounding amidst change: Common Ragwort

Stability during radical change: Common Ragwort, Red Rugosa Rose, Pickerel Weed

Change in financial circumstances: Purplemat, Omey Island

Cushion the impact of change: Pink Baby's Breath

Change after difficulties or fiery times: Phoenix Rising

Adapting to feel comfortable on changing Earth: Psychillis Macconnelliae Orchid, Balance in a Blue Moon

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

Lobelia spicata (from our [Additional Flower Essence list](#) on the website)

Engage the etheric body in a change process: The Thread of Change

Making peace and moving ahead courageously with major life changing decisions: Lobelia spicata (from our [Additional Flower Essence list](#) on the website)

Adaptation to new circumstances with strength and courage: Red Flower from Santorini

Moving forward through change with confidence about the course we have chosen: Fodder

Vetch, Kirengeshoma

Understanding movement forward and necessary change process will help our essential selves:

Amphrite

Help ease apprehensions surrounding change: Allamanda from Taiwan

Channeling:

To Hear the Angels Sing, Cyclamen, Daffodil, Spider Lily

Chaos:

Feeling grounded amidst chaos: Grounding, Fairy Trumpet

Help to remain calm amidst chaos: Anxiety, Bottle Gentian, Broccoli, Red Clover

Sanctuary during chaotic events: Sanctuary, The Arbor Garden, Tea, Chamomile, Bottle Gentian, Pine

Going with the flow through chaotic events: Flow Free, Red Rugosa Rose, Jade, Aloe Ciliaris

Calming nerves during chaotic events: Anxiety, Sarah Van Fleet Rose, Feverfew, Margaret Merrill Rose

Oil on troubled waters: Orange

Finding the connective thread of light amidst significant upheaval and chaos: Ragged Robin

A clear sense of personal direction no matter the chaos or distractions around us: Ispahan

Charisma

Showcats

Cheerfulness:

Borage, Zinnia, Ice Plant, Bramble, Globe Mallow, Woolly Easter Bonnets, Woolly Marigold (from our [Additional Flower Essence list](#) on the website), F.J. Grootendorst Rose

Good cheer amidst extreme stress or trauma: Sea Purslane

Half glass full: Bramble, Tree Peony

Chemical Sensitivities:

Outburst, Healthy Coat, Golden Armor, Gardenia, Lamb's Ear

Chemotherapy (post):

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

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

Restoring tissues/wound healing: Healthy Coat, Christmas Bush, Leopard's Bane (from our [Additional Flower Essence list](#) on our website), St. John's Wort

Chi:

Building Chi: Vitality, Watch Your Back, Chia, Heavenly Bamboo

Stopping Chi loss: Teasel

Childbirth:

Centered Birth (good during pregnancy, during labor and post partum) (*See also Birth*)

Children:

Baby Blue Eyes, The Fairy Rose, Babies of Light, Lavender, (see our [“For the Kids” list of Essences](#) on our website)

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

Healing childhood wounds: Butter and Eggs

Healing for those who have internalized fighting and yelling from a young age: Allamanda from Taiwan

Support for children in the middle of a complex parental situation such as a divorce:

Allamanda from Taiwan

Choice:

Sage, Russian Sage, Sacred Tobacco, Spiderwort

Christ Consciousness:

Black Eyed Susan, Passion Flower, Star of Bethlehem

Cholesterol:

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

If genetic issue: “Family River Trio” of Bloodroot, Black Currant & Borage

Chronic Fatigue:

Ginger, The Sacred Feminine, Queen Anne’s Lace, Joe Pye Weed, To Thine Own Self Be True, Vitality, Vitex, Precious Blood, Desert Chicory, Mary Queen of Scots Rose, Date Palm, Pink Almond

Circadian Rhythms:

Blackberry, Turnera

Circulation:

Flow Free, Precious Blood, Bloodroot, Calliandra, Blackberry, Red Currant, Kidney Vetch, Ice Plant

City Life/Stress:

Golden Armor, Corn, Carouby de Maussane Pea, Sweet Pea, Rose a Parfum de l’Hay

Clairaudience:

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

Clairvoyance:

To Hear the Angels Sing, Goldenrod, Rosa Glauca, Silver-rod, Garlic

Clarity:

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

Thinking with clarity: Lemon, Lauriana Rose, Grapefruit

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

Clarity of purpose: French Grass

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

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

Clarity about choices after leaving addiction behind: Restore

Clarity of thought, word and deed even in times of high drama or chaos: Cape Fuschia
“Moonraker”

Clarity that love is to be honored above all else: Chinese Knotweed

Claustrophobia:

Anxiety, Boundless, Corn, Omei Island, Ruby Moon Hyacinth Bean

Cleansing/Clearing:

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

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

Cleansing emotional field: Lavacolla, Cedar, Dandelion, Arrowhead

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

Cleansing mental body: Cedar, Lemon, Alba Maxima Rose, Carolina Thermopsis (from
our [Additional Flower Essence list](#) on the website) Dandelion

Physical cleanser: Tomato, Purify, Flow Free

Deep cleansing, getting to the bottom of the issue: Burdock

Cleansing the heart: The Mary Rose

Cleansing the second chakra in women: Scarlet Cordia

Cellular cleansing: Spanish Bayonet

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

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

Family of origin cleansing: “Family River Trio” of Black Currant, Bloodroot & Borage

Cleansing all chakras: Sunlight Datura

Cleansing after release from addictive pattern: Purify

Precise cleansing of pockets of negativity: Eggplant

Mr. Clean of Flower Essences: Lemon

Land cleansing: Violet Transmuting Flame Violet, Comfrey

Support during firestorms or traumatic cleansings: Phoenix Rising

Support to experience the cleansing gifts of silence, nature, and time off: The Vocabulary of
Cleansing

Cleans and restores electrical field after deep release of old traumas from physical body: Musk
Thistle

Cleansing and clearing the kidneys, urinary and prostate: Beggar's Tick
Cleansing heavy metals from system: Cilantro, Tomato, Cedar, Date Palm, Burdock, Musk Thistle, Spanish Bayonet, Lemon

Clenching of Teeth:

Anxiety, Flow Free, Snapdragon, Banana

Clumsy:

Grounding, Inner Child (*see also Accident Prone*)

Clutter:

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

Sorting clutter: Loving What Is, Spiderwort, Duchesse de Brabant Rose (from our [Additional Flower Essence list](#) on the website)

Shedding things we used to think we needed: Wintergreen

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

Muddled Thinking: Lemon Balm

Closure:

Knowing when to call it a day: Day Lily

Wound closure: Christmas Bush, Angelica

Co-dependence:

To Thine Own Self Be True, All Ego Contracts Null and Void, Abandonment & Abuse, Recovery, Los Arcos, Verbena Bonariensis

Colds:

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

Collaboration:

Experiencing unity consciousness during collaborative endeavors even amongst people who don't agree: Fendler Groundsel

Coma:

Clematis, Morning Glory

Comfort:

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

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

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

Comfort when tired on the spiritual journey: Mazarife, Rosa Mundi, Stanwell Perpetual

Rose, Omey Island

Comfort and courage in challenging situations: Nuuphretia Lavarissa

Comfort for mothers: Dombeya Wallichii

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

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

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

Comfort during spiritual rebirth: Pink Magnolia

Commitment:

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

When procrastination has slowed our process: Pumpkin

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

Support to answer the question, "Should I commit to this person in partnership or marriage?": Chinese Knotweed

Communication:

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

Communication with Angels: To Hear the Angels Sing

Communication with Nature Spirits: Calendula, Palmer's Penstemon

Communication with Rock Elementals: Birdfoot Trefoil at Gallarus Oratory

Community:

Harmony during tribal gatherings: Plum, Indian Pipe

Spiritual community: Pear

Appropriate involvement in community life: The Sunflower Spiral, Omey Island,

Wintergreen *Living harmoniously in community:* The Arbor Garden, Jealousy, Arizona

Lupine, Carouby de Maussane Pea, Peach, Sweet Pea

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

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

Containing other people's stories with compassion: Rabanal

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

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

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

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

Warring community: Mary Queen of Scots Rose

Helps us relish community: Rosemary

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

Feeling insignificant in crowd: Spring Sandwort, Common Spotted Orchid

Feeling supported by community: The Sunflower Spiral

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

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

Compassion:

Compassion in general: Peach
Help to know that everyone is doing their best: Eyes of Mary, Carouby de Maussane Pea
Listening with compassion: Rabanal
Treating your body with compassion: Hontanans
Compassion for those on a different spiritual path than your own: Galicia
Remembering oneness: Agnes Rose, Rosemary
Spiritual equality: Carouby de Maussane Pea
Holding our wounds with compassion without letting them run the show: The Narrative of Release

Competitiveness:

Competitiveness in general: The Sunflower Spiral, All Ego Contracts Null & Void, The Arbor Garden, Jealousy
When feeling there is not enough: Tree Peony, The Sunflower Spiral
When feeling separate: The Arbor Garden, Agnes Rose
Transforming competitiveness and backbiting into gentler view of others: Carouby de Maussane Pea
When feeling unsupported: The Sunflower Spiral, Joe Pye Weed
When feeling unsafe: Old Blush China Rose
Spiritualizes ambition into something more selfless: Chicory
Unraveling competition when based on a good guy/bad guy paradigm: Cherokee Trail of Tears
Unbinding us from competitive mindset: Don't Worry - Bee Happy, Loving What Is

Complaining:

Negative mental tape running: Pennyroyal, Crab Apple, Nasturtium
Sour Grapes: Grape
Changing attitude to one of gratitude: Mehera, Borage

Completion of Tasks:

Chicory, Pumpkin, Jacob's Ladder (from our [Additional Flower Essence list](#) on the website)

Compromise:

Finding compromise between individual or groups who see things differently: Blue Penstemon

Computers

Protection from computers: Golden Armor, White Yarrow
Restoring our electrical systems when we have been on our computers too much: Goldfinch

Rose

Addiction to technology: Spanish Shawl

Compulsiveness:

Anxiety, All Ego Contracts Null & Void, Nasturtium, Blackberry, Feverfew

Concentration:

Bottle Gentian, Carrot, Lemon, Lauriana Rose, Chamomile, Grapefruit, Tea

Concentration on spiritual tasks when in tumultuous situations: Cape Fuchsia “Moonraker”

Conception and Fertility:

Please see our document on the resource page for ‘Fertility, Conception and Green Hope Farm Flower Essences’

Conception: The Eight Garden Giant’s Causeway, Grounding, Kinkanda Squash, Lobelia spicata (from our [Additional Flower Essence list](#) on the website), Morning Glory, Partridgeberry, Shrubby Cinquefoil, Watermelon, Grounding

Fertility with women: The Alignment Garden, Blackberry, Clivia, Calabash, Kinkanda Squash, Orange Amaryllis (from our [Additional Flower Essence list](#) on the website), Pomegranate, Watermelon, Zucchini

Resolving infertility challenges: Yellow Rose of Texas, Ageratum ‘Red Sea’ (from our [Additional Flower Essence list](#) on the website), Barbados Lily (from our [Additional Flower Essence list](#) on the website), Belerephon of the Open Door, Blackberry, Cyclamen, Cacao, The Eight Garden, Flow Free, Kinkanda Squash, Nodding Ladies Tresses, Olive (from our [Additional Flower Essence list](#) on the website), Purple Sensation Allium (from our [Additional Flower Essence list](#) on the website), Rose

Apple (from our [Additional Flower Essence list](#) on the website), Scarlet Cordia

Fertility with men: Bells of Ireland, Blackberry, Kinkanda Squash

Bringing through the best genetic information for conception: Shrubby Cinquefoil

Working with the Elementals to manifest new life: Avocado, Calendula, The Eight Garden, Foxglove, Meadow Rue

Emotional Support if the way has been challenging: Beauty Bush (from our [Additional Flower Essence list](#) on the website), Carolina Thermopsis (from our [Additional Flower Essence list](#) on the website), Cherokee Trail of Tears (from our [Additional Flower Essence list](#) on the website), Crinum Lily (from our [Additional Flower Essence list](#) on the website), Epimedium (from our [Additional Flower Essence list](#) on the website), Grief & Loss, Konigin Von Danemark Rose, Love in a Mist (from our [Additional Flower Essence list](#) on the website), Maltese Cross, Pink Grootendorst Rose, Rue (from our [Additional Flower Essence list](#) on the website), Uncarina Grandidieri (from our [Additional Flower Essence list](#) on the website), The Way Forward, White Trillium (from our [Additional Flower Essence list](#) on the website), Wound Healing

Confidence:

Showcats

Confidence when doing something difficult to do: Alex Mackenzie Rose

Confidence about emotions: Cucumber, Water Hyacinth

Flower Essence Suggestions for Common Concerns

Confidence you can handle the emotions you are feeling: Cucumber
Confident self expression when speaking your heart's truths: Cosmos
Confidence self expression when feeling exposed: Pink Yarrow from the Cliffs of Moher
Confidence when you take the road less traveled: Blueberry, Blue Eyed Grass
Confidence for gentle quiet people: Bog Pimpernel, White Sweet Clover
Confidence that rebirth process is a good thing: Star of Bethlehem
Confidence about what was learned in past romantic relationships: Seaside Mahoe
"You can do it" moral support: Yellow Mullein, Coralita, Scarlet Pimpernel from La Rocca
Confidence about being able to follow through on your most pressing spiritual tasks: White Orchid from the Burren
Confidence you can be a beacon of light and leadership: Alikea Rose
Confidence for healers: Henry Hudson Rose, Agrippina Rose, Lime
Confidence during spiritual awakenings: Scarlet Pimpernel
Confidence we can change as the times and our spiritual path dictate: Mutabilis Rose
Confidence that healing will prevail: Desert Chicory, Love Prevails
Confidence for children that their time will come: Baby Blue Eyes, Lavender
Confidence for adults that our time will come: Lavender
Confidence we can survive bumps in the road: Eyes of Mary
Confidence everything is unfolding as it is meant to unfold: White Water Lily, Coral Pink Rose, Colorado Native Rose
Moving forward through change confident in your course: Fodder Vetch
Confidence that humanity is evolving in a matrix of eternal love: Climbing New Dawn Rose

Conflict:

Dissolves long standing feuds and deep enmity: Mary Queen of Scots Rose
Inner conflict: All Ego Contracts Null & Void, The Arbor Garden, Loving What Is, Outburst, Queen Anne's Lace, Mary Queen of Scots Rose, Jade
Inner conflict about tribe of origin: Family River Trio of Black Currant, Bloodroot, & Borage, Plum
Outer conflict: Outburst, The Arbor Garden, All Ego Contracts Null & Void, Orange, Mary Queen of Scots Rose, Jade
Conflict with tribe of origin: Plum
Healer of opposites: Sage
Experiencing unity consciousness during collaborative endeavors even amongst people who don't agree: Fendler Groundsel
Helps us create emotional space during or after conflict so we can sort out what we feel: Artichoke

Confrontation:

Confronting falseness with poise: Pavonia Spinifex

Confusion:

Getting the information clearly, even the details: Spiderwort, Lemon
Seeing in the dark: Swamp Candles, Rosa Glauca
Seeing everything in overview with more detachment: Eyes of Mary

Connections:

Connection to our present life: Grounding, Thyme, Clematis

Connection to Earth and Elementals: Calendula, Palmer's Penstemon, The Fairy Rose,
Strengthening interpersonal connections that have been challenged by ego-dominated forces:
Wild Pea

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

Connection to natural world if you have to be inside a lot: Spruce
Connection to life in your body: Clematis, Grounding, Nasturtium, Rosemary, Sunflower

Primal connection to life beyond distractions of modern life: Navelwort
Connections in central nervous system: Coralita

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

Connecting Heaven and Earth: Red Mangrove, Fireweed, all Venus Garden Essences,
Cyclamen, Sky Flower

Connecting the Dots: Lemon

Consecration:

Cardinal Flower, Cardinal de Richelieu Rose, Claret Cup

Conservation:

Conservation of energy: Wild Thrift

Conservation of resources: Arizona Lupine

Consistency:

Honeybees in the White Hawthorn, Ginger, Maple

Constipation: Blackberry, Flow Free, Tomato, Digestive Woes

Constraint:

Omey Island

Physical constraint: Devil's Bit Scabiosa

Containment:

Containing another's story with compassion: Rabanal

Staying contained and centered during crisis or hurricane force change: Bottle Gentian,
Cape Fuschia "Moonraker"

Contentment:

Desert Garden, Gratitude, Loving What Is, English Stonecrop, Maple, Rose a Parfum
de l'Hay

Help with the acceptance of something undesirable but inevitable: Effort & Grace,
Equanimity, Love It and Leave It, Loving What Is, Maple, Redwood

Contentment with who you are: Common Scurvygrass, Maple

Contentment with your appearance: Therese Bugnet Rose

Contentment when dissatisfaction has previously ruled the day: English Stonecrop
Contentment with less: Purplemat

Control:

Surrendering illusion of control: Eyes of Mary
Helps us know we can let go of control without losing what is rightfully ours: Closed Blossom
Melastoma

Conviction:

White Orchid from the Burren
Trusting your life's pace: Arre

Cooling Down when we are Over-heated

Outburst, Chinese Rain Bell, Coral Aloe

Cooperation:

Understanding where support is available and who you can support: The Sunflower Spiral
Finding common purpose: Angelica, Pear
Vibration supporting cooperative community: The Arbor Garden, Jealousy, Sweet Pea,
Corn

Cosmic Assimilation:

Book of Life, Tuberose, Kangaroo Apple

Courage:

Borage
Courage to be true to ourselves: To Thine Own Self Be True
Courage to be true to ourselves and/or change even when family or peers disapprove: To
Thine Own Self be True, Goldenrod, Bay Cedar
Courage in the midst of betrayal: Osteospermum
Courage to do what you need to do: Alex Mackenzie Rose
Courage to begin, take the first step on a journey: Roncesvalles
Courage to leave behind people that do not serve you as you walk your spiritual journey:
O'Cebreiro
Courage to set off on your own: Los Arcos
Courage to manage spiritual awakenings including kundalini awakenings: Scarlet
Pimpernel
Courage when leaving old habits: Sahagun, Restore
Courage to be who you are when you have changed dramatically: Bay Cedar
Courage when change is not possible: Pebble Pincushion
Courage for downtrodden to keep shouldering their burdens: Pebble Pincushion
Courage and comfort together: Nuuphretia Lavarissa, Borage
Courage to be happy: Don't Worry Bee Happy, Borage
Courage to keep on going on our spiritual journey: Rosa Mundi

Courage for children or those whose wisdom has been discounted: Baby Blue Eyes
Courage and willingness to enter the healing dialog: The Thread of Change
Courage to let go of old patterns even when you don't know what your life will look like without them: Trabadelo
Courage to make life altering decisions: Lobelia
Courage to persevere: Harebell from Dog's Bay
Courage in thought, word and deed: Harebell from Scotland

Course Correction:

Cell course correction: Aloe Ciliaris
Course correction when someone or something has been misappropriated by someone's ego: All Ego Contracts Null & Void, Cardinal de Richelieu Rose
Course correction when lost with time to mull over changes: Sage
Course correction when lost with no time to mull over changes: Russian Sage
Course correction when ill: Recovery, Larkspur, Sago Palm
Course correction when dealing with viruses and other mutations: French Marigold, Teasel, Mutabilis Rose

Cravings:

Sugar cravings: Banana, Honeybees in the White Hawthorn
Caffeine cravings: Coffee
Nicotine Cravings: White Nicotiana

Creativity:

Bringing creative idea into form just the way you imagined it: Milkweed
Birth of creative idea: Magnolia
Creativity in alignment with divine will: Graniana Rose, Wild Iris, Milkweed, Lilac
Support with issues of protection, balance and flow to prevent burn out: Masterwort
Creative momentum: Watermelon
Support for all stages of creative efforts from sheltering idea to bringing it to outer attention: Lady's Mantle, Nicker Nut, Masterwort, Clivia
Translating big dreams into huge projects of self expression: Giant Milkweed
Free flow of creativity: Blue Flag Iris, Asclepias
Moving through wintry times in one's creative life or writer's block: Flow Free, Blue Flag Iris, Wild Iris
Discovering your unique creative voice: La Rioja
Clarity and freedom about creative choices, how best to express yourself if you are a woman: Pomegranate
Bringing creative projects that felt out of reach into form: Inkberry, Biting Stonecrop, Clivia, Flame Vine
Managing force of creative flow: Orange Hawkweed
Making an indelible impression with your creativity: Inkberry
Staying true to your creative voice: Milkweed
Hearing and staying true to your creative voice when it is different than everyone else's: Bermudiana
Pulling a creative project together especially if made from wildly disparate parts: Bird of Paradise

Flower Essence Suggestions for Common Concerns

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

Creating art that heals: Wild Iris

Discovery of hidden creative gifts and creative expression with true abandon: Tree Germander

Support for twenty somethings to express their creativity with great passion and joy: The Hummingbird Garden

Crisis:

Emergency Care, Animal Emergency Care

Help not to panic: Red Clover

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

Courage during crisis: Borage

Clarity about what to do during a crisis: Russian Sage

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

Help not to project worst outcome: Coral Pink Rose

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

Crowd:

The courage to stand apart from the crowd: To Thine Own Self be True, Alex Mackenzie Rose, Blueberry, Goldenrod, Harebell from the Burren

Cultural Pressures:

Finding our authentic self amidst cultural pressures: Segesta

Cushing's Disease:

Pituitary health: Silver-rod, Hops

Symptoms in kidneys: Flow Free

Hormonal balance, cortisol balance: Honeybees in White Hawthorn, Blackberry

General suggestions: Recovery, Larkspur, Golden Armor, Emergency Care

Cycles:

Valuing cyclical versus linear processes: The Sacred Feminine

Improving sleep cycles: Turnera, Blackberry

Improving all rhythmic and cyclical processes in the physical body: Blackberry

Cynicism:

Gratitude, Rosa Mundi, Mehera

Daily Life:

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

Time Crunches in daily life: Jade, Mountain Avens

Physical happiness in daily life: Bacopa Monnieri

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

Sunshine on a cloudy day: Woolly Easter Baskets, Bramble

Being present in daily life: Clematis

More present in daily life: Inner Child, Clematis

Dampness:

Too much mucus, dampness in lungs: Jasmine

Too much watery emotion: Cucumber

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

Dancers, for:

Angelica

Dark/Dark Night of the Soul:

Swamp Candles, Datura Sunlight, Ragged Robin, Phoenix Rising, Arrowhead, Elderberry, Bramble from Scotland

Navigating in the dark or through dark times: Queen of the Night, Sage

Daydreaming:

Clematis, Grounding

Death/Dying:

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

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

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

Decision-Making:

Sorting out options: Spiderwort

Seeing the lay of the land clearly: The Way Forward, Eyes of Mary, Sage

A clear sense of personal direction no matter the chaos or distractions around us: Ispahan Rose

Holding true to our own heartfelt and divinely inspired decisions: Kirengeshoma

Decisiveness:

Alex Mackenzie Rose, The Alignment Garden, Harebell from Scotland, Lemon, Pumpkin, Spiderwort

Defensiveness:

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

Delight:

Delight in general: The Fairy Rose, Zinnia, Ice Plant, Borage, Desert Forget-Me-Not, Wild Tamarind
Childhood delight: F.J. Grootendorst Rose, The Fairy Rose, Palmer's Penstemon, Wild Fuchsia

Dementia:

Grounding, Memory, Mango
Course correction: Larkspur

Denial:

Eyes of Mary, Bleeding Heart Vine

Dental Issues:

All-around support for teeth, jaw, gums: Breathe, Banana, Snapdragon
Getting to the root of the dental issue: Comfrey
Gums: Pink Baby's Breath

Dependability:

Maple, Grounding, The Sunflower Spiral

Depression:

Depression in general: Borage, Bramble, Blackberry, Cucumber, The Fairy Rose, Honeybees in the White Hawthorn, Vitality, Water Lilies, Zinnia, Zucchini
Too much water energy: Montbretia, Bignonia, Cucumber
Half glass full: Bramble, Tree Peony

Desire:

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

Despair:

Borage, Crab Apple, Feverfew, Gorse, Milkweed, Giant Milkweed, Montbretia
When stuck in childhood despair: Inner Child, Abandonment & Abuse

Destiny:

End kowtowing to other people's plans for us so we are free to follow our own destiny:
Beggar's Tick

Destructiveness:

Destructiveness in general: Outburst
Help to de-escalate our feelings: Orange
Help to control energy: Orange Hawkweed
Helps us find a path of restraint: Rose a Parfum de l'Hay

Detachment:

Not seeing other people's behavior as a reflection on you: Baby Blue Eyes, Red Rugosa

Rose, All Ego Contracts Null & Void

Seeing overview: Eyes of Mary, Vetch, Alpine Pennycress

Seeing calmly and clearly during crisis: Bottle Gentian

Assisting others to heal in their own way, loving detachment about healing decisions: Eyes of Mary, Agrippina Rose, The Wing Span of the Senses

Release from disappointments about human love: Sea Purslane

Maintaining appropriately detachment after situation of enmeshment is resolved: Verbena Bonariensis

Clear experience of divine truth: Alpine Pennycress

In the world but not of it: Eyes of Mary, Alpine Pennycress

Detachment which comes from unshakeable knowledge that all things of this world are momentary & passing: Love It and Leave It

Details:

Spiderwort

Remembering details: Memory

Determination:

Determination to keep going when others see us or our choices as foolish or misguided: Louise Odier Rose

Determination to follow God's Plan: Chinese Knotweed with detachment from all worldly concerns or fear of loss: Chinese Knotweed

Detox:

Flow Free, Purify, Spanish Bayonet, Tomato, Bottlebrush, Dandelion

Diabetes:

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

Dialog:

Speaking from a genuine place: Blue Penstemon

Finding compromise between individual or groups who see things differently: Blue Penstemon

Help to hold our tongue if we are just saying something to prove we are right: Blue Penstemon

Speaking confidently even when under attack: Pink Yarrow from Cliffs of Moher

Clear expression of one's problems: Bee Balm

Speaking from the heart with the head following the heart's lead: Cosmos

Speaking in an orderly fashion: Orange Hawkweed

Speaking truth with calm: Pavonia Spinifex

Speaking without undue concern about others especially tribe members or peer groups: Bog Asphodel, Goldenrod, Bermudiana

Speaking up for the shy and retiring: Showcats, Wintergreen, Chaparral

Meeting of the minds especially between people who push each other's buttons: Fendler Groundsel

Digestion:

Digestive Woes, Flow Free, Loquat, Dandelion, Avocado, Shrimp Plant

Liver: Dandelion, Avocado

Direction:

New direction: New Beginnings, Blueberry, Turnera, Grounding

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

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

Disability:

Devil's Bit Scabiosa, Run & Play, Omey Island

Disagreements:

Seeing disagreements in partnerships as divine opportunities not death nell of relationship:

Partridgeberry

Resolving disagreements: Mary Queen of Scots Rose, The Arbor Garden

Disappointments:

Disappointments about love: Sea Purslane

Disasters:

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

Dissatisfaction:

English Stonecrop, Purplemat

Discernment:

Seeing below the surface of world events to what is actually going on: Manjarin, Indian Pipe, Fava Bean

Discernment about religious ideas, what will feed your soul: Rhododendron, Manjarin, To Hear the Angels Sing

Discernment about what are actually gifts and what are red herrings: Manjarin, Pavonia Spinifex

Discernment about what to let go of: Puente la Reina, Cat's Claw, Calabash

Discernment about our old unsupportive patterns and support to let them go: Trabadelo

Discernment what data means: Spiderwort, Carrot

Discernment what body is saying: Amaryllis

Discernment what we are meant to do: The Alignment Garden, Blue Eyed Grass,

Kirengeshoma

Discernment during psychic openings: California Poppy

Discernment between mind ideas of prevailing culture and our own inner knowing:

Kirengeshoma

Discernment with hearing: Allamanda

Discernment about sexual choices: Ixora

Discernment between ego and divine self: To Hear the Angels Sing, All Ego Contracts Null & Void

Discernment about boundaries: Thistle

Discernment about who supports your spiritual growth: Puente La Reina

Discernment of lies: Pavonia Spinifex

Discernment during birth process: Nicker Nut

Discernment about whether people are being truthful: Pavonia Spinifex, Spiderwort

Discernment about what is our business, what is God's business and what is someone else's business: Alpine Forget-Me-Not

Disconnection:

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

Discouragement:

Borage, Alex MacKenzie Rose, Grape, Crab Apple, Tibouchina

Disease:

Help to pinpoint the nature of what ails us: Queen of the Night

Disequilibrium:

Physical disequilibrium: Chinese Hat Plant

Stability during radical change: Psychilis Macconnelliae Orchid

Dishonesty:

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

Disorientation:

Grounding, Russian Sage, Sage, Chinese Hat Plant, Maple, Spruce

Despair:

Cosmic Despair: Tibouchina

Dissatisfaction:

Crab Apple, Grape

Divine Blueprint:

Sago Palm, Vanda Orchid, Avocado, Larkspur, Cape Hyacinth

Divine Energy:

Continue to Receive When Surrounded by Chaos: Pickerel Weed

Divine Identity:

Rooted in divine identity: Red Mangrove, Yellow Water Lily

Knowing divine identity: Agnes Rose, Sunflower, The Alignment Garden, To Hear the Angels Sing, Self Heal, Meadowsweet

Knowing divine strength: Titan

Experiencing equal divinity of partner and self: Partridgeberry

Staying grounded in divine identity during growth spurts: Heavenly Bamboo

Staying grounded in divine identity when traumatic events challenge you: Osteospermum

Translate incoming divine wisdom: Kangaroo Apple, Golden Glow

Divine Order:

Confidence things are happening in divine order: Coral Pink Rose, White Water Lily

Finding divine order in our lives: Omey Island

Divine order in our physical body: Aloe Ciliaris, Bottlebrush, Larkspur

Disbursement of the energy of divine authority and power: Sweet William

Divine Plan:

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

Knowing divine plan: The Alignment Garden, Cedar, Sago Palm, Cape Hyacinth

Anchoring in divine plan: Yellow Water Lily

Trusting the divine thumbprint for our lives: Lady's-Thumb

Trusting the path unfolding before us: Flower from the Gardens of Taormina

Embrace incoming divine energy: Cosmos Cranberry Double Click (from our [Additional Essences list](#) on our website)

Divine Purpose:

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

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

Genetic freedom in alignment with divine purpose: Date Palm

Manifestation of Divine Purpose: Canary Island Broom

Divine Truth:

Clear experience of divine truth: Alpine Pennycress

Divine Will:

The Alignment Garden, Lavender, Lilac

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

Divinity In Form:

The Sacred Feminine

Anchored to divine reality: Red Mangrove

Division Between Body & Soul:

Paul Neyron Rose, Claret Cup Cactus, Rosemary

Divorce:

For wrenching pain of divorce: Maltese Cross

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

For support to find perspective: Eyes of Mary

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

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

Support for children in the middle of a complex parental situation such as a divorce:

Allamanda from Taiwan

Dizziness:

Chinese Hat Plant

DNA:

Date Palm, Vanda Orchid, Bells of Ireland, The Alignment Garden

Dogmatic:

All Ego Contracts Null & Void, Crab Apple, Pennyroyal

Dormancy:

New life after dormancy: Chaparral

Doormats, for:

Wintergreen, Sea Mayweed

Doubt:

Love Prevails, Don't Worry-Bee Happy

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

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

Self doubt: Maple

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

Romantic doubt: Seaside Heliotrope

Downtrodden:

Pebble Pincushion, Spring Sandwort

Drama:

Serenity amidst high octane drama: Margaret Merrill Rose

Release from shame when we have been called overly dramatic by others: Golden Hedge Hyssop

Leaving family of origin drama behind: Sweet Briar Rose

Dreams:

Dreamwork: Pyrola Elliptica

Jungian work: Pyrola Elliptica, Purple Flowering Raspberry
Manifesting dreams: Biting Stonecrop, Clivia, Torenia Wishbone Flower
Nightmares: Sweet Pea
Tuning out static: Ladies' Bedstraw
Processing dreams; bringing back information: Shrimp Plant
More lucid dreams: Celandine

Dryness:

Flow Free

Making use of available resources to solve problem: Arizona Lupine

Duality, Beyond:

All Flower Essences!

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

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

Dullness:

Clematis, The Fairy Rose, Wild Fuschia

Dumping our Garbage:

Flow Free, Carry Less, All Ego Contracts Null & Void

Helps incorporate all physical systems in discharge of residue from past suffering: The Kindness of Untangling

Clear the heart of old hates and bitterness: Sow Thistle

Dyslexia:

The Alignment Garden, Lauriana Rose, Lemon, Snapdragon, Titan

Better processing of graphic symbols: Spiderwort

Ear:

French Marigold, Chinese Hat Plant

Inner Ear Problem: French Marigold

Earth/Earth Healing:

Violet Transmuting Flame Violet, Comfrey, Elderberry

Deepening our connection to the heart of Earth: Calendula

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

Macconnelliae Orchid, Rosa Gallica

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

Healing etheric wounds on land: Comfrey

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

Balancing energies of land: Honeybees in the White Hawthorn

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

Connecting our personal electrical grid more fully to earth's electrical grid: Rosa Gallica

Eating Issues:

Support with bulimia: Bleeding Heart Vine

Breaking personality pattern: All Ego Contracts Null & Void, Anxiety, Carry Less, Coralita, Nodding Ladies Tresses, Diclptera Sexangularis, Sahagun

Aligning to healing path: The Alignment Garden, To Thine Own Self Be True

Finding deeper self love and core wisdom: The Sacred Feminine, Sahagun, Meadowsweet, Love Prevails

Eczema:

Outburst, Ethereal Fluidium Super Glue, Flow Free, Healthy Coat, Anxiety, Ethereal Fluidium Super Glue, Allamanda from Taiwan, Banana, Comfrey, Painkiller Plant

Effort:

Knowing our effort mattered regardless of outcome: Effort & Grace

Ego:

Making positive strides towards living from true self not ego: To Thine Own Self Be True

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

Dissolution of the ego: All Ego Contracts Null & Void, Ginger

Electrical Issues:

Electrical balance: Lauriana Rose, Silver-rod

Electrical overload: Outburst, Healthy Coat

Electrical exhaustion/frayed nerves: Sarah Van Fleet Rose, Healthy Coat, Goldfinch Rose, Charles de Mills Rose

Electrical flow: Flow Free, Watch Your Back, Coralita

Electrical misfiring: Blackberry, Starflower, Titan

Disturbance in electrical field: Silver-rod

Electrical protection: Golden Armor

Electrical rewiring: Silver-rod, Snapdragon

Restoring electrical system when frazzled by too much time on computers: Goldfinch Rose

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

Cleans and restores electrical field after deep release of old traumas from physical body: Musk Thistle

Cleanses electrical circuits to improve flow of electrical data through our electrical systems: Whiskbroom Parsley, Charles de Mills Rose

Rewiring the electrical circuit boards of our bodies for those born before 1979: Linden

Elemental Connection:

Remembering our connection to the Elementals: Avocado, Calendula, Dog Rose, The Fairy Rose, F.J. Grootendorst Rose, Foxglove (from our [Additional Essences list](#) on our website), Foxglove from Patagonia, Wild Lily of the Valley (from our [Additional Essences list](#) on our website), Palmer's Penstemon,

Connection with the Elementals of the rocks: Birdfoot Trefoil at Gallarus Oratory
Grounding to the Elementals during chaotic situations: Fairy Trumpet, Foxglove from Patagonia

Emergency Situations:

Emergency Care, Animal Emergency Care

Emotions/Emotional Body:

Waterlogged with too much emotion: Montbretia, Cucumber, Bignonia
Too much fiery emotion: Outburst, Orange Hawkweed, Lantana Involucrata
Wise use of emotion: Water Hyacinth, Arrowhead
Emotions out of control: Outburst, Flow Free, Arrowhead, Trillium, Orange, Avocado, Lantana Involucrata
Emotional cleansing: Arrowhead, Water Hyacinth, Bee Balm
Releasing strong emotions in benign ways: Outburst, Avocado, Lantana Involucrata, Bleeding Heart Vine
Being your best self during emotional or muddy times: Arrowhead
Cleansing emotional body: Arrowhead, Lavacolla, Bee Balm, Cedar
Calms emotional body: Orange, Sarah Van Fleet Rose
Emotional balance: Water Hyacinth, Yellow Water Lily
Emotional blockages: Flow Free, Calliandra
Detachment from emotional reaction: Water Hyacinth, Eyes of Mary, Broccoli
Processing emotions after trauma: Broccoli
For feeling emotions: The Sacred Feminine, Flow Free
Emotional bottling, suppressing or numbing out: Bleeding Heart Vine
Healing emotional scabs from early life trauma: Allamanda from Taiwan

Emotional Commitment:

Support to answer the question, "Should I commit to this person in partnership or marriage?": Chinese Knotweed

Empaths:

Keeping energetic field clear: Golden Armor, Flee Free, Teasel, Watch Your Back
Clearing your field while also assisting earth and humanity: Violet Transmuting Flame Violet
Help not to fall into old patterns of taking on responsibilities and energetic garbage that is not ours: All Ego Contracts Null & Void, The Alignment Garden, Spiderwort, To Thine Own Self Be True, Carry Less, Family river trio of Black Currant, Bloodroot, and Borage, Loving What Is, Thistle, Watch Your Back
Finding peace with following your calling: Loving What Is, Don't Worry Bee Happy, The Alignment Garden
Having the gift of sensitivity without getting overwhelmed by it: Lamb's Ear
Remaining an empathic healer while also retaining energetic integrity: The Wing Span of the Senses

Empathy:

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

Emphysema:

Breathe, Burdock, Sea Campion

Encouragement:

Borage

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

Encouragement that you are enough: Bog Pimpernel, Common Knapweed

Keep on keeping on: Borage

Endurance:

La Belle Sultane Rose, Zinnia, Zucchini, Maple, Stanwell Perpetual Rose, Rosa Mundi, Garlic

Stay true to our spiritual principals: Pickrel Weed

Endocrine System:

Silver-rod, Almond, Blackberry, Konigin Von Danemark Rose

Energy:

Vitality, Irish Heaths, Wild Thrift, Red Currant

Receiving energy from Earth: Calendula

Balancing erratic energies: Honeybees in the White Hawthorn

Getting energies moving: Flow Free

Closing energy leaks in chakras: Teasel

Encouragement to connect with the land for energetic refueling, cleansing, and comfort: The Plum Line of Energy

Reset our energy flow when it has been depleted or disturbed: Butterfly Ginger Lily

Engagement/Retraction:

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

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

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

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

Balance of action and restraint: Reine des Violettes Rose

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

Enjoyment:

Experiencing the half glass full: Bramble, Tree Peony

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

Rosemary

Enthusiasm: Borage

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

Tamarind

Embracing Life: Morning Glory, Mallow Leaved Bindweed

Enjoying the in-between places: Flower from La Marchesa

Enlightment:

Awakens our flame of enlightenment, nourishes the fire of spiritual awakening: Crimson Camphor Tree

Enthusiasm: Borage, Julia Child Rose

Envy:

Jealousy, Rain of Gold, Tree Peony, Desert Gold

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

Equality:

Spiritual equality: Angelica

Erratic Behavior:

Discharging overcharge of energy or negativity more benignly: Outburst

Emotion based erratic behavior: Honeybees in the White Hawthorn

When its difficult to manage energy smoothly: Orange Hawkweed

Not grounded: Grounding

Information overload leading to erratic behavior: Outburst, Trillium

Rage: Outburst, Orange

Escapism:

Escapism in general: Grounding, Clematis

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

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

Ethereal Fluidium:

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

Etheric Body:

Overall etheric body health: Alba Maxima Rose, Comfrey, Hops, Maple

Mending wounds in etheric body: Comfrey, Sweet Olive

Tears in the etheric field particularly of land: Comfrey

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

Cushion around etheric field so sleep is deep and unchallenged: Ladies Bedstraw
Healing etheric wounds from experiences with groups of people including religious groups:
The Three Phacelia Sisters
Healing etheric wounds from abuse experiences: Abandonment & Abuse, Red Hibiscus,
White Hibiscus, Desert Forget-Me-Not
Integration of etheric and physical body after trauma like surgery: Spruce, The Alignment
Garden
Getting the most energy through the etheric body to the physical body: Ethereal Fluidium
Super Glue, Rosemary
Engaging the etheric body in a change process: The Thread of Change

Evolution:

Support to take one's healing path forward in more evolved ways: The Evolution of Ever
Forward Motion

Excess:

Ginger, Rose a Parfum de l'Hay, Diclipteras Sexangularis

Exhaustion:

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

Expectation:

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

Exploration of the New:

Ocotillo, Morning Glory, Day Lily, New Beginnings, Wild Lettuce

Explosive Situations:

Outburst, Orange, Screw Pine, Feverfew, Red Flower from Santorini

Expression of Uniqueness:

Common Spotted Orchid, Blue Eyed Grass, Blueberry, Bermudiana
Being our unique self within the context and with an awareness of divine oneness: Nicotiana
Mutabilis

Extreme Situations:

Shifting from fear and panic to centered calm in extreme situations: Blood Lily, Bottle
Gentian, Grounding, Red Clover

Eyes/Focus/Vision:

Improving eyesight: Rosa Glauca, Eyebright, Bottle Gentian, Vision
Seeing clearly in times of fog: Rosa Glauca
Seeing clearly during intense situations: Bottle Gentian

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

Focus for healing work: Alika Rose, Agrippina Rose

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

Seeing previous romantic relationships clearly: Seaside Heliotrope

Mental clarity so as to improve eyesight: Lauriana Rose

Focus, rooted, centered grounded vision: Carrot

Expansive, far sighted vision: Vision

Failure:

Beginning again after firestorms: Phoenix Rising

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

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

Taking a gentle view of self: Meadowsweet

Love with detachment: Eyes of Mary

Feeling whole during experiences that rip you apart: Maltese Cross

Stopping the shame spiral: Konigin von Danemark Rose

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

Giving your burdens to God: Joe Pye Weed

Fairies, see also Elemental connection:

The Fairy Rose, Fairy Trumpet

Faith:

Faith in general: Golden Wings Rose, Julia Child Rose, Gorse

Faith in own inner light: Osteospermum

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

Faith that healing will prevail: Desert Chicory

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

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

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

Abiding faith: Borage

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

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

False Endings:

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

False Sense of Responsibility:

Wintergreen, Spiderwort, Eyes of Mary, Vetch, Coffee, The Sunflower Spiral

False Persona:

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

Family of Origin:

Seeing divine wisdom of family of origin: Bloodroot

Cleaning up genetic garbage of family of origin: Black Currant

Transforming experience of alienation from family of origin to awareness of universal human connection: Plum

Detachment from family dramas: All Ego Contract Null & Void, Eyes of Mary, Allamanda from Taiwan

Definition of self not pinned to family of origin but grounded in definition of self as child of God: Heritage Rose

Handling the role as black sheep of the family: Bog Asphodel

Resolving tribal feuding and deep enmity: Mary Queen of Scots Rose

Experiencing self and family of origin beyond the framework of right and wrong: Cherokee Trails of Tears, Plum

Leaving family of origin drama behind: Sweet Briar Rose

No longer defined by family of origin drama: Sweet Briar Rose

Fanaticism:

Moderating one's own fanatical tendencies: Maple, Crab, Orange

Staying true to self in face of other people's fanaticism: True Wood Sorrel

Transforming fanatical emotion into balanced love: Pink Pillar Rose

Fathering:

The Sacred Masculine, The Sacred Feminine

Father Issues:

The Sacred Masculine, Bloodroot, Black Currant

Fatigue:

Recovery, Zucchini, La Belle Sultane Rose, Zinnia, Chia, Rosemary, Teasel

Spiritual fatigue: Rosa Mundi, Stanwell Perpetual Rose, Blackberry, Quatre Saisons Rose

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

Fear:

Fear in general: Scarlet Runner Bean, Old Blush China Rose, Red Clover, Orange, Aspen, Comfrey, Nuuphretia Lavarissa, Pale Pink Rose, Red Rugosa Rose, Emergency Care

Fear that bad things are going to happen: Coral Pink Rose

Letting go of fear-driven behaviors: Sahagun

Fear of death: Arbor Garden, Blackberry, Mallow, Coral Pink Rose, Heritage Rose,

Nuuphretia Lavarissa

Fearlessness: Nuuphretia Lavarissa

Survival issues: Ginger

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

Freedom from fear: Golden Wings Rose, Nuuphretia Lavarissa

Removing monkey wrench of fear during change process: Mutabilis Rose, Allamanda from Taiwan

Fearlessness about love: Peach

Fear someone will die: Coral Pink Rose, Blackberry

Fear of death: The Arbor Garden, The Watchman (from our [Additional Flower Essence list](#) on our website)

Fear of Aging: Pink Flowering Almond, Date Palm, Mallow

Fears of unknown origin: The Watchman, Aspen (both from our [Additional Flower Essence list](#) on our website)

Releasing fears from our childhood: Allamanda from Taiwan

Determination to follow God's Plan with detachment from all worldly concerns or fear of loss: Chinese Knotweed

Female Concerns:

Overall health of reproductive system: Pomegranate

Clearing blockages in female reproductive system: Scarlet Cordia for tubes, Eggplant for small pockets

Ovarian issues: Pomegranate

Fybroids and clarity about the use of our creative life force energy: Pomegranate, Flow Free

Clarity about creative powers: Pomegranate, Asclepias, The Sacred Feminine, Motherwort

Menopause: She Changes, Mallow, Pomegranate, Honeybees in the White Hawthorn, Sea Lavender

Hormonal balance: Honeybees in the White Hawthorn

Menstruation: Moonlight Datura, Flow Free, Blackberry

Fertility and Conception: see below to Fertility & Conception

Working through issues about having children with your partner: Partridgeberry

Celebration of menarche: Moonlight Datura, Pomegranate, Asclepias

Restoring vitality for women: Vitality, Zucchini

Genuine support for mothers, not sentimental crap dished out by culture: Motherwort

Understanding and manifesting new paradigms for women: The Sacred Feminine

Standing up for ourselves: Motherwort, Frangipani, Calabash, Wild Red Morning Glory

Understanding our immense creative power and role in the new millennium: The Sacred Feminine, Wild Red Morning Glory

Balance use of our feminine and masculine energies so we act from our wisest self: The Sacred Feminine, The Sacred Masculine, Black Cohosh, Chives, Frangipani

Birth: Centered Birth, Magnolia, Fisterra, White Flower from Druid Rock, The Sacred Feminine, Calabash

Letting go of false responsibilities, false obligations to others: Calabash, Coffee, O'Cebreiro, Puente La Reina, All Ego Contracts Null & Void

Overcoming long-term effects of birth control: Water Hyacinth, Watermelon

Feminine Consciousness:

The Sacred Feminine, Pomegranate, Moonlight Datura

Protecting the Inner Feminine: Lady's Mantle

Fertility and Conception:

Please see our document on the resource page for 'Fertility, Conception and Green Hope Farm Flower Essences'

Conception: The Eight Garden Giant's Causeway, Grounding, Kinkanda Squash, Lobelia spicata (from our [Additional Flower Essence list](#) on the website), Morning Glory, Partridgeberry, Shrubby Cinquefoil, Watermelon, Grounding

Fertility with women: The Alignment Garden, Blackberry, Clivia, Calabash, Kinkanda Squash, Orange Amaryllis (from our [Additional Flower Essence list](#) on the website), Pomegranate, Watermelon, Zucchini

Resolving infertility challenges: Yellow Rose of Texas, Ageratum 'Red Sea' (from our [Additional Flower Essence list](#) on the website), Barbados Lily (from our [Additional Flower Essence list](#) on the website), Belerephon of the Open Door, Blackberry, Cyclamen, Cacao, The Eight Garden, Flow Free, Kinkanda Squash, Nodding Ladies Tresses, Olive (from our [Additional Flower Essence list](#) on the website), Purple Sensation Allium (from our [Additional Flower Essence list](#) on the website), Rose Apple (from our [Additional Flower Essence list](#) on the website), Scarlet Cordia

Fertility with men: Bells of Ireland, Blackberry, Kinkanda Squash

Bringing through the best genetic information for conception: Shrubby Cinquefoil

Working with the Elementals to manifest new life: Avocado, Calendula, The Eight Garden, Foxglove, Meadow Rue

Emotional Support if the way has been challenging: Beauty Bush (from our [Additional Flower Essence list](#) on the website), Carolina Thermopsis (from our [Additional Flower Essence list](#) on the website), Cherokee Trail of Tears (from our [Additional Flower Essence list](#) on the website), Crinum Lily (from our [Additional Flower Essence list](#) on the website), Epimedium (from our [Additional Flower Essence list](#) on the website), Grief & Loss, Konigin Von Danemark Rose, Love in a Mist (from our [Additional Flower Essence list](#) on the website), Maltese Cross, Pink Grootendorst Rose, Rue (from our [Additional Flower Essence list](#) on the website), Uncarina Grandidieri (from our [Additional Flower Essence list](#) on the website), The Way Forward, White Trillium (from our [Additional Flower Essence list](#) on the website), Wound Healing

Feuds:

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

Fever:

Outburst, Feverfew, Orange, Sarah Van Fleet Rose

Fibromyalgia:

Recovery, Queen Anne's Lace, Dandelion, Painkiller Plant, Immune Support, Borage,

Comfrey, Flow Free, Joe Pye Weed

Fidgety:

Feverfew, Grounding, Maple

Fight or Flight:

Broccoli, Alex Mackenzie Rose

Finances:

Optimism during difficult financial times: Bramble, Yellow Loosestrife

Help to accommodate financial difficulties: Omey Island

Increasing financial flow: Flow Free, Rain of Gold, Desert Gold, Tree Peony

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

Balanced view of circumstances: Lauriana Rose, Eyes of Mary

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

Alleviating feelings of guilt around financial matters: Tree Peony

Fire Energy/Fiery Situations:

Moderating intense emotions: Lantana Involucrata, Orange

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

Too much fire energy: Chinese Rain Bell, Coral Aloe, Margaret Merrill Rose, Orange

Too little fire energy: Bignonia, Montbretia

Life up in flames: Phoenix Rising

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

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

Fiery challenges in our 1st, 2nd and 3rd chakras: Westerland Rose

Fifth Dimension:

All Essences from the Venus Garden Collection Garden, Bells of Ireland

Fire Rooster Energy:

Support for the positive attributes of Fire Rooster energy: Phoenix Rising, Crimson Camphor Tree

When an out of balance fire rooster/bully is attacking us: Take the Sacred Feminine and the Sacred Masculine with Alignment Garden to get these energies working in balance, Pink Yarrow from the Cliffs of Moher, Alec Mackenzie Rose

Feeling penned in by aggressive fire rooster energy: Take the Sacred Feminine and the Sacred Masculine with Alignment Garden to get these energies working in balance

Claustrophobia and feeling there is no escape: Boundless, Ruby Moon Hyacinth Bean

Finding a new way to proceed when we have responded to a Fire Rooster with passive hen energy: Take the Sacred Feminine and the Sacred Masculine with Alignment Garden to get these energies working in balance

Calming down when group we are part of is overheating: Orange Lantana, Equanimity,

Euphorbia of the Ancients

Awakens our flame of enlightenment, nourishes the fire of spiritual awakening: Crimson Camphor Tree

When our sense of personal power is under fire and we feel on the defensive: Equanimity, Heather or Irish Heaths, Westerland Rose

Protection from burn: Floss Flower, Coral Aloe

Cooling down when we are heated up: Outburst, Chinese Rain Bell

Freedom to express our unique Divinity, especially helpful after cultural constraints: White Mulberry

Flexibility:

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

Flow:

Flow in general/all issues of flow: Flow Free

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

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

Flowing with what is: Loving What Is, Jade

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

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

Relaxing in healing flow: Desert Chicory

Irregular flow: Blackberry, Flow Free

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

Flow of Love: Honeybees in the White Hawthorn, Peach

Flowing with the green energy of nature: Jade

Focus:

Lemon, Grapefruit, Carrot

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

Clear focus during chaotic situations: Bottle Gentian, Rosa Glauca, Cape Fuschia, Fava Bean

Focused leadership: Alik Rose

Focused creativity: Orange Hawkweed

Helps us focus on what matters: Pear

Finding focus for those who scatter their energies to the four winds: Ginger

Staying focused on spiritual tasks at hand, no matter the tumult: Cape Fuschia "Moonraker"

Food Issues:

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

Food phobias: Carry Less, All Ego Contracts Null & Void, Maple, Morning Glory, Red Clover, True Wood Sorrel

Fanatical behavior around food: Maple, True Wood Sorrel, Rose a Parfum de l'Hay

Flower Essence Suggestions for Common Concerns

Problems with textures, taste, and smell: Carry Less, All Ego Contracts Null & Void, Maple, Loquat, Lamb's Ear

Problems with textures, taste, and smell for those who do not feel at home on Earth: Grounding, Psychillis Macconnelliae Orchid, Lamb's Ear, Home Away from Home (from our [Additional Flower Essence list](#) on our website), Loquat, Locust & Wild Honey, Shrimp Plant

Food allergies: Breathe, Healthy Coat, Common Ragwort, Jewelweed, Immune Support

Food Addictions in Animals:

All Ego Contrast Null, Banana

Forgetfulness:

Memory, Eyes of Mary

Forgiveness:

Self-forgiveness from past life experiences: Buddleja, Meadowsweet

Forgiveness and release from sexual guilt, remorse, regret, sorrow or anxiety: Clitoria Ternatea

Forgiving our most deeply held grudges against ourselves: Heliotrope, Hyssop

Improving work with the Violet Transmuting Flame of Forgiveness: Violet Transmuting Flame Violet

Letting go of burdens as an act of self-forgiveness: Joe Pye Weed

Forgiveness as a process unhampered by mind ideas: The Alignment Garden, Don't Worry-Bee Happy

Support to forgive then find new detached territory without getting enmeshed in old dramas again: Verbena Bonariensis

Sanctuary from pressures to fake forgiveness so genuine reconciliation can happen in its own time: Artichoke

Fork in the Road:

Russian Sage, Sage, Spiderwort, Torenia Wishbone Flower

Fortitude:

Alex Mackenzie Rose, Borage, Quatre Saisons Rose

Frailty:

Dismantling illusion of frailty: Queen Anne's Lace

Fragmentation:

Epimedium (from our [Additional Flower Essence list](#) on our website) Queen Anne's Lace, Maltese Cross, Shrimp Plant

Freedom:

Spiritual freedom: Ruby Moon Hyacinth Bean

Freedom from ideas about what we owe our family of origin: Black Currant

Freedom from judgment: Konigin von Danemark Rose
Freedom from fear: Nuuphretia Lavarissa, Golden Wings Rose
Freedom to love ourselves unconditionally: Don't Worry-Bee Happy
Freedom from patriarchy: The Sacred Feminine, The Sacred Masculine, Maiden Apple
(from our [Additional Flower Essence list](#) on our website) Pomegranate, Motherwort,
Ixora White Mulberry,
Genetic freedom: Date Palm
Freedom to follow our own path: Beggar's Tick
Freedom from concern with our appearance: Therese Bugnet Rose
Freedom to reconfigure our personal relationships: Asclepias
Freedom from all mistaken ideas of self: The Three Phacelia Sisters
Freedom to be our most joyful self: Bignonia
View of life as an experience of liberation: Ruby Moon Hyacinth Bean, Vetch
Freedom to express our unique Divinity, especially helpful after cultural constraints: White
Mulberry

Frustration:

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

Gateway Between Physical and Subtle Bodies:

Exhales, Ethereal Fluidium Super Glue, Almond

Guardian Angels:

To Hear the Angels Sing, Eight Saints, Tamarind

Availing ourselves more to the voice of spirit and less to personality static: Allamanda from
Taiwan, Pennyroyal

Generations:

A mix for twenty-somethings and their generation: The Hummingbird Garden

Generosity:

Flow Free, Gratitude, Chicory, Irish Heaths, Tree Peony

God Connection:

To Hear the Angels Sing, The Alignment Garden

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

When we feel out of rhythm with God: Blackberry

God's Will:

To Thine Own Self Be True, The Alignment Garden, Sweet William

Grace:

Don't Worry - Bee Happy, Galicia, Heritage Rose

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

Flower Essence Suggestions for Common Concerns

*Help to know there is nothing to worry about, we live in a state of grace: Don't Worry - Bee
Happy Knowing the grace of your circumstances even when there has been much suffering:
Jerusalem Thorn Tree*

*Help to surrender all discordant relationships and situations to divinity so as to let grace of
divinity prevail: Fragrant Ladies Tresses*

Gratitude:

Gratitude, Mehera, all Marigolds

Gratitude toward those on a different spiritual path: Galicia

Gratitude amidst trials and tribulations: Yellow Loosestrife

Greed:

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

Green Energy:

Jade

Grief/Sorrow:

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

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

Grinding Teeth: Snapdragon, Cat's Claw, Grapefruit, Morning Glory, Flow Free

Grounding:

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

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

Grounding spiritual wisdom in practical ways: Corn

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

Laying a strong foundation for healing work: The Venus Garden

Grounding to alien terrain: Psychillis Macconnelliae Orchid

Grounding spiritual wisdom in balanced way: Trillium

Grounding to the heart of Earth: Calendula

Staying grounded amidst wildly changing circumstances or whirlwinds in our personal life:

Red Mangrove, Red Rugosa Rose, Common Ragwort

*Help to stay present physically and ground in our most elemental support system, our bones,
when treading old pathways with new consciousness: The Structure of Roots*

Grounding amidst chaos: Fairy Trumpet

Group Dynamics:

Promotes spiritual growth and harmony in a group: Hops, Carouby de Maussane Pea
Rising above group tumult to find a place of calm and wisdom: Orange Lantana

Guidance, Angelic:

To Hear the Angels Sing, Daffodil, Eight Saints, Sunlight Datura
Availing ourselves more to the voice of spirit and less to personality static: Allamanda from Taiwan, Pennyroyal

Guilt:

Release of habit of Guilt: Hyssop, Don't Worry - Bee Happy
Sexual guilt: Clitoria Ternatea
Romantic guilt: Seaside Heliotrope
Past life guilt: Buddleja
Transmutation of guilt, personal and planetary: Violet Transmuting Flame Violet
Constructive release of guilt and pattern of responding to all mistakes with guilt: Hyssop, Crap Apple
Release from deeply held grudge against self: Heliotrope
Understanding that only God defines us and we are not defined by our mistakes: Maple
Releasing guilt created by illusion of good guy-bad guy dynamic: Cherokee Trail of Tears
Letting go of guilt without feeling guilty: Don't Worry-Bee Happy
Religious guilt: Pyramidal Orchid
Guilt about money issues: Tree Peony

Gum/Teeth Issues:

Snapdragon, Banana, Toothwort, Pink Baby's Breath, Grapefruit

Habit Breaking:

All Ego Contracts Null & Void, Purify, Restore and Inspire trio
Sugar: Banana
Caffeine: Coffee, Tea
Alcohol: Grape
Nicotine: Sacred Tobacco
Addictions in general: All Ego Contracts Null & Void, trio of Purify, Restore & Inspire, To Thine Own Self Be True
Habit of doing too much: Solandra, Calabash, Coffee
Finding middle road: Maple
Disengaging from habit: Cat's Claw
Nervous habits: Anxiety

Hair:

Healthy Coat, Cotton, Cedar, Bog Cotton, Calliandra, Lemon, Grapefruit, Black Ebony
For those with difficult gene pools: Bog Cotton

Half Glass Full:

Bramble, Tree Peony

Happiness:

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

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

Opening to happiness: Morning Glory

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

Happiness without guilt: Don't Worry - Bee Happy

Happiness which comes when we let go of outcomes: Love It and Leave It

Hardness:

Yellow Water Lily

Harmony:

In general: The Arbor Garden

Harmony during gatherings: Plum, Indian Pipe

Fence mender during meetings: Beach Pea

Harmonious cell growth: Aloe Ciliaris

Harmonious partnership: Partridgeberry

Hatred:

Mary Queen of Scots Rose, Crab Apple

Clear the heart of old hates and bitterness: Sow Thistle

Head/Headaches:

Head issues in general: Snapdragon

Cloudy and overstuffed feeling: Silver-rod

TMJ: Snapdragon

Headaches: Grapefruit, Lemon Balm

Muscle tension: Dandelion

Releasing tension and lightening the energy in the head through the 6 yang channels of the head: Butterfly Ginger Lily

Teething and gums: Pink Baby's Breath Sinuses: Lemon Balm

Healing/Healers:

Amplifier of Healing: Peach, Thyme, Self Heal, Agrippium, Rue

General support for Healers: Hesperides' Gift, The Healer's Toolbox collection,

Agrippina Rose, Lime, Dombeya Wallichii, Henry Hudson Rose, Pear, Caretaker

Support to make self care the cornerstone of our healing practice: The Healer's Keystone

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

Support for Healers to integrate communal wisdom while also honoring our own inner guidance: The Architecture of Balance

Support to retain energetic integrity and good boundaries while doing healing work: Eyes of Mary, Henry Hudson Rose, Teasel, The Vocabulary of Cleansing, The Wing Span of

the Senses *Support to maintain energetic field hygiene:* The Vocabulary of Cleansing

Support to acknowledge and integrate our own wounds so they do not rule the work we do:

The Narrative of Release

Supports Healers to take time out, rebalance in nature, and in the cleansing of silence: The Vocabulary of Cleansing

Supports a Healer to get perspective on how far she has come on her journey as a Healer: The Rhythm of Growth

Support to lay a strong foundation for a healing practice: The Venus Garden

Support to improve a Healer's skill set: Hesperides' Gift. Agrippina Rose, Henry Hudson Rose, Lime

Support for a Healer to find the balance of soft and strong when doing healing work: The Empath's Axis

Support for Healers to stay optimistic and strong during tumultuous times: Great Willowherb
Trusting that our efforts to heal will bear fruit even when results are still hidden: Potato

Essences to Support a Particular Healing Task or Challenge:

Opening to receive higher dimensional healing information: To Hear the Angels Sing, Bells of Ireland, Sunlight Datura, Madagascar Periwinkle, all Venus Garden Collection
Essences

For an acute healing crisis: Emergency Care, Animal Emergency Care, Outburst, Wild Physic Nut, Painkiller Plant

Precise removal of pockets of negativity: Eggplant

Healing with sound: Pear

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

Healing an unbalanced relationship with time: Thyme, Jade, Thyme from Omey Island

Healing more swiftly: Thyme from Omey Island

Amplifies other healing modalities: Lime, Peach, Radish (from our [Additional Flower Essence list](#) on our website)

Healing divisions between people: Cherokee Trail of Tears

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

Improving health through course corrections: Larkspur, Sago Palm

Healer of opposites: Sage

Helps incorporate all physical systems in discharge of residue from past suffering: The Kindness of Untangling

Healing and reuniting all parts of ourselves when we have been broken apart by physical and emotional violence, war and terror: Canna Indica

Hearing/Ears/Sound:

Healing trauma so we can hear more clearly and let kind words in: Allamanda, Allamanda from Taiwan, French Marigold

Clairaudience/hearing all divine guidance better: To Hear the Angels Sing, Spider Lily, Fireweed
Issues of ear, nose and throat: Breathe, Daffodil

Hearing and understanding what each other means especially during arguments: Miterwort

Ear Infections: Golden Armor, Breathe, Immune Support, Outburst

Sinus Infections: Lemon Balm, Flow Free, Immune Support, Breathe, Golden Armor

Heart:

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

Anchoring in heart: California Poppy, To Hear the Angels Sing

Restoring the physical heart: Borage, The Mary Rose

Further igniting God flame in heart: Jasmine

Clear the heart of old hates and bitterness: Sow Thistle

Housecleaning our hearts: The Mary Rose, Pink Water Lily, Sow Thistle

Supporting the Heart Protector in Chinese medicine: Wild Pink Wood Sorrel

Heartbreak/Heartache:

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

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

Release of deeply knotted griefs: Blue Snakeweed

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

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

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

Heartburn:

Digestive Woes, Outburst, Flow Free

Heat (dealing with):

Summer Snowflake

For Herbalists:

Retrieving past life wisdom about herbs, flowers, all flora: Lemon Verbena

Heritage:

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

Hesitation:

Flow Free, Jacob's Ladder (from our [Additional Essences list](#) on our website)

Higher Dimensions:

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

Hives:

Outburst, Healthy Coat, Emergency Care, Common Ragwort

Homesickness:

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

Spiritual homesickness: Rosa Mundi

Honesty:

To Thine Own Self Be True

Hope:

Phoenix Rising, Through Angels' Eyes, Queen Anne's Lace, Swamp Candles, Fragrant Orchid, Borage

Light at dawn after dark night of soul: Ragged Robin

Hope when life looks devoid of life: Epimedium

Embracing hope as a way to move towards the Golden Age: Through Angels' Eyes

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

Moving away from despair and hopelessness: Gorse, Pink Grootendorst Rose

Hormonal Balance:

Blackberry, She Changes, Silver-rod, Honeybees in the White Hawthorn

Hostility:

The Arbor Garden, Mary Queen of Scots Rose, Emergency Care, Orange, Outburst

Housebreaking:

Spraying, Amaryllis, Flow Free, Spiderwort

Humility:

Pebble Pincushion

Humor:

The Fairy Rose, Eyes of Mary, Rosa Mundi, Red Rugos Rose

Refinding our way on the spiritual path and proceeding with humor, common sense practicality and resolve: Shrubby Cinquefoil

Hurried Children:

Inner Child, Broccoli, The Fairy Rose, F.J. Grootendorst Rose, Maple, Queen Anne's Lace, Wild Rose

Helps restores childlike wonder and joy to hurried children: The Gravity of Beauty

Hydration

Hydration when there is not much water available: Arizona Lupine

Optimal water retention: Chinese Rain Bell

Hyperactivity:

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

Hypochondria:

Anxiety, Flow Free, Don't Worry - Bee Happy, Scarlet Runner Bean, Old Blush China Rose, Crab Apple, Dandelion, Date Palm, Red Clover

Obsession with symptoms: Crab Apple, Irish Heaths

Hysteria:

Red Clover

Identity Crisis:

In general: To Thine Own Self Be True

Greater understanding of ourselves during difficult experiences: Grape

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

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

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

Finding our authentic self amidst cultural pressures: Segesta

Experiencing the I AM that I AM: Eruca, Grape, Spruce, White Water Lily, Wintergreen,

Illness:

Acute: Emergency Care, Animal Emergency Care, Recovery

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

Course correction when ill: Larkspur

Physic: Wild Physic Nut

Higher vibrational input about illness: all Venus Garden Essences, Madagascar

Periwinkle, Bells of Ireland, Wild Physic Nut

Support for illness in which issues of discernment are an issue: Burdock

Illumination:

Alika Rose, Elderberry, Tree Medick

Illusion Busting:

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

About emotions: Water Hyacinth

About healing ourselves: Self Heal

About life after death: Phoenix Rising

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

Immaculate Concept:

Seeing the purity and wholeness in each person versus buying into presenting but illusory personality: Lisianthus

Immune Support:

Immune Support, Vitex, Larkspur, Celandine, Chia, White Baneberry, White Yarrow,

Lauriana Rose

Impatience:

Jewelweed, Crab Apple

Impulsiveness:

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

In-Between Places:

Embracing the gifts of the unknown, in-between places: Flower from La Marchesa

Indecision/Indecisiveness:

Pumpkin, Spiderwort, Eyes of Mary, Alex Mackenzie Rose, Lemon, Sage

Independence:

To Thine Own Self Be True, Blueberry, Bo He

Individuality:

Blue Eyed Grass, Bermudiana, Blueberry

Inertia:

Pumpkin, Yellow Mullein

Infections:

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

Course corrections during infection: Larkspur

Support for white blood cells: White Baneberry

Inferiority:

Meadowsweet, Angelica, Common Spotted Orchid

Infertility: (see Fertility & Conception)

Inflammation:

Outburst, Kangaroo Paw

Influence:

Goldenrod

Too easily influenced: To Thine Own Self Be True, Goldenrod

Support when called to a different path than others: Blueberry

Information Transfer:

Cell to cell: Celandine

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

Help to hear what people are saying especially in charge situations or when listening to a partner: French Marigold, Miterwort

Inhibition:

Showcats, Cosmos, Irish Heaths

Injury:

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

Healing explosive orthopedic injuries: Outburst, Kangaroo Paw

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

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

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

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

Inner Beauty:

Redwood

Inner Child:

Inner Child

Inner Conflict:

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

Inner Peace:

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

Inner Strength:

Maple, Alex Mackenzie Rose

Innocence:

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

Insecurity:

Old Blush China Rose, Anxiety

Not feeling physically safe: Old Blush China Rose

Trying to measure up to other's standards: Goldenrod

Insecurities about aging: Mallow

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

Insensitivity:

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

Difficulty listening: Allamanda, French Marigold

Inability to relate to other's experiences: Peach, Rabanal

Insensitivity to partner: Partridgeberry, Papaya

Insight:

Eyes of Mary, Spider Lily, Tea, West Indian Sage

Insomnia:

Sweet Pea, Ladies' Bedstraw, Ladies' Bedstraw from Ireland

When circadian rhythms are off: Blackberry, Turnera

Instability:

Grounding, Old Blush China Rose, Trillium, Maple

Instinctual Self:

Navelwort (from our [Additional Flower Essence list](#) on our website), Bloodroot

Awakening instinct of self care: Painkiller Plant, Self Heal

Inspiration:

Inspire

Artistic inspiration: Blue Flag Iris, Watermelon, Wild Iris

Integration:

Integration of wisdom: Corn, Yellow Water Lily, Trillium

Integration of inner guidance about healing work with outer input: The Architecture of Balance

Integration after experience of holy disorientation: Spruce, Shrimp Plant

Integration of life's different parts: Shrimp Plant

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

Integration and a pulling together of all parts of ourselves after being broken apart by physical and emotional violence, war and terror: Canna Indica

Spiritual cohesiveness: Epimedium (from our [Additional Flower Essence list](#) on our website) Queen Anne's Lace

Seeing how things are connected: Vetch

Integrating what we have learned from traumatic experiences: Broccoli

Knit together the unraveled sleeve of care: Common Knapweed

Integrating both masculine and feminine aspects in our healing work: The Empath's Axis

Integrate and heal issues surfacing from childhood: Bo He

Integrity:

In general: Maple, Redwood

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

Holding onto the integrity of your creative vision during process of bringing it into form:

Milkweed, Motherwort

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

Retaining energetic integrity while doing healing work: The Wing Span of the Senses

Intellectual Acumen:

Lemon, Lauriana Rose

Intellectual (overly):

Loving What Is, Butterfly Ginger Lily, Nasturtium

Intention:

To Thine Own Self Be True

Clarity of intention: White Orchid from the Burren

Interconnectedness:

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

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

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

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

Connecting the pieces of one's spiritual calling: Bird of Paradise

Inter-generational conflict:

Family River Trio of Bloodroot, Borage and Black Currant, Bo He, Plum

Intestines:

Digestive Woes

Floral balance in intestinal tract: Avocado, Jade

Intimacy:

Patridgeberry, Papaya

Intolerance:

Crab Apple, Eyes of Mary, Meadowsweet, Hardhack, Indian Pipe, Jewelweed

Introversion:

Morning Glory, Frangipani

Intuition:

To Hear the Angels Sing

Grounded use of pure intuition: Dog Rose

Irish Descent:

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

Pulling forward the Irish gift of storytelling: Wood Sage from the Burren

Irritable Bowel Syndrome:

Digestive Woes, Outburst, Healthy Coat, Flow Free, Anxiety, Blackberry
Look also at Flower Essences suggestions for the third chakra under the category Chakras

Irritability:

Jewelweed, Outburst, Snapdragon, Crab Apple

Irritants/Irritation:

Foreign irritants that might lead to allergic reaction: Common Ragweed, Teasel
Skin irritations: Healthy Coat, Beautiful Skin
Chronic irritation: Healthy Coat, Jewelweed, Screw Pine

Isolation:

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

Jealousy:

Jealousy combination Essence
Transforming possessive love into more universal love: Sea Purslane

Jet Lag: Summer Snowflake, Sage

Jittery:

The Arbor Garden, Anxiety, Sarah Van Fleet Rose, Feverfew

Joint Flexibility:

Flow Free, Run & Play, Watch Your Back, Coltsfoot, Heavenly Bamboo, Angelica

Joy:

Joy of the fairies: The Fairy Rose, Wild Fuschia, Palmer's Penstemon, The Gravity of Beauty
Infectious joy: Ice Plant

Joyful participation: Heather, Irish Heaths

Opening to joy: Morning Glory, Peach

Able to know the joy of love: Peach

Restoration of childlike joy and trust: Baby Blue Eyes

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

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

Joy when religious dogma gets you down: Pyramidal Orchid

Creating oases of joy during bleak stretches in your life: Mazarife

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

Joyous abandon: Wild Rose

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

Joyful enthusiasm: Bignonia

Sturdy joy: Zinnia

Judgment:

Finding a gentle view of self and others: Buddleja, Peach, Meadowsweet, Hardhack
Release from habitual patterns of judgment: Carry Less, All Ego Contracts Null & Void, Wild Rose, Crab Apple
Shame spirals: Konigin von Danemark Rose

Jungian Work:

Purple Flowering Raspberry, Pyrola Elliptica, The Sacred Feminine, Hesperides' Gift

Justice:

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

Kidney

Flow Free, Kidney Vetch

Cleansing and clearing the kidneys, urinary and prostate: Beggar's Tick

Kindness:

Peach

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

Listening to your own body with kindness: Hontanas

Knowing Own Value:

Common Knapweed, Common Dwarf Centaury, Common Scurvygrass

Know-It-Alls:

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

Opening to other points of view, opening to experience life without seeking constant control:

Flow Free, Morning Glory

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

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

Feeling comfortable with ambiguity: Eyes of Mary

Dealing with Know It Alls: Cosmos, Eyes of Mary

Kowtowing

End kowtowing to inner fears: Allamanda from Taiwan

End kowtowing to the expectations and dictates of others: Beggar's Tick

End kowtowing to constrictions and limits: Bleeding Heart Vine

End kowtowing to elders: Bo He

End kowtowing to the intellectual, procedural, and the serious and heavy: Butterfly Ginger
Lily

End kowtowing to past tragedies: Calliandra from Taiwan

End kowtowing to ownership and territorialism: Closed Blossom Melastoma

End kowtowing to earlier versions of the self: Scarlet Pineapple Sage

End kowtowing to inequality and domination: Sky Flower
End kowtowing to technology: Spanish Shawl

Kundalini Opening:

Managing a kundalini opening: California Poppy, Scarlet Pimpernel
Moving energies up from lower chakras to hear during kundalini opening: Clitoria

Lack/Limitation:

Acceptance of loss or constriction in our daily life: Omey Island
Acceptance of physical limitation: Devil's Bit Scabiosa
Abundance issues: Rain of Gold, Desert Gold, Tree Peony, Flow Free
Experiencing less as enough: Purplemat
Contentment with what is: Loving What Is, Omey Island, Purplemat, Maple
Help to receive as well as give: Sea Campion
Feeling one with a generous universe: Tree Peony
Lack or limitation with hair: Bog Asphodel

Lactation: see Nursing/Lactation

Land:

Healing and clearing memory body of land: Comfrey
Mending tears in etheric/memory body of land: Field Chickweed
Healing wounds in land especially when something has been taken: Gooseberry (from our Additional Essence list)
Clearing negativity: Violet Transmuting Flame Violet, Comfrey
Healing wounds on land that has been burned: Phoenix Rising, all Aloes Help create energetic sanctuary: Sanctuary

Laughter:

Zinnia, The Fairy Rose, Ice Plant

Laziness:

Chicory
Low energy: Vitality
No follow through: Pumpkin, Jacob's Ladder, Chicory
Problematic mind set: Carry Less
Fear about what might happen if you pull your weight: Scarlet Runner Bean
Selfishness: Chicory

Leadership:

Knowing when to lead: The Alignment Garden, Sage
Leading even when feeling exposed: Pink Yarrow from the Cliffs of Moher
Understanding where you are in spiral of leadership: The Sunflower Spiral
Strength to lead when this is your calling: Alike Rose
Balanced Leadership: The Sacred Masculine used with The Sacred Feminine, Indian

Pipe, Ginger Thomas

Wise Leadership in extreme situations of light and dark: Elderberry

Learning:

Clear thinking: Lemon, Lauriana Rose

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

Spiderwort

Integrating information: Shrimp Plant, Corn, Spiderwort

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

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

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

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

Scattered energies: Queen Anne's Lace, Carrot

Organization of thoughts: Celandine

Memory: Memory

Linking ideas: Vetch

Lethargy:

Vitality, Chia, Bignonia

Letting Go:

Flow Free, Carry Less, Cat's Claw, Calabash, The Letting Go Flower

Letting go of outcomes: Love It and Leave It

Letting go so Divinity can prevail: Fragrant Ladies Tresses

Letting go of our children if we are mama bears and need to establish better boundaries after holding our children too tightly: Henri Martin Rose

Letting go of old business, mind ideas, archaic or obsolete plans: Beggar's Tick

Letting go to follow God's plan with detachment from all worldly ideas: Chinese Knotweed

Life Direction:

Sage, Russian Sage, Turnera, Nicker Nut

Discovering your unique autonomy: La Rioja

Letting go/moving forward: O'Cebriero

Discovering new direction in crisis situation: Russian Sage

Making peace with then moving forward with major life changing decisions: Lobelia

Life Force:

Vitality, Calendula, Chia, Bignonia, Chaparral

Lifeline:

A lifeline of support when we have been broken apart by physical and emotional violence, war and terror: Canna Indica

Life Purpose:

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

Living your divine purpose: To Thine Own Self Be True, The Alignment Garden, Turnera, Ruby Moon Hyacinth Bean
Welcoming new information about life purpose: Belerephon of the Open Door and all Venus Garden Collection Essences
Rooted in life purpose: Carrot, Sunflower, The Sunflower Spiral
Dismantling fears about what you will hear if you ask for guidance about life purpose: Scarlet Runner Bean

Light Assimilation:

Eruca, Agathe Incarnata Rose

Lightening up a Situation:

Butterfly Ginger Lily

Light Touch:

Bog Pimpernel

Limitation:

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

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

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

Listening:

To Hear the Angels Sing, Daffodil, Allamanda, French Marigold

Hearing what is actually being said, especially good for partners: Miterwort

Liver:

Dandelion, Tomato, Bottlebrush, Spanish Bayonet

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

Living in the Present:

Grounding, Calendula, Corn, Honeysuckle,

Loneliness:

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

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

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

Los Arcos Support to find community: Locust & Wild Honey

Managing until you find your right community: Belorado

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

Feeling oneness: Agnes Rose

Feeling oneness during traumatic tearing apart experiences: Maltese Cross

Long View:

Ginger Thomas, Jewelweed

Loss:

Omey Island, Grief & Loss, Maltese Cross

Lost:

Feeling Lost on our spiritual path: Sage, Russian Sage, Shrubby Cinquefoil

Refinding our way on the spiritual path and proceeding with humor, common sense practicality and resolve: Shrubby Cinquefoil

Love:

Love Prevails, Agnes Rose, Peach

Love for God: All Roses, Mehera, Love It and Leave It

Lovableness: Meadowsweet, Hardhack

Being more loving: Peach

Experience of unconditional love: Black Eyed Susan

Love without expectation: Sea Purslane, Eyes of Mary

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

Love amidst turmoil: Quatre Saisons Rose

Finding love: Love Prevails

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

Loving what is: Loving What Is

Knowing love prevails beneath all circumstances: Love Prevails

Love with detachment: Eyes of Mary, Sea Purslane

Loving in difficult situations: Wild Pink Morning Glory

Opening to receive more love: Meadowsweet, Pine, Rose Champion

Transforming situation into an experience of Love: Rose Champion

Open us to receive a flood of forgiving love: Rose Champion

Confidence that humanity is evolving in a matrix of eternal love: Climbing New Dawn Rose

Finding balanced love from obsessive, fanatical or unbalanced emotional attachment: Pink Pillar Rose

Love/Hate Relationships Tending Towards Violence:

Black Cohosh

Loyalty:

Helping us refine and/or redefine our definition of loyalty to pure loyalty to our inner Divinity: Creeping Daisy

Support to breakdown the misuses of loyalty and ego personality ideas about loyalty: Creeping Daisy

Lung Congestion:

Breathe, Flow Free, Sea Champion, Blackberry, Carolina Thermopsis (from [Additional Essence list](#) on our website), Jasmine, California Poppy

Lupus:

Maple, Grounding, the Venus Garden Collection combinations

Lyme Disease:

Beyond Lyme, Golden Armor, Immune Support, Precious Blood, Vitality, Flee Free, Recovery, Teasel

Most important single Flower Essence for Lyme Disease: Teasel

Magic:

Restoring within us a sense of the magic and wonder of life: The Gravity of Beauty

Male/Female Balance:

Chives, Anthurium, Clitoria, Frangipani, Black Cohosh, Sunflower, Papaya

Male Issues:

The Sacred Masculine

Release of machismo: Banana

Balance and creative use of male energy: Anthurium

Manifestation:

Bells of Ireland, Belerephon of the Open Door, all [Venus Garden Collection](#) Essences, Henri Martin Rose

Manifestation of our inner divinity: Ruby Moon Hyacinth Bean

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

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

Manifestation of our spiritual destiny and divine purpose: Canary Island Broom

Support for twentysomethings to manifest their dreams: The Hummingbird Garden

Manifesting with discernment: Henri Martin Rose

Manipulation:

All Ego Contracts Null & Void, Spiderwort, Eyes of Mary

Marching to our own Drummer:

Blueberry, Harebell from Scotland,

Marriage/ Partnership

Support to answer the question, "Should I commit to this person in partnership or marriage?":

Chinese Knotweed

Clarity and momentum for partnerships: French Grass

Support to find a romantic partner: Escallonia

Support to maintain sense of self during romantic partnership: Escallonia

Clarity and resolution about issues of sexuality in a partnership: Papaya

Working towards a common goal in a partnership, bearing fruit: Partridgeberry

Support when you need to be the strength in a partnership: White Chestnut

Flower Essence Suggestions for Common Concerns

Experiencing partnership as spiritual equals: Partridgeberry

Seeing disagreements in partnerships as divine opportunities not death nell of relationship:

Partridgeberry

Hearing and understanding what a partner is saying especially during arguments: Miterwort

Martyrdom:

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

Void *Hair shirts:* Pyramidal Orchid

Maternal Instinct:

Dambeya, Motherwort, Morning Glory, Zinnia

Materialism:

Ginger, Rose a Parfum de l'Hay, Purplemat, Astragalus, Dicliptera Sexangularis,

Butterfly Ginger Lily

Maturity:

Pink Flowering Almond, Redwood

Meditation:

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

Breath work: Breathe, Chamomile

Opening to receiving energy through crown chakra: Tuberose, Fireweed

Melancholy:

Gorse, Montbretia

Memory:

Difficulties with memory: Memory, Mango

Remembering what matters spiritually: Eyes of Mary

Remembering free of nostalgia and regret: Honeysuckle

Remembering wisdom of body, individual and collective: Rosemary

Remembering ancient truth: Wood Sage from the Burren

Using memory for spiritual growth free of ego entanglements: Honeysuckle

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

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

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

Memory wounds: Sweet Olive

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

Spruce

When our memory has deteriorated due to chronic stress: Frangipani, Mango

Menopause:

Our mix for menopause: She Changes

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

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

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

Menstruation:

Menarche: Precious Blood

Menstrual cramps and PMS: Moonlight Datura, Flow Free

Menstrual irregularities: Blackberry

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

Mental Body:

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

Clarifying effect on mental body: Lauriana Rose, Coralita, Grapefruit, Lemon

Mental Chatter:

Nasturtium, Pennyroyal, Crab Apple

Mental chatter at night interfering with sleep: Ladies' Bedstraw from Ireland

Mental Clarity:

Lemon, Lauriana Rose

Mental Tension:

Mental tension in general: Anxiety, The Arbor Garden, Dandelion, Feverfew, Lemon, Grapefruit
Untangler of mental knots: Ladies' Bedstraw from Ireland, Nodding Ladies Tresses

Headaches: Grapefruit, Snapdragon, Flow Free, Lemon Balm

Mental anguish: Blackberry

Mentor:

Help to mentor ourselves in our creative endeavors: Graham Thomas Rose

Finding mentors: The Sunflower Spiral, Locust & Wild Honey

Keeping the faith while you wait for your mentor to appear: Belorado

Metabolism:

Flow Free, Vitality, Maple

Metamorphosis:

Metamorphosis with vibrational shifts: Silver-rod, Mutabilis Rose, French Marigold

Metamorphosis during menopause: She Changes

Harmonious metamorphosis: French Marigold, Golden Armor, Larkspur, Aloe Ciliaris, Mutabilis Rose, Dandelion, Alchymist Rose

Rebirth: Phoenix Rising, Fistera, White Flower from Druid Rock, Pasque Flower

Metamorphosis in time and space: Gallandia Rose

Metamorphosis spiritually: All Venus Garden Collection Essences, California Poppy, Alchemist Rose, Balance in a Blue Moon
Changing romantic love to universal love: Sea Purslane

Migraine:

Flow Free, Outburst, Feverfew, Grapefruit, Snapdragon, Honeybees in the White Hawthorn, Painkiller Plant, Golden Armor, She Changes (for women), Nodding Ladies Tresses

Mind:

Manonash: Carry Less, Gratitude, Loving What Is, Don't Worry- Bee Happy, The Alignment Garden
Detachment from mind ideas: All Ego Contracts Null & Void, Carry Less, Loving What is, Don't Worry-Bee Happy, The Alignment Garden
Trusting our body and it's wisdom when our minds run amok: The Evolution of Ever Forward Motion

Miscarriage

Restoring reproductive system and recovery: Pomegranate, Recovery, The Alignment Garden
Support for the challenging emotional territory after a miscarriage: Grief & Loss, Honeybees in the White Hawthorn, Blackberry, Coral Pink Rose, The Sacred Feminine
Getting ready for the next pregnancy: Pomegranate, Flow Free, Watermelon, The Eight Garden, Yellow Rose of Texas, Giant's Causeway from Ireland, The Alignment Garden
Helping us with faith and optimism, letting go of fear it will happen again: Coral Pink Rose, Fragrant Ladies Tresses, Gorse, Phoenix Rising, New Beginnings

Mistakes:

Learning from our mistakes: Spruce, Vetch
Letting go of guilt about our mistakes: Hyssop, Heliotrope, Crab Apple
Letting go of guilt about past life mistakes: Buddleja

Mistrust:

When we need to be open to the possibility that trust is not appropriate: Spiderwort, Eyes of Mary, Goldenrod, Osteospermum, Pavonia Spinifex
When mistrust is a habit that is not serving us: All Ego Contracts Null & Void, Carry Less, Baby Blue Eyes, Borage, Maple

Moderation:

Moderation of strong emotions: Lantana Involucrata
Moderation of off balanced appetites: Diclipteras Sexangularis
Moderation of material desires: Rose a Parfum de l'Hay, Ginger, Purplemat

Momentum:

Starting a new project: Day Lily, Belerephon of the Open Door

Keeping the flow going: Flow Free, Zubiri

Finding energy for the project from doing the project, fueling your forward flow: Zubiri

Breaking a project down into manageable stages: Chicory, Jacob's Ladder

Getting things started when there is resistance: Pumpkin

Encouragement to keep going and believe you can do it: The Sunflower Spiral, Yellow Mullein, Coralita

Momentum to be our best self: Sweet William

Momentum for partnerships: French Grass

Monday Morning Feeling:

Alex Mackenzie Rose, Day Lily, Morning Glory,

Mood Swings:

Honey Bees in the White Hawthorn

Moon:

New Moon: Queen of the Night

Full Moon: Moonlight Datura

Blue Moon: Balance in a Blue Moon

Moral Support:

Moral Support for weary healers: Hesperides' Gift, The Rhythm of Growth

Morning Sickness:

Centered Birth, Blackberry, Loquat

Mother/Sacred Mother:

Transmuting painful memories of earth mother with experience of Divine Mother: Pink Flowering Almond

Support to make the shift to an experience of self beyond limiting ideas of patriarchy: The Sacred Feminine *(These patriarchal values represent a values system based on ideas of productivity, goal orientation, intellectual excellence and spiritual perfection at the expense of being human)*

Experience of sheltering Mother: Cacao, Dombeya Wallichii, Redwood

Motherhood:

Sheltering love for mothers: Dombeya Wallichii

Support for tired mothers: Caretaker

True reckoning of motherhood without patriarchal sentimentality or discount: Motherwort

Understanding and using wisely the power and significance of their role in the world:

Motherwort

Helps mothers know what they need to do for their kids: Henri Martin Rose, Motherwort

Anchoring in full understanding and expression of sacred nature of motherhood: The Sacred Feminine

Reproductive health: Pomegranate

New Motherhood:

Birthing new life as mother: The Sacred Feminine, Fisteria

Adapting to new role: Mutabilis Rose

Unwavering sense of your own value in changing circumstances: Fremont Pincushion, Meadowsweet

Feeling supported when earth family support is not there: Heritage Rose, Old Blush China Rose, Joe Pye Weed

Seeing yourself as whole even when you temporarily can't do all you were doing: Omei Island

Knowing value of your new role as mother: Motherwort

Getting over post-partum exhaustion: Phoenix Rising, Recovery, Vitality

Emotional balance post-partum: Maple

Letting go of what you don't need as you begin your new life as a mother: Puente la Reina, Calabash

Motion Sickness:

Chinese Hat Plant, Anxiety

Motivation:

Getting clear on your motivation: White Orchid from the Burren, California Poppy

Grounding in the most selfless and evolved reason for doing something: Chicory, White Orchid from the Burren

Getting motivated: Pumpkin, Yellow Mullein

Helps group resolve mixed motivations so they get along better: Pear

Handling psychic gifts with appropriate motivations: California Poppy

Mouth Issues:

Snapdragon, Banana, Grapefruit, Pink Baby's Breath

Talking too much: Snapdragon, Reine des Violettes Rose

Talking inappropriately or rudely: Snapdragon, Royal Ponciana

Canker sores: Outburst, Healthy Coat, Anxiety, Flow Free, Eggplant

Moving to a New Place:

In general: New Beginnings

For when the new place feels extremely alien: Psychillis Macconnelliae Orchid

Grounding in a new place: Grounding, Clematis, Trillium

Getting the lay of the land: Sage, Indian Pipe

When having difficulty getting connected to new situation: Clematis, Trillium

Adapting energy system to geographical change: Sea Holly

Finding what serves you in new environment: Rhododendron

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

Mucus Issues:

Jasmine, Flow Free, Aloe Vera, Breathe, Goldenrod, Lime, Lemon

Music:

Pear, Bermudiana, To Hear the Angels Sing

Mutation:

French Marigold, Mutabilis Rose, Lilac

Adapting to feel comfortable on changing Earth: Psychillis Macconnelliae Orchid

Adapting and mutating to keep in sync with rising vibration for older generations: Pearly Everlasting, Linden

Napoleon Complex:

All Ego Contracts Null & Void, To Thine Own Self be True, Baby Blue Eyes

Narrow-minded:

Crab Apple, Nasturtium

Help to open our minds to new ways of thinking about things: Morning Glory, Belerephon of the Open Door

For the courage to let old patterns go: Trabadelo

Native American:

Cherokee Trail of Tears, Sage, Indian Pipe, Sacred Tobacco

Nature:

Deepens kinship with nature: Lilac

Attunement to green energy in nature: Jade

Co-creation with nature: To Hear the Angels Sing, Lilac, Calendula

Support from fairies to enjoy life: The Fairy Rose, Palmer's Penstemon

Working more deeply with rock Elementals: Birdfoot Trefoil at Gallarus Oratory

Nausea:

Chinese Hat Plant, Loquat, Shrimp Plant

Neediness:

Neediness

Negotiating Skills:

Seeing the situation with objectivity: Eyes of Mary

Speaking with confidence and clarity: Showcats, Cosmos

Empowers us to pull together the threads of divided situation: Queen Anne's Lace

Help to resolve long standing feuds and deep enmity: Mary Queen of Scots Rose

Calming heated debates: Orange

Negativity:

Rebuffing and protection from negativity: Golden Armor, Teasel, St. John's Wort

Seal energy leaks that are letting negativity into our electrical field: Golden Armor, Teasel

Flower Essence Suggestions for Common Concerns

Discharge of negativity in benign way: Outburst
Clearing crystals, rooms, clothing of negativity: Pennyroyal
Precise removal of pockets of negativity: Eggplant
Getting pests or pesty people to bug off: Flee Free
Confidence we can rebuff negativity: St John's Wort
Rebuffing electrical dissonance and negativity: Golden Armor, White Yarrow
Negative talk or backbiting: Snapdragon, Carouby de Maussane Pea
Negative theme songs playing over and over: Crab Apple, Pennyroyal
Seeing half glass full: Bramble, Tree Peony
Moving away from negative choices: Chicory, Cardinal Flower
Holding our own sense of ourselves and our focus during extremely negative situations: Bottle Gentian, True Wood Sorrel
Protection when negativity is coming at us from a new direction and we feel undefended: Sea Holly
Protection from venomous attacks and negativity willfully directed at us: Rattlesnake Master

Nerves:

In general: Watch Your Back
Overwrought nerves: Sarah Van Fleet Rose, Feverfew, Margaret Merrill Rose
Healthy nervous system: Watch Your Back (includes all palms), Snapdragon, Silver-rod, Niella, Angelica, Comfrey, Blackberry
Smooth flow of energy in nervous system: Coralita
Nerve ganglion: Chinese Fan Palm
Nervous habits: Anxiety
Nervousness: Anxiety, Sarah Van Fleet Rose, Feverfew

New Age:

Accessing the blueprint for the New Age: Cape Hyacinth

New Beginnings/New Life:

In general: New Beginnings
Promise of new life and renewal after old life has died: Pasque Flower
Grafting onto a new life in alien landscape: Psychillis Macconnelliae Orchid
Handling the emptiness of letting go before a new life can be born: Star of Bethlehem, Pasque Flower, Belorado
Opening to new circumstances: Morning Glory, Day Lily
Finding new life through exploration of new environments: Ocotillo
Confidence each day brings a new day of evolving universal love: Climbing New Dawn Rose

New Plan of Action:

Russian Sage, Sage

Nightmares:

Sweet Pea

Night Terrors:

Red Clover, Scarlet Pimpernel from La Rocca, St. John's Wort

Non-Attachment:

Baby Blue Eyes, Thistle, Eyes of Mary

Nostalgia:

Honeysuckle, Eyes of Mary, Thyme

Not Feeling Valued or Loved:

Giving up our mindset that we are not loved: Carry Less

Giving up our contracts with those who don't love us: All Ego Contracts Null and Void

Leaving behind those that don't support us: O'Cebreiro

Knowing our value: Fremont Pincushion, Meadowsweet, Hardhack, Common Spotted

Orchid Feeling others love for us: The Sunflower Spiral, Dombeya Wallichii

Knowing that love is the abiding reality: Love Prevails

Nourishment:

Nourishment in inhospitable places: The Desert Garden, Wild Thrift

Getting the most nourishment especially the minerals in our food: Vitex

Spiritual nourishment: Rhododendron, Corn

Nourishing relationship with self so we don't look to fill up with unsatisfying diversions:

White Hibiscus

Finding spiritual nourishment when circumstances have changed or you are part of a new place, culture or tradition: Rhododendron

Support to practice nurturing ourselves as part of nurturing others: The Healer's Keystone

Now:

Be Here Now: Grounding, Redwood

Nursing/ Lactation Flow Free

Confidence when others are not supportive: To Thine Own Self Be True, Motherwort, The Sacred Feminine

Physiological concerns such as challenges latching on: Shrimp Plant

Milk Production: Flow Free, Boundless, Arbor Garden

Creating safe relaxing space to nurse: Sanctuary

Feeling supported in choice to nurse: Motherwort, Dombeya Wallichii

Nurturing:

Nurturing of creative activities: Lady's Mantle, Autograph Tree at Coole Park

Receiving nurturing from the Flowers: Caretaker, Dombeya Wallichii, Pink Tecoma, The Sunflower Spiral

Objectivity:

Eyes of Mary, Corn

Obsession:

All Ego Contracts Null & Void, To Thine Own Self Be True, Pennyroyal
Transforming obsessive emotional attachment into balanced, centered and creative love: Pink Pillar Love

Obsessive/Compulsive:

Help to end behavior: Anxiety, All Ego Contracts Null & Void, Common Knapweed
Easing frayed nerves and tension: Anxiety, Sarah Van Fleet Rose, Feverfew, Dandelion, Tea

Obstacles, Remover of Obstacles:

Cacao

Oneness:

Cherokee Trail of Tears, Agnes Rose, Carouby de Maussane Pea, Passion Flower, Plum
Blueprint for individual self expression in oneness: Nicotiana Mutabilis
Unshakeable confidence in our oneness with Divinity amidst upheavals: Colorado Native Rose
Feeling one with the creator: Cacao

Opening Spiritual Channel:

To Hear the Angels Sing, Bells of Ireland, all Venus Garden Collection Essences, Sunlight Datura, Moonlight Datura, Passion Flower, Vanda Orchid, Lime, Gardenia, Fireweed, Spider Lily, Goldenrod, Angelica, Jasmine, Inspire
Expand consciousness of upper chakras: Kangaroo Paw

Open to Possibilities/Open Mindedness:

In general: Morning Glory, Day Lily
Open to the new while staying grounded: Trillium
Open to receiving support from unexpected directions: Los Arcos, Sea Campion
Help to open our minds to new ways of thinking about things: Belerephon of the Open Door
For the courage to let old patterns go: Trabadelo

Optimism:

In general: Borage, Bramble, Bramble from Scotland, Blackberry, Woolly Easter Bonnets, Great Willowherb
Knowing life is good: The Sacred Feminine
Optimism during personal turmoil or winds of change: Seaside Flower from Taormina
Open embrace of the life awaiting us: Mallow Leaved Bindweed
Optimism during times of despair or tumult: Great Willowherb, Pink Grootendorst Rose
Mental Optimism: Gorse

Ordinary:

Cheerful appreciation of the ordinary: Globe Mallow

Organization:

Loving What Is, Lemon, Spiderwort

Orthopedic Injuries:

Explosive or greatly inflamed orthopedic injuries: Outburst, Healthy Coat, Kangaroo Paw

Dealing with physical limitation: Omey Island, Devil's Bit Scabiosa

Immediately after injury: Emergency Care

Wound healing and knitting together pieces: Christmas Bush, Angelica

Bone health and well being: Run & Play, Boneset, Osteospermum, Ethereal Fluidium

Super Glue Regaining flexibility: Coltsfoot

Long term support: Recovery, Run & Play

Relieves pressures on the joints: Butterfly Ginger Lily

Osteoporosis:

In general: Osteospermum, Boneset, Run & Play

Better absorption of calcium: Vitex

Ostracism:

The Three Phacelia Sisters, Goldenrod, Osteospermum

Outcome/Letting Go:

Equanimity, Flow Free, Love It & Leave It, Bermudiana, Maple

Knowing our effort mattered regardless of outcome: Effort and Grace

Outside-the-Box Thinking/Lateral Thinking:

Loving What Is, all Venus Garden Collection Essences, Eyes of Mary

Ovarian Cysts:

Pomegranate, The Sacred Feminine, Eggplant, Flow Free, Asclepias, Clivia

Overwhelm:

Staying in our bodies when feeling overwhelmed: Grounding

Too much to do: Jade, Red Clover, Thyme from Omey Island

Too many burdens: Joe Pye Weed

Not in the now: Thyme

Overextended: Ginger, Solandra, Common Knapweed, Coffee Surrounded by emotional chaos: Pickerel Weed

Overachiever:

Solandra

Over-heated

Cooling down when we are over-heated: Outburst, Chinese Rain Bell, Coral Aloe

Oversensitive:

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

Not taking what others do personally: Pennyroyal, Baby Blue Eyes

Avoiding a shame spiral when others call us oversensitive: Golden Hedge Hyssop

Tougher skin: Golden Armor, Wintergreen, Thistle

Pace:

In healing work with another, listening to and trusting the pace of the person's healing process:

The Lay Lines of Trust

Trusting the pace of our own healing journey and standing by it with conviction and confidence: Arre

P.A.N.D.A.S.

Resolving PANDAS

Panic:

Emergency Care, Red Clover, Red Rugosa Rose

Helping others find a necessary calm after panic: Margaret Merrill Rose

Pain:

Pain relief: Painkiller Plant

Relief from muscle pain: Dandelion

Comfort during painful situations: Anxiety, The Arbor Garden, Pink Tecoma, Pink Water Lily, Borage

Support during painful situations: Joe Pye Weed, Dombeya Wallichii, Pink Water Lily, The Sunflower Spiral

Understanding our own strength: Self Heal, Titan, Hesperides' Gift

Paradigm Shift:

Fisterra, Santiago, Belerephon of the Open Door, Lavacolla, Puente la Reina, all

[Venus Garden Collection](#) Essences, Westerland Rose, Giant's Causeway

Shift beyond patriarchy: The Sacred Feminine, The Sacred Masculine, Thyme from

Omey Island *Relationship Paradigm Shift:* All Ego Contracts Null & Void, Carry Less, Belerephon of the Open Door, Eyes of Mary, O'Cebreiro, Phoenix Rising, Puente la Reina, Teasel, Trabadelo

Birthing a new life even when situation seems anemic and unable to support this transformation: Pineapple Lily

Paranoia:

Anxiety, Scarlet Runner Bean, Flee Free, True Wood Sorrel, Red Clover

Parkinson's Disease:

Central nervous system function: The Alignment Garden, Watch Your Back, Celandine, Coralita
Connection across brain hemispheres: Hops, Lauriana Rose, Silver-rod, Striped Phalaenopsis (from the additional Essences list)

Cleansing brain tissue of toxic materials that can contribute to Parkinsons: Cilantro

Integration of spirituality and worldly life, body/soul connection: Corn, Epimedium, Maple, Rosemary, Queen Anne's Lace, Spruce, Yellow Water Lily

Partnership:

Support to answer the question, "Should I commit to this person in partnership or marriage?:
Chinese Knotweed

Clarity and momentum for partnerships: French Grass

Support to find a romantic partner: Escallonia

Support to maintain sense of self during romantic partnership: Escallonia

Clarity and resolution about issues of sexuality in a partnership: Papaya

Working towards a common goal in a partnership, bearing fruit: Partridgeberry

Support when you need to be the strength in a partnership: White Chestnut

Experiencing partnership as spiritual equals: Partridgeberry

Seeing disagreements in partnerships as divine opportunities not death nell of relationship:
Partridgeberry

Hearing and understanding what a partner is saying especially during arguments: Miterwort

Passion

Re-igniting passion in a relationship or in a creative endeavor: Austrian Copper Rose

Passion in a Relationship:

Papaya, Asclepias

Past Life Issues:

Clearing memory scars from unpleasant past life events: Comfrey, The Three Phacelia Sisters

Self forgiveness about past life experiences: Buddleja

Retrieval of spiritual strengths from other past lives: Inishbofin

Clearing past life scars when we have been "burned at the stake": The Three Phacelia Sisters

Clearing up past life business with family of origin, seeing its spiritual strengths and letting go of its weaknesses: Precious Blood, Angelica, "Family River Trio" of Bloodroot, Black Currant, Borage

Clearing up religious dogma from past lives: Pyramidal Orchid, Paul Neyron Rose, The Three Phacelia Sisters, Claret Cup Orchid, The Sacred Feminine, Ruby Moon Hyacinth Bean, Santiago

Clearing past life videotapes: Cedar

Release of past life traumas that are leading to energy leakages in this life: Spiddal

Retrieving past life wisdom: Lemon Verbena

Improving past life recall: Chaparral

Clearing up past life conflicts running interference in present life: Spiddal, Chaparral, Calliandra from Taiwan
Releasing past life sorrows: Calliandra from Taiwan

Patience:

Blackberry, Omei Island, Thyme from Omei, The Sacred Feminine, Dill

Patriarchy (dismantling):

Patriarchal values reflect a values system based on ideas of productivity, goal orientation, intellectual excellence and spiritual perfection at the expense of being human

The Sacred Feminine, The Sacred Masculine, Thyme from Omei Island, Lavender, Pomegranate

Dismantling idea of body as separate and inferior to spirit: Claret Cup Cactus, Paul Neyron Rose, Agathe Incarnate Rose

Dismantling ideas of better than, worse than: Cherokee Trail of Tears

Peace:

Peace of knowing oneness: The Arbor Garden, Agnes Rose

Peace that passeth understanding: Feverfew

Knowing peace to be the abiding reality beneath all appearances: Indian Pipe

Grounded and balanced inner peace: Trillium

Finding more peace and quiet in your life: Chamomile, Tea

Peer Pressure:

Goldenrod

Perfectionism:

Solandra, Konigin von Danemark Rose

Periodontal Disease:

Pink Babies Breath, Banana, Snapdragon

Perseverance/Persistence:

In general: Borage, La Belle Sultane Rose, Rosa Mundi, Stanwell Perpetual Rose, Harebell from Dog's Bay, Louise Odier Rose, Julia Child Rose

Persistence in manifesting your creative vision into just exactly what you envisioned: Milkweed

Persistence & determination to continue when others see us as foolish :

Perspective:

Eyes of Mary, Redwood, Vetch

Pessimism:

Overcoming Negative Thinking: Crab Apple, Pennyroyal, Pink Grootendorst Rose

Overcoming Sour Grapes: Grape

Half glass full not half glass empty: Bramble, Tree Peony, Gratitude
Melancholy of our ancestors especially if Irish: Montbretia

Physical Body:

Vitality of physical body: Vitality, Recovery, Precious Blood, Maple, Rosemary, Alba Maxima Rose

Understanding that the physical body is divinity in form: Paul Neyron Rose

Healing split between spirit and body when caused by religious dogma: Claret Cup Cactus

Reconnecting spirit and body if separation occurred because of trauma or other challenges:

Grounding, Spruce, Maple, Clematis

Getting into our body when we have been only in our heads: Grounding, Sunflower, Nasturtium

Accepting physical constraints: Omey Island, Devil's Bit Scabiosa

Supporting physical growth: Hops

Physical Growth:

Stimulates physical growth: Hops

Physical Happiness:

Full enjoyment of physical life: Rosemary, Bacopa Monnieri, Paul Neyron Rose

Physical Strength/Stamina/Vitality:

Vitality, Grounding (includes many tree Essences) Chia, Maple, Zucchini, Bignonia, Pumpkin, Ginger, Recovery, Restore, Chicory, Banana, Bacopa Monnieri, Rosemary, Paul Neyron Rose, Alba Maxima Rose

Physical stamina and strength during chaotic situations: Bottle Gentian, Broccoli

Physical vitality without overstimulation: Catmint

Finding our physical vitality after firestorms or burn out: Phoenix Rising

Phobias:

Anxiety, Pennyroyal

Pituitary Function:

Silver-rod, Hops, Pink Almond, Konigin Von Danemark Rose

Playfulness:

Run & Play, The Fairy Rose, F.J.Grootendorst Rose, Wild Rose, Palmer's Penstemon

Planetary Vibrational Shifts:

Help for those born before 1978 to adapt their electrical systems to the higher planetary energies: Linden Support on the cellular level for awakening to new higher vibrations on planet: Pink Magnolia

Plants:

Green & Tonic

Plants suffering from drought: Spruce Renewed growth when weather has stunted plant growth: Hops

PMS:

Moonlight Datura, Pomegranate, Honeybees in the White Hawthorn

Poise:

When confronting lies: Pavonia Spinifex

Poison Ivy:

Golden Armor, Outburst, Jewelweed

Polarity:

Balanced polarity: Lauriana Rose

Positive Body Image:

Embracing life in a physical body with relish: Rosemary, Bacopa Monnieri, Maple

Dismantling idea of body as separate and inferior to spirit: Claret Cup Cactus, Maple, Paul Neyron Rose

Release from concern with appearance: Therese Bugnet Rose

Letting go of relentlessly critical thoughts: All Ego Contract Null & Void, Crab Apple

Possessiveness:

In general: Jealousy, Chicory, Closed Blossom Melastoma, Rose a Parfum de l'Hay,

Reminder that there is enough: Tree Peony, Rain of Gold, Desert Gold

Helps melt that unsettled feeling that we will not get what is ours: Closed Blossom Melastoma

Post-Traumatic Stress Disorder:

Untangling and releasing emotional and mental scars: Abandonment & Abuse, Queen Anne's Lace, Joe Pye Weed

Releasing fears: Arbor Garden, Coral Pink Rose, Scarlet Runner Bean

Releasing fear that more bad things are going to happen: Coral Pink Rose

Restoring shot nerves: Sarah Van Fleet Rose, Emergency Care

Healing wounds of inner child so we can feel more empowered: Inner Child

Easing muscle tension from unconsciously bracing for next difficulty: Dandelion

Re-discovering self, self identity: Purple Flowering Raspberry, To Thine Own Self Be True

Recovery from experiences that tore you apart: Maltese Cross

Adaptation to continuing physical constraints and limitations: Devil's Bit Scabiosa, Omey Island

Breaking down behaviors triggered by fears: Sahagun

Seeing things clearly: Eyes of Mary Rosa Glauca

Opening to new circumstances and potential for new joys: Morning Glory, Ocotillo, Fisterra

Moving past false endings created by our culture: Santiago

Overcoming feelings of powerlessness: Queen Anne's Lace, Broccoli, Dill (from [additional](#)

[Essence list](#) on our website)

Re-integration of fragmented self: Epimedium
Finding calm again: Feverfew, Arbor Garden, Indian Pipe
Self forgiveness, moving beyond guilt: Hyssop, Heliotrope
Depression, sadness: Borage, Maple, Cucumber, Mustard (from [Additional Essence list](#) on our website)
Acceptance: Loving What Is, Arbor Garden
Grief: Grief & Loss

Power:

Gift of power: Elderberry, Titan
Wise use of power: The Sacred Masculine, Black Cohosh
Understanding our power to heal: Self Heal, Henry Hudson Rose
Resolving feelings of powerlessness: Queen Anne's Lace
Holding our power serenely amidst chaos: Bottle Gentian, Broccoli
Understanding our power as women: The Sacred Feminine, Wild Red Morning Glory, Pomegranate, Motherwort

Pregnancy:

To get pregnant: The Sacred Feminine, Grounding, Pomegranate, Blackberry, Morning Glory, all Venus Garden Collection Essences and Essences connected to the Elementals, Amaryllis, Yellow Rose of Texas, Orange Amaryllis (from Additional Essence list), Morning Glory
Throughout entire pregnancy: Pomegranate, Centered Birth
Delivery: Centered Birth, Flow Free, Magnolia Post-partum: Recovery, Flow Free (for nursing), Calabash Morning Sickness: Centered Birth, Blackberry, Loquat

Pride/Aloofness:

All Ego Contracts Null & Void, Pebble Pincushion, Rosemary

Prioritizing:

Loving What Is, Spiderwort, Ginger

Problem Solving:

Seeing how everything is connected as part of problem solving: Angelica
When looking at lots of data, seeing what matters and what doesn't: Spiderwort
Seeing all the puzzle pieces clearly: Spiderwort
Solving problems that have defied solution: Box Briar
Untangling problems that have gotten very knotted: Nodding Ladies' Tresses
Solving problems of the heart that have resisted solution: Bee Balm, Blue Snakeweed
Getting to the bottom of a problem: Bee Balm
Sorts the wheat from the chaff when looking at healing modalities: Agrippina Rose
New ways to solve old problems: Inkberry
Finding and using a different consciousness than created the problem: Loving What Is, all Venus Garden Collection Essences

Procrastination:

Pumpkin, Purple Orchid from Scotland, Radish, Jacob's Ladder (from [Additional Essence list](#) on our website), Yellow Mullein

Productivity:

Zucchini

Projects:

Starting a new project: Day Lily, Belerephon of the Open Door, Morning Glory

Keeping the flow going: Flow Free, Zubiri

Finding more energy for the project from the doing of the project: Zubiri

Breaking a project down into manageable stages: Chicory, Jacob's Ladder

Getting things started when there is resistance: Pumpkin

Encouragement to keep going and believe you can do it: The Sunflower Spiral, Yellow Mullein

Prostate Issues:

Flow Free

Cleansing and clearing the kidneys, urinary and prostate: Beggar's Tick

Clearing old business, mind ideas and archaic or obsolete plans that can get filed in the physical organ of the prostate: Beggar's Tick

Protection:

Golden Armor, Teasel, Pennyroyal, Thistle, White Yarrow, Wintergreen, St. John's Wort, Bottle Gentian

Protection of creative efforts: Lady's Mantle, Masterwort, Nicker Nut

Protection for children: Babies of Light, Lavender

Protection electrically: Golden Armor, Lavender, White Yarrow, Canary Island Broom

Protection from Archangel Michael: Sweet William

Protection when travelling or moving geographically: Sea Holly

Protection of newfound wisdom when building a new life: Nicker Nut, Lady's Mantle

Protection during chaotic situations: Bottle Gentian

Protection during firestorms: St. John's Wort

Sound protection: Golden Armor

Protection for each and every chakras: Teasel

Cushion of protection around etheric field so sleep is restful: Ladies' Bedstraw

Protection from negativity willfully directed at us: Rattlesnake Master

Self Protection without defensiveness: Ramping Fumitory

Psoriasis:

All Ego Contracts Null & Void, Anxiety, Ethereal Fluidium Super Glue, Healthy Coat, Outburst, Phoenix Rising

Psychic Ability:

To Hear the Angels Sing, Fireweed, Spider Lily, California Poppy

Psychic Attack:

Golden Armor, Henry Hudson Rose, Lavender, Pennyroyal, Rattlesnake Master
Protection especially for children: Babies of Light, Lavender

Psychic Opening:

To manage: California Poppy

To facilitate: Clitoria

To feel brave enough to manage psychic opening and see it as orchestrated not random:
Scarlet Pimpernel from La Rocca or Scarley Pimpernel from Ireland

Puberty:

Mutabilis Rose, Hops

For anxieties about the maturing process: Mallow

For processing the changes: Grounding, Flow Free

For making good choices: Ixora, Spiderwort, Goldenrod, Alex Mackenzie Rose, To Thine Own Self Be True, The Alignment Garden

Peer pressure: Goldenrod, To Thine Own Self Be True

Shame Spirals: Konigin von Danemark Rose

For girls: The Sacred Feminine, She Changes, Precious Blood, Pomegranate, Wild Red Morning Glory

For that in-between feeling: Flower from La Marchesa

For finding mentors and right community: Locust & Wild Honey, The Sunflower Spiral

For finding direction: The Alignment Garden, Sage

For finding direction in a crisis: Russian Sage

Public Speaking:

Showcats, Cosmos, Pink Yarrow from the Cliffs of Moher

Pull Self Together:

Angelica, Epimedium, Queen Anne's Lace

Purification:

Purify

Purification of air element: Sea Bindweed

Support during purification processes that are fiery and traumatic: Phoenix Rising

Cell purification: Spanish Bayonet

Purpose:

Finding purpose: The Alignment Garden, West Indian Sage, Sage, Russian Sage, Locust & Wild Honey

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

Courage to live your purpose: Alex Mackenzie Rose

Living your divine purpose beyond ideas of patriarchy: Maiden Apple, The Sacred

Flower Essence Suggestions for Common Concerns

Feminine, The Sacred Masculine

Welcoming new information about life purpose: Belerephon of the Open Door and all

Venus Garden Collection Essences

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

Purposeful action especially in partnerships: French Grass

Living your evolving spiritual purpose: Dandelion

Help to find a common purpose: Angelica, Pear

Rage:

Outburst, Orange Hawkweed, Orange, Feverfew

Rays:

1st Ray, *the Blue Ray of God's Will and Power associated with Archangel Michael:* Sweet William

2nd Ray, *the Yellow Ray of Wisdom and Christ Consciousness:* The Sunflower Spiral, Sunflower, Yellow Water Lily and Sweet Allysum (from our [Additional Flower Essence list](#) on our website)

3rd Ray, *the Pink Ray of tolerance and Divine Love:* All Roses, Angelica, The Sacred Feminine

4th Ray, *the White or Crystal Ray of Purity, Ascension, the Immaculate Concept and Archangel Gabriel:* Mehera, Fragrant Orchid and White Orchid from the Burren

5th Ray, *the Green Ray of Healing, Service, Truth and Conservation associated with Mother Mary and Archangel Raphael:* Jade, The Mary Rose, Eyebright

6th Ray, *the Ruby Gold Ray of Devotion, Peace, Mercy, Ministration, and Healing Grace associated with Archangel Uriel:* Caretaker and Ruby-Gold Orchid (from our [Additional Flower Essence list](#) on our website)

7th Ray, *the Violet Ray of Freedom, Transmutation, Invocation and Forgiveness associated with Archangel Zadkiel and the Violet Transmutng Flame:* Violet Transmuting Flame
Violet, Ruby Moon Hyacinth Bean

Rebelliousness:

Outburst, To Thine Own Self Be True, The Alignment Garden, Orange Hawkweed, Baby Blue Eyes

Rebirth:

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

Rebirth after long running chapter in your life has run its course: Pasque Flower

Rebirth after destructive events: Phoenix Rising, Epimedium

Help to birth new life when major paradigms are over: Fistera

Midwife energies for rebirth: White Flower from Druid Rock, The Sacred Feminine

Rebirth of freedom: Nodding Ladies' Tresses

Rebirth on a cellular level for incoming New Age: Pink Magnolia

Receptivity:

Opening to receive: Morning Glory, Bells of Ireland, all [Venus Garden Collection](#)

Essences, Sea Campion

Opening to receive while also grounding the new information: Trillium, Corn

Opening to the new: Belerephon of the Open Door, Day Lily, Morning Glory

Opening to higher vibrational information and healing: Bells of Ireland, Belerephon of the Open Door, all [Venus Garden Collection](#) Essences, Locust & Wild Honey, Madagascar Periwinkle

Help to find a gentler view of self so you open to receive more love: Meadowsweet

Opening to receive loved guidance more easily from divinity: Pine

Recovery:

Recovery in general: Recovery

Recovering from scars of oppressive childhood religion: The Three Phacelia Sisters

Recovering from scars of oppressive childhood: Inner Child, Abandonment & Abuse, The Three Phacelia Sisters, Desert Chicory, Brown Eyed Evening Primrose

Recovery from addictive process: “Purify Trio” of Purify, Restore & Inspire

Recovery from illness: Recovery, Zucchini, Chaparral

Reconciliation:

Supports natural flow of processing conflict in sanctuary then coming to reconciliation if that is in divine order: Artichoke

Refueling:

Encouragement to connect with the land for refueling, cleansing and comfort: The Plum Line of Energy

Support to tend to our own creative healing center as a restorative practice: The Healer's Keystone

Regret:

Love It and Leave It combination Essence

Letting go of regret: Jerusalem Thorn Tree, Honeysuckle, Winter Aconite

Easing bitterness and regret when romance is over: Seaside Mahoe

Rejection:

The Arbor Garden, The Sunflower Spiral, Recovery, Meadowsweet, Crab Apple,

Osteospermum *Unwinding pattern:* The Alignment Garden, Coralita, Nodding Ladies

Tresses, Carry Less *Feeling how loved you are beyond surface appearances:* Love Prevails,

The Sacred Feminine, Dombeya Wallichii, Morning Glory

Rejuvenation:

Vitality, Phoenix Rising, Ginger, Chia, Chaparral

Relationship Issues:

To promote awareness of common ground and spiritual equality in partnerships:

Partridgeberry *Discovering and experiencing love:* Love Prevails

Openness and capacity to receive: Sea Campion, Wild Pink Morning Glory

Resolving issues of sexuality in romantic partnerships: Papaya
Navigating ups and downs of romantic partnership without losing faith or taking things personally: Escallonia
Holding the bead on the positive in romantic relationships: Sea Aster
Believing a new love will come when an old relationship has died: Wild Pink Morning Glory
Freedom to reconfigure our interpersonal relationships: Asclepias
Help to digest our interpersonal relationships: Avocado
For finding a way past long-standing disagreements: Mary Queen of Scots Rose, Nodding Ladies' Tresses, Box Briar
Support to move on from a toxic relationship: All Ego Contracts Null & Void, Carry Less, Belerephon of the Open Door, Eyes of Mary, O'Cebreiro, Phoenix Rising, Puente la Reina, Teasel, Trabadelo

Relaxation:

Muscles: Dandelion, Passion Flower
Mental: Feverfew, Grapefruit, Nodding Ladies' Tresses, Passion Flower, Solandra, Ladies Bedstraw
Nerves: Anxiety, Sarah Van Fleet Rose, Passion Flower, Feverfew
Restful sleep: Ladies' Bedstraw, Ladies' Bedstraw from Ireland, Sweet Pea

Release:

In general: Flow Free
Release of our burdens: Joe Pye Weed
Release of our sorrows and griefs: Grief & Loss, Pink Water Lily
Release of people and things we must let go of now to go forward even as they once served us: Calabash, Los Arcos
Release of joints: Flow Free
Release of worldly concerns: Ginger
Release of religious dogma: The Three Phacelia Sisters, Pyramidal Orchid, Desert Chicory, Santiago, Ruby Moon Hyacinth Bean, Ginger
Muscular release: Dandelion
Release of all tensions: Passion Flower
Release of old habits that no longer serve us: All Ego Contracts Null & Void
Release of selfish tendencies: Chicory
Release of difficult emotions: Outburst, Avocado, Arrowhead, Dainty Bess Rose
Release at birth as well as at death: Magnolia
Release from mental, emotional, physical and spiritual tangles: Nodding Ladies' Tresses
Cleans and restores electrical field after deep release of old traumas from physical body: Musk Thistle
Release of grief: Grief & Loss
Release of wounds: Wound Healing, Butter & Eggs
Release of deepest sorrows: Butter and Eggs, Calliandra from Taiwan, Dainty Bess Rose, Mustard
Release of pattern of being betrayed: Calliandra from Taiwan

Religious Dogma:

Release of religious dogma: The Three Phacelia Sisters, Desert Chicory, Santiago, Ruby Moon Hyacinth Bean, Pyramidal Orchid

Release of hair shirt about what service to God will look like in regards to abundance: Rain of Gold
Release of hair shirt about self imposed suffering as a necessary religious practice:

Pyramidal Orchid
Religious dogma about split between body and soul: Claret Cup Cactus, The Sacred Feminine

Religious dogma that physical body is less than spiritual self: Paul Neyron Rose

Religious dogma about idea of redemption: Claret Cup Cactus, The Three Phacelia Sisters

Religious dogma about family of origin: Black Currant, Angelica

Religious dogma that you need an intercessory to connect with God: Angelica

Religious dogma about happiness: Don't Worry - Bee Happy

Remembrance of the Divine:

Mehera, Honeysuckle

Remover of Obstacles:

Cacao

Renewal:

Renewal in general: Recovery, Restore, New Beginnings

Renewal in dead zones or systems of networks or tributaries feeding into central passageways:

Kidney Vetch
Renewal and increased life force entering system due to cleansing of etheric and mental bodies: Alba Maxima Rose

Repression:

Flow Free, Wild Rose, Purple Flowering Raspberry

Reptilian Brain:

Moving beyond reptilian brain responses to more evolved choice: Dill

Resentment:

In general: Jealousy, Dandelion, Crab Apple, Meadowsweet, Shooting Star Black Gold Spider Orchid (from [Additional Essence list](#) on our website)

Resentment after difficult childhood: Brown Eyed Evening Primrose

Resignation:

Help with the acceptance of something undesirable but inevitable: Effort & Grace, Equanimity, Love It and Leave It, Loving What Is, Maple, Redwood

Renewing our efforts cause when it's not a lost cause: Alex Mackenzie Rose, Wild Rose

Resilience:

Resilience no matter how we are tossed about: Red Mangrove, Red Rugosa Rose, Yellow Water Lily, Sea Lavender

Resilient good cheer: Zinnia, Irish Heaths, Woolly Easter Bonnets, Woolly Marigold

Spiritual resilience: Yellow Water Lily, Stanwell Perpetual Rose, Rosa Mundi
Resilient in the face of change: Common Ragwort

Resistance:

Flow Free

Resolution:

Resolution through giving it to God: Fragrant Ladies Tresses

Respiratory System:

Breathe, Blackberry, Flow Free, Chinese Rain Bell

Release of grief in lungs: Grief & Loss

Responsibility:

Clear sense of responsibility: The Sunflower Spiral

Letting go of false sense of responsibility: All Ego Contracts Null & Void, Carry Less, Don't Worry - Bee Happy, Eyes of Mary, Wintergreen, Sea Mayweed, Coffee, Calabash, Solandra

Social responsibility: Sweet Pea

Taking responsibility for own life rather than blaming others: Grape, Broccoli, Queen Anne's Lace

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

Willingness to take full responsibility for our choices: Kirengeshoma

Restlessness:

Anxiety, Grounding, Feverfew, Passion Flower, True Wood Sorrel, Tea

Restless sleep: Sweet Pea, Ladies' Bedstraw, Ladies' Bedstraw from Ireland

Restoration of Dead Zones:

Kidney Vetch

Cleans and restores electrical field after deep release of old traumas from physical body: Musk Thistle

Restoring Vitality after physical or emotional violence, war or terror:

Canna Indica

Restraint:

Rose a Parfum de l'Hay, Reine des Violettes Rose

Results:

Letting go of self judgment about results: Effort & Grace, Love It and Leave It. Loving What Is

Rewiring:

Rewiring our Electrical Systems for Rising vibration: Linden

Reverie:

Graniana Rose

Rhythm:

Rhythm with sleep: Turnera

Life in more natural rhythm: Omey Island, Sea Lavender

All rhythmic functions: Blackberry

In rhythm with God: Blackberry, Omey Island

Rigidity:

Flow Free, Run & Play, Coltsfoot, Watch Your Back, Coralita

Rigidity of mind: Dandelion

Righting human misappropriation: Cardinal de Richelieu Rose, All Ego Contracts Null & Void

Rite of Passage:

For menarche and other significant moments for women: Moonlight Datura

Road Less-Traveled:

Blueberry, Blue Eyed Grass, Russian Sage, all Camino Collection Essences

Road Rage:

Moving our of our reptilian brain to find calmer response: Dill

Role/Life Purpose:

The Alignment Garden, The Sunflower Spiral, Sage

Romance:

Balance and unwavering self esteem during ups and downs of romantic relationships:

Escallonia Returning sweetness to romantic partnerships: Sea Aster

Holding bead on positive qualities during relationship ups and downs: Sea Aster

Healing from finished romances so that we can see learning and begin afresh: Seaside Mahoe

Help with our romance with God: Rosa Mundi

Release from guilt, burdensome memories, insecurities, shame, doubts from old romances:

Seaside Heliotrope

Faith while searching for romantic partner: Seaside Mahoe

Romantic heartbreak: Wild Pink Morning Glory, Seaside Mahoe

Sacred Feminine:

The Sacred Feminine

Actualize Sacred Feminine: The Sacred Feminine with The Sacred Masculine

Protect Sacred Feminine: The Sacred Masculine, Lavender

Sadness/Sorrow:

In general: Grief & Loss, Love Prevails, Don't Worry-Bee Happy, Mustard, Pink Water Lily, Borage

Support with sadness and sorrow when it is part of our genetic make-up; Montbretia

Strength to continue on with an unburdened heart: Stanwell Perpetual Rose

When a consequence of childhood trauma: Inner Child, Allamanda from Taiwan

Cleansing the heart of sorrows: Dainty Bess Rose, The Mary Rose, Pink Water Lily

Release from long term sorrow or depression: Mustard

Safety/Feeling Safe:

Concerns about physical safety: Broccoli, Old Blush China Rose

Not feeling safe in our physical bodies: Rosemary

Finding the sanctuary that has always been within us: The Arbor Garden

Safety from modern electro magnetic dissonance: Golden Armor, White Yarrow

Feeling safe when things fall apart: Old Blush China Rose, Broccoli, Bottle Gentian

Feeling safe no matter where you are, even when feeling exposed: Pink Yarrow from the Cliffs of Moher

Feeling safe when your life has been turned upside down: Purple Viper's Bugloss

Safe harbor when we move geographic locations: Pine

Sanctuary:

The Arbor Garden, Omey Island, Sanctuary

Moving through poisonous situations in sanctuary and calm: Rattlesnake Master

Emotional sanctuary after conflict or betrayal so that one we can figure out what we feel and begin to mend: Artichoke

Sanskara Release:

Carry Less

Release of sanskaras around idea of mother so as to experience oneness with divine mother:

Pink Flowering Almond

Sarcasm:

Refraining from sarcasm: Royal Ponciana, Snapdragon

Return to feeling of innocence after becoming cynical about life: Baby Blue Eyes

Saturn Return:

Necessary detachment: Eyes of Mary

Weeding out and letting go: The Alignment Garden, Trabadelo, Carry Less, All Ego Contracts Null & Void

Endings and conclusions: Fistera, White Flower from Druid Rock

Scarcity:

All Desert Collection Essences, Desert Gold, Rain of Gold, Tree Peony

Helps us know that everything we need is already within us: Closed Blossom Melastoma

Scar Tissue:

Lemon

Scatteredness:

Bringing all the pieces of self or a situation into better alignment: The Alignment Garden

Too much information not grounded in body: Trillium, Sunflower

Too much data to sort through: Spiderwort

Pulling the threads of a divided situation pull together: Queen Anne's Lace, Epimedium

Holding a creative project together with care for all aspects of the project: Masterwort, Lady's Mantle

Finding focus for those who scatter their energies to the four winds: Ginger

Finding centered calm after being scattered: Chamomile, Feverfew, Tea, The Arbor Garden, True Wood Sorrel, Ginger, Epimedium

Seeing significance of events more clearly: Vetch

Schizophrenia:

Lauriana Rose, Pyrolla Elliptica, Omey Island

Seasonal Changes:

Seasonal Affective Disorder (SAD): Elecampane, Black Ebony, Datura Sunlight

Difficulty with changes in temperature: Summer Snowflake

Seasonal Depression/Seasonal Affective Disorder:

Elecampane, Blackberry, Buttercup (from our [Additional Flower Essence list](#) on our website)

Security:

Old Blush China Rose, The Arbor Garden

Seeking:

Inner seeking: West Indian Sage

Support for new spiritual doors to open: Belerephon of the Open Door

Seizures:

Flow Free, Watch Your Back (contains all our Palm Essences), Outburst, Healthy Coat, Honeybees in the White Hawthorn, Blackberry

Self-Acceptance:

Self-acceptance that one is enough: Common Knapweed

Finding the gifts of being you: Common Scurvygrass

Self-acceptance without doing everything for everyone: Coffee

Self-acceptance and self love: Pine

Self-Actualization:

Bo He

Finding our authentic self amidst cultural pressures: Segesta

Self-Awareness/Self-Identity:

Finding new and previously unknown inner strengths and talents: Purple Flowering Raspberry
Understanding and consciously containing our sacred inner wisdom: The Sacred Feminine

Knowing what we need to do in order to be true to ourselves: To Thine Own Self Be True

Finding the inner kindness to listen to your body with tenderness: Hontanias

Understanding the messages of your body: Amaryllis

Finding a true experience of yourself in stillness: The Sacred Feminine, Tea

Finding your value because you are not because of what you do: Don't Worry - Bee Happy, Navelwort

Self-Care:

Fumitory Bella, Hontanias, Caretaker, Self Heal, Sahagun

Self-Confidence:

In general: Showcats, Cosmos, Henry Hudson Rose, Irish Heaths, Heather, Maple, Pink Yarrow from the Cliffs of Moher

Self-confidence for Healers: Hesperides' Gift, Henry Hudson Rose, Self Heal

Self-Discovery:

Purple Flowering Raspberry

Self-Doubt:

Maple

Self-Effacement:

Mehera, All Ego Contracts Null & Void, Pebble Pincushion

Self-Esteem:

Knowing your value even when unnoticed: Dwarf Common Centaury

Knowing your sweetness is a strength not a weakness: Dwarf Common Centaury

Knowing only God defines you: Maple

Knowing your primal and eternal value: Navelwort (from our [Additional Flower Essence list](#) on our website)

Having a true accounting of your strengths: Heath Milkwort, Maple

Letting go the niggling feeling you are not enough: Common Knapweed

Self-esteem for teenagers: Common Scurvygrass

Help to find a gentler view of self so you open to receive more love: Meadowsweet, Pine

Finding our self-esteem after traumatic experiences: Fremont Pincushion

Improving Self-Esteem: Crab Apple

Self-Expression:

Confident self-expression: Pink Yarrow from Cliffs of Moher, Blueberry, Cosmos, Bog

Asphodel, Common Scurvygrass, Bignonia
Clear expression of one's problems: Bee Balm
Expression of the heart with the head: Cosmos
Orderly and clear self-expression: Orange Hawkweed
Expression of divine self: Milkweed, Wild Iris, Cardinal de Richelieu Rose, Yellow Water Lily, Graniana Rose
Joyful self-expression no matter the headwinds: Irish Heaths
Speaking truth with calm: Pavonia Spinifex
Self-expression impervious to others especially tribe members or peer groups: Bog Asphodel, Goldenrod, Bermudiana
Self-expression at its most joyous even when we feel exposed: Pink Yarrow from the Cliffs of Moher
Self-expression when people are trying to shut us down: Wild Rose
Balanced and measured self-expression: Orange Hawkweed
Fearless self-expression of unique self: Blueberry, Blue Eyed Grass, Bermudiana
Balanced self-expression of wisdom and power: Black Cohosh
Self-expression for the shy and retiring: Showcats, Wintergreen, Chaparral
Self-expression of hidden depths with true abandon: Tree Germander
Self-expression within a framework of appropriate protection: Mediterranean Thistle
Authentic self-expression: Nicotiana Mutabilis

Self-Judgment:

Release from recriminations and self-judgment especially if lingering from past life situations: Buddleja
Release from harsh self-judgments and pressure filled expectations: Sneezeweed
Freedom from all mistaken ideas of self: The Three Phacelia Sisters, Grape, All Ego Contracts Null & Void
Release from self-judgment and self censorship: Crab Apple, Wild Rose

Self-Hatred or Loathing:

All Ego Contracts Null & Void, Mary Queen of Scots Rose, Crab Apple, Black Cohosh, Sneezeweed
Self-hatred because we are playing other people's negative tapes about ourselves: Pennyroyal

Self-Pity:

Grape, Dill, Queen Anne's Lace

Self-Righteous:

Loving What Is, Don't Worry - Bee Happy, Crab Apple, Pennyroyal

Self-Reliance:

To Thine Own Self Be True, Blueberry, Goldenrod, Sunflower

Self-Worth:

Knowing our value beyond personality or cultural ideas of success: Ginger

Knowing our own unique value and worth: Common Spotted Orchid
Knowing your self-worth in an environment in which you do not appear to be a dominant or even relevant force: True Wood Sorrel
Unwavering sense of one's own value: Fremont Pincushion
Knowing your own strength and worth as a woman: Wild Red Morning Glory, The Sacred Feminine, Pomegranate
Knowing your own worth when others have called you "too sweet": Common Dwarf Centaury
Knowing your value when you have been used by others: Fremont Pincushion, Wintergreen
Restoring self-worth after betrayal: Calliandra from Taiwan
Knowing you are enough: Common Knapweed

Selfishness:

Gratitude, Chicory, Ginger, Tree Peony

Selflessness:

Spineless Prickly Pear

Senility:

Mallow

Sense of Humor:

Don't Worry - Bee Happy, Eyes of Mary, The Fairy Rose, F.J. Grootendorst Rose, Palmer's Penstemon, Carry Less, Ice Plant, Zinnia

Sensitivity:

Having the gift of sensitivity without getting overwhelmed by it: Lamb's Ear
Not taking what others do personally: Pennyroyal, Baby Blue Eyes
Tougher skin: Golden Armor, Wintergreen, Thistle

The Senses:

Sense of Hearing: French Marigold, Daffodil, Allamanda
Sense of Smell: Jasmine
Sense of Taste: Spicetree (from our [Additional Flower Essence list](#) on our website)
Sense of Touch: Papaya
Sense of Sight: Rosa Glauca, Bottle Gentian, Eyes of Mary

Sentimentality:

Refusal to let other's sentimentality interfere with our genuine sense of our own value as women: Motherwort
Refusal to let sentimentality cloud our memories or keep us from going forward in our life: Honeysuckle

Serenity:

Serenity in general: The Arbor Garden, Sarah Van Fleet Rose, Feverfew, Red Rugosa

Rose Serenity amidst major upheaval: Bottle Gentian, Margaret Merrill Rose
Serenity during times of limitation: Rose a Parfum de l'Hay, Omey Island, Purplemat
Serenity when we have been overwrought: Margaret Merrill Rose

Service:

Caretaker

Appropriate service: Solandra

Spiritual service free of confusions of culture, religion or habit: Alpine Forget-Me-Not

Sexuality/Sexual Issues:

Clarity about our right to say no: Ixora

Recovery from sexual abuse: Red Hibiscus, Abandonment & Abuse, White Hibiscus

Machismo: Banana

Support for sexual differentiation process: Papaya

Moving kundalina up from lower chakras: Clitoria

Resolving sexual issues in a relationship: Papaya, Persimmon (from our [Additional Flower Essence list](#) on our website)

Partnership choices: Ixora

Clarity about sexual orientation: Orange, Papaya

Guilt or shame about sexual choices or experiences: Clitoria Ternatea

Sexual communication, intimacy and connection in a partnership: Papaya, Persimmon (from our [Additional Flower Essence list](#) on our website)

Balanced male sexuality: The Sacred Feminine and the Sacred Masculine taken in combination, Banana, Chives,

Shame:

Shame in general: Meadowsweet, Hardhack, Crab Apple, Red Hibiscus from the Temple

Sexual shame: Clitoria Ternatea

Shame spirals: Konigin Von Danemark Rose

Expressing yourself without shame: Common Scurvygrass

Release from shame about what and how much we feel: Golden Hedge Hyssop

Sharing:

Sharing yourself openly and truthfully: Morning Glory, Cosmos

Knowing there is enough for everyone: Rain of Gold, Desert Gold, Tree Peony

Sheltering:

Sheltering Love: Dombeya Wallichii, The Arbor Garden

Sheltering new ideas, new life: Red Mangrove, Lady's Mantle

Sheltering vibration for highly evolved souls coming to Earth: Babies of Light, Lavender

Sheltering love for those from shattered families: Redwood

Shock:

Immediate care after shocking events: Emergency Care, Animal Emergency Care

When lots of difficult things have happened and you are inadvertently bracing for the next bad

thing to happen: Coral Pink Rose

Nervous shock: Sarah Van Fleet Rose, Feverfew, The Arbor Garden

When things have been torn apart in our lives: Maltese Cross

When we don't feel safe in our bodies: Old Blush China Rose, Rosemary

Help to get back in our bodies after shock or trauma: Spruce, Recovery

Shyness:

In general: Showcats

True accounting of one's strengths especially for shy persons: Common Scurvygrass

Expressing your heart's truth when shy: Cosmos, Celandine, Morning Glory, Chaparral

Help for the shy or retiring person to more boldly live his or her life: French Grass

Sibling Rivalry:

Jealousy

Single-Minded Love and Devotion to God:

Mehera

Sinus Issues:

Breathe, Outburst, Sneezeweed, Snapdragon

Skin:

Skin in general: Beautiful Skin, Healthy Coat

Aging skin: Beautiful Skin, Mallow

Acne: Beautiful Skin, Outburst, Healthy Coat

Skin irritations, rashes, hot spots: Healthy Coat, Outburst, Jewelweed

Wound healing: Christmas Bush

Skin ulcers: Outburst

Sleep:

Sleep in general: Sweet Pea, Ladies Bedstraw, Ladies Bedstraw from Ireland

Regaining healthy sleep pattern when we have been through a sea change: Niella

Circadian rhythms: Turnera, Niella

Assimilating data during sleep: Ladies Bedstraw

Smoking Cessation:

"Purify Trio" of Purify, Restore & Inspire, Sacred Tobacco, All Ego Contracts Null & Void

Sobriety:

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

Social Harmony/Social Interaction:

The Arbor Garden, Sweet Pea, Corn, Meadowsweet, Carouby de Maussane Pea, Plum,

Pear, Peach

Sore Throat:

Breathe, Snapdragon, Cosmos, Healthy Coat, Outburst, Aloe Vera, Coral Aloe, Orange

Sorrow/Sadness:

In general: Grief & Loss, Borage, Don't Worry-Bee Happy, Love Prevails, Mustard, Pink Water Lily

Support with sadness and sorrow when it is part of our Irish genetic make-up: Montbretia

Strength to continue on with an unburdened heart: Stanwell Perpetual Rose

When a consequence of childhood trauma: Inner Child, Allamanda from Taiwan

Cleansing the heart of sorrows: Dainty Bess Rose, The Mary Rose, Pink Water Lily

Release from long term sorrow or depression: Gorse, Mustard

Cathartic release of sorrows so we can embrace the impermeable love at the core of our experiences: Bleeding Heart Vine

Sorting Data:

Spiderwort

Soul Retrieval:

Queen of the Night, Queen Anne's Lace, Angelica, Sage

Sound Healing:

Pear

Sour Grapes:

Grape

Sovereignty:

Sovereignty over your body: Ixora

Sovereignty over your energy system: Golden Armor, Titan, Teasel

Speaking:

Speaking from a genuine place: Blue Penstemon

Finding compromise between individual or groups who see things differently: Blue Penstemon

Help to hold our tongue if we are just saying something to prove we are right: Blue Penstemon

Speaking confidently even when under attack: Pink Yarrow from Cliffs of Moher

Clear expression of one's problems: Bee Balm

Speaking from the heart with the head following the heart's lead: Cosmos

Speaking in an orderly fashion: Orange Hawkweed

Speaking truth with calm: Pavonia Spinifex

Speaking without undue concern about others especially tribe members or peer groups: Bog Asphodel, Goldenrod, Bermudiana

Speaking up for the shy and retiring: Showcats, Wintergreen, Chaparral

Spine:

Spine in general: Watch Your Back, Snapdragon

Spiritual spine: Osteospermum, Goldenrod, Lilac, Heavenly Bamboo

Flexibility in spine: Watch Your Back, Heavenly Bamboo

Moving energy in spine: Watch Your Back, Flow Free, Boneset, Coralita, Niella

Managing energy surges during kundalini events: Clitoria

Blockages: Coralita

Spiritual Awakenings:

Staying anchored in our hearts during spiritual awakenings: California Poppy

Kick-starting spiritual awakenings: Belerephon of the Open Door

Managing the energies of a kundalini opening by grounding them in the heart: California Poppy, Clitoria

Confidence we can handle the spiritual awakening: Scarlet Pimpernel

Spiritual Breakthrough:

Fireweed

Spiritual Business:

Clarity about what is one's spiritual business and what is not: Alpine Forget Me Not, Eyes of Mary

Spiritual Confidence:

Passion Flower

Spiritual Connection:

In general: To Hear the Angels Sing, Fireweed, Agnes Rose

Spiritual road map: Sage, Russian Sage, West Indian Sage

Spiritual Consciousness:

Belerephon of the Open Door, Allamanda, To Hear the Angels Sing, Epimedium, Fireweed, Date Palm

Spiritual Courage:

Rosa Mundi, Borage

Spiritual Direction:

Belerephon of the Open Door, Alba Maxima Rose

Spiritual Emergency:

Emergency Care, Grounding, The Arbor Garden, Elderberry, Swamp Candles, Russian Sage, Mutabilis Rose

Soft place to fall in times of great upheaval, transition and spiritual change: Purple Viper □s
Bugloss

Spiritual Endurance and Stick-to-it-tiveness

Stanwell Perpetual Rose, The Camino Collection

Spiritual Evolution:

In general: all Camino Collection Essences, Dandelion, Alchemist Rose

Spiritual growing pains: Coltsfoot

Spiritual Fatigue:

Caretaker, Rosa Mundi, Stanwell Perpetual Rose, Alchemist Rose

Spiritual Flexibility:

Coltsfoot

Spiritual Freedom:

Ruby Moon Hyacinth Bean

Spiritual Growth (activates):

The Alignment Garden, Belerephon of the Open Door, Hops, Mango

Spiritual Housecleaning:

Phoenix Rising

Dark night of the soul: Swamp Candles

Spiritual Identity:

White Water Lily, Wintergreen, Boundless

Support during pressing situation to see how these dynamics help us know our true self identity:

Grape

Spiritual Information:

To Hear the Angels Sing

Harbinger of change, opens door to higher dimensions: Belerephon of the Open Door

Spiritual Journey:

Courage to take the first step: Roncesvalles

Trusting your life's pacing: Arre

Finding your way: The Way Forward

Lightening your energetic load, being clear whom you travel forward with and who can actually support your growth: Puente la Reina

Faith in the emptiness before the dawning of the next chapter when you will find your community: Belorado

Realizing we can create an oasis of joy during bleak stretches in our lives: Mazarife

Seeing below surface of situation being energetically discerning about gifts and red herrings:

Manjarin

Finding courage to let old patterns go even as we don't know what our life will look like without them: Trabadelo

Finding the strength to leave behind people and places that you have loved but are not part of your growth as a soul: O'Cebreiro, The Letting Go Flower

For moments of false endings when the spiritual journey is ongoing: Santiago

Support when the soul is at the end of a long process of laying down major paradigms of this or other lives: Fistera

Kick-start for spiritual journey: Belerephon of the Open Door, Tuberose

Spiritual growing pains: Coltsfoot

Recognizing we are all on a spiritual journey: Galicia, Carouby de Maussane Pea

When spiritual path seems disconnected from your daily life: Spruce, Passion Flower

Feeling of waiting: Arre, Rosa Mundi, Stanwell Perpetual Rose, La Belle Sultane Rose, Omey Island, Thyme from Omey Island

Intake of new ideas flooding system, downloading information from chakras above our heads:

Spruce Only: feeling okay when alone or in nature: Loving What Is, Quatre Saisons Rose

Journey beyond paradigm of good guys/bad guys to union: Cherokee Trail of Tears

Support from those who have gone before us when we are suffering on the journey: Cherokee Trail of Tears, The Sunflower Spiral

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

Pimpernel, Flower from the Gardens of Taormina, Colorado Native Rose

Living from your heart and feeling of good cheer no matter what obstacles arise on your spiritual journey: Wild Thrift

Experiencing your spiritual journey as a blossoming not one hurdle after another: Alchemist

Rose Encouragement and a replenishing of love on your journey: Quatre Saisons Rose, Stanwell Perpetual Rose

Spiritual wake up call: Belerephon of the Open Door, La Belle Sultane Rose, Day Lily, Morning Glory

Seeing where we are in our journey and having strength for next step: Sicilian Wild Sweet

Pea Confidence we can do what is being asked of us: Scarlet Pimpernel from La Rocca

Refinding our way on the spiritual path and proceeding with humor, common sense practicality and resolve: Shrubby Cinquefoil

Helps us navigate forward across terrain we are hesitant to cross: Queen of the Night

Spiritual Quest:

Sage

Spiritual Retreat:

Moonlight Datura

Spiritual Roadmaps:

Finding our place on the map: Sage

Finding our place on the map in a crisis: Russian Sage

Having others put us on their map: Celandine, Turkeys Cap Cactus

Revising our spiritual map of the world: Coltsfoot

Spiritual Shifts:

Boneset

Spiritual Support:

The Sunflower Spiral, Joe Pye Weed

Spiritual Thread:

Following the spiritual thread in a situation: Vetch

Holding the spiritual thread in a conversation especially when it has gotten contentious: Royal

Ponciana *Keeping the bead on the spiritual verities of evolution and change:* Climbing New Dawn Rose

Spontaneity:

The Fairy Rose, Flow Free

Sports:

Clarity and focus: Bottle Gentian, Rosa Glauca, Yellow Water Lily

Strength and Endurance: Stanwell Perpetual Rose, Maple, Yellow Water Lily. Alba Maxima Rose, La Belle Sultane Rose, Paul Neyron Rose

Flexibility: Flow Free, Watch Your Back (all Palm Flower Essences), Willow (from our [Additional Flower Essence list](#) on our website)

Following instructions, making course corrections, and learning from mistakes: Spiderwort

Commitment and follow-through: Alex Mackenzie Rose, Sweet William

Orthopedic issues: Run & Play, Flow Free, Healthy Coat, Recovery

Hand/eye coordination: Grounding, Maple, Lauriana Rose, Celandine

Being fully in your body: Grounding, Nasturtium

Accessing athletic talents from other lives: Inishbofin

Stability:

Feeling physically stable: Grounding, Chinese Hat Plant, Trillium, Cedar

Feeling emotional stability when things are storm tossed: Red Rugosa Rose

Feeling emotional stability when things are falling apart: Maltese Cross, Bottle Gentian

Stage Fright:

Showcats

Stamina:

In general: Recovery, Wild Thrift, Zucchini, Chia

Stamina for leaders: Alike Rose

Stamina on the spiritual path: The Camino Collection, Stanwell Perpetual Rose

Stillness:

Tea, Trillium, Chamomile, West Indian Sage, Blue Flag Iris

Stomach/Digestion:

Digestive Woes, Avocado, Loquat, Flow Free

Storytelling:

Wood Sage from the Burren

Strength:

Strength to keep going: Borage

Physical strength: Maple

Knowing your own strength as a woman: Wild Red Morning Glory, Motherwort, Pomegranate, The Sacred Feminine

Strength to let go of people and places you need to let go of for your journey: Océbriero

Strength to make necessary changes: Alex Mackenzie Rose, Lobelia

Seeing where we are in our journey & having strength for next step: Sicilian Wild Sweet Pea

Stress:

Stress in general: Emergency Care, Anxiety, The Arbor Garden, Feverfew

Handling other people's stress: Caretaker, True Wood Sorrel, White Chestnut

De-escalating stress: Orange, Ginger, Sarah Van Fleet Rose, Feverfew

High octane stress: Phoenix Rising, Coral Aloe, Orange

Stressful time constraints: Thyme, Thyme from Omey, Mountain Avens, Don't Worry- Bee Happy

Stress of many deaths: Arbor Garden, Maltese Cross, Pale Pink Rose, Coral Pink Rose, Old Blush China Rose

Stressful ups and downs: Red Rugosa Rose

Handling panic response: Red Clover

Handling fear response: Old Blush China Rose, Scarlet Runner Bean, Broccoli

Staying cool calm and collected in times of stress: Cape Fuschia "Moonraker"

Relieving places in our bodies where we hold stress: Flow Free, Dandelion (for muscles in particular)

Stubbornness:

Flow Free, All Ego Contracts Null & Void, Pebble Pincushion, Don't Worry- Bee Happy, Loving What Is, Scarlet Runner Bean, Nuuphretia Lavarissa

Substitutions & Equivalents

Our suggestions for substitutions for Bach and other Flower Essence lines:

Here we indicate IF we have made the Flower Essence ourselves

IF not, we indicate what we feel are good substitutions for the Flower Essence.

Agrimony for mental torture behind brave face: Anxiety

Aspen for vague fears of unknown origin: Aspen, (from our [Additional Flower Essence list](#) on the website), Scarlet Runner Bean, The Watchman

Beech for intolerance: Beech (from our [Additional Flower Essence list](#) on the website), Meadowsweet, Hardhack, Crab Apple, Jewelweed

Centauray for weak will or subservience: Dwarf Common Centauray, Wintergreen, Sweet William

Cerato for seeking advice or confirmation from others: Cerato (from our [Additional Flower Essence list](#) on the website where we call it Blue Plumbago), Neediness, Yellow Water Lily,

Cherry Plum for fear of mind giving way: Anxiety

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

Chicory for selfishness: Chicory

Clematis for lack of interest in present: Clematis, Grounding

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

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

Gentian for discouragement or despondency: Bottle Gentian

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

Heather for self-centeredness: Heather, Irish Heaths (Irish Heath is what the Irish call Heather)

Holly for hatred, envy and jealousy: Jealousy, The Arbor Garden, Envy Green Zinnia

Honeysuckle: Honeysuckle

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

Impatiens for impatience: Jewelweed (Jewelweed is wild Impatiens)

Larch for lack of confidence: Showcats, Larch (from our [Additional Flower Essence list](#) on the website)

Mimulus for fear of unknown things: Mimulus and also The Watchman (both from our [Additional Flower Essence list](#) on the website)

Mustard for deep seated gloom or black depression: Mustard

Oak for despondence when struggling on: Oak (from our [Additional Flower Essence list](#) on the website), Borage, Rosa Mundi

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

Pine for self-reproach and guilt: Pine, Heliotrope

Red Chestnut for anxiety for others: Anxiety, Red Chestnut (from our [Additional Flower Essence list](#) on the website)

Rock Rose for terror: Red Clover, The Arbor Garden

Rock Water for self repression and denial: Meadowsweet, Flow Free, Freesia (from our [Additional Flower Essence list](#) on the website)

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

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

Sweet Chestnut for extreme anguish: Maltese Cross, Grief & Loss, Cherokee Trail of Tears

Vervain for tenseness and hyperactivity: Anxiety, Orange Hawkweed, Dandelion, Blue Vervain (from our [Additional Flower Essence list](#) on our website)

Vine for domineering or inflexible behavior: Flow Free, Coralita, Jade, Grape, Watch Your Back

Walnut for protection from change or link breaking: Golden Armor, Cardinal de Richelieu Rose, Cherry Tomato (from our [Additional Flower Essence list](#) on our

website)

Water Violet for pride and aloofness: Rosemary, Pebble Pincushion

White Chestnut for unwanted thoughts and mental arguments: White Chestnut, Pennyroyal

Wild Oats for uncertainty about correct career path: Wild Oats (from our [Additional Flower Essence list](#) on our website) Sage, Turnera

Wild Rose for resignation and apathy: Wild Rose

Willow for issues of faith, resentment, and bitterness: Willow (from our [Additional Flower Essence list](#) on our website) Golden Wings Rose, Meadowsweet, Brown Eyed Evening Primrose

Suffering:

Harvesting wisdom from suffering: Jerusalem Thorn Tree, Painkiller Plant, Cherokee Trail of Tears

Sugar Cravings:

Banana, Peach, Honeybees in the White Hawthorn, Maple

Sunlight:

Integration of sunlight: Black Ebony, Elecampane, Sunlight Datura

Integration of gifts of whatever sunlight we get when we do not get enough sunlight:

Elecampane *Seasonal Affective Disorder:* Elecampane

Handling higher vibrational energies coming through in thin ozone areas: Elecampane

Super Heroes/Flower Essences to Support Your Inner Super Hero:

Sunflower

If your inner super hero is Spiderwoman: Vanda Rothschildiana (from our [Additional Flower Essence list](#) on our website)

Essence for Superman: Sunflower

Essence for Mr. Clean: Lemon

Support:

Seeing where your support is coming from in community: The Sunflower Spiral

Receiving spiritual help more clearly: To Hear the Angels Sing

Backing yourself up: Goldenrod, Osteospermum

Getting help to carry your burdens: Joe Pye Weed

Surgery:

Surgery in general: Emergency Care, Animal Emergency Care, Recovery

Help to feel whole if something has been removed: Omey Island, Devil's Bit Scabiosa

Wound healing: Christmas Bush, Angelica

Speedy recovery: Thyme from Omey Island

For animals during surgery if experiencing breathing issues: Breathe, Animal Emergency Care

Surrender:

Surrendering burdens: Joe Pye Weed

Surrendering behaviors triggered by fears that cause us to push our physical and emotional selves beyond balance: Sahagun

Surrender to the Divine: Flow Free, The Sacred Feminine, Fragrant Ladies Tresses

Help to surrender all discordant relationships and situations to divinity so as to let grace of divinity prevail: Fragrant Ladies Tresses

Survival Issues:

Ginger, Broccoli

Sustaining Health:

Yellow Loosestrife, Aloe Vera, Self Heal

Swampy Times:

Lighting the way in swampy times: Swamp Candles

Lifting us from mucky swamps of temporary pleasures so we can better anchor in spiritual reality: Astragalus

Synthesis:

Synthesis in general: Shrimp Plant, Bird of Paradise, Vetch, Corn

Pulling the threads of a divided situation together: Queen Anne's Lace

Synthesize light: Tuberose

Talkative:

Problems talking too much: Snapdragon, Royal Ponciana, The Alignment Garden

Tantrums:

Outburst, Orange, Orange Hawkweed, Trillium

Technology:

Protection from technology: Golden Armor, White Yarrow

Understanding technology: Lemon, Spiderwort

Getting in touch with essential self in the face of too much technology: Navelwort

Addiction to technology: Spanish Shawl

Teeth/Gums/Jaw:

In general, all issues of teeth/gums/jaw: Banana, Snapdragon, Pink Baby's Breath, Grapefruit

Teeth Clenching: Flow Free, Snapdragon

Teething: Pink Baby's Breath

Biting one's cheek or tongue accidentally: Toothwort

Telepathy:

To Hear the Angels Sing, Spider Lily, Fireweed, Passion Flower, California Poppy,

Mango

Temperature Fluctuations:

Summer Snowflake

Temper Tantrums:

Outburst

Tenderness:

Hontanias

Tension:

In general: Anxiety

Muscle tension: Dandelion

Tension in head: Grapefruit, Snapdragon

Tension in jaw: Snapdragon

Nervous tension: Sarah Van Fleet Rose, Feverfew

Testosterone Imbalance:

Papaya

Test-Taking:

Organization of thoughts: Celandine

Clear thinking: Lemon

Memory: Memory

Linking ideas: Vetch, Shrimp Plant

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

Spiderwort *Integrating information:* Shrimp Plant, Corn

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

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

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

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

Scattered energies: Queen Anne's Lace, Carrot

Thicker Skin:

Thicker skin about romantic difficulties: Escallonia

Thicker skin for empaths or sensitive people: Lamb's Ear, Golden Armor

Third Eye:

Breathe, Euphorbia of the Ancients, Goldenrod, Lemon Balm

Thyroid:

Thyme, Thyme from Omey Island, Vitality, La Belle Sultane Rose, Flow Free, Blackberry

Time:

Time management: Gallandia Rose, Spiderwort

Illusions about time and aging process: Date Palm, Mallow, Redwood

Timelessness: Rosa Mundi, La Belle Sultane Rose, Don't Worry - Bee Happy, Redwood

Experience timeless self: Omey Island, Redwood

Improved relationship with time: Mountain Avens

Feeling you have enough time: Thyme from Omey Island, Thyme

Adjusting to vibrational changes in time and space: Gallandia Rose

Moving in time differently: Gallandia Rose, Thyme, Thyme from Omey

Faster healing: Thyme, Thyme from Omey

Being in Now: Thyme, Thyme from Omey, Trillium, The Sunflower Spiral, Mountain Avens, Don't Worry - Bee Happy

Experiencing eternal now: Redwood

Tinnitus:

Tension related tinnitus: Grapefruit, Snapdragon, Flow Free, Equanimity

If tinnitus is related to equilibrium issues: Chinese Hat Plant

Protection for our hearing to prevent or ameliorate tinnitus: Golden Armor

If tinnitus is to get our attention to help us better hear inner guidance: To Hear the Angels Sing

Mental anxiety related to Tinnitus: Grounding, Anxiety, Redwood

Tiredness:

Recovery, Vitality, Teasel, Chia, Zucchini, Lavender, Rosemary, La Belle Sultane Rose, Zinnia

Tissue:

Soothing inflamed tissue: Healthy Coat, All Aloes, Jewelweed

Tissue repair: Healthy Coat, Christmas Bush

TMJ:

Snapdragon

Toilet Training:

Amaryllis

Tolerance:

Galicia, Jewelweed, Maple, Rosemary

Touch:

Papaya

Toxins, removal: Flow Free, Spanish Bayonet, Burdock, Dandelion, Cilantro

Clearing toxins from brain: Cilantro

Tranquility:

The tranquility that comes when we know everything we need is within us: Closed Blossom
Melastoma

Transition:

In general/all transitional situations: Transition

Larger transitions including death and rebirth: Transition, Pale Pink Rose, Magnolia,
Fisterra, White Flower from Druid Rock

Transitions to new: New Beginnings, Day Lily, Fisterra, White Flower from Druid Rock,
Morning Glory

Transitions through menopause and adolescence: Mallow, She Changes

Transitions during travel: Watch Your Back (for flexibility), Summer Snowflake, Fisterra

Help if we are confused about direction to go: Russian Sage, Sage, Spiderwort

Experiencing transitions as a joyous blossoming: Alchemist Rose

Transplanting to New Terrain:

When transplanted to landscape alien to you: Psychillis Macconnelliae Orchid

Finding what will nourish you spiritually in your new life: Rhododendron

Transformation:

Dandelion, Mutabilis Rose, White Flower from Druid Rock, Fisterra, Painkiller Plant

Love resisting transformation: Rose Campion

Transmutation:

Transmutation of judgment: Violet Transmuting Flame Violet

Support to transform violence directed at us into creative self expression: Italian Sainfoin

Trauma:

Emergency Care, Animal Emergency Care, Sanctuary

From group dynamics: The Three Phacelia Sisters, Goldenrod, The Arbor Garden

Physical trauma: Emergency Care

Emotional trauma: Anxiety, Broccoli, Maltese Cross, Old Blush China Rose

Keeping positive during traumatic situations: Yellow Loosestrife, Borage

Resolving trauma so vision doesn't get fixed in blurry traumatized place: Bottle Gentian

Trouble:

Climbing a ladder out of troubling situations: Bo He

Trust:

Trust in God: Joe Pye Weed, Don't Worry - Bee Happy, Love Prevails, Fragrant Ladies
Tresses, Climbing New Dawn Rose

Trust in self: Baby Blue Eyes, Pink Yarrow from the Cliffs of Moher, Yellow Mullein,
Maple, Wild Rose, Arre, Black Moss Rose

Healing when your trust has been broken: Osteospermum, Calliandra, Calliandra from
Taiwan

Trusting your life's pace: Zubiri

Trusting the healing flow of life: Desert Chicory, Love Prevails, The Sacred Feminine, Colorado Native Rose

Trust in your own skills and resources: Arizona Lupine

Trusting our body and it's wisdom when our minds run amok: The Evolution of Ever Forward Motion

In healing work with another, listening to and trusting the pace of the person's healing process: The Ley Lines of Trust

Trusting the pace of our own healing journey and standing by it with conviction and confidence: Arre

Trusting the divine thumbprint for our lives: Lady's-Thumb

Trusting the path unfolding before us: Flower from the Gardens of Taormina, Colorado Native Rose

Trust that mighty forces will come to our aid when we surrender everything to divinity: Fragrant Ladies Tresses

Knowing who to trust: Wild Pink Wood Sorrel

Trusting that our efforts to heal will bear fruit even when results are still hidden: Potato

Restoring trust after betrayal: Calliandra from Taiwan

Truth:

Having the skills to discern the truth: Pavonia Spinifex, Spiderwort

Having the courage to acknowledge and let go of old patterns that no longer serve: Trabadelo

Being true to self: To Thine Own Self Be True, Arre, Eruca

Being true to self after sea change: Bay Cedar

An open heart as we speak our truth: Irish Heaths

Discerning and living our true path: Kirengeshoma

Discerning the truth when circumstances have been cloudy or opaque: Fava Bean, Rosa Glauca

Tumor:

Eggplant, Little Ironweed, Sago Palm

Twenty-Somethings:

Please check out document on resource page called A Group for the Next Generation

Support for the current twenty-somethings to manifest the life they dream of: The Hummingbird Garden

Confidence to stay the course regardless of peer pressure: Black Moss Rose

Ulcers:

Stomach ulcers: Digestive Woes, Recovery, Immune Support, Healthy Coat, Outburst, Ethereal Fluidium Super Glue

Emotional component: Don't Worry - Bee Happy, Anxiety, Carry Less, Feverfew

Unconditional Love:

Caretaker, Black Eyed Susan, California Poppy, Joe Pye Weed, Pink Tecoma,

Meadowsweet, Hardtack

Unfinished Business (resolving):

Bee Balm

Unity:

Carrot, Agnes Rose, Angelica, Beach Pea, Carouby de Mausanne Pea, Queen Anne's Lace, The Desert Garden

Unity Consciousness: Fendler Groundsel

Authentic self-expression in a sea of unity: Blue Eyed Grass

Knowing unity with plant and animal kingdom: Calendula

Unity of heaven and earth: Red Mangrove, The Desert Garden

Feeling unity amidst wrenching circumstances: Maltese Cross

Unity of all people: Cherokee Trail of Tears

Feeling unity with others because of common humanity not because of common religious, cultural or family backgrounds: Plum

Experiencing the unity of self, the unity of personality and soul: Tassel Hyacinth

Unraveling/Untangling:

Ladies Nodding Tresses, Coralita, Fragrant Ladies Tresses

Upheaval:

Moving Forward after explosive upheaval with creativity and resolve: Red Flower from Santorini

Soft place to fall in times of great upheaval, transition and spiritual change: Purple Viper's Bugloss

Embracing the unexpected: Beggar's Tick

Urinary tract:

Flow Free

Cleansing and clearing the kidneys, urinary and prostate: Beggar's Tick

UTI: Flow Free (most important), Outburst, Golden Armor, Recovery

Vaccination (reactions to):

Recovery, Immune Support, Healthy Coat (contains all our Aloe Flower Essences), Emergency Care, Outburst

Value:

Understanding your unique value: Common Spotted Orchid

Understanding you are of equal value as everyone else: Cacao, Desert Chicory

Vanity:

Therese Bugnet Rose

Veil of Illusion:

Gardenia, Date Palm, Turnera

Venomous Attacks:

Protection from venomous attacks and negativity willfully directed at us: Rattlesnake Master

Vertigo:

Chinese Hat Plant, Grounding

Vibrational Shifts:

Help for those born before 1978 to adapt their electrical systems to the higher planetary energies: Linden

Support on the cellular level for awakening to new higher vibrations on planet: Pink Magnolia

Victim:

When we have been a victim of another's sexual rage: Clitoria Ternatea

Helps us see our own power in situations that might have left us feeling powerless: Queen Anne's Lace

Violence/Controlling Violent Impulses:

Outburst, Orange, Royal Ponciana, Feverfew, Orange Hawkweed

Support to transform violence directed at us into creative self-expression: Italian Sainfoin

Viruses:

Immune Support, Golden Armor, French Marigold, Teasel, Celandine

Vision:

Vision in general: Vision, Rosa Glauca, Eyes of Mary, Bottle Gentian, Carrot, Eyebright

Seeing clearly when things are cloudy or in a fog: Rosa Glauca, Alike Rose

Seeing things with fresh and unjaded eyes as a child might: Pink Baby's Breath

Resolving trauma so vision doesn't get fixed in blurry traumatized place: Bottle Gentian

Vitality:

Vitality in general: Vitality, La Belle Sultane Rose, Chia, Calendula, Vitex, Wild Fuschia, Red Currant

Getting life force to enervated places: Kidney Vetch

Restores physical vitality after illness or exhaustion: Recovery, Chia, Catmint, Chaparral, Wild Fuschia, Bignonia, all Aloes, Zucchini

Restores vitality when we have overextended ourselves: Ginger, Quatre Saisons Rose

Restores vitality after physical or emotional violence, war and terror: Canna Indica

Timeless vitality: La Belle Sultane Rose

Helps us remineralize our systems when depleted: Vitex

Cleanses subtle bodies so we have more physical vitality: Ethereal Fluidium Super Glue, Alba Maxima Rose, Black Currant

Vitality at all points in our spiritual evolution or maturing process: Dandelion
Restoring vitality for women in particular: Zucchini
Restoring vitality for older people: Senior Citizen

Vomiting:

Digestive Woes, Bleeding Heart Vine
Emotionally vomiting up all the negative energy within us so we can move on and experience the world as our oyster: Bleeding Heart Vine

Vulnerability:

Need to be more vulnerable: Morning Glory, Belerephon of the Open Door, Datura Sunlight, Datura Moonlight, Allamanda
Feeling too vulnerable: Pink Tecoma, Old Blush China Rose, Broccoli, Golden Armor, Flee Free, Arzua, Lamb's Ear
Feeling safe when vulnerable, support when vulnerable: Arzua
Opening to vulnerability: Morning Glory, Belerephon of the Open Door, Datura Sunlight, Datura Moonlight, Allamanda
Feeling safe to express yourself even when feeling vulnerable: Pink Yarrow from the Cliffs of Moher, Common Scurvygrass

Divine Wake Up Call:

Morning Glory, Sweet Annie, Clematis

Weakens all Diseases:

Snapdragon, Honey Bees in White Hyacinth, Jasmine, Self Heal, Koningin Von Danmark Rose, French Marigold

Weight Issues:

Flow Free, Neediness, Banana

Wholeness:

Body and soul wholeness: Claret Cup Cactus, Paul Neyron Rose
Experience of wholeness when feeling fragmented: Shrimp Plant
Healing from a place of wholeness: The Truth of Touch

Will:

Sweet William, Cosmos, To Thine Own Self Be True
Weak will: Sweet William
Aligning to God's Will: The Alignment Garden

Willpower (weak):

To Thine Own Self Be True, Alex Mackenzie Rose, Scarlet Pimpernel from la Rocca

Winds of Change:

Seaside Flower from Taormina, Carolina Thermopsis

Wisdom:

In general: Cedar, Gardenia, Redwood, Elderberry Accessing

Wisdom: Golden Glow

Grounding of: The Sacred Feminine and the Sacred Masculine, Corn

Wisdom on the long view: Ginger Thomas

Harvesting family of origin wisdom from our genetics: Bloodroot

Harvesting wisdom from difficulties: Broccoli, Painkiller Plant

Harvesting wisdom from what we have suffered: Jerusalem Thorn Tree, Broccoli, Pain-Killer Plant *Harvesting wisdom from life we have let go of:* Pasque Flower

Inner wisdom translated into wise action: Corn, Black Cohosh, The Sacred Masculine

Wisdom about inner journey: West Indian Sage

Embodying our wisdom: The Sacred Feminine, Corn, Rosemary, Claret Cup Cactus, Paul Neyron Rose

Reclaiming and containing sacred wisdom: The Sacred Feminine

Protection of sacred wisdom: The Sacred Masculine

Envisioning a world beyond patriarchy: The Sacred Feminine, Cherokee Trail of Tears, Maiden Apple, Cape Hyacinth

Wisdom and power to jettison all that does not serve us: Calabash, Trabeldelo, O Cebreiro

Wisdom about good boundaries in relationships: Sea Mayweed, Ixora

Energetic version of the red tent, vision quest for women in alignment with menstrual cycles: Moonlight Datura

Wisdom to sometimes simply say no: All Ego Contracts Null & Void, Ixora, Calabash

Harvesting wisdom from what we have experienced: Pasque Flower, Corn

Wisdom that knows a path beyond disharmony and hatred: Mary Queen of Scots Rose, Cherokee Trail of Tears

Strength to be our wisest self in action: Bay Cedar

Transformation of grief over romantic loss into confidence about what you learned: Seaside

Mahoe Retrieving ancient wisdom: Lemon Verbena

Canine wisdom: Dog Rose

Ageless wisdom: Date Palm

Withdrawal:

Graceful withdrawal from situations, places, relationships or communities: Turk's Cap Cactus

Women:

Overall health of reproductive system: Pomegranate

Clearing blockages in female reproductive system: Scarlet Cordia (for tubes,) Eggplant (for small pockets)

Ovarian issues: Pomegranate

Fibroids and clarity about the use of our creative life force energy: Pomegranate, Flow Free

Clarity about creative powers: Pomegranate, Asclepias, The Sacred Feminine,

Motherwort Menopause: She Changes, Mallow, Pomegranate, Honeybees in the White Hawthorn, Sea Lavender

Flower Essence Suggestions for Common Concerns

Hormonal balance: Honeybees in the White Hawthorn

Menstruation: Moonlight Datura, Flow Free, Blackberry

Fertility and conception: Pomegranate, Yellow Rose of Texas, Orange Amaryllis, Blackberry, The Alignment Garden, Clivia, Zucchini

Working through issues about having children with your partner: Partridgeberry

Celebration of menarche: Moonlight Datura, Pomegranate, Asclepias

Restoring vitality for women: Zucchini

Genuine support for mothers, not sentimental crap dished out by culture: Motherwort

Understanding and manifesting new paradigms for women: The Sacred Feminine

Standing up for ourselves: Motherwort, Frangipani, Calabash, Wild Red Morning Glory

Understanding our immense creative power and role in the new millennium: The Sacred Feminine, Wild Red Morning Glory

Balance use of our feminine and masculine energies so we from our wisest self: The Sacred Feminine, The Sacred Masculine, Black Cohosh, Chives, Frangipani

Birth: Centered Birth, Magnolia, Fisterra, White Flower from Druid Rock, The Sacred Feminine, Calabash

Letting go of false responsibilities, false obligations to others: Calabash, Coffee,

O□Cebreiro, Puente La Reina, All Ego Contracts Null & Void

Work/Career Goals:

The Alignment Garden, Turnera, Sage, Russian Sage, Rose a Parfum de l□Hay

Balance of creative expression in work and family: Pomegranate

Worldly Concerns/Release:

Ginger

World Weary:

Rosa Mundi, La Belle Sultane Rose, Wild Fuschia

Worry:

Anxiety, Feverfew, Don't Worry - Bee Happy

Worry for others: Anxiety

When disoriented from worry: Clematis

Worry about bad things happening: Coral Pink Rose

Worry when it takes the form of nervous habits: Feverfew

Niggling worry: Common Knapweed, Bee Balm

Easing chronic worrying: Ladies' Bedstraw from Ireland

Leaving behind worry without guilt: Don't Worry - Bee Happy

A preoccupation with inner problems that keep us from being present in our daily lives:

Clematis *Worries about aging:* Mallow

Worries in the night: Ladies' Bedstraw from Ireland, Bramble from Scotland, Ragged Robin from Ireland

Worthiness: (see also Self-Worth)

Maple, Common Knapweed, Fremont Pincushion, Wintergreen

*Healing the illusion that we must do too much in order to prove our worthiness: Solandra,
Coffee*
Feelings of worthlessness: Common Spotted Orchid

Wound Healing:

Wound Healing, Recovery, Precious Blood, Christmas Bush, Angelica

Mending wounds in etheric body: Comfrey, Sweet Olive

Release of wounds from childhood: Inner Child, Abandonment & Abuse

Peacemaking and mending wounds in community: Beach Pea

*Holding our wounds with compassion without letting them run the show: The Narrative of
Release*

Writer's Block:

All Irises, Flow Free, Asclepias, Inkberry, Clivia

Yin/Yang:

Balance in Blue Moon

Youthfulness:

Vitality, Zucchini

X-Ray/ Radiation:

Leopard's Bane (from our [Additional Flower Essence list](#) on our website), Golden
Armor