Overview of qualities and indications for FES Quintessentials™, Range of Light™, Healingherbs™ flower essences, FES Flourish™ and other formulas

I acknowledge FES for your strong moral accountability in developing flower essences. In order to advance this modality for healing, we must develop the discipline to carefully track what is happening when we use essences.

— Jeanne Peters, RD, American Dietetic Association, El Segundo, CA
I cannot speak highly enough of the FES flower essences. ...They gently unlock deeply ingrained patterns in the psyche, which even counseling, affirmations and positive thinking sometimes are unable to shift ...so we can assist the patient to move on. You are bringing great blessings to many people.  

Dr. Sally Dawson, New Zealand

**Healingherbs™** The flower remedies of Dr. Edward Bach, prepared by Julian Barnard in rural England

**Range of Light™** 48 additional FES essences from the Sierra Nevada region, which address important issues of our time

**FES Quintessentials™** 103 internationally-known essences, developed by Richard Katz and Patricia Kaminski, and backed by three decades of professional use.

**FES Flourish Formulas™** 12 pre-mixed combinations, addressing common contemporary situations

**Flower Essence Services**

To purchase the products listed in this brochure, please contact FES by phone, email or go to our web site for online ordering, or to view a listing of retailers carrying our products.

Text by Patricia Kaminski and Richard Katz; Flower photographs by Richard Katz and Julian Barnard

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### Flower Essence Indications

**Activ-8 FES Flourish Formula**

**Positive qualities:** Positive activation of the will to accomplish one's goals and complete projects; affirmative leadership; sustained energy and enthusiasm that fires the will; healthy expression of strong masculine “yang” energy in both men and women

**Patterns of imbalance:** Hesitation, procrastination, apathy; inability to engage the will to manifest one’s goals, poor leadership skills, flagging energy or distraction, difficulty completing projects

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**Agrimony Agrimonia eupatoria Healing HERBS**

**Positive qualities:** Emotional honesty, acknowledging and working with emotional pain, ability to radiate genuine equanimity and inner peace

**Patterns of imbalance:** Anxiety hidden by a mask of cheerfulness; denial and avoidance of emotional pain, addictive behavior to anesthetize feelings

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**Almond Prunus amygdalus Range of Light**

**Positive qualities:** Ability of the heart to anchor a core structure of life-giving light; integration of physical incarnation and spiritual development; alignment of mental “light” forces with physical “life” forces; ability to find self identity through the integration of physical and spiritual realities (Life and Light)

**Patterns of imbalance:** Obstacles to proper physical development such as failure-to-thrive-syndrome; inability to take up earthly nutrition as a form of sustenance for body and soul; imbalances or lack of integration in physical and mental aspects of development

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**Aloe Vera Aloe vera (Aloe barbadensis) FES Quintessentials**

**Positive qualities:** Creative activity integrated with vital life-energy, active expression of soul fire

**Patterns of imbalance:** Over-emphasis of will forces or creative fervor; “burned-out” or workaholic syndrome

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**Alpine Aster Aster alpigenus Range of Light**

**Positive qualities:** Body-free spiritual consciousness; ability to realize independent consciousness beyond the body; cultivation of sense-free states of meditation and dreaming; freeing of the spiritual body from the physical in the death transition or other spiritual experiences

**Patterns of imbalance:** Fear of death or spiritually transcendent states of consciousness; materialistic identification with the physical dimension; inability to recognize the reality of spiritual dimensions of existence due to over-identification with physical plane or physical body

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**Alpine Lily Lilium parvum FES Quintessentials**

**Positive qualities:** Radiant and self-assured feminine identity, physical presence grounded in the female body

**Patterns of imbalance:** Artificial or disembodied feminine self, lack of connection and awareness of female body, rejection of female organs as “lower”

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**Angel’s Trumpet Brugmansia candida FES Quintessentials**

**Positive qualities:** Spiritual surrender at death or at times of deep transformation; opening the soul to the spiritual world

**Patterns of imbalance:** Fear of death, resistance to letting go of material life and crossing the spiritual threshold; denial of the reality of the spiritual world or the soul’s need for change
Angelica *Angelica archangelica* **FES Quintessentials**

**Positive qualities:** Feeling protection and guidance from spiritual beings, especially during threshold experiences such as birth and death, or other life passages

**Patterns of imbalance:** Feeling cut off, bereft of spiritual guidance and protection; spiritual orphan

Arnica *Arnica mollis* **FES Quintessentials**

**Positive qualities:** Conscious embodiment, despite emergency or stress; recovery from deep-seated strain, post-trauma, or scarring

**Patterns of imbalance:** Disconnection of Higher Self from body during shock or trauma; disassociation, unconsciousness, dysfunction or latent illness deriving from past trauma

Aspen *Populus tremula* **Healing herbs**

**Positive qualities:** Trust and confidence to meet the unknown, sensitive attunement to the spiritual world; perceptive awareness of psychic realms

**Patterns of imbalance:** Fear of the unknown, vague anxiety and apprehension, hidden fears, nightmares; easily startled or frightened

Baby Blue Eyes *Nemophila menziesii* **FES Quintessentials**

**Positive qualities:** Childlike innocence and trust; feeling supported and loved, especially by male figures; faith in the providence of spiritual beings

**Patterns of imbalance:** Defensiveness, insecurity, mistrust of others; estrangement from higher spiritual authority; lack of support from the father or other masculine influences in childhood

Basil *Ocimum basilicum* **FES Quintessentials**

**Positive qualities:** Integration of sexuality and spirituality into a sacred wholeness

**Patterns of imbalance:** Polarization of sexuality and spirituality, typically leading to clandestine behavior, bifurcated relationships or sexual addiction

Beech *Fagus sylvatica* **Healing herbs**

**Positive qualities:** Tolerance, acceptance of others’ differences and imperfections, seeing the good within each person and situation; ability to offer praise to others

**Patterns of imbalance:** Criticalness, judgmental attitudes, intolerance; perfectionist expectations of others; hyper-reactive to one’s social and physical environment due to underlying sensitivity

Black Cohosh *Actaea racemosa* **FES Quintessentials**

**Positive qualities:** Courage to confront rather than retreat from abusive or threatening relationships or situations; clear and contained psychic forces

**Patterns of imbalance:** Enmeshed in a relationship or lifestyle that is abusive, addictive or violent; dark, brooding emotions, congested or toxic psychic forces

Black-Eyed Susan *Rudbeckia hirta* **FES Quintessentials**

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

**Patterns of imbalance:** Avoidance or repression of traumatic or shadow aspects of the personality, addictive or hypnotic behavior due to loss of consciousness

Blackberry *Rubus armeniacus* **FES Quintessentials**

**Positive qualities:** Competent manifestation in the world; clearly directed forces of will, intentional and decisive action

**Patterns of imbalance:** Inability to translate goals and ideals into concrete action or viable activities; procrastination
Blazing Star *Mentzelia laevicaulis* Range of Light
Positive qualities: Radiant and inwardly vital will forces; masculine soul forces developed from an inner foundation of nurturing life forces; alchemical union of feminine water and masculine fire soul elements
Patterns of imbalance: Predominance of water element in the body and emotions causing paralysis of the will; inability to catalyze soul fire; bifurcation of soul toward either a strong but rigid will or flowing but weak-feeling state

Bleeding Heart *Dicentra formosa* FES Quintessentials
Positive qualities: Ability to love others unconditionally, with an open heart; emotional freedom
Patterns of imbalance: Entangled in relationships based on fear, possessiveness or neediness; emotional co-dependence

Borage *Borago officinalis* FES Quintessentials
Positive qualities: Ebullient heart forces, buoyant courage and optimism
Patterns of imbalance: Heavyheartedness or grief, lack of confidence in facing difficult circumstances; depressive behavior

Buttercup *Ranunculus occidentalis* FES Quintessentials
Positive qualities: Radiant inner light, unattached to outer recognition or fame; self-assured
Patterns of imbalance: Feelings of low self-worth, inability to acknowledge or experience one’s inner light and uniqueness; self-deprecating

Calendula *Calendula officinalis* FES Quintessentials
Positive qualities: Healing warmth and receptivity, especially in the use of the spoken word and in dialogue with others
Patterns of imbalance: Argumentative, lack of receptivity in communication with others; verbal abuse

California Peony *Paeonia californica* Range of Light
Positive qualities: Celebration of life; healthy instinct for pleasure; cultivation of magnetic and charismatic soul forces through integration with the vital forces in the lower chakras
Patterns of imbalance: Predominance of passive yin forces, repressed vitality, sensuality or sexuality; difficulty with money and power issues

California Pitcher Plant *Darlingtonia californica* FES Quintessentials
Positive qualities: Earthy vitality, healthy bodily instincts
Patterns of imbalance: Listless or anemic; disassociated from or fearful of the instinctual aspects of the Self, poor digestion and assimilation

California Poppy *Eschscholzia californica* FES Quintessentials
Positive qualities: Radiant heart-centered spirituality; strong interior alignment for values and choices
Patterns of imbalance: Attachment to illusion or grandeur, superficial spirituality or fantasy, external glamour or escapism through psychedelic drugs or other out-of-body activities

California Valerian *Valeriana capitata* Range of Light
Positive qualities: Tranquility and inner equilibrium; inner confidence for the future due to the soul’s understanding of prior experiences; peaceful acceptance of life experiences
Patterns of imbalance: Shallow breathing due to anxiety about the future; nervous agitation or insomnia; worry and unease when facing future life events that are viewed as challenging; addiction to sleeping pills or tranquilizers
**California Wild Rose** *Rosa californica* FES Quintessentials  
**Positive qualities:** Love for the Earth and for human life, enthusiasm for doing and serving  
**Patterns of imbalance:** Apathy, resignation, pronounced passivity; inability to catalyze will forces through the heart

**Calla Lily** *Zantedeschia aethiopica* FES Quintessentials  
**Positive qualities:** Clarity about sexual identity, sexual self-acceptance; individualized integration of masculine and feminine qualities  
**Patterns of imbalance:** Confusion or ambivalence about sexual identity or gender; wounding due to cultural gender bias

**Canyon Dudleya** *Dudleya cymosa* FES Quintessentials  
**Positive qualities:** Balanced psychic and physical energies; grounded presence in everyday life; positive charisma  
**Patterns of imbalance:** Distorted psychic experiences; inflated involvement in psychic or charismatic experiences; addiction to “trauma-drama” lifestyle

**Cassiope** *Cassiope mertensiana* Range of Light  
**Positive qualities:** Soul warmth that rays into the body; appreciation for all creation; the joy of physical existence; warmth as the source of well-being  
**Patterns of imbalance:** Lack of appreciation for the spirituality inherent in the created world and the physical body; aloof or removed from the life pulse in Nature or the human body; tendency to use the cold forces of intellect or technology at the expense of the body’s warmth

**Cayenne** *Capsicum annuum* FES Quintessentials  
**Positive qualities:** Fiery and energetic, inwardly mobile, capable of change and transformation  
**Patterns of imbalance:** Stagnation, inability to move forward toward change

**Centaury** *Centaurium erythraea* Healingherbs  
**Positive qualities:** Serving others from inner strength, while nourishing one’s own needs; acting from strength of inner purpose, saying “No” when appropriate  
**Patterns of imbalance:** Weak-willed, dominated by others, servile, acting to please; difficulty saying “No;” fatigue and related problems due to self-neglect

**Cerato** *Ceratostigma willmottianum* Healingherbs  
**Positive qualities:** Trusting one’s inner knowing, intuition; self-confidence, certainty  
**Patterns of imbalance:** Uncertainty or doubt of one’s inner wisdom and truth; invalidating what one knows, over-dependent on advice from others

**Chamomile** *Matricaria recutita* FES Quintessentials  
**Positive qualities:** Serene, sun-like disposition, emotional balance  
**Patterns of imbalance:** Easily upset, moody and irritable, inability to release emotional tension, especially in the stomach or solar plexus
Chaparral *Larrea tridentata* FES Quintessentials

**Positive qualities:** Balanced psychic awareness, deep penetration and understanding of the transpersonal aspects of oneself  
**Patterns of imbalance:** Psychic and physical toxicity, disturbed dreams and chaotic inner life, toxicity due to drugs, violence or post-traumatic stress

Cherry *Prunus avium* Range of Light

**Positive qualities:** Youthful joy and exuberance, feelings of innocence and openness; celebrating the threshold of adolescence; healing and integration of painful experiences in adolescence  
**Patterns of imbalance:** Toxic blood or related skin conditions such as acne; loss of innocence, hope or youthful outlook on life; traumatic life experiences in adolescence that continue to plague the body/soul identity

Cherry Plum *Prunus cerasifera* Healing Herbs

**Positive qualities:** Spiritual surrender and trust, feeling guided and protected by a Higher Power; balance and equanimity despite extreme stress or adversity  
**Patterns of imbalance:** Fear of losing control, mental and emotional breakdown; desperate or destructive impulses; acute tension and rigidity

Chestnut Bud *Aesculus hippocastanum* Healing Herbs

**Positive qualities:** Ability to cultivate life wisdom, understanding the laws of karma; intelligence derived from life experience  
**Patterns of imbalance:** Poor observation of one’s experiences, failure to learn life’s lessons, repeating the same mistakes

Chicory *Cichorium intybus* Healing Herbs

**Positive qualities:** Selfless love given freely, respecting the freedom and individuality of others; emotional containment  
**Patterns of imbalance:** Possessive or manipulative behaviors disguised as love, demanding, or emotionally needy; getting attention through negative behavior; self-centeredness

Chocolate Lily *Fritillaria biflora* Range of Light

**Positive qualities:** Embodiment and acceptance of basic metabolic functions, especially the reproductive and elimination systems of the body  
**Patterns of imbalance:** Lack of awareness of metabolic functions; aversion for eliminative functions of the body; revulsion for menstruation, lactation; difficulty with elimination, poor intestinal function or blockages

Chrysanthemum *Chrysanthemum morifolium* FES Quintessentials

**Positive qualities:** Able to distinguish higher spiritual identity from temporal personality; transpersonal and transcendent soul expression  
**Patterns of imbalance:** Fear of aging and mortality, over-attachment to temporal personality; healing crisis due to materialistic focus of the soul

Clematis *Clematis vitalba* Healing Herbs

**Positive qualities:** Awake, focused presence; manifesting inspiration in practical life; conscious embodiment and interest in the world  
**Patterns of imbalance:** Avoidance of the present by daydreaming; other-worldly and impractical ideals; fuzzy or vague states of floating consciousness
Columbine *Aquilegia formosa* Range of Light

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

**Patterns of imbalance:** Hesitation to express one’s creativity and individuality; inability to take social or creative risks; mid-life crisis calling for re-constellation of soul forces and life expression

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**Corn Zea mays** FES Quintessentials

**Positive qualities:** Alignment with the Earth, especially through the body and feet; grounded presence

**Patterns of imbalance:** Inability to stay centered in the body; disorientation and stress, particularly in urban or crowded environments

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**Corn Lily Veratrum californicum** Range of Light

**Positive qualities:** Developing a positive picture of the aging process in women; dignity and self-containment; acceptance and celebration of the wisdom and dignity of maturity; celebration of fullness in body and life

**Patterns of imbalance:** Feeling old and “dried up”; despair at the passing of youth and motherhood; difficult hormonal transition in body and soul; false attempt to return to youthful form or identity

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**Cosmos Cosmos bipinnatus** FES Quintessentials

**Positive qualities:** Integration of ideas and speech; coherent thinking; mercurial expression

**Patterns of imbalance:** Unfocused, disorganized communication; overexcited speech, overwhelmed by too many ideas

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**Crab Apple Malus sylvestris** Healingherbs

**Positive qualities:** Cleansing and restorative, bringing a sense of inner purity

**Patterns of imbalance:** Feeling unclean and impure, needing to release physical or psychic toxicity; also, obsessed with imperfection or cleansing rituals

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**Dandelion Taraxacum officinale** FES Quintessentials

**Positive qualities:** Dynamic physical energy and expressive life force; inner ease in work and play

**Patterns of imbalance:** Tense, rigid or stiff, especially in the musculature of the body; over-striving and hard-driving

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**Deerbrush Ceanothus integerrimus** FES Quintessentials

**Positive qualities:** Gentle purity and clarity of purpose; motives and actions that are allied with one’s true feelings

**Patterns of imbalance:** Mixed or conflicting motives; dishonest or polite responses not based upon genuine feelings

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**Desert Lily Hesperocallis undulata** Range of Light

**Positive qualities:** Ability to radiate beauty, artistry and grace within a mechanized urban environment; rejuvenation of self and others through feminine soul forces of beauty and grace; feminine water element of the soul as balm for fire imbalance in modern technology

**Patterns of imbalance:** Feeling oppressed by the invasive ugliness of technological urban culture; sensitivity to environmental disturbances, especially when lacking beauty or harmony
**Dill** *Anethum graveolens*  **FES Quintessentials**

**Positive qualities:** Ability to experience and absorb a wide variety of sensory experiences, heightened awareness of taste, touch, hearing, sight, smell, etc.

**Patterns of imbalance:** Overwhelm due to excess stimulation, hypersensitivity to environment or to outer activity, sensory congestion

**Dogwood** *Cornus nuttallii*  **FES Quintessentials**

**Positive qualities:** Grace-filled movement, physical and etheric harmony in the body

**Patterns of imbalance:** Awkward and painful awareness of the body; latent emotional trauma or abuse affecting the body, accident prone

**Downy Avens** *Geum triflorum*  **Range of Light**

**Positive qualities:** Intelligence that is integrated in head and heart; enduring wisdom derived from incremental development of soul forces; patient and progressive cultivation of thinking forces with over-all soul identity

**Patterns of imbalance:** Precocious development of intellectual capacities with lagging emotional development; easily bored or distracted due to lack of heart attention and imagination; tendency to hyperactivity or Attention Deficit Disorder

**Dune Primrose** *Oenothera deltoides*  **Range of Light**

**Positive qualities:** Connection with a nurturing maternal presence in the spiritual world; soul memory of the spiritual radiance of being born; awareness and gratitude for those beings who have guided the soul’s incarnation into earth

**Patterns of imbalance:** Alienation from the mother soul of the world, feeling abandoned by the spiritual world; birth trauma, pregnancy during difficult social circumstances such as poverty, violence

**Easter Lily** *Lilium longiflorum*  **FES Quintessentials**

**Positive qualities:** Soul purity which embraces all aspects of life and body, especially sexual identity

**Patterns of imbalance:** Tension in sexual identity; conflicting sexual values or experiences; virgin/whore split in psyche

**Echinacea** *Echinacea purpurea*  **FES Quintessentials**

**Positive qualities:** Core integrity and immunity, maintaining a strong sense of Self, especially when challenged by stress or disease

**Patterns of imbalance:** Shattered by severe trauma or abuse; physical or emotional disintegration of Self Identity; poor immune function; vacant presence

**Elm** *Ulmus procera*  **Healing herbs**

**Positive qualities:** Joyous service, faith and confidence to complete one’s task; ability to shoulder tasks effectively

**Patterns of imbalance:** Overwhelmed by personal or work obligations, feeling unequal to the task required; dysfunctional or scattered response to responsibilities and commitments

**Evening Primrose** *Oenothera elata*  **FES Quintessentials**

**Positive qualities:** Awareness and healing of painful early emotions absorbed from parents; ability to open emotionally and form deep, committed relationships

**Patterns of imbalance:** Profound feeling of rejection stemming from in utero or early childhood experience; avoidance of commitment in relationships, fear of parenthood; sexual and emotional coldness or repression
Explorer's Gentian *Gentiana calycosa*  Range of Light
Positive qualities: Renewed strength for meeting one's life purpose and spiritual destiny; transforming crisis and loss into new opportunities
Patterns of imbalance: World-weariness at mid-life; loss of connection with one's spiritual destiny and life purpose; profound health crisis or loss that depletes soul forces

Fairy Lantern *Calochortus albus*  FES Quintessentials
Positive qualities: Healthy maturation; acceptance of adult responsibilities, positive integration of “child” identity
Patterns of imbalance: Immaturity, helplessness, neediness, childish dependency; unable to take responsibility

Fawn Lily *Erythronium purpurascens*  FES Quintessentials
Positive qualities: Involvement in the social fabric of the world; ability to share one's spiritual gifts with others
Patterns of imbalance: Withdrawal, isolation, self-protection; overly delicate or mystical, lacking the inner strength to participate in community and family

Fear-Less FES Flourish Formula
Positive qualities: Calm composure and containment during any threatening situation; ability to move forward with courage and fortitude despite adversity; proactive resolution of any stressful situation; valor and bravery
Patterns of imbalance: Fear and anxiety; inability to act due to paralysis or numbness; restless agitation or disturbed sleep due to pronounced worry; paranoia, or panic due to extreme fear; nervous tension and distress

Fiesta Flower *Pholistoma auritum*  Range of Light
Positive qualities: Vulnerability, openness and receptivity in spiritual seeking; flexible yet strong soul structure for core spiritual beliefs
Patterns of imbalance: Dogmatism, rigid spiritual beliefs that are externally derived; authoritarian social or political viewpoints

Filaree *Erodium cicutarium*  FES Quintessentials
Positive qualities: Star-like vision, a cosmic overview which holds the events of ordinary life in perspective
Patterns of imbalance: Obsessive worry and compulsion about minor events; unable to gain a wider perspective in daily life; hyper-focus on small details

Fireweed *Epilobium angustifolium*  Range of Light
Positive qualities: Recovery of vital forces; phoenix-like powers of soul to re-construct and re-create new life; assimilation of alchemical fire toward new forces of life and rejuvenation
Patterns of imbalance: Healing for events involving adversity and disruption, “trial by fire,” wounding or disruption due to fire, heat or light and related technology or military weapons

Five-Flower Formula  Healingherbs
Contains: Cherry Plum, Clematis, Impatiens, Rock Rose, and Star of Bethlehem
Positive qualities: Calmness and stability in any emergency or time of stress
Patterns of imbalance: Panic, disorientation, loss of consciousness; acute trauma or pain
Flora-Sleep FES Flourish Formula
Positive qualities: Relaxation, restful sleep, de-stressing, nourishing body & soul in sleep, mental and spiritual rejuvenation from deep rest, waking refreshed
Patterns of imbalance: Difficulty falling asleep or staying asleep, excessive worry and anxiety, restlessness, nervous agitation, inability to release challenging thoughts and feelings before sleep or rest

Forget-Me-Not Myosotis sylvatica FES Quintessentials
Positive qualities: Awareness of karmic connections in one's personal relationships; perceptive mindfulness of subtle realms and transpersonal relationships
Patterns of imbalance: Lack of connection with souls in the spiritual world; loneliness and isolation due to death of a loved one; soul myopia

Fuchsia Fuchsia magellanica FES Quintessentials
Positive qualities: Genuine emotional vitality, ability to express intense feelings
Patterns of imbalance: Hyper-emotionality or hysteria that masks deeply-seated pain and trauma; misdirected psychosomatic responses to pain and stress

Garlic Allium sativum FES Quintessentials
Positive qualities: Resilient and vital response to life, active resistance to adverse influences
Patterns of imbalance: Fearful or weak due to parasitic influence, prone to low vitality; mediumistic

Gentian Gentiana amarella Healing herbs
Positive qualities: Perseverance, confidence; faith to continue despite apparent setbacks
Patterns of imbalance: Discouragement after a setback; doubt; depression due to a sense of failure

Glassy Hyacinth Triteleia lilacina Range of Light
Positive qualities: Redemption of suffering; transformation of emotional darkness into the light of soul understanding; resurrection forces of soul triumph
Patterns of imbalance: Profound trauma, sorrow, emotional pain; inability to face evil, or the “shadow” of humanity; descent into hell

Golden Ear Drops Ehrendorferia chrysantha FES Quintessentials
Positive qualities: Ability to remember and understand core experiences that define emotional history; nourishment and insight from past experiences
Patterns of imbalance: Suppressed toxic memories of childhood; feelings of pain and trauma about past events, affecting present emotional identity

Golden Yarrow Achillea filipendulina FES Quintessentials
Positive qualities: Remaining open to others while staying self-contained; active social involvement which preserves inner equilibrium
Patterns of imbalance: Over-sensitivity to one's social surroundings, resulting in social isolation, or a false social persona; dependence on drugs for protection or social masking

Goldenrod Solidago californica FES Quintessentials
Positive qualities: Strong and secure sense of individuality, balanced with group or social consciousness
Patterns of imbalance: Overly influenced by group or cultural ties; inability to be true to oneself, easily susceptible to peer pressure or external social demands
Gorse *Ulex europaeus* **Healing herbs**

**Positive qualities:** Deep and abiding conviction and hope; equanimity and light-filled optimism

**Patterns of imbalance:** Pessimistic attitude, unable to trust or imagine a positive outcome for future events

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Grace **FES Flourish Formula**

**Positive qualities:** Positive relationship to the feminine soul identity in women or men; ability to express and champion feminine values in one’s self, family, and community; mothering grace, nurturance and sensitive receptivity as active soul virtues; affirmative alignment with biological and cultural milestones within the feminine body and soul

**Patterns of imbalance:** Devaluation of feminine values and virtues; degradation or exploitation of women or women's bodies; alienation from feminine roles of mothering and nurturing; trauma due to sexual predation or violence; loss of essential dignity and humanity due to female social status

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Green Bells of Ireland *Moluccella laevis* **Range of Light**

**Positive qualities:** Awareness of the elemental world in Nature; ability to work with elemental nature forces through one's own bodily matrix; Nature wisdom acquired through direct sensory experience

**Patterns of imbalance:** Overly romantic or mental relationship to Nature; lack of physical connection or embodiment in relationship to Nature and primal elemental forces

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Green Cross Gentian *Frasera speciosa* **Range of Light**

**Positive qualities:** Courageous soul alignment with the living being of the earth; hope and resolve for world service and healing despite setbacks or challenges

**Patterns of imbalance:** Feelings of overwhelm, despair and defeat with regard to the condition of the earth; bereft and discouraged when living connection with the earth is disrupted due to natural or man-made catastrophe; ability to carry the elemental "cross" of the world

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Green Nicotiana *Nicotiana alata* **Range of Light**

**Positive qualities:** Awareness of the heart beat of the earth as a sustaining force for humanity; alignment with the breathing pulse of the earth in one’s own soul (such as seasonal rhythms and alternation of day and night)

**Patterns of imbalance:** Inability to care for life on earth due to the hardening of heart forces; materialistic, egoic, or militaristic tendencies due to arrhythmic technologies and lifestyles

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Green Rein Orchid *Platanthera sparsiflora* **Range of Light**

**Positive qualities:** Ability to feel the life force of the earth within one’s soul being; heart consciousness as a pathway to ecological consciousness

**Patterns of imbalance:** Abstract beliefs in ecology or social change that is not integrated as a living presence in body and soul

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Green Rose *Rosa chinensis viridiflora* **Range of Light**

**Positive qualities:** Compassion as the doorway of connection to all living beings; love as a form of transcendent embrace and trust

**Patterns of imbalance:** Fear, mistrust, defensiveness; fear of being attacked or annihilated and thus developing barriers to other living beings

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Grief Relief **FES Flourish Formula**

**Positive qualities:** Heart balm after painful loss, bringing strength, encouragement, acceptance and a spiritual perspective regarding death, or any adversity

**Patterns of imbalance:** Feelings of emptiness or despair after a loss such as death, divorce, or disaster, unable to feel whole or to initiate process of re-building and re-visioning one’s life
Grounding Green FES Flourish Formula

Positive qualities: Ability to integrate personal identity with a larger awareness of the Earth as a living organism, deeper bonding with living processes, animals and plants, with the ability to see their inter-relationships

Patterns of imbalance: Ego rather than eco consciousness; need for personal wealth, comfort and convenience without awareness of larger consequences for the Earth and other sentient beings; inability to imagine or relate to the Earth as a living organism; lack of integration and harmony of personal lifestyle and larger planetary reality

Hawthorn Crataegus oxyacantha Range of Light

Positive qualities: Strong and vital bodily forces that impart power, courage and bravery; positive assertive forces

Patterns of imbalance: Overly strong will that depletes heart balance; “Type A” aggressive, hostile personality; easily agitated or stressed when personal will forces are not satisfied

Heather Calluna vulgaris Healingherbs

Positive qualities: Inner tranquility; emotional self-sufficiency; positive solitude

Patterns of imbalance: Talkative and self-absorbed; over-concerned with one’s own problems; unconscious usurpation of others’ psychic energy

Hibiscus Hibiscus rosa-sinensis FES Quintessentials

Positive qualities: Warmth and responsiveness in sexuality; integration of soul warmth and bodily passion

Patterns of imbalance: Inability to enjoy sexual experience; lack of warmth and vitality, often due to prior exploitation, false cultural expectations or abuse

Holly Ilex aquifolium Healingherbs

Positive qualities: Loving and inclusive gestures to others; heartfelt compassion; ability to express gratitude to others

Patterns of imbalance: Social isolation; jealousy, envy, suspicion, anger

Honeysuckle Lonicera caprifolium Healingherbs

Positive qualities: Being fully in the present; acceptance of current life conditions

Patterns of imbalance: Nostalgia; emotional attachment to the past, longing for prior condition which seems more appealing

Hornbeam Carpinus betulus Healingherbs

Positive qualities: Dynamic involvement in life’s tasks; steady state of energy

Patterns of imbalance: Unexplained fatigue or weariness, correlated to daily tasks or responsibilities that do not fully engage soul commitment and interest

Hound’s Tongue Cynoglossum grande FES Quintessentials

Positive qualities: Holistic thinking; perception of physical reality united with lively thoughts, integration of imagination and intellect

Patterns of imbalance: Materialistic world view, weighed down or dulled by a mundane or overly analytical viewpoint; can be accompanied by heaviness or torpor in the physical body
Hyssop *Agastache urticifolia* Range of Light
**Positive qualities:** Body-Soul integration of pain and suffering; ability to forgive and to accept forgiveness from others
**Patterns of imbalance:** Body-based guilt or shame, self-punishment or mutilation directed consciously or unconsciously at the body; soul memory of previous abuse or shame that degrades body image

**Illumine FES Flourish Formula**
**Positive qualities:** Energized and sustained by a bright flame of optimism and joy for life; ability to maintain equilibrium when challenged by adversity, life transition or seasonal fluctuation; soul capacity to respond to any life crisis or setback as a new opportunity for growth and transformation
**Patterns of imbalance:** Lack of resiliency when tested by life challenges; needing to build sustainable structures of soul light that provide strength and sustenance during times of misfortune or hardship; history of depression, despondency, or seasonal affective disorder in oneself, family or household

Impatiens *Impatiens glandulifera* Healing herbs
**Positive qualities:** Ability to flow harmoniously with time and daily rhythms, patient embrace of life events and the pace of others
**Patterns of imbalance:** Impatience, irritation, hypertension, intolerance; pain due to tension and resistance in the body

**Indian Paintbrush *Castilleja miniata* FES Quintessentials**
**Positive qualities:** Lively, energetic creativity, exuberant artistic activity
**Patterns of imbalance:** Low vitality and exhaustion, difficulty rousing physical forces to sustain the intensity of creative work; inability to bring creative forces into physical expression

**Indian Pink *Silene californica* FES Quintessentials**
**Positive qualities:** Ability to remain centered and focused, even under stress or high levels of activity; managing and coordinating diverse tasks
**Patterns of imbalance:** Psychic forces which are easily fragmented by too much movement; frayed and overwhelmed during multi-leveled activity

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

**Joshua Tree *Yucca brevifolia* Range of Light**
**Positive qualities:** Individuation of soul forces through conscious transformation of family patterns and related cultural conditioning; enhanced freedom and compassionate insight for family and culture of origin
**Patterns of imbalance:** Generational karma which shackles the soul’s potential; inability to break free from family or cultural patterns of dysfunction, such as alcoholism, addiction, depression, violence or hereditary illnesses; loss of individual identity and freedom due to lack of insight regarding familial and cultural influences

**Kinder Garden FES Flourish Formula**
**Positive qualities:** Vibrant developmental growth throughout all stages of childhood and pre-adolescence; ability of the child to harmonize interior states of soul consciousness with bodily development; integration of mental forces with emotional learning patterns; soul radiance and exuberance as the foundational identity of the child
**Patterns of imbalance:** Developmental challenges, learning impediments, emotional trauma or inappropriate sexual disturbance; loss of innocence, radiance or natural receptivity in the child due to stress or trauma; hardening forces from technology or abstract pedagogical methods that stymie the child’s natural curiosity and balanced development
**Lady’s Mantle** *Alchemilla vulgaris* **Range of Light**

**Positive qualities:** Alignment with the living dew mantle (hydrosphere) of the Earth; ability to catalyze magnetic “green” forces through hands and heart; plant consciousness integrated as a radiant healing force in the human soul

**Patterns of imbalance:** Dry or withered soul forces separated from the life mantle of the earth; intellectual or technical approach to healing; for the female reproductive system needing nourishment and stabilization when unconsciously aligned with the suffering of Mother Earth

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**Lady’s Slipper** *Cypripedium parviflorum* **FES Quintessentials**

**Positive qualities:** Higher purpose aligned with daily work, integration of spiritual vision with vital forces in the root and creative chakras

**Patterns of imbalance:** Life purpose and direction not aligned with outer activity; nervous exhaustion or sexual depletion due to inability to access life force in the lower chakras

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**Larch** *Larix decidua* **Healingherbs**

**Positive qualities:** Self-confidence, creative expression, ability to be spontaneous and take risks

**Patterns of imbalance:** Lack of confidence, expectation of failure, self-censorship, unable to find one’s voice or speak one’s convictions

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**Larkspur** *Delphinium variegatum* **FES Quintessentials**

**Positive qualities:** Charismatic leadership, contagious enthusiasm, joyful service

**Patterns of imbalance:** Leadership distorted by self-aggrandizement or burdensome dutifulness; inability to motivate or inspire others

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**Lavender** *Lavandula officinalis* **FES Quintessentials**

**Positive qualities:** Spiritual sensitivity, highly refined awareness intact with stable bodily health

**Patterns of imbalance:** Nervous or high-wired energy states, over-stimulation of mental or spiritual forces, depletion of physical forces; insomnia

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**Lemon** *Citrus limon* **Range of Light**

**Positive qualities:** Ability to integrate expansion and contraction in mental forces of the soul; mental clarity balanced with imaginative and artistic capacities

**Patterns of imbalance:** Mental fatigue or related toxicity in the nervous system; dreaminess; learning disorders, including attention deficit

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**Lewisia** *Lewisia disepala* **Range of Light**

**Positive qualities:** Profound expansiveness of the soul; star-like consciousness radiating exquisite sensitivity; the spirit breath of the cosmos united with the most tender aspects of human love and sensitivity

**Patterns of imbalance:** Tenuous hold on earth forces due to extensive astral forces that do not fully contract; “indigo” or autistic children who cannot bring their full soul forces into incarnation; protection and sustenance during pregnancy or in early childhood for highly expanded soul types

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**Lilac** *Syringa vulgaris* **Range of Light**

**Positive qualities:** Deep wellsprings of memory that rejuvenate the soul; neurological regeneration through stimulation of memory forces that connect the soul with joy and life meaning

**Patterns of imbalance:** Soul amnesia – inability to integrate or be nourished by past experiences of the soul, especially in early childhood; sadness, depression, or sense of burden due to a feelings of isolation, alienation or abandonment; reduced sensory experience as the precursor of brain disease or dysfunction
Lotus *Nelumbo nucifera* FES Quintessentials
Positive qualities: Expansive and inclusive spirituality, ability to synthesize diverse life experience in service to the spiritual world
Patterns of imbalance: Spiritual pride, inflated sense of Self, out of touch with ordinary personality and humble tasks

Love-Lies-Bleeding *Amaranthus caudatus* FES Quintessentials
Positive qualities: Transcendent consciousness, the ability to move beyond personal pain, suffering or mental anguish; transpersonal vision; compassionate acceptance of life karma
Patterns of imbalance: Intensification of pain and suffering due to isolation; profound melancholia or despair due to the over-personalization of one’s pain

Lungwort *Mertensia ciliata* Range of Light
Positive qualities: Reclamation of soul light in the deepest structures of the body; recovery from depression or addiction with new forces of hope and upliftment
Patterns of imbalance: Depression registered in the body as physical gravity; listless, languid or drained – often localized in the respiratory system; sense of hopelessness or resignation with resulting depletion of energy; depression and low energy function associated with drug withdrawal

Lupine *Lupinus latifolius* Range of Light
Positive qualities: Expanded self-identity that is integrated within a larger community matrix; ability to sacrifice or sublimate personal needs or desires for a greater whole
Patterns of imbalance: Selfishness, greed; intense identification with petty concerns or narrow interests that stymie community welfare

Madia *Madia elegans* FES Quintessentials
Positive qualities: Precise thinking, disciplined focus and concentration
Patterns of imbalance: Easily distracted, inability to concentrate, splintered activity that is unproductive

Madrone *Arbutus menziesii* Range of Light
Positive qualities: Fullness and abundance of the physical body; ability to receive and enjoy physical nourishment
Patterns of imbalance: Severe dieting, non-acceptance of one’s body weight or size; possible history of physical aversion to one’s mother; malnourishment or disturbed breast feeding; absence of physical soul warmth in early childhood

Magenta Self-Healer FES Flourish Formula
Positive qualities: Profound recovery from illness leading to deep restoration and rejuvenation; sustained healing capacity and endurance even during severe illnesses, physical accidents or trauma; ability to develop new capacities of bodily resilience and soul insight as an outcome of illness, trauma or disease; core immunity through accessing deeper levels of soul consciousness
Patterns of imbalance: Lowered immunity and vitality as a result of prolonged illness or disease; bifurcation of bodily and soul forces during illness and disease; inability to bring deeper insight, understanding or positive soul direction when challenged by a devastating illness, physical trauma or disease; loss of Self-knowing due to overwhelming medical procedures and related external processes that numb or paralyze the soul

Mallow *Sidalcea glaucescens* FES Quintessentials
Positive qualities: Warm and personable, open-hearted sharing, trust in social process
Patterns of imbalance: Insecure in relationships, paralysis in reaching out to others, resulting in social barriers
Manzanita *Arctostaphylos viscida* FES Quintessentials

**Positive qualities:** Joyous embodiment, spiritual identity integrated with the physical body

**Patterns of imbalance:** Estranged from the earthly world; aversion or revulsion toward the body and physical world; eating and sleeping disorders

Mariposa Lily *Calochortus leichtlinii* FES Quintessentials

**Positive qualities:** Maternal consciousness, warm, feminine and nurturing; mother-child bonding, positive connection to mother and similar female figures

**Patterns of imbalance:** Alienated from mother or from mothering role, feelings of childhood abandonment or abuse; orphan state of consciousness

Milkweed *Asclepias cordifolia* FES Quintessentials

**Positive qualities:** Healthy ego strength; independence and self-reliance

**Patterns of imbalance:** Neediness and emotional regression, dulling the consciousness through drugs, alcohol, overeating; creating dependency or sickness to receive attention

Mimulus *Mimulus guttatus* Healing herbs

**Positive qualities:** Courage and confidence to face life’s challenges; radiant light that shines outward to the world

**Patterns of imbalance:** Over-exaggerated concern for daily life events; extreme apprehension of new thresholds of experience

Mind-Full FES Flourish Formula

**Positive qualities:** A vibrant state of mental coherence and clarity; rhythmic and balanced use of intellectual forces; wakeful focus, interest and insight of one’s mental forces

**Patterns of imbalance:** Scattered or shallow thinking, easily distracted or disengaged; depletion of mental forces due to extreme demand or over-use of stimulants; confused, dull or sluggish mental forces

Monkshood *Aconitum columbianum* Range of Light

**Positive qualities:** Positive and courageous spiritual leadership; profound capacity for clairvoyance that is well integrated with social and moral values

**Patterns of imbalance:** Repression of spiritual capacities due to fear of psychic opening, often associated with traumatic memory of near death or related threshold experiences; paralysis of spiritual forces due to prior trauma or cultic abuse; hidden cultic or sexual behavior

Morning Glory *Ipomoea purpurea* FES Quintessentials

**Positive qualities:** Sparkling vital force, awake and refreshed; in touch with natural life rhythms

**Patterns of imbalance:** Dull, toxic, or “hung over,” inability to fully enter the body, especially in the morning; addictive or erratic living habits that deplete life force

Mountain Forget-Me-Not *Hackelia micrantha* Range of Light

**Positive qualities:** Vibrant and dynamic connection with spiritual teachers and guides; deep soul memory of karmic patterns affecting one’s destiny; alignment with soul’s life purpose through higher guidance

**Patterns of imbalance:** Soul angst and alienation, feelings of isolation due to lack of connection and guidance from the spiritual world; confusion about life purpose and direction
Mountain Pennyroyal *Monardella odoratissima* FES Quintessentials
Positive qualities: Strength and clarity of thought, mental integrity and positivity
Patterns of imbalance: Unconscious absorption of negative programming, psychic contamination or possession

Mountain Pride *Penstemon newberryi* FES Quintessentials
Positive qualities: Fortright masculine energy; warrior-like spirituality which confronts and transforms
Patterns of imbalance: Vacillation and withdrawal in the face of challenge; lack of assertiveness, inability to take a stand for one’s convictions

Mugwort *Artemisia douglasiana* FES Quintessentials
Positive qualities: Integration of psychic or dream experiences with daily life; flexible, multi-dimensional consciousness, warm and expansive soul qualities
Patterns of imbalance: Tendency to hysteria, fantasy or projection, overactive psychic life unable to distinguish or integrate trans-physical experiences

Mullein *Verbascum thapsus* FES Quintessentials
Positive qualities: Strong sense of inner conscience, truthfulness, uprightness
Patterns of imbalance: Inability to hear one’s inner voice; moral weakness and confusion, indecisiveness; lying or deception to oneself or others

Mustard *Sinapis arvensis* Healingherbs
Positive qualities: Emotional equilibrium, ability to integrate suffering and joy into a positive whole
Patterns of imbalance: Overly susceptible to depression or despair due to fluctuating life events; bouts of mania followed by depression

Nasturtium *Tropaeolum majus* FES Quintessentials
Positive qualities: Glowing vitality, radiant warmth; living thinking
Patterns of imbalance: Overly “dry” or intellectual consciousness; depletion of life-force and emotional verve from too much study

Nicotiana *Nicotiana alata* FES Quintessentials
Positive qualities: Inner peace centered in the heart and breath; physical and emotional well-being through harmonious connection with rhythmic pulsations in the Earth
Patterns of imbalance: Rigid or mechanized qualities in the body; blunted feelings, shallow breathing; over-use of hard-edge masculine forces

Oak *Quercus robur* Healingherbs
Positive qualities: Balanced strength, accepting limits, knowing when to surrender
Patterns of imbalance: Iron-willed, inflexible; over-striving beyond one’s limits; taking on more than one can inwardly sustain
Ocotillo  *Fouquieria splendens*  **Range of Light**

**Positive qualities:** Positive fire forces grounded and integrated in the core individuality of the soul; charismatic fire as a source of heart radiance

**Patterns of imbalance:** Disembodied spiritual experiences not fully owned by the conscious soul; excessive psychic “fire” leading to emotional reactivity, psychic projection and distortion, or various forms of anger and violence; alcoholism and other drug addiction related to fire-imbalance

**Olive  *Olea europaea*  Healing herbs**

**Positive qualities:** Rejuvenation of life force; energetic depth and longevity; sense of wellbeing; ability to cultivate the conditions for deep rest and renewal

**Patterns of imbalance:** Complete exhaustion or physical collapse usually due to extreme demand on one’s physical forces; resistance to deep rest

Oregon Grape  *Berberis aquifolium*  **FES Quintessentials**

**Positive qualities:** Loving inclusion of others, positive expectation of good will from others, ability to trust

**Patterns of imbalance:** Paranoid or defensive behavior; expectation of hostility from others; antagonistic projection

Pedicularis  *Pedicularis groenlandica*  **Range of Light**

**Positive qualities:** Deep mystical forces of the soul; profound soul memory which imparts positive emotional insight and wisdom; connection with ancient sources of earth wisdom and soul history

**Patterns of imbalance:** Pronounced sensitivity or hypochondria leading to seclusion or separation; fits of crying or other water imbalances; excessive emotionality which inhibits deeper understanding of one’s soul pain, suffering or karma

Penstemon  *Penstemon davidsonii*  **FES Quintessentials**

**Positive qualities:** Inner fortitude despite outer hardships; perseverance; ability to endure and forbear adversity

**Patterns of imbalance:** Feeling persecuted or sorry for oneself; inability to bear life's difficult circumstances

Peppermint  *Mentha piperita*  **FES Quintessentials**

**Positive qualities:** Mindful and wakeful clarity, warm metabolism balanced with cool head forces

**Patterns of imbalance:** Dull or sluggish, especially mental lethargy; under-active metabolism which depletes mental forces

Pine  *Pinus sylvestris*  **Healing herbs**

**Positive qualities:** Self-acceptance, self-forgiveness; freedom to move forward despite past mistakes

**Patterns of imbalance:** Melancholic obsession with past events; over-emphasis on guilt or self-blame, paralysis due to excessive self-criticism

Pink Monkeyflower  *Mimulus lewisii*  **FES Quintessentials**

**Positive qualities:** Emotional transparency; courage to take emotional risks with others

**Patterns of imbalance:** Feelings of shame, guilt, or unworthiness; fear of exposure and rejection due to prior abuse or trauma
Pink Yarrow *Achillea millefolium var. rubra* **FES Quintessentials**

*Positive qualities:* Loving awareness of others within a field of self-contained consciousness; appropriate emotional boundaries

*Patterns of imbalance:* Unbalanced sympathetic forces, overly absorbent auric field, lack of emotional clarity, dysfunctional merging with others

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Poison Oak *Toxicodendron diversilobum* **FES Quintessentials**

*Positive qualities:* Positive vulnerability, ability to make contact with others through touch

*Patterns of imbalance:* Fear of intimate contact, protective of personal boundaries; reactive or rejecting in relationships

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Pomegranate *Punica granatum* **FES Quintessentials**

*Positive qualities:* Joyful expression of feminine creativity, actively productive and nurturing at home or in the world

*Patterns of imbalance:* Ambivalent or confused about the focus of creativity, especially between values of career and home, creative and procreative, personal and global

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Pussy Paws *Calytridium umbellatum* **Range of Light**

*Positive qualities:* Physical contact as a source of grace and gentleness in the soul; ability to touch and be touched with sensitivity and sensuality; softening of the soul forces toward greater receptivity

*Patterns of imbalance:* Fear of being touched; unable to allow softer side to be recognized or experienced by others; sexual abuse or violence that hardens the boundary of the skin and human touch

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Quaking Grass *Briza maxima* **FES Quintessentials**

*Positive qualities:* Harmonious community consciousness, flexible and receptive in group work

*Patterns of imbalance:* Dysfunctional in group settings, inability to compromise, over-attachment to personal will and desire in social situations
**Queen Anne’s Lace** *Daucus carota* FES Quintessentials

Positive qualities: Spiritual insight and vision; integration of psychic faculties with sexual and emotional aspects of Self

Patterns of imbalance: Projection or lack of objectivity in psychic awareness; distortion of psychic perception or physical eyesight due to sexual or emotional imbalances

**Quince** *Chaenomeles speciosa* FES Quintessentials

Positive qualities: Loving strength and firm loving; integration of masculine initiating power and feminine nurturing qualities

Patterns of imbalance: Inability to catalyze or reconcile strength and power with affection and tenderness; dysfunctional or inconsistent parenting or leadership behavior

**Rabbitbrush** *Ericameria nauseosa* FES Quintessentials

Positive qualities: Lively and alert mental field; acute sensory perception and mobile state of mind

Patterns of imbalance: Easily overwhelmed by details; unable to cope with simultaneous events, “fuzzy” consciousness that is unable to register details

**Red Chestnut** *Aesculus carnea* Healing herbs

Positive qualities: Compassionate and trusting awareness of others; calm and serene disposition when considering the situation of others or life events

Patterns of imbalance: Obsessive fear and apprehension for wellbeing of others, anticipation of problems accompanied by mental agitation or repetitive worry

**Red Clover** *Trifolium pratense* FES Quintessentials

Positive qualities: Calm and steady presence, especially in emergency situations, internally generated behavior

Patterns of imbalance: Susceptible to mass hysteria and anxiety, easily influenced by panic or other forms of group thought

**Red Larkspur** *Delphinium nudicaule* Range of Light

Positive qualities: Ability to radiate energy through the body as a positive form of leadership; magnetic forces that catalyze and inspire energy in others; positive Esprit de corps

Patterns of imbalance: Lack of radiance and physical energy in the body; inability to energize or motivate others to accomplish common goals; lackluster energy that repels or depletes community or group motivation

**Red Penstemon** *Penstemon rostriflorus* Range of Light

Positive qualities: Sense of adventure and risk-taking; positive athleticism at any age; determination and tenacity when facing physical challenges

Patterns of imbalance: Hesitation to take risks; lack of physical courage; inability to accept physical challenges or to rise to a new level of bodily ability regardless of limitations or challenges

**Redbud** *Cercis occidentalis* Range of Light

Positive qualities: Acceptance of the natural cycles of maturation and aging; body-soul regeneration based on a positive alignment with life cycles of death and birth

Patterns of imbalance: Overly materialistic approach to the body, desire to preserve the outer form of the body through plastic surgery, drugs, or extreme medical technologies that bypass the true cycles of life and death
**Redwood** *Sequoia sempervirens* **Range of Light**

**Positive qualities:** Stature and majesty in physical incarnation; soul embrace of creative forces for growth and physical vitality  
**Patterns of imbalance:** Lack of physical strength, stature; hereditary or health issues that deplete vitality; stunted development of physical forces; spinal injuries or other afflictions to spinal health or bone structure

**Rock Rose** *Helianthemum nummularium* **Healingherbs**

**Positive qualities:** Transcendent courage when facing adversity; ability to assume control in catastrophic situations by remaining grounded and present  
**Patterns of imbalance:** Gripping terror, panic; fear of death or annihilation; lack of embodiment and presence for the immediate situation

**Rock Water** **Healingherbs**

**Positive qualities:** Flexibility, spontaneity, and flowing receptivity; apprehending the spirit rather than the letter of the law  
**Patterns of imbalance:** Rigid standards for oneself or others, asceticism, self-denial; bound by rules, regimens or regulations

**Rosemary** *Rosmarinus officinalis* **FES Quintessentials**

**Positive qualities:** Warm physical presence and mental vitality; healthy embodiment  
**Patterns of imbalance:** Forgetfulness or poor learning ability, loosely incarnated in body, lacking physical/etheric warmth, especially in bodily extremities; traumatic out-of-body spiritual experiences

**Rue** *Ruta graveolens* **Range of Light**

**Positive qualities:** Internal cohesion and containment of psychic forces; activation of appropriate aspects of soul consciousness according to professional and personal responsibilities  
**Patterns of imbalance:** Scattered or confused psychic forces which deplete immunity and protective boundaries; need for greater clarity and discrimination in the activation of psychic forces

**Sacred Heart** **FES Flourish Formula**

**Positive qualities:** Integrated heart forces of strength and compassion; beneficial relationships that balance self-identity and receptivity to the other; ability to establish loving boundaries with children, pets or others in one's care; replenishing soul forces after death or divorce  
**Patterns of imbalance:** Emotional numbness or retreat due to failed or severed relationships; compassion fatigue due to poor boundaries; depletion, emotional enmeshment and merging; lack of trust or healthy vulnerability due to previous relationship trauma

**Sage** *Salvia officinalis* **FES Quintessentials**

**Positive qualities:** Wisdom derived from life experience; ability to assess and understand life process from a higher perspective  
**Patterns of imbalance:** Seeing life as ill-fated or undeserved; inability to perceive higher purpose and meaning in life events

**Sagebrush** *Artemisia tridentata* **FES Quintessentials**

**Positive qualities:** Essential awareness that releases what is extraneous, receptive “emptiness” capable of transformation and change  
**Patterns of imbalance:** Over-identification with illusory parts of oneself; cluttered and chaotic attachments; need to release dysfunctional and stifling aspects within the personality or surroundings
Saguaro *Carnegiea gigantea* FES Quintessentials
Positive qualities: Awareness of what is ancient and sacred, a sense of tradition or lineage; ability to learn from elders
Patterns of imbalance: Conflict with images of authority, sense of separateness or alienation from the past

Saint John’s Wort *Hypericum perforatum* FES Quintessentials
Positive qualities: Illumined consciousness, light-filled awareness; solar strength
Patterns of imbalance: Psychic and physical vulnerability; fearful or disturbed dreams; depression due to lack of contact with spiritual world

Scarlet Fritillary *Fritillaria recurva* Range of Light
Positive qualities: Integration of masculine fire forces within the feminine matrix; sexual vitality and reproductive health
Patterns of imbalance: Exhaustion of vital forces including anemic tendencies; depletion of physical forces during pregnancy, childbirth and lactation, and early child-rearing

Scarlet Monkeyflower *Mimulus cardinalis* FES Quintessentials
Positive qualities: Direct and clear communication of deep feelings, especially anger or disappointment; integration of the emotional “shadow”
Patterns of imbalance: Fear or repression of intense feelings; inability to act upon issues of anger and powerlessness; need to be seen as “nice” rather than “real”

Scleranthus *Scleranthus annuus* Healing Herbs
Positive qualities: Decisiveness, inner resolve, ability to weigh choices and make judgments
Patterns of imbalance: Hesitation, indecision, confusion and ambiguity; wavering between choices or values

Scotch Broom *Cytisus scoparius* FES Quintessentials
Positive qualities: Positive and optimistic feelings about future events; sun-like forces of action and connection in the world
Patterns of imbalance: Disheartened and depressed; overcome with pessimism and despair, especially regarding one’s personal relationship to world events

Self-Heal *Prunella vulgaris* FES Quintessentials
Positive qualities: Ability to tap into health-giving forces for body and soul; lifestyle choices that lead to wellness and wholeness
Patterns of imbalance: Inability to take inner responsibility for one’s healing; lacking in spiritual motivation for wellness; overly dependent on external advice for health choices

Shasta Daisy *Leucanthemum superbum* FES Quintessentials
Positive qualities: Mandalic or holistic consciousness, ability to synthesize disparate ideas into a living wholeness
Patterns of imbalance: Over-intellectualization of reality, especially seeing information as bits and pieces rather than parts of a whole; artificial or mechanized intelligence
Shasta Lily *Lilium washingtonianum* Range of Light
Positive qualities: Dynamic and creative expression of feminine soul forces; individuality and internal strength in alignment with core feminine soul values
Patterns of imbalance: Difficulty balancing feminine grace with masculine strength; over-compensation of masculine traits in order to appear strong or unique

**Shooting Star** *Dodecatheon hendersonii* FES Quintessentials
Positive qualities: Humanized spirituality, cosmic consciousness warmed with caring for all that is human and earthly
Patterns of imbalance: Profound feeling of alienation, especially not feeling at home on Earth, nor a part of the human family; disturbed birth trauma

**Sierra Primrose** *Primula suffrutescens* Range of Light
Positive qualities: Gratitude for the gift of life regardless of the outer condition of health; joy at the deep wellspring of the soul; physical vitality as the soul basis for enthusiasm
Patterns of imbalance: Lack of gratitude or reverence for the gift of life resulting in fatigue, boredom or depression; joyless living and habitually dulled response to life

**Snapdragon** *Antirrhinum majus* FES Quintessentials
Positive qualities: Lively, dynamic energy; healthy libido; verbal communication which is emotionally balanced
Patterns of imbalance: Verbal aggression and hostility; repressed or misdirected libido; mouth and jaw tension, misplaced snapping, biting or eating behaviors

**Splendid Mariposa Lily** *Calochortus splendens* Range of Light
Positive qualities: Soul alignment with the Mother of the World; capacity to recognize all members of the human race as having one Mother; ability to activate transcendent forces of mothering and mercy for all of the human family
Patterns of imbalance: Orphan state of consciousness as a root condition of humanity; soul pain and feelings of abandonment due to world trauma and warfare; divisions in the human family due to race, religion, nation, class, ecological disaster or warfare

**Spreading Phlox** *Phlox diffusa* Range of Light
Positive qualities: Activation of soul destiny through social impulses and connections; ability to recognize and manifest significant relationships that foster life purpose and destiny
Patterns of imbalance: Caught in meaningless social circles or false societal expectations; inability to identify new opportunities or connect with groups that are aligned with one’s true soul purpose

**Star of Bethlehem** *Ornithogalum umbellatum* Healing herbs
Positive qualities: Unity with deepest part of the Self; sense of inner divinity and wholeness
Patterns of imbalance: Shock or trauma, either recent or from a past experience; need for healing and comfort from the spiritual world

**Star Thistle** *Centaurea solstitialis* FES Quintessentials
Positive qualities: Generous and inclusive, ability to share with others due to an inner feeling of abundance
Patterns of imbalance: Fear of lack, inability to give freely and spontaneously, miserly or hoarding tendencies
Flower Essence Indications S-T

**Star Tulip** *Calochortus tolmiei* FES Quintessentials

Positive qualities: Sensitive and receptive attunement; serene soul disposition, inner listening to others and to higher worlds, especially in dreams and meditation

Patterns of imbalance: Inability to cultivate quiet inner presence, lack of attunement or soul insight, unable to meditate or pray

**Sticky Monkeyflower** *Mimulus aurantiacus* FES Quintessentials

Positive qualities: Balanced integration of human warmth and sexual intimacy; ability to express deep feelings of love and connectedness in sexual relationships

Patterns of imbalance: Repressed sexual feelings, inappropriate sexual behavior divorced from human love; inability to experience human warmth in sexual experiences; deep fear of sexuality and intimacy

**Sunflower** *Helianthus annuus* FES Quintessentials

Positive qualities: Unique individuality, spiritualized ego forces infused into a sun-radiant personality

Patterns of imbalance: Distorted or vacillating sense of Self; inflation or self-effacement, low self-esteem or arrogance; poor relation to father or solar aspects of Self

**Sweet Chestnut** *Castanea sativa* Healing Herbs

Positive qualities: Spiritual depth, faith derived from encountering adversity; solitude rooted in spiritual communion

Patterns of imbalance: Pronounced despair and agony; feeling of aloneness or abandonment due to a “dark night of the soul”

**Sweet Pea** *Lathyrus latifolius* FES Quintessentials

Positive qualities: Commitment to community, a sense of one’s place on Earth, ability to form social roots

Patterns of imbalance: Inability to form bonds with social community or to find one’s place on Earth; homelessness, dislocation or frequent travel and moving

**Tall Mt. Larkspur** *Delphinium glaucum* Range of Light

Positive qualities: Leadership based upon spiritual alignment; ability to hear, see and act in a greater capacity of soul leadership beyond one’s immediate personality

Patterns of imbalance: Inability to receive or trust spiritual guidance; restriction of true spiritual gifts due to lack of dynamic connection to higher dimensions of soul inspiration

**Tansy** *Tanacetum vulgare* FES Quintessentials

Positive qualities: Decisive and goal-oriented, purposeful in action, self-directed mastery and achievement

Patterns of imbalance: Lethargy, procrastination, inability to take straightforward action; habits which undermine or subvert real abilities and talents

**Tiger Lily** *Lilium humboldtii* FES Quintessentials

Positive qualities: Positive social interaction; collaboration derived from dynamic balance of feminine and masculine soul forces

Patterns of imbalance: Overly aggressive “yang” forces, excessive competition rather than cooperation
Flower Essence Indications T-W

**Trillium Trillium chloropetalum FES Quintessentials**

**Positive qualities:** Secure sense of personal welfare and financial well-being; ability to serve and give to others

**Patterns of imbalance:** Distortions in survival chakra, fear due to materialistic emphasis, greed for possessions and power; poverty consciousness that leads to overly-materialistic focus

**Trumpet Vine Campsis tagliabuana FES Quintessentials**

**Positive qualities:** Articulate and colorful in verbal expression; active, dynamic projection of oneself in social situations

**Patterns of imbalance:** Lack of vitality or soul force in expression; inability to be assertive or to speak clearly, speech impediments

**Vervain Verbena officinalis Healing herbs**

**Positive qualities:** Ability to practice moderation, tolerance, and balance; “the middle way;” passionate and embodied idealism

**Patterns of imbalance:** Overbearing or insistent behavior regarding one’s beliefs; intensity bordering on fanaticism; nervous exhaustion from over-striving

**Vine Vitis vinifera Healing herbs**

**Positive qualities:** Selfless service, recognition of the individuality of others; inner authority derived from connection to higher spiritual identity

**Patterns of imbalance:** Domineering, tyrannical, forcing one’s will on others; need to subjugate others in order to gain ego strength

**Violet Viola odorata FES Quintessentials**

**Positive qualities:** Delicate, highly perceptive sensitivity, elevated spiritual perspective; socially responsive but self-contained

**Patterns of imbalance:** Profound shyness, cool and aloof, fear of being submerged in groups

**Walnut Juglans regia Healing herbs**

**Positive qualities:** Freedom from limiting influences, making healthy transitions in life, inner strength to follow one’s own path and destiny

**Patterns of imbalance:** Overly influenced by the social expectations or values of family or community, past experiences or beliefs that inhibit the soul’s evolution

**Water Violet Hottonia palustris Healing herbs**

**Positive qualities:** Dignity and inner composure balanced with social connections to others; ability to share one’s gifts with others

**Patterns of imbalance:** Aloof, withdrawn, disdainful of “lower” relationships; making distinctions based on class, race or social status that ensure separation from others; false pride

**White Chestnut Aesculus hippocastanum Healing herbs**

**Positive qualities:** Tranquil disposition, spacious mental state that transcends personal or petty thoughts

**Patterns of imbalance:** Worry-bound repetitive thoughts, chattering mind; restless and agitated mental condition; insomnia

**Wild Oat Bromus ramosus Healing herbs**

**Positive qualities:** Work as an expression of inner calling; manifestation of one’s true goals and values; work experiences motivated by a clear life purpose and conviction

**Patterns of imbalance:** Confusion and indecision about life direction; trying many activities but chronically dissatisfied or restless, lack of commitment or focus; work for survival rather than service
**Wild Rose** *Rosa canina* **Healingherbs**
Positive qualities: Will to live, joy and commitment to life despite trials or pain
Patterns of imbalance: Resignation or apathy; inability to embrace life; pain or suffering that paralyzes body and soul; lingering illness which does not resolve itself

**Willow** *Salix vitellina* **Healingherbs**
Positive qualities: Acceptance, forgiveness, taking responsibility for one’s life situation, adaptable to changing fortunes and circumstances
Patterns of imbalance: Feeling resentful, inflexible or rigid emotional memories which turn to bitterness; tendency to blame others or see oneself as the victim

**Yarrow** *Achillea millefolium* **FES Quintessentials**
Positive qualities: Luminous and strong auric field, compassionate and inclusive sensitivity, refined and flexible psychic forces
Patterns of imbalance: Extreme vulnerability to others and to the environment; easily depleted, overly absorbent of negative influences, psychic toxicity

**Yarrow Environmental Solution™** **FES Quintessentials**
Positive qualities: Physical and etheric vitality, self-regulating and adaptive immune response to environmental stresses
Patterns of imbalance: Disturbance of life-force and vitality by noxious radiation, pollution, or other geopathic stress; residual effects of past exposure; dysfunctional immune response; allergic hypersensitivity

**Yellow Star Tulip** *Calochortus monophyllus*
**FES Quintessentials**
Positive qualities: Empathetic receptivity to the feelings and experiences of others; compassionate response based upon social awareness
Patterns of imbalance: Insensitivity to the sufferings of others; lack of perception for the consequences of one’s actions on others

**Yerba Santa** *Eriodictyon californicum* **FES Quintessentials**
Positive qualities: Free-flowing emotion, ability to harmonize breathing with feeling; capacity to express a full range of human emotions, especially pain and sadness; positive melancholy and soul depth
Patterns of imbalance: Constricted feelings, particularly in the heart and lungs; internalized grief and melancholy, deeply repressed emotions

**Zinnia** *Zinnia elegans* **FES Quintessentials**
Patterns of imbalance: Over-serious and dull, lack of spontaneity or humor; overly somber self-identity; workaholic tendencies

*Flower essences are herbal supplements. The information provided is not intended to diagnose, treat, cure or prevent any disease. These products and the statements made in this brochure have not been evaluated by the Food and Drug Administration.*
I think that your flower essences and literature are one of the best-kept secrets in natural healing. Your work, your research, and your healing energy has helped hundreds of our clients.

— Marijke van de Water, Homeopath & Herbalist, British Columbia, Canada

Baby Blue Eyes (Nemophila menziesii) is a native California spring wildflower.