

## EDITING COLOR KEY

BLUE Color Text means NEW addition to Booklet (New Flower or description)

PURPLE color text means PROBLEM (something is different when comparing booklet to web, sometimes I note the difference)

### Flower Essences

In 1981 when the material was being collected for the landmark book, Flower Essences and Vibrational Healing by Gurudas there were maybe five companies in the world offering flower remedies. Since then, largely through the influence of that book and others there are many hundreds of companies throughout the world selling flower essences. Pegasus Products, originally under the guidance of Gurudas from 1981-1987 has been a leader in the education and distribution of now more than 700 flower remedies and other vibrational products.

Flower essences are tinctures of liquid consciousness, and stored within them is an evolutionary force, the life force itself shaped to a particular pattern depending on the signature of a particular plant and/or flower. This liquid consciousness can be considered educational for the psycho-spiritual dynamics of an individual. Working with these vibrations, offers one an opportunity to shift one's beliefs, conceptions, ideas of science and long-term patterns to a place of greater awareness and understanding. These products offer much more than the temporary relief of some emotional state or physical difficulty. They are contributing to a change in a soul's life pattern and consciousness. This goes far beyond the cessation of some symptoms within one incarnation. When one looks deeply enough one realizes that it is only to increase consciousness that one incarnate in a body, moving through various physical, emotional, mental, spiritual difficulties to attain some self awareness.

Flower essences adjust the flow of consciousness and karma that create the disease state. They influence the subtle bodies and ethereal properties of the anatomy and then gradually influence the physical body.

These are a safe, sometimes subtle form of therapy that before one even realizes what is occurring, positive change has happened. Long term difficult patterns can be shifted in days or months. Tremendous self-awareness occurs with an increase in the intuitive and or psychic part of oneself. These products work whether one is a believer or not. They have been very effective with animals and plants. If one truly wants change, more satisfaction from life and enhanced wisdom these can benefit you greatly.

#### **Acacia (A. baileyana) - Mutual Understanding**

This elixir can help awaken the recognition of the feeling of oneness that one shares with another. An increase in telepathic-kinesthetic communication

occurs with this remedy, whereby you can feel another's body and experience what they experience. Teachers of children from diverse backgrounds can benefit from taking Acacia with the children. Deep states of hatred, resentment, and anger can be eased with its use. Forgiveness for others can deepen with this tree elixir.

#### **Aconite (A. Bakeri) – Insight**

This remedy can initially produce a deep inner quiet, thus enhancing clarity and insight. This elixir balances the lower and higher self. It can be useful for utilizing psychic energies and for channeling. Aconite is especially useful to children for understanding various forms of light and energy.

#### **Agave Yaquiana - Internal Viewpoint**

This elixir affects the unconscious decisions that people have made based upon past-life experience. Their experiences have usually led to some deep-seated conclusions that are usually incorrect -- about separation, loneliness, differences between an individual and God, and a unique understanding of the world. This essence, when taken repeatedly, can loosen up the hold some of these hidden contexts or unconscious belief patterns have had with an individual.

#### **Agrimony (Agrimonia eupatoria) - Fears and Worries**

Take this for an individual who has a cheerful exterior but on the inside is filled with worry and anxiety.

#### **Allamanda (Allamanda cathartica) - Inner Strength**

This elixir can provide inner confidence and strength for people to face change in their lives. This also may give added strength for those with decreased physical energy. Allamanda will also assist those who wish to start channeling energy through their bodies for healing others.

#### **Allspice (Pimenta dioica) - Balanced Personality**

This essence aids in balancing a split personality structure. Self-worth is increased as you learn to see yourself as valuable. Channeling abilities are enhanced and become more incorporated into the person's psyche. The primary impact of this flower is on the emotional body. The person becomes more self-nurturing, thus assisting all psychological areas. There can also be some assistance with different forms of memory loss.

#### **Almond (Prunus Amygdalus) - Maturation/Rejuvenation**

This elixir helps one to mature mentally. It can help to bring unresolved issues into the conscious mind so they can be resolved. It primarily rejuvenates the body. This is a universal tonic.

#### **Aloe Eru (Aloe camperi) - Ethereal Cleansing**

This essence can be especially helpful in closing etheric holes. These are not

so much of a physical origin, due to an individual's own experiences, but due to those of other entities. After severing an association with a negative entity, this can be a soothing tonic.

### **Aloe Vera (Aloe barbadensis) - Personal Survival**

This remedy stimulates the nervous system and circulatory flow. It can be particularly healing for various skin conditions. Blockages or holes in the aura are treated through its use. It can be a useful remedy in reflexology. It will also increase one's sensitivity to others.

### **Alyogyne hakeifolia (From Australia) - Physical Learning**

This flower does seem to have ability within most people's consciousness to enhance and strengthen their ability to work with physical energy after they have struggled with it in various ways and made up their mind about it, very different from working with the physical energy that is so important in youth. It is then most likely to be most helpful for individuals after age 25 and continuing on to the end of life, as if you reacquaint your sense of the physical, see yourself anew, and are able to re-attune.

This can be particularly helpful when you are learning a new skill that is that which requires some degree of physicality, balance perhaps, some new sport, some way of bringing benefit into the physical that was not previously there. This naturally brings up the whole issue of physical therapy, and can of course be extremely valuable in an understanding of this, for instance after a stroke, after some physical accident, after some problem that has given significant physical impairment. This will not be so helpful when the whole body is involved in such accidents, but could be somewhat valuable. In particular this will be seen as very helpful when the brain is rebuilding or building new circuits to coordinate and work with the physical body. As a result, some deliberate attunement on the brain can be very helpful, that is, you take the flower essence, are engaged in the new learning associated with this sport or movement or new actions at the physical level, and then after you have been able to move away from the group or learning setting, you sit quietly for a few minutes.

You might choose then to take the flower essence again, but then have the sense of a great deal of light and energy in the brain, as if there is a swirling helpful strengthening loving light that moves in and out of the brain. Then by your simple conscious awareness, you welcome that energy as it moves down the body: it connects to the hands and the feet, it moves into the ears to improve the sense of balance, it moves all throughout the entire skull region. The sense of this energy making a sort of bridge between the non-physical and the physical realms can be very helpful. Of course inert gas combination called vitality would generally be helpful as well in working with this.

### **Alyogyne Huegelli - Cosmic Assimilation**

This elixir can increase the capacity of the crown chakra to assimilate and work

with information. It is best used for people to more easily access the "cosmic computer." It can increase the kundalini energy through the spine and the understanding of its nature.

### **Amaranthus, Gold (Amaranthus hypochondriacus) - Immune Function**

(Gold and Red flower variety available.) Calms disruptive dream states. Psycho, emotional, mental, and spiritual bodies are aligned, thus generating clear thinking. Good to take in preparation for vaccinations. Treats mental disorders caused from chemical imbalances (especially the red variety). Stimulates visions and messages from the higher self (especially the gold variety). Use this remedy for working with negative thought forms around the issues of sexuality and courage.

### **Amaranthus, Red (Amaranthus hypochondriacus) - Immune Function**

### **Amaryllyis Belladonna - Crown Chakra**

This elixir will activate the crown chakra, but only during meditation. Only use this during meditation or with affirmations for positive thinking. Never use this remedy with hallucinogens –it is too powerful.

### **Angelica (Angelica Archangelica) - Urban Stress**

It is good to take this remedy when moving into an urban environment. It will also actualize clearer insight into the cause and nature of problems. This is wise to use in hypnosis, biofeedback, meditation, and other therapies. It is also good for dancers.

### **Angel's Trumpet (Datura innoxia) - Helpers, Guides, and Angels**

This flower essence helps awaken one to clearly receive energies from many levels, including guides, helpers, and angels. This will open individuals up to their own talents and capabilities at a higher vibrational level. It brings clarity to the mind and can be used when studying or when one is confused. This elixir helps one to deal with emotional issues without resorting to psychotropic or mood-enhancing chemicals, be they legal or otherwise. If these substances have been used, this elixir may clear some of the energetic residue.

### **Apple (Malus pumila) - Self-Esteem**

This elixir has the capacity to unlock energies associated with past difficulties. This will relate to greater self-acceptance or the understanding of hidden aspects of one's personality. Any energy that has been stuck is brought into a faster rate of vibration. This often relates to emotional trauma, and this elixir can assist with relieving this trauma, helping individuals to find a new pathway, or seeing things in a new light. Dreams and astral projection are stimulated. Apple brings to the consciousness those things immediately necessary for spiritual growth.

### **Apricot (Prunus Armeniaca) - Gaiety and Lightness**

This elixir will promote gaiety and lightness. Mental agitation is kept from moving into the etheric body through the use of this remedy. Extreme behavioral patterns may be modified with Apricot elixir.

### **Arnica Mollis - Visual Perception**

There are many benefits here to the individual's ability to perceive clearly, to understand and awaken through accurate observation using the third eye and the physical eyes at the same time. The capacity to receive and know this energy in a direct fashion can be soothing, cleansing and allow the individual to release a variety of thought-forms which may have been superimposed. Enhancement of a variety of psychic abilities can be strengthened, but most importantly is the idea that one can see more clearly and thus better receive, all that one sees, as a result. This can extend into the capacity to express this, to share what one is clearly seeing with others in ways that can be mutually beneficial, and ultimately very soothing or healing. There is a benefit to some individuals in the way in which the emotional body is significantly calmed, allowing a sense of peace or awareness. This may be particularly helpful for individuals who are facing post-traumatic stress, coming to a place of deeper understanding of their own ability to work with that which they were exposed to, and finally release it.

### **Artichoke (Cynara Scolymus) - Human Understanding**

This elixir can enhance brain function and allow people to get to the center of any problem. Understanding of humanity's collective consciousness is more available through the use of this remedy. There also can be a greater ability for people to release emotions of grief and sadness.

### **Asparagus (A. officinalis) - Hidden Fears**

This elixir can help to eliminate hidden fears and negative thoughts, especially those picked up from the lower astral planes.

### **Aspen (Populus tremuloides) - Fear**

Use this for the individual with unknown and unexplainable fears. For someone that feels something terrible is about to happen.

### **Aster – Pink (Aster) - Heart/Mind**

Use this remedy to coordinate the bridging of old ideas and new ones. It can assist in revealing one's unconscious belief patterns, even those from past lives.

### **Astrophytum ornatum (Yellow) - Understanding Relationship**

This flower essence appears to have the property to stimulate multiple levels of thought in an individual, this to allow them to relate to multiple ways of understanding relationship, examining the issues of aloneness, separateness, and togetherness. This can be helpful as people begin to awaken to relationship in community, in groups larger than the individual family. People may come to understand each other better with this flower essence, as they

discover the influence behind mutual attraction based on genetic influence of physical type and early childhood upbringing and environmental factors. But in addition to this is a vibrational recognition from one cellular structure to another. In making this clearer and opening up to more common roots, people may come to understand each other better with this flower essence, as it opens up various levels of thought not previously available. Sometimes this essence can overstimulate some of the mental faculties. It is wise here in using it as an essence to make a deliberate attempt to quiet the mind, and then to imagine that energy is pouring through the mind in all directions, through the brain, through the head, as light, as colored energy of light pouring out in all directions, forward, backward, up, down, and then if you have capacity to imagine this, forward and backward in time as well. Such a visualization can assist in the individual in picking up and understanding some of the thought forms shared from many other beings that that person is close to. It is also noted that various psychic abilities are likely to be stimulated here. This can include remote viewing or remote healing by means of such as a visualization of a ball of light, creation of energy connection to plants, animals, or other people, and the ability to perceive certain areas of thought that the individual had no previous access to. Individuals with whom Mercury figure prominently in their chart can especially benefit from this essence.

### **Avocado (Persea americana) - Emotional Maturity**

This elixir can help in the assimilation of proteins and chlorophyll. There will be a stabilization of emotional fluctuations from its use. There can be an improvement in telepathic abilities, intuition, and the ability to see auras. A heightened sense of touch and being touched arises from this remedy.

### **Baby Blue Eyes (Nemophila Menziesii) – New Learning**

This flower is able to confer in its essence form to individuals a sense of learning through various forms of teaching or communication that is direct, that confers the essence or deeper understanding of something, and does so in a way without words, stories, thoughts, or ideas. This can be especially helpful when you do not understand something and seek to understand it. This can occur in so many different ways. It can be from intellectual pursuits in the world of academia, when you are trying to understand the communication of a spouse, mate, or friend, when you are seeking to learn a foreign language, when you are seeking to understand yourself through meditation or inner exercises or visualizations. Baby Blue Eyes has the capacity to encourage teaching of many sorts, but always through these alternate pathways, not through the intellect. Though the intellect may ultimately be stimulated, it is direct experience, the vibration, you could say, that you are actually absorbing and learning from. It acts as this vibrational bridge, allowing you to receive the possibilities in a way that would otherwise be unavailable.

### **Bachelor's Button (Centaurea Cyanus) - Conscious Expression**

Use this elixir for bringing into form a sense of gentleness and quiet and, at the same time, a clear ability to express ideas. It can be useful for writers by

bringing into form ideas that might be controversial and for having those ideas more easily accepted. This remedy will assist someone in understanding the truth about something.

#### **Balm of Gilead (*Cedronella canariensis*) - Develops Caring Nature**

This flower is for people who need to develop a caring nature, for callous people, or for people who care but cannot express that to others. Use this elixir when someone has low self-esteem and acts stand-offish.

#### **Bamboo, Sacred (*Nandina domestica*) - Opens Sushumna**

This elixir can open the sushumna -- the central channel of the etheric spinal column through which the kundalini flows. Use of this remedy can alleviate stress and open the meridians. Its signature: It is a tall, thin reed.

#### **Banana (*Musa Paradisiaca*) - Male Sexuality**

This elixir helps to balance the emotional and mental bodies. It also helps to maintain proper balance between the left and right brain. Using this remedy works toward resolving issues of male sexuality. What will be established is a truer sense of identity with a man's feminine nature, thereby helping to negate male sexual machismo. Use of banana may be useful for issues of bones and teeth.

#### **Banksia Baxtena - Enhances Yang Energy**

This elixir is for balance in male sexuality and for enhancing yang energy. It eases spiritual impotency and opens the lower chakras.

#### **Banksia Laricina - Enhances Yang Energy**

The properties are similar to Banksia Baxtena.

#### **Banksia Marginata - Masculine Identity**

This elixir will help to balance male psychological problems concerning sexuality. Use of it opens the 2nd chakra, stimulating creativity and masculine qualities such as assertiveness. Etheric, mental, and emotional bodies are aligned to create the masculine identity. This flower balances the yin and yang qualities in both sexes. Its signature: the flower looks like male genitalia.

#### **Banyan Tree (*Ficus benghalensis*) - Self-Confidence**

This elixir can bring one a sense of awe or a deeper sense of oneness with the universe. There can be an inner feeling of praise for nature. Personal goals of greater money or greater love can be achieved in a balanced way. Deeper visualization during meditation develops. Banyan greatly balances the left and right halves of the brain and the rest of the body.

#### **Barley (*Hordeum vulgare*) - Past-Life Therapy**

This remedy can stimulate the base chakra and past life memories. It can alleviate deeply aggravated past-life issues. Use this elixir in past-life therapy. It

can be a strong cleanser and balancer for the meridians. There can be an easing during times of sharp moodiness, such as hypoglycemia. Use this remedy to alleviate anger, aggression, and instability. It is very grounding.

#### **Basil, Sacred (*Ocimum sanctum*) - Emotional Core**

This elixir can help to get you to the heart of the matter in emotional conditions. It facilitates negotiations. It is good for couples who are constantly bickering. Use this remedy for anxiety, depression, hysteria, indecision, insomnia, and mental fatigue.

#### **Basil, Sweet (*Ocimum Basilicum*) - Emotional Core**

This elixir can help to get you to the heart of the matter in emotional conditions. It facilitates negotiations. It is good for couples who are constantly bickering. Use this remedy for anxiety, depression, hysteria, indecision, insomnia, and mental fatigue.

#### **Bayberry (*Myrica californica*) - Clairaudience**

This flower essence fine-tunes the 6th chakra by focusing on psychic aspects of the auditory sense. One may sense a higher sound or feel a sense of some connection at a higher vibrational level. Psychic hearing is enhanced, so one can receive the intent behind someone else's words and see another person's point of view. One can hear what is actually said, versus what one wishes to hear. There may be an increased ability to hear the deeper messages of God.

#### **Bear Grass (*Xerophyllum tenax*) - Enhanced Wisdom**

Taking this elixir enhances the capacity for most people to increase in every area of knowledge in order to hold deeper wisdom, insight, and understanding. If two people use Bear Grass, there can be a deeper knowing established between them. For many, a bridge can be created to humanity's wisdom or knowledge, thus achieving a slightly speeded up or more efficient way to gather information. Bear Grass may be useful for children to increase their attention span and enhance their learning capabilities. It will promote cohesion for people coming together in a shared community.

#### **Bear's Breeches (*Acanthus mollis*) – Past-life Memory**

Bears Breeches has capacity to bring forth from deep within the unconscious the lifetimes an individual has where very powerful important positive lessons were gained and known at an emotional level. This is able to shift ones relationship to an acceptance of that energy in this life. By using this flower, one can engender some positive helpful capacities that if you were to bring them into action in this life would change you, your relationships, who you interact with, many things would be suddenly brought up for a new look. For many individuals this is very difficult. As a result they have an unconscious suppression of the importance of those past lives, even though they could be some of the most important aspects to learn and grow from in this life. Bear's Breeches brings forth the highest, noblest, most profound helpful lesson from a past life for you to understand for yourself, for you to have a sense of and to be



aware of that you did something very good, you helped somebody, somebody helped you, you learned from this in some way, and the result of it was a positive benefit to the soul. This can combine nicely with Gold elixir.

#### **Bedstraw (Galium verum) - Activates Kundalini**

This is excellent for chiropractors, and it will help to activate the kundalini. It is good for people with father image problems, or for those who cannot study or focus on their career.

#### **Bee Balm (Monarda) - Clear Expression**

Using this remedy can assist in realizing a clearer expression of one's problems. It can be good for primal scream-type therapies. It is recommended for lecturers, introverts, and those with a poor sense of humor.

#### **Beech (Fagus sylvatica) - Greater Acceptance**

This elixir can help generate a greater acceptance of others. It will make one more outgoing or social. One can receive an expanded vision of the world through its use. Beech enhances humility.

#### **Belladonna (Atropa Belladonna) - Emotional Breakthrough**

This elixir produces a powerful opening of heart, crown, and 8th chakras, which can release negative thought forms by dislodging negative imbalances. Most forms of body adjustment and alignment are assisted by this dislodging of thought forms stored along the spine and in the joints. Soul projection is assisted. There can be new insight into why you placed an obstacle in your life and how you can move beyond it. This increased understanding can ease karma.

#### **Bells of Ireland (Moluccella laevis) - Light Therapy**

This elixir works with portions of the physical and subtle anatomies and acts like a binding agent. It helps to make one more sensitive to receiving light therapies, as the aetheric body is stimulated. Intense stress, anxiety, or nervous tension is eased through its use.

#### **Birch, Female (Betula papyrifera) - Interpersonal Relationship**

These essences should be taken separately. It eases interpersonal relations, especially between men and between women. Helps develop the ability to have a genuine caring attitude in relationships that do not necessarily deal with sexuality. Birch is for heterosexuals as well as for homosexual individuals. It stimulates dialogue. If two or more men are improving their communication, each takes only the male flower essence. If women are interacting, they only take the female essence. If men and women are improving their dialogue, then men take the female essence; and women take the male essence.

#### **Birch, Male (Betula pendula) - Interpersonal Relationship**

#### **Birch, Male/ Female (Betula pendula) - Interpersonal Relationship**

#### **Bird of Paradise (Strelitzia reginae) - Freedom**

This elixir can bring an understanding of flight, movement, and territoriality. It will also assist in the realization of community and interconnectedness among people. It can be useful in the management of people and looking at the appropriateness of new technology or other things that might impact individual freedoms. A sense of humor is created around relationships and freedom through its use.

#### **Bistort (Polygonum bistorta) - Emotional Balance**

Bistort balances many aspects of the physical body that are stressed in times of excessive stress and fear. Not only will this flower bring about an inner peace, but it also allows the organs impacted by conditions of stress to recover more quickly. There is an increased ability to link the emotional body to any of the other subtle bodies. Thus the emotional body can be linked to the mental body for more clarity, to the aetheric body to bring more energy into the physical body, or to the physical body to have a deeper sensation or awareness of things in the world. At a higher vibrational level, Bistort offers a sense of strength and a sense of the connection amongst all beings. This flower can assist one in achieving an overview of the nature of one's emotions, and how to use them to create deeper understanding.

#### **Bittersweet (Solanum lysopericum) - Releases Grief**

Using this essence will help to release grief, mourning, and despondency.

#### **Blackberry (Rubus villosus) - Fear of Death**

This plant is appropriate for the fears of a dying person or for the unusual fear that someone is going to die. It eases depression from the passing of a loved one. This essence becomes like a liquid meditation by bringing the causal and spiritual bodies closer to the physical body in an integrated fashion. Dormant talents from past-lives may be released through its use.

#### **Black-Eyed Susan (Rudbeckia fulgida) - Self-Esteem**

This elixir is to be used to relieve low self-esteem and stress. It has a calming effect, especially during meditation or shock. It generates a sunny disposition, self-sufficiency, emotional stability, and strengthens the meridians.

#### **Blazing Star (Solanum umbelliferum) - Awakens Chakras**

Taking this remedy can create energy shifts in the 4th, 5th, 6th, 7th, 8th, and 9th chakras. This can be imagined as if beginning with the heart and extending upwards before returning. It can combine well with the Gold elixir. This may provide a deeper understanding about the higher dimensions.

#### **Bleeding Heart (Dicentra spectabilis) - Peace and Harmony**

This is a remedy that stimulates the heart chakra. Using it can help to

harmonize affairs of the heart and attachments to individuals. A sense of peace is experienced after using it.

### **Blessed Thistle (Cnicus benedictus) - Emotional Infertility**

Use this elixir for emotional problems that can give rise to infertility or impotency.

### **Bloodroot (Sanguinaria canadensis) - Spiritualizes Intellect**

This elixir can enhance concentration, meditation, and creative visualization -- especially for those who are too intellectual. It can be used as a catalyst for those who want to meditate. The mental and spiritual bodies are brought into greater alignment, functioning more as a single unit, thus spiritualizing the intellect. The heart chakra is activated with Bloodroot.

### **Blue-Eyed Grass (Sisyrinchium Iridacea) – Emotional Release**

Blue-eyed grass has capacity to help people in their struggles around emotions, but most importantly those emotions that they have rejected in themselves, those that have somehow been showing up in their lives at turning points or in areas that need attention, and yet they do not easily accept them. This is not to say that this flower essence is primarily for men, as all people could bring benefit to this. The hidden emotions, the rejected emotions, those energies that are difficult for the individual to work with, are often those that they are unaware of; this is why it becomes such a problem. Of course all they have to do is ask any of their friends, who would tell them in a flash what emotion they have greatest difficulty with. And you will see this frequently with men with emotion of sadness or grief, and with women with emotion of anger. But in various ways and various forms, these energies as they show up can be accepted and shifted into a way in which that which was underneath this, typically something you were afraid of, an issue from the past, some aspect of learning or understanding or seeing of yourself, that one of these can then come into consciousness and finally, completely, be released. This is not to say that Blue-Eyed Grass will do this by itself, but it will gently but steadily help you understand this, welcome it in your own consciousness, and find the way in which the beneficial way to release it can show up in your life. We would suggest if possible that people use a simple ritual when taking this flower essence. Whatever emotional release process, whatever way is comfortable for you is the one that you would use as part of this. First you take one drop under the tongue or have a little sniff of the mist, and then you ask this simple question: if an emotion was present and it could be released now, what would it be? Give it voice, have a sense of it. Do not ask where it came from or why, simply be aware of that, breathe three times, three deep breaths as you have the sense of that moving through you to truly deeply feel that emotion. Then take one more drop, and then begin that process, whatever it is for you that works, that emotional release, that emotional insight, that deeper cognitive process, whatever it is, and then end simply by noting the nature of what was there, what pictures show up, what energies. Make a few notes about it, then get up and walk, move the body, dance, swing the arms, blink the eyes,

whatever it is that is appropriate for your condition so that some physical action takes place as if to seal and release the energies of this ritual. This may bring a great deal of deeper insight into the awareness of what emotions you hide from yourself, what ways you do not so easily acknowledge and work with them.

### **Blue Flag (Iris versicolor) - Artistic Inspiration**

This essence is slightly more effective than Sierra Iris.

### **Blue Witch (Solanum umbelliferum)**

See Blazing Star

### **Bo Tree (Ficus religiosa) - Ascension**

This essence is of significant importance for those seeking enlightenment. It stimulates the process that leads to enlightenment. This elixir can ease any inner disharmony about one's purpose. This tree is intertwined with the energy of Buddha and can assist in reaching deeper states of meditation. It also removes blockages in the chakras and stimulates the kundalini.

### **Borage (Borago Officinalis) - Happiness**

This essence increases courage, drives away sorrow, and makes a person happier. It opens the heart chakra, and tensions in the emotional body are eased. There may be an increase in physical stamina.

### **Bottlebrush (Callistemon viminalis) - Relieves Anxiety**

This elixir can be used for athletes in treating the muscular tissue when there is exhaustion after strenuous exercise. It aids in the elimination of waste and the assimilation of nutrients. When there is a general sense of anxiety, use of Bottlebrush is indicated.

### **Bougainvillea (B. Sanderana) - Grace and Beauty**

This elixir will provide a deeper appreciation of grace and beauty. This can be particularly helpful for music and sound in any form, including sound healing. It has an ability to release certain emotions that are held in a state of difficulty in the emotional body. These can be from childhood or past lives and are usually noted by sadness.

### **Brazil Nut (Bertholletia excelsa) - Emotional Release**

Brazil Nut helps one develop a healthy ego by its spiritualizing effects, and this improved self-esteem helps one develop more confidence in decision-making. It opens the emotional body, releasing aspects of past patterns unconsciously suppressed. These can relate to past lives, but more typically relate to childhood emotional experiences that have been buried. Sometimes the buried experience will come to the surface to be released, sometimes it will release on its own without full understanding. This essence is also helpful for releasing radiation. It is a good preventative to use during traumatic experiences to avoid future emotional scarring.

### **Breadfruit (*Artocarpus altilis*) - Couple Relations**

This is a powerful tool in any kind of counseling, but particularly for couples -- especially when trying to have children when there is stress. It releases tension related specifically to sexual dysfunction, especially when pregnancy is desired. For psychological balance, use this elixir during preconception, conception, and up to the first six months after birth. It also opens the sexual chakra, stimulating joy and creativity.

### **Brittlebrush (*Encelia farinosa*) - Animal Attunement**

Brittlebrush elixir can alert people to working with a particular group within the animal kingdom. This can assist in working with water in a more conscious fashion. It can be used for intra-animal communication. It can produce an understanding of an animal species from a broader perspective, even on a karmic level. Use of this remedy helps one to tap into their own animal nature.

### **Bromeliad (*Guzmania Irene*) – New Abilities**

This flower offers an important capacity conveyed for individuals who are beginning to awaken psychic abilities and are confronting the issue of how to appropriately share this, convey it to others, work with it in ways that incorporate it in their lives; how will these abilities be appropriately integrated. Most people will find that as their psychic abilities naturally increase and are enhanced, as would often be the case in using this flower, that there is a strengthening of their ability to connect to others, to communicate this, to find the abilities more useful, to use them in ways in which other people can truly, deeply benefit. Often, individuals have left at the higher vibrational level important messages, ideas, sense of what was possible for them in this life, things that they have not had easy access to. Oftentimes there is an emotional sense within the individual that these aspects might be available, a longing perhaps, a sense that something somewhere in the world is missing. This can be a very important helpful force, pushing individuals to investigate in many aspects of the subtle realities around them, to interact with other people in ways that they hadn't previously considered possible, to learn areas of their psychic development or capacity to express themselves that they would not have otherwise felt the need to.

### **Brussel Sprouts (*Brassica oleracea*) - Stage Fright/Hidden Fears**

Use this elixir for stage fright and hidden fears. It can be good for anyone who has trouble speaking before the public. It can also be utilized if there is fear of people. The heart chakra is opened, and the mental body is strengthened to better assimilate details.

### **Bugbane (*Veratrum viride*) - Insect Awareness**

This essence can bring about an easing or understanding with the insect kingdom. It can alleviate underlying fears around the issues of possession. Use it to bring about a greater level of independence. There will be a stimulation of energy between the 6th and 7th chakras. An unreasonable fear around insects

can signify the need for Bugbane.

### **Burdock (*Arctium Lappa*) - Integration**

Burdock elixir is for cleansing and clearing various aspects of consciousness. It can bring a sense of calm and peace. This elixir can deeply assist people attempting to learn new skills and new ways of working with their bodies or their eyes. There can be some benefit to all cells of the knees. As you integrate new aspects of your life, you may have new insights about old information or find new ways to apply those aspects with a greater sense of hope.

### **Buttercup (*Ranunculus bulbosus*) - Mental Clarity**

This remedy can stimulate mental clarity, memory, and higher mental consciousness. It is helpful to use just before and after a consciousness seminar. There may be an inability to retain information or to assimilate experiences because of not being focused in the present, i.e., the "guru hopper" or the philosophy student studying for an exam. The mental body is strengthened with its use.

### **Butterfly Lily (*Hedychium coronarium*) - Personal Transformation**

A Himalayan plant that can attune individuals not only to the process of transformation as symbolized by the butterfly, but also to the awareness of this transformation for the human race as well. This is an excellent essence for individuals that are involved in group work where they are facing insurmountable obstacles. A certain encouragement, strength of purpose, and ability to let go of stress will be found in its use.

### **Cabbage (*Brassica oleracea*) - Expanding Limits**

Use of this elixir can bring a deeper attunement to one's own physical need for structure, for setting limits or boundaries. A greater understanding of limits that are placed on you from others can be realized. There can be a greater ability to take on challenges.

### **Cabbage Rose (*Rosa Centifolia*, medium pink) - Intimate Relations**

This rose was developed with continuous influence and assistance from higher dimensional levels for change in attitude with regard to sexuality, understanding of the intimate relationships between love and sex, and the capacity for this to awaken some level of deeper inner personal regard in people. As people work with this essence, they may have a new deeper appreciation of their own physical bodies. Tendencies to enhance sexual performance, but at the same time release connections of unconsciousness, especially with regards to shame, guilt, and various energies associated with sexual patterns from the past, will be present as people utilize the essence. It might be recommended that *Rosa Rentifolia* be utilized by anyone planning a marriage to release or dispel previously held belief patterns and find new ways of loving and accepting each other, and of course, like loving and accepting oneself.

### **Cacao [*Chocolate Tree*] (*Theobroma Cacao*) - Self Acceptance**

With Cacao elixir, many parts of the body can have increased sensitivity -- or decreased sensitivity in areas of injury and pain. By decreasing over-sensitivity, Cacao is helpful for seasonal allergies. The ability of Cacao to help one to match vibrations can be used for regeneration by learning to match vibrations with the earliest cells in your body. This elixir also stimulates sensitivity to others, which will assist with counseling, as two people attune to a common goal. Attuning to gentler things will be assisted. Individuals may consume chocolate to dull their sensitivity to the love they need, and this essence can help one in the letting go of the desire for sweetness found externally in food and in recognizing sweetness as being internally generated. Those struggling with body image can use cacao to help envision a new body. This greater sensitivity can allow one to better receive the higher vibrations from a spiritual teacher. One can learn to choose what to be sensitive to.

#### **Calendula (C. officinalis) - Inner Light**

This remedy can help to bring an individual into greater alignment with the entire issue of the protection and awareness of the light within. It will assist in the release of fear. It is quite useful externally in combination with Garlic, Pennyroyal, Aloe Vera, Lotus, and Quartz elixirs. This elixir has proven quite valuable for those dealing with negative thoughts and negative thought forms.

#### **California Bay Laurel (Laurus nobilis californica) - Flexibility/Wisdom**

This flower opens the mind and gives a feeling of flexibility to both mind and nervous system. It can help one overcome rigid mindsets, ideas, and body armor in order to bring wisdom. It will soothe and relieve.

#### **California Buckeye (Aesculus californica) - Purpose**

This remedy strengthens the ability to understand and work with vision and its proper place in one's life. It may provide an attunement to one's purpose as well as to ecosystems, agriculture, and nature spirits. Use this to increase abilities through the third eye, with an alignment of the 6th and 9th chakras.

#### **California Peony (Paeonia californica) – Inner Beauty**

There does appear to be a shift at the psycho-physical or spiritual level in which one's relationship between aspects of beauty and strength changes. This is an area under a great deal of reconsideration amongst people at the current time, and people are currently getting a tremendous degree of value out of reevaluating this for themselves. Many times these aspects, beauty and strength in particular, are significantly influenced by karma, and not very easy to change within your life. Though a great deal can be done, a great deal of focus, a great deal of shifts in energy, most people pretty much stay with the essential characteristics that they begin with. It is always possible to make modification to physical body, to increase strength by repeated exercise or diet or drugs; or to affect the beauty of the physical body by surgeries. But to those with the keen eye to discern and understand this, one recognizes it as an overlay, as that which is added to, as a result of the individual recognizing in some way something is deficient. What is deficient in the individual, how they

will balance this for themselves by something affecting physical body is often going to be a powerful influence, but will not directly affect the soul. What they learn from this is significantly enhanced by California Peony, a way in which they come to understand where beauty and strength can be blended in themselves, where they can be better understood, better mated, better worked with, better received, and so on. One would certainly recommend this flower for all athletes, for all involved in professions where other people see you, where you are an actor or a musician, the changes, the transformations you must make to your craft will certainly be assisted greatly by California Peony. This holds true for performing animals as well.

#### **California Pitcher Plant (Darlingtonia californica) - Denial**

This elixir can give one the ability to absorb a negative thought form, understand it within yourself, and release it. It can be quite useful in therapy to help find quicker insights and the understanding of fear, anger, hostility, or sadness.

#### **California Poppy (Eschscholzia californica) - Psychic/Spiritual Balance**

This remedy helps to create a sense of inner balance that can be maintained during psychic awakening. Past-life information can be released and integrated with the use of this elixir.

#### **California Snowdrop Bush (Styrax redivivus) – Psychic Ability**

Opportunity to use this to shift dimension to perceive the interpenetration of dimensions, to see this in different ways than you have before may show up for some people. There may be opportunities here within different people's consciousness to bring forth innate hidden psychic abilities in ways that might have been more difficult for the individual to work with. The issue that is most controversial is that of translocation, being in two places at once, or moving the physical body from one location to another, or the opportunity to in some way relate to two spaces simultaneously, does appear to be enhanced by Snowdrop Bush. There appears to be a useful way to apply this as one may be in a state of meditation or working with a projection, and to deliberately attempt to visualize or attune to two locations at once. Thus one might utilize California Snowdrop, tune into an awareness of two locations, have the simple idea of receiving impressions, or moving, walking around in those locations. This is powerful and helpful training at the subtle level. Then utilizing the essence before falling asleep one may find it far easier to project. The reason for this is that when your consciousness is projected, you are in two locations, you are in the location that is associated with the physical body, that of the bed, and the one of the remote location where your consciousness is focused at that time. California Snowdrop does also appear to bring an awareness of inner truth for individuals, the opportunity to perceive things that were not apparent previously, understand this as truth in others, but more clearly for yourself, and this can give a degree of sense of honesty and interactivity between the conscious mind and the causal body, that is, mental and causal working together in harmony. There does appear to be some benefit here with the feline



kingdom, an opportunity to perceive through their eyes. Many individuals with a great attraction to cats will have benefit in understanding their animals better using this flower essence because of their innate ability to translocate, move through dimensions, interact in various ways.

#### **Calla Lily (*Zantedeschia aethiopica*) - Forgiveness**

Use of this flower can allow a greater and deeper expression of love to find new forms in a person, thus finding entirely new ways to share one's self with others. It will be useful in couple's therapy by bringing more insight and understanding and the ability to forgive. This also might be useful in foreign relations. providing greater insight into diverse peoples and their customs.

#### **Calothamnus Validus - Astral Projection**

It stimulates astral projection to the higher realms. This is not quite soul projection. It removes negative thoughts and strengthens will power and meditation. It is from West Australia.

#### **Calypso Orchid (*Calypso bulbosa*) - Higher Communication**

This orchid will assist one to climb through several spiritual levels simultaneously. This may draw a teacher to oneself at an accelerated pace. An increased ability to communicate with one's guides or higher self will arise. The crown chakra tends to be cleansed and opened.

#### **Camelia (*Japonica*) - Peace and Calm**

This plant does appear to have some interesting properties in its ability to confer a sense of gentleness or a sort of opening within most people. A feeling of peace and calm may show up, followed shortly thereafter with a sense of something to be done, an action that needs to be placed in the world, something in which a sense of peace needs to be further strengthened, a way in which this energy may reach out to others or make a difference. Sometimes this can provide for some individuals a powerful impetus to do something political, to be involved in a way where they are doing positive clear actions in the world; but this may be one that quickly changes to find for the individual an awareness of something peaceful or strengthening or loving that comes from that initially political relationship. Camelia devas are relatively unafraid of people. For individuals who have a desire to make better contact with the devic orders, this may be a useful plant to work with. One could for instance take some of the essence, hold a sense of peacefulness or love and expanding consciousness, and then sit near the physical plant, preferably where it is growing outdoors, and simply wait. One may receive visions, ideas, energies, and find that this is more easily received and understood than in other situations.

#### **Camphor (*Cinnamomum Camphora*) - Subtle Bodies Aligned**

This essence can temporarily align the subtle bodies, especially the aetheric, mental, and astral bodies. As this alignment occurs, information from the higher self is more easily received, toxicity is released, and other vibrational remedies

work better.

#### **Canna Lily (*Canna generalis*) – Emotional Honesty**

This is a very helpful flower essence for bringing those aspects of ones emotional life consciously into awareness and increasing self-expression. This can be particularly helpful for actors, for those who wish to bring this deeper level of expression into their speaking, into their ability to communicate to large groups. Actors on stage, actors in film, even those who might be using this purely as psychodrama or for therapeutic healing with clients. The opportunity to allow these energies they may be deep seated to come to the surface and to understand them as if you were the director, as if you were standing aside, as if you could see them, this is one of the properties that Canna Lily conveys. A therapist using Canna Lily may have a deeper insight or understanding into the emotional issues the client is working with. With this lily, you can recognize and are able to convey your own central core or idea, bring forth a powerful emotional message that is true for you, and is that which you have that sense of sincerity or confidence to speak of, even if it is something that is rather personal or otherwise difficult to convey. There can be some strengthening of the fourth, fifth, and ninth chakras for most people with this elixir.

#### **Cantaloupe (*Cucumis Melo*) - Calm**

This elixir enhances most meditative states and allows individuals greater acceptance of the higher self. It creates a calming effect and an increased realization of the joy of living or the sweetness of life.

#### **Cape Chestnut Tree (*Calodendrum capense*) – Deep Forgiveness**

There is much benefit in areas of forgiveness, kindness, and compassion that will show up for those using the flower essence of Cape Chestnut Tree. Forgiveness will begin with this for others or for one's situation, but eventually come to one's self. Eventually there will be an awareness of the sort of carrying of baggage effect, various attitudes, energies and other things that have to do with the past that are now let go of. More importantly though is the sense that you become convinced that you are willing to let go of the need to change the past, areas you wish that you had done differently you now more easily accept, having a sense of what is possible for yourself in the future then becomes easier to recognize. Sometimes one will have an awareness of someone who deserves more kindness or forgiveness who you never thought of this to before, a person who you might have even seen in a more platonic or non-emotional relationship, a way in which this energy suppressed, little known to you, now comes to the surface. It is wise to act upon that, to become more aware of a way in which a positive energy could flow between you and that person.

#### **Cape Honeysuckle (*Tecomaria capensis*) - Energy Liberation**

This elixir can bring coordination between the physical body and the 4th, 5th, 6th, 7th, and 8th chakras. This may intensify psychic abilities and a shift in the emotional body. Use of this essence can bring about a balancing of the energies of grief, loneliness, or other difficult emotional states.

### **Carnation (*Dianthus Caryophyllus*) - Life Force/Concentration**

Indications for the use of this flower may be a lack of grounding and the inability to focus on the present -- especially in spiritual or mental areas. It increases emotional objectivity, the ability to meditate, and learning capacities.

### **Carob (*Ceratonia Siliqua*) - Empathy/Group Interaction**

Group communication and interaction is enhanced. Use of this elixir can assist groups in aligning into a single, clear focus. It is a very useful remedy for healers and their clients.

### **Carrot (*Daucus Carota var. sativus*) - Spiritual Mental Clarity**

Same as Queen Anne's Lace

### **Cashew Nut (*Anacardium occidentale*) - Psychological Disorders**

This remedy can be beneficial for psychological disorders associated with left/right brain problems, such as autism and learning problems. The emotional body is balanced.

### **Castor Bean Tree (*Ricinus communis*) - Energy Balance**

With the use of this flower essence, acupuncture meridians all over the body are energized, strengthened, and balanced. Any blockages of acupuncture points are relieved. An apprentice can better sense the meridians and feel the energies with one's hands. More energy may be brought into the body for healing. The aetheric body is energized and cleansed. The personality is balanced if one is too aggressive or too unassertive.

### **Caterpillar Plant (*Phacella mutabilis*) - Psychic Abilities**

This elixir offers greater encouragement to access and receive many gifts of a spiritual nature when an individual is not yet fully aware of them. It can be useful when many aspects of psychic abilities start to appear, making it easier to assimilate and integrate them.

### **Catnip (*Napeta cataria*) - Confidence Booster**

It is an excellent confidence booster for athletes and city dwellers not used to going into nature. It releases stress and irrational fears. It releases energy in the hara.

### **Cat's Tail (*Acalypha hispida*) - Emotional Balance**

This elixir is good for use in a close-knit or large group of people, like the military, business, academic, or religious community when someone leaves that group. It is for the entire group, not just the person leaving. Emotional balance, especially from depression, is restored.

### **Cayenne (*Capsicum annum*) - Empowerment**

Cayenne has interesting stimulating capacities for the entire body. These have

been noted in so many different ways to the point that it has actually become an addictive plant when eaten because of the unique way in which the excess heat and sometimes even painful energies may be felt in the mouth and upper digestive tract, while at the same time enhancing blood flow, the benefit of increased circulation, and many various useful capacities to the physical body, all associated with the heart, circulatory system, and strengthening of blood. Most importantly this plant symbolizes an important sense of connection to warmth, to the sun, to the ability to understand how you can be more warm and loving in your heart for yourself and for others, and the ability of this warmth to be that which you better understand as if you have a sense of it in a very unique way to you, not that which is anything like how other people may feel this. Strengthening of compassion and caring may also be noted, but generally there is a sense of greater empowerment. The flower essence confers this sense of confidence, energetic awareness of your own capability and talents, and capacity to put these into action. Oftentimes where one's survival is threatened, where one has a sense of being pushed out of one's own territory or has the awareness of energies that somehow seem traumatic, displacing, or disturbing, Cayenne flower essence can be soothing, strengthening, and helpful, and encourage an individual to find their own path, their own sense of themselves, their own awareness of their own capabilities, and ability to bring these into action in a more confident and loving way. Cayenne flower essence can at times confer to individuals a sudden awareness, an energy that might have somehow been misplaced. It can strengthen capacities that may have been overlooked in the past. Root and second chakras are indeed stimulated, as well as a sense of energy from all of the chakras better supported, as if root and second can both bring this energy more easily throughout the physical body.

### **Cedar (*Thuja occidentalis*) - Cleansing/Stress**

This elixir cleanses the etheric body. It eases stress, promoting a peaceful and accepting nature.

### **Celandine (*Chelidonium majus*) - Communication/Clarification**

The ability to transfer information is enhanced. It can be especially useful for singers and lecturers. It will help clarify information from one's spirit guides.

### **Celosia (*C. cristata*) - Balances Ego**

This elixir enhances one's ability and one's willingness to be seen and to stand out. This flower resembles the comb of a rooster, thus part of its signature is the ability to crow. It will assist in allowing one to receive the love of others. A greater understanding and balancing of ego states can be accelerated by its use.

### **Centaurium (*Centaurium Erythraea*) - Assertiveness**

This is for people that can't say "no." For those that neglect their own needs and are servile with others. These beings generally will do anything to avoid confrontation.

### **Century Agave (Agave americana) - Wisdom, Maturity, Patience**

This essence brings the emotional, mental, and soul bodies into alignment, which creates wisdom, maturity, and patience. People displaying immature behavior such as anger, impatience, or sulking can benefit from this flower essence.

### **Cerato (Ceratostigma willmottianum) - Self-Reliance**

Cerato teaches people greater self-reliance and self-confidence. It helps to increase inner strength.

### **Cereus Cactus (C. jusberti) - Breakthrough**

There is some relationship to the star Antares. Dealing with shadow-self issues can occur in an easier fashion. There can manifest a sense of unity or deeper connection amongst people. This is especially established at night during the dream state. What can occur with this elixir is a greater opportunity to connect with the collective consciousness of humanity in a positive way. There is a balancing of both halves of the personality -- light and dark -- and a real breakthrough experience is possible. Take this along with Antares elixir to provide more energy.

### **Chamomile, German (Matricaria Chamomilla) - Harmony/Higher Wisdom**

This stimulates the pineal gland, which creates states applicable to meditation. It aligns the mental body, and emotional tensions are released. Emotional stability and greater calm results from the use of Chamomile elixir.

### **Chamomile, Wild (Anthemis Cotula) - Harmony/Higher Wisdom**

### **Chamomile, Dye - Harmony/Higher Wisdom**

### **Chaparral (Chaparro amargosa) - Astral Projection**

This elixir can generate the ability of astral projection, helping to create mental clarity in the conscious mind. Past-life recall increases, especially when past life events interfere with the present lifetime. Use this essence for people with insomnia, restlessness, memory loss, inability to recall dreams, and frustration from unknown origins.

### **Chaulmoogra Hydnocarpus (Taraktogenos Kurzii) - Animal Nature**

This remedy helps in the realization of one's connections with the animal kingdom. It can be useful in treating animals that are developing human-like physical infirmities.

### **Cherry (Prunus avium) - Stimulates Vitality**

This essence stimulates vitality, cheerfulness, and a brighter outlook on life.

### **Cherry Plum (Prunus cerasifera) - Centered and Calm**

For those easily moved to outbursts of frustration and anger, with a great difficulty to relax. For those who fear losing mental control who are also extremely sensitive.

### **Chervil (Anthriscus Cerefolium) - Spiritual Identity**

This elixir activates the brow and crown chakras and poa (see Tibetan meditation literature). It is good for the newborn. Use this when there may be confusion as to spiritual identity or disorientation. Ability to astral and soul project and desire to meditate are stimulated through its use. Use it to cleanse quartz crystals.

### **Chestnut Bud (Aesculus hippocastanum) - Mental Acuity**

This elixir can help one to pick up things rapidly and to be mentally flexible. Slow learners that keep repeating the same mistakes can benefit from Chestnut Bud.

### **Chickweed (Stellaria media) - Emotional Balance**

Use this elixir for people needing discipline, especially emotional balance.

### **Chicory (Cichorium intybus) - Unconditional Love**

This elixir is for those that tend to be selfish and emotionally needy, with a tendency to be manipulative in relationships and to exhibit over-care for the welfare of others. This elixir can bring generosity and emotional security.

### **Chin Cactus (Gymnocalycium Pflanzii albipulpa) - Spiritual Loneliness**

There can be a powerful strengthening of the 7th chakra with the use of this essence. There is also an easier flow of energy possible between the 1st and 7th chakras. It can greatly ease a sense of spiritual loneliness, that state of being which suggests that innate unity is not possible in this reality for the human family. It also helps to fortify some innate energies of projecting healing. This is useful for people with a common goal who have difficulty working together.

### **Chives, Garlic - (Allium tuberosum) – New Understanding**

Benefit is noted with Chives to the ability to receive information in ways that would not normally be available to the individual. New paths of receptivity open up, capacity to understand in ways that were not easily previously available: new languages, new ways of thinking, math skills improve where they had previously been deficient, or language, writing, creative skills where they had previously proved difficult. Some ability to clear what is termed writers block may be noted. There is with Chives an ability to construct a tube of energy connecting one more clearly to a higher vibrational level, and allow this in an easy and straightforward manner, and allow this in a way that is ongoing for one's life. With this essence, one can have enhanced ability to allow remote viewing, a sense of being in the other place, a kinesthetic sense or awareness of what it would feel like or smell like, or how those energies of the other place might somehow connect to you would be useful when using chives for this

effect. Chives can then allow the sense of this deeper connectivity or communication.

### **Chocolate Lily (*Fritillaria biflora*) – Illuminating Death**

There is a shift in people's perspective on death as a result of the powerful and helpful action of Chocolate Lily. Death is a process that is constant, seen throughout all of the kingdoms, and a very important aspect of learning for everyone, yet there is so much entanglement with so many negative energies associated with it. Chocolate Lily allows individuals to understand this in their own personal direct way. It helps with a deeper awareness of their past lives, and in particular the ability to better accept the ways in which they died in those past lives. This is one of the most direct paths to deeper awareness of your past lives, you could say it is a direct willingness to remember the aspects that are most troubling. In fact these will generally be around the death experience because it was that which was for most people most traumatic or painful. Chocolate Lily clearly speeds up this process, allowing people to understand the perfection, the beauty, the way in which those energies of the past can be shifted into that which affects you now, can be those which enable you to let go of fear and accept the natural balance of all things in the world. This has been applied for some benefit for the death and dying process when people are in the process of passing over, and this is becoming of greater and greater importance to those very individuals who are the target market for most of the flower essences, gem elixirs, and other vibrational remedies at the current time, the so-called baby boomers whose parents are now passing from this world. But the real benefit here is that you would be taking the elixir as you are assisting their passage because of the deeper lessons about your own life, your own memories of your past, your own understanding of death, and how this can shift for you.

### **Choke Cherry (*Prunus virginiana*) - Illumination**

This elixir helps bring illumination to a lack of clarity in one's self and one's relationships. It can be very universal. It sheds light when one needs to see the problem, chases away the darkness, ends confusion, and clarifies motivations.

### **Christmas Cactus (*Schlumbergera Bridgesii*) - Intimacy**

Christmas cactus has ability to heal areas in consciousness where individuals have resisted intimacy, deeper acceptance of their own inner fears, various ways in which they are in denial about their own frailties, areas of delicacy or difficulty. This energy will typically relate to sexuality; sometimes these energies will be those that the individual has repressed, most likely with males. With females this can often lead to an awareness of deeply buried abuse issues, not only from this life but from past lives, with the opportunity for Christmas cactus flower essence to bring up these energies consciously and release them. As one is able to accept or love through one's own self-discovered inadequacies, the individual will then find this deeper healing in connection to a much larger group, an energy associated with a deep sense of welcoming, loving, as if somehow you know that in spite of how you have seen

yourself or judged yourself in the past, or imagine that you were judged by others, you are loved, you are welcomed in the larger community of spiritual beings. You are then seen in your perfection as lovable, even with weaknesses or aspects that you would self-judge.

### **Chrysanthemum (*C. morifolium*) - Creates Objectivity**

This remedy helps to create an objective state so people can be more emotional or mental, as the situation requires. It will bring calm to all emotional states. Mental and emotional bodies are aligned. This can be used for irritated or depressed people.

### **Cinnamon (*Cinnamomum zeylanicum*) - Inner Child**

This flower essence attunes one to the inner expressive energies so that there can be a clarification of the purpose behind expression, which will improve expressive abilities. It is for singers, performers, and introverts. The emotional body is cleansed, as one learns to express energies and then release them. As the child-like self is awakened, there is a natural sense of the sheer joy of expression.

### **Cinquefoil (*Potentilla Gracilis*) - Genetic Consciousness**

This elixir helps to create a deeper attunement to one's immediate biological family. It may assist those who are learning about one's ancestors. It can be used to enhance the possibility of gifting one's potential children with the more positive aspects from one's own genetic structures.

### **Clarkia (*C. purpurea*) - Forgiveness**

Some affiliation with the "Christ-like" energies of forgiveness is noted after taking this elixir, especially regarding the influence of our genetic structures and physicality. This is different than a higher spiritual type of forgiveness. A greater awareness of genetic structures and abilities to work with them can result from its use.

### **Clematis (*C. chrysocoma*) - Enthusiasm/Stability**

This elixir helps to bring out enthusiasm which is grounded in reality. Through its use, memory and emotional stability increase, and mental tensions are eased. It promotes practicality.

### **Clockvine, Orange - Emotional Clarity**

Orange clockvine (*Thunbergia gregori*) has important characteristics in shifting awareness of emotions for most people, the ability to recognize their true emotions, not the emotion on the surface but that which is buried beneath it, will usually come forth for most people. People can begin to shift their relationship to those emotions into one in which they are then very easily able to understand their true source. The result of this will be an awareness typically of two primary emotions that begin to emerge for the individual. One will be that which is directly related to the emotional issue at hand, typically then along such lines as hopelessness, love, or compassion, or joy, or other positive



pleasurable sensations; as anger or as grief or as shame. As one of these may begin to emerge for the individual, another begins to be clear to them as fear. The two emotions, these two primary aspects, are those which the individual is better able to see in an objective way, not feeling them so strongly, but able to work with them in a more conscious fashion. Sometimes this gives them emotional objectivity into the situation as well, the ability to make a shift by asking the right question or looking at things differently. As one becomes more aware of this emotional clarity, one is then usually prodded to ask questions about it, in particular the source of the fear to understand where this comes from. Typically at its core it will be fear of one's own power or one's own success, fear of some important issue in which a higher level of completion and benefit shows through or emerges.

#### **Clove Tree (*Syzygium aromaticum*) - Memory Stimulation**

This flower can affect many aspects of one's personality. Clove can reduce depression by balancing bacterial actions in the body. Neurological response is enhanced. One can learn from one's mistakes and see their positive side. Clove will help in the release of subconscious ideas, bringing them into focus and making them conscious. This elixir can bring a sense of higher purpose to one's spiritual journey, as one learns to recognize why one was attracted to a certain spiritual path. Clove helps one to remember or work with dreams. Clove also helps one attune to the strengthening energies constantly flowing from the center of our galaxy.

#### **Clover, Red (*Trifolium pratense*) - Emotional Excess**

This remedy can fuse the emotional and causal bodies together, helping those who are prone to panic and hysteria. It can engender calmness and understanding around a disaster, even assisting those in working with past catastrophes.

#### **Coast Coral Tree (*Erythrina caffra*) – Divine Purpose**

The flowers from this tree make a particularly potent essence for a variety of stimuli into the sense of an individual to find one's path, to survive in the world, to bring a greater sense of aliveness and strength. For some individuals this will take a path of sexuality, but for others it will have an entirely non-sexual capacity, bringing instead a deep awareness of a reverence for aliveness and life itself, as if one has a newly discovered sense of purpose without any of the specifics, that is, actually knowing your purpose. This is sometimes a very helpful tool as individuals are investigating and finding out their purpose, their role in life, what they are here to do, and so on. Many times this will require, in coming to answer in this quest, different points of view, new ways of doing things, seeing things, ways of interacting that are 'outside the box'. So then coast coral tree can be helpful at stimulating you to have the sense that you already know, that you totally and already recognize and understand the innate nature of why you are here, of your understanding of yourself, and that this has an aliveness component, a sense of power, energy, movement. This is not a sitting still energy, but one that is awakening and strong in the physical body as

energy for doingness, for action. One could state that in a certain sense Coast Coral Tree confers a sort of mystical shift in an individual, that the energies seem almost miraculous, or shifting you in different ways about your purpose or understanding of yourself that you cannot understand, that you cannot put into words.

#### **Coconut (*Cocos nucifera*) - Male Sexuality**

This elixir is for male sexuality, less often for women. It may be used for hidden fears and emotional imbalances, especially concerning male sexuality.

#### **Coffee (*Coffea Arabica*) - Decisiveness**

This elixir can expand the activities of the left-brain. Use it to help overly analytical people make quick decisions. It makes one more receptive to vibrational remedies. It can assist those wishing to clear their system of caffeine and stop drinking coffee.

#### **Cohosh (Black) - Old Thought Forms**

This elixir is to be utilized for overcoming old thought forms and old psychological scars, including those from past lives. It helps to regenerate relationships and to release tensions locked in the subconscious.

#### **Colchicum (*C. autumnal*) - Inner Female**

With this elixir, there can be a greater connection to one's own inner female. This flower helps develop an inner softness, as well as an ability to receive energy from any source and understand its proper use. Many capacities associated with nurturing will be brought forth by Colchicum essence. Emotional, aetheric, mental, and spiritual bodies are aligned. Utilizing Luna essence at the same time can intensify this beautiful feminine energy.

#### **Coleus - Dream Recall**

Coleus stimulates dreams, especially from 3 a.m. to waking and is useful for astral projection or lucid dreaming at those times. Coleus strengthens the 6th and 7th chakras, as well as increasing energy in the 1st and 2nd chakras. There is an enhanced ability to integrate many disparate ideas by seeing how they all fit together in a larger sense. This elixir can be used to assist SAD, bringing a sense of awakening, joy, or purpose.

#### **Coltsfoot (*Tussilaga Farfara*) - New/Old Abilities**

This remedy has the ability to energize various aspects of consciousness. There can also be a speeding up of some processes, bringing together energies that have been misplaced, misused, or even rejected by the individual. There may be a few people who experience a dramatic shift from Coltsfoot. Old aspects that have been denied or repressed can be recreated through the use of this plant; this includes past-lifetimes or the intermissive periods (in between lifetimes) where knowledge and abilities have been accrued. This might include psychic talents.

### **Columbine (*Aquilegia caerulea*) - Mental Agility**

This elixir can concentrate many energies of a physical nature, bringing them upwards into the 7th, 8th, and 9th chakras. This will help people receive and work with higher energies. After continued use, Columbine can increase mental capacity, spiritual attunement, and higher telepathic abilities, making it easier to understand divine purpose.

### **Comfrey (*Symphytum officinale*) - Telepathy/Yoga**

This elixir is a powerful tonic for the nervous system. It can enhance telepathic abilities and other seldom-used parts of the brain. It is also useful for athletes and yoga practitioners, for it may increase physical coordination. Students cramming for exams may benefit as well from Comfrey.

### **Coralroot (*Corallorhiza maculata*) - Disease Attunement**

There may be a reduction of the influence of antibiotics in a person. This influence may continue for a long period of time after ceasing antibiotic intake. At a higher spiritual level, it brings greater awareness of the need for disease on Earth. This is the way in which people need to recognize and understand the lesson of a disease quickly on subtler levels, so that the particular disease is no longer necessary to manifest physically.

### **Coriander (*Coriandrum sativum*) - Emotional Evolution**

Coriander can help one make bold leaps forward, allowing inner transformation at the most powerful level, and allows the energies at the highest spiritual level to draw oneself and others to higher levels of spiritual achievement. Personality traits can be transformed; for example, hatred is transformed into passion, or arguing is transformed into analysis. Coriander also can bring a clearer communication between people and the insect kingdom by means of working with the devas involved. There is also some relief for those dealing with heavy metal toxicity.

### **Corn, Hopi - Urban Dwellers**

Helps to establish a spiritual relationship with the Earth. Helps people living in cramped quarters. Daydreamers, overly nervous individuals, or people involved in long-range planning will benefit.

### **Corn, Sweet (*Zea Mays*) - Urban Dwellers**

Helps to establish a spiritual relationship with the Earth. Helps people living in cramped quarters. Daydreamers, overly nervous individuals, or people involved in long-range planning will benefit.

### **Cosmos (*C. bipinnatus*) - Creativity/Expression**

This can generate composure before speaking or initiating an artistic expression. It can be invaluable for actors, writers, or people in leadership positions. Introverted, shy, or procrastinating individuals would find this an

excellent remedy.

### **Cotton (*Gossypium arboreum*) - Spiritual Inquiry**

Cotton invigorates all of the hair on the surface of the body, thus allowing more life force to permeate throughout. There is an increase in the sense of touch. Cotton essence translates philosophy into spiritual sensitivity.

### **Crab Apple (*Malus floribunda*) - Mental Cleansing**

Makes it easier to break bad habits. Creates joy and a positive outlook.

### **Crape Myrtle (*Lagerstroemia indica*) - Spiritual Patience**

The ability of individuals to stick to the path that they recognize as real and true. Gives people a better feeling about their own path. Assists in recognizing opportunities and incorporating them into one's life.

### **Creeping Thistle (*Onopordum Acanthium*) - Crown Chakra**

Can produce tendrils of light and energy from the 7th chakra. This can temporarily cause a blending or bridging of new energies in many different forms and directions. From this chakra, it is then possible to make a bridge from the 7th, to the heart, to the root chakra. This will usually present a clear internal healing energy to the physical body and step up vibrational transference from other subtler levels into the physical. This can be a joyful process for some.

### **Crown of Thorns (*Euphorbia Milii*) - Stimulates Brow Chakra**

For obsessions, especially those that lead to stressful conditions such as migraine headaches. It is from Madagascar.

### **Cucumber (*Cucumis sativus*) – Cooling Emotions**

Multiple levels of emotional difficulty are eased, which often yields stronger spiritual energy that can be used in many different ways. However, under cucumber's influence, the general cooling effect can move all subtle bodies and create a sense of temporary harmony and calmness within individuals. Therefore it is especially recommended to utilize after difficult emotional states, emotional therapeutic work, or strong physical exertion during which time new emotional states are released. However, the higher spiritual states enhanced by Cucumber are ones of deep sense of calm in which one recognizes and merges the dualistic aspects of heat and cold. The full understanding of the combining of these aspects is difficult for most people, who are either drawn to one or the other. When the physical body is subjected to either extreme heat or extreme cold and is significantly harmed, individuals will often develop emotional patterns around such extremes in temperature, and these emotional patterns also are significantly relieved and eased by the use of Cucumber. At the highest spiritual level it allows a significant blending of the subtle bodies and easing of any congestion due to emotional difficulty. Shape of this fruit confers a wide variety of sexual connotations, but the flavor, taste, and benefit of extreme alkalizing and enhancement of consciousness with the fruit confers an entirely non-sexual, and indeed in many cases platonic awareness

of friendship, capacity to interact with others, and love. It is in this extreme balance between sexual and non-sexual aspects that cucumber flower essence confers its most valuable and helpful lessons, a resolving of sexual issues, a capacity to balance this in oneself and others, and to have the more insightful understanding about this in ways this can be significantly enhanced. The aspects of this that begin to show up for individuals can move into a variety of areas, even including pastlife information and understanding about pastlife sexual imbalances and capacity to balance them in this life, once and for all to end the karmic cycle associated with this is a powerful and useful attribute to the flower essence.

#### **Curry Leaf Tree (Murraya Koenigii) - Energize/Catalyze**

A catalyzing of things already happening in one's life. Various spiritual practices are made more clear. There is also an effect of synergism in relationships, especially family relationships. There can be playfulness and a sense of relaxed purpose felt among family members.

#### **Cyclamen, Europaeum (C. Purpurascens) - Channeling**

It stimulates channeling and a better understanding and synthesis of conscious information studied. Brow chakra is opened.

#### **Daffodil (Narcissus Ajax) - Higher Self Attunement**

This can extend the conscious mind's activity through the mental body, which it helps organize, to certain levels of the higher self. This is to be used to deepen levels of meditation and to hear voices from one's guides or higher self.

#### **Dahlia (D. pinnata) - Resiliency**

Activates emotional resiliency and stamina, especially when needed during extreme emotional stress that could even lead to schizophrenia. Use with extremely stressful jobs. It integrates the emotions for overly logical people. It stimulates faith and confidence, leading to optimism.

#### **Daisy, English (Bellis perrennis) - Intellect Spiritualized**

Daisy spiritualizes the intellect; scattered information is brought into a crystal-clear focus. It can assist someone in the understanding of what their feelings are in diverse areas, particularly on spiritual topics. This is useful for those who move from one spiritual group to another without finding what they are seeking.

#### **Daisy, Shasta (Chrysanthemum maximum) - Intellect Spiritualized**

Daisy spiritualizes the intellect; scattered information is brought into a crystal-clear focus. It can assist someone in the understanding of what their feelings are in diverse areas, particularly on spiritual topics. This is useful for those who move from one spiritual group to another without finding what they are seeking.

#### **Dandelion (Taraxacum officinale) - Emotional Calm**

This essence creates a sense of relaxation throughout the musculature,

especially when used as a liniment. It can influence the mental body and reduces stress. Tensions throughout the entire body are alleviated.

#### **Daphne (D. Mezereum) - Illumination**

Can boost consciousness in order to improve the ability to perceive other dimensions and to perceive non-physical beings and to perceive auras. It blends energies between the 6th, 7th, and 8th chakras. There can be a deeper awareness of the visual impact of past lives.

#### **Deppea Splendens - Mental Integration**

Deppea Splendens (Mexico – Extinct in the Wild) – Mental Integration There is great benefit with this flower of bringing an intensification of many important thought processes. This can very quickly bring to an individual a sense of integration, an awareness of many things coming together, but then interestingly it passes. It could be coordinated nicely with breath-work to be valuable. Take the elixir, focus on the breath, do a deep breathing exercise or some breath-work method that you already familiar with, and if you are not, simply notice the breath. After this, utilize a somewhat deeper breath, and on a complete exhalation, the deliberate conscious receiving, the sense that you are open and going to receive thought, message, idea. You can do this with some seed thought or energy, or you could do it simply openly, simply with the idea that whatever needs to be integrated can come through. Mental energies are brought into a state of greater calm so the mental body expands in its own natural and easy way, better able to communicate with the emotional and astral, and bring energies in that had not previously been considered. In addition is a deeper sense within the individual of belonging, of integrated whole, of a sense of energies that can all coordinate and work together very nicely. In management, in areas of business where many people must be worked with together, this can also be a very useful vibrational remedy.

#### **Date Palm (Phoenix dactylifera) - Ageless Wisdom**

This essence may reverse the aging process. It activates the aetheric body and the ethereal fluidium, so they can better distribute the life force into all the cells. A hypochondriac, or anyone fearful of aging, can benefit from the use of date palm elixir.

#### **Datura Sanguinea (Brugmansia sanguinea) - Visions**

Enhances visionary states and strengthens one's own awareness of the other dimensions. A powerful elixir in Lemuria, once held in great respect. Can be best utilized in the evening at the time of the new moon. Can combine well with Krypton.

#### **Dayflower (Commelina) - Light Therapy**

Can allow individuals to access greater light. Especially helpful for the physical body. People who are using light therapy, such as the Biotron, will benefit from Dayflower. There can be an increased awareness of the communication between the Sun and Earth. People who are seeking a reduction in food intake

and a deeper attunement to light will benefit.

### **Desert Barrel Cactus (*Ferocactus alamosanus* var. *pottsii*) – Releasing Boundaries**

Can assist individuals who seek to understand boundaries, where they begin and end, where their relationship to someone begins and ends; and more importantly, where and how their small component relates to the larger whole of humanity. A way to confront the sadness sometimes felt in one's spiritual journey in connecting with existence itself and the separation that can be felt between an individual and their soul family, humanity, and God. May combine nicely with El Nath starlight elixir.

### **Desert Lily (*Hesperocallis undulata*) – Daily Joy**

Desert Lily has interesting properties in enabling higher states of consciousness to be readily accepted and utilized in daily life. Most people have the capacity to shift vibration for short periods of time, but are especially perplexed with the challenge of bringing this into everyday life; yet for the acceleration of consciousness on this planet, for the utilization of higher states of consciousness in a practical way, this is absolutely necessary.

### **Dill (*Anethum graveolens*) - Positive Outlook**

This essence reestablishes a proper balance between the emotional and etheric bodies. People obsessed with aging or dying, morose people, manic-depressives, and overly self-critical people can benefit from dill essence. It can uplift a person to a lighter, more expanded form of consciousness. Dill assists digestion.

### **Dogwood (*Cornus florida*) - New Abilities**

Helps release certain long-buried psychic gifts within people. Assists in abilities to draw information directly from stellar bodies and beings of interdimensional consciousness.

### **Dragon Flower Cactus (*Huernia macrocarpa*) - Spiritualized Movement**

This can assist people in their capacity to apply spiritual principles into the physical realm. This can be especially helpful in movement and exercise. Helps to properly balance the physical aspect of one's body. May assist those working with brain gym technologies and any form of movement.

### **Dutchman's Breeches (*Dicentra Cucullaria*) - Etheric Cleansing**

Can significantly increase the easy release of certain emotional residues into one's aura. This can then be effectively cleared by movement, water, or air. There can be a stimulation of the 8th chakra. Clears away residue from negative environments.

### **Easter Lily (*Lilium longiflorum*) - Divine Purpose**

The karmic lesson of Easter Lily is to inspire individuals worldwide to join the

energies of their crown chakras together during moments of mass or global meditation. This opening of the crown chakra allows the recognition of kinship with others. This joining of higher levels of consciousness is the ultimate purpose for humanity. This flower essence can benefit all forms of therapy that bring light into the body and will expand consciousness on many levels.

### **Easter Lily Cactus (*Echinopsis multiplex*) - Expressive Movement**

A deeper attunement to chaos and the balance of perfect symmetry is noted. Improved communication through the medium of gesture or movement. Better understanding of chaos theory and fractal geometries. May assist in coordination of dance or group movement.

### **Echinacea (*E. purpurea*) – Overcoming Resistance**

Echinacea elixir allows the natural higher functioning of the immune system to be known. The flower essence shifts one's perception of illness as an enemy to be resisted and feared, by creating a new energy of gratitude to the situation of disease or difficulty. This essence will allow a new point of view that rapidly changes how you perceive something that has been a struggle for you. Usage can energize the mental body and open a greater receptivity to new ideas. But deeper than this is simply the ability to welcome change; in welcoming change, one helps others to change. You cannot develop psychically without radical change. Echinacea makes it easier to accept new changes, new abilities, and new ways of seeing things--then the changes you undergo become more acceptable to yourself and to society.

### **Edelweiss (*Leontopodium alpinum*) - Instinctual Awareness**

This can help a person, a country, or a corporation launch into a new reality. Edelweiss can assist in understanding one's beginning, helping one see the primal or original root energies. When one reaches a point that lacks direction, it is especially important to make a shift or transformation by going back to this instinctual energy. It increases the instinctual abilities that one inherits from one's ancestors and re-awakens the heightened sensory faculties that have gone dormant.

### **Elecampane (*Inula helenium*) - Eases Extreme Stress**

Eases extreme stress, hypochondria, and mood fluctuations such as hypoglycemia. It eases cravings such as those experienced when pregnant.

### **Elephant's Head (*Pedicularis groenlandica*) - Wisdom**

A vibrational link to the energies of the angelic kingdom that are deeply associated with humanity's own development. Deeper attunement and awareness of angelic helpers or guides. A strengthened ability to perceive and work with Earth energy.

### **Elm, English (*Ulmus procera*) - Strength and Confidence**

Responsible, capable people who feel temporarily inadequate for their responsibilities will benefit. Helps in strengthening, upliftment, and sense of



capability. Increases confidence.

### **Endive (Cichorium endive) - Accepting Health**

This elixir is utilized in allowing individuals insight and permission for the health process to begin. Accelerates many psychological growth techniques. Addictive processes and relationship issues are more easily understood when using this essence.

### **Eucalyptus (Globulus) - Breath/Grief**

Alleviates extreme emotional states. It becomes easier to breathe in the life force that helps shape the body, mind, and spirit. Eases grief, hostilities, and difficulties in partnerships.

### **Evening Primrose (Oenothera Missouriensis] – Healing and Integration (NOT ON WEB)**

Evening Primrose appears to have the capacity to increase many energies associated with the heart chakra, and the capacity of the individual to coordinate and integrate various energies of love. The ability of this essence to encourage healing is profound. By increasing causal body information, this flower encourages the process of seeing the larger perspective, gently drawing individuals to see the issues, blocking belief patterns and thought forms that need to be integrated and healed. This flower works wonderfully when used in a series with emerald and Fomalhaut elixirs for breaking apart and releasing old belief patterns. Use the flower, then the star elixir, then the gem and repeat.

### **Everlasting (Antennaria Rosea) - Positive Energy**

Helps to moderate a shift in the consciousness of people with repressed memories from childhood or past lives. Increases self esteem and self recognition of spiritual progress achieved.

### **Eyebright (Euphrasia officinale) - Higher Visioning**

This elixir can help to transfer the greater sense of potential for humanity so that one can see oneself clearly. This will train one's vision and awaken higher levels of consciousness. This elixir will stimulate the 6th chakra, which can affect all aspects of visual phenomena, improving the ability to see auras and chakras. Psychic abilities are made stronger, along with a greater sense of one's internal nature and awareness.

### **Fairy Lantern (Calochortus albus) – Magical Perception**

One of the things that Fairy Lantern can confer on an individual is the capacity to receive what is happening around them in their lives, the coincidences in their lives, their interactions with others, in a magical space, a place of potential for anything to happen, a place of reverence and love. It was the ancient Lemurians who first recognized its unique ability to hold tiny amounts of energy, to contain it in a way that was very different from how all other flowers or plants, seeds, fruits, etc worked with energy. This was a way in which it was held in a state of grace, tremendous respect, a sense of love and compassion. And this

had several uses in ancient Lemurian ritual. The message within this flower is to receive the whole, perceive at all levels, attune without separation to that which surrounds you.

### **Fennel (Foeniculum vulgare) - Decisiveness**

For people who are indecisive, depressed, and subject to grief. It helps people work in tight groups. The memory improves.

### **Ferocactus latispinus - Spiritual Healing**

This flower essence of this cactus appears to have an important ability in stimulating people's connection to their highest possible reality, their highest possible good, and this to be translated through their own being and somehow allowed out into the world. The ultimate karmic purpose of the cactus is to remind people of this ability to manifest energy, pouring not only in their own imagination infinitely upwards, but also as if symbolically connecting to the highest possible vibration. This can be especially stimulating for the crown chakra, and this can be helpful for development of pineal gland and some psychic abilities, in particular certain higher channeling states and ability to transform higher God-information into areas that are practical or easily transmissible by human language concepts. In addition there is some stimulation of the seventh, eighth, and ninth chakras, a bringing through of new forms of spiritual information, and an ability to provide some form of spiritual healing.

### **Feverfew (Chrysanthemum partheium) - Magnetics**

Proper balancing of the magnetic qualities within the body. Can stimulate dowsing abilities in individuals. Very useful for those who work with feng shui or landscaping. Can make one more sensitive to magnetic energies in the world. It can be an excellent remedy for those working with the law of opposite expression, examining antagonistic forces within the psyche or environment.

### **Fiesta Flower (Pholistoma auritum) – Positivity**

The flower appears to have useful characteristics as an essence or elixir in shifting how one is able to express positive helpful feelings. This can relate to joy, ecstasy, high vibrational energies, but it can also be with subtle gentle feelings, positive loving feelings, helpful energies expressed towards others. Frequently others will reject this. They may receive your positive intent, they may receive some general sense of positive energy, but it does not appear to affect them in a very powerful way; a sense that you are not connecting with somebody else is often the way people will express this. But what is actually happening is that the mechanism by which the joy or positive energy that you are experiencing is going to the other one is that no vibrational action of any significance is taking place. In order for the other person to experience joy or a helpful awakening feeling, there needs to be this similarity in vibration, a resonance, your vibration drawing their vibration into a similar place momentarily. Fiesta Flower appears to help this as the essence can allow a variety of vibrations to be emanated by the person who takes it. This can of

course be reversed, that is, encouraging the individual to receive a variety of emanations, but for the most part it is in the expression of joy or positive feelings that the flower really shines. The higher purpose to love, as it may then be shared as any positive emotion or positive regard, be it awe, admiration, or simple expression of positive energy, is for this purpose of bringing greater healing, greater sense of innate connectivity, awareness of energy on many levels, and this is enhanced for both giver and receiver by fiesta flower.

#### **Fig (Ficus carica) - Mental Clarity**

Improves confidence, memory, telepathy, and expressive abilities. Resolves conflict and eases hidden fears. Mental energies are stimulated, and ideas conceived. Use with biofeedback.

#### **Figwort (Scrophularia nodosa) - Jumpiness**

For agitation, anxiety, a nasty disposition, and general fear when someone is jumpy.

#### **Filaree (Erodium cicutarium) – Emotional Karma**

Filaree has useful capacity to bring into people's consciousness a sense of relationship that goes beyond that of the soul in the current incarnation or even across lifetimes. A powerful question many people have: what is my connection to this individual that I am in relationship with, with regards to past lives we have lived together? It will increase one's awareness of the power of the emotional side, the emotional connection that people feel as they are aware of their interaction with other people.

#### **Fireweed (Epilobium angustifolium) - Forgiveness**

This is a key flower essence to help transmute karma and remove anger. It is excellent for war veterans. Fireweed dramatically supports the choice towards forgiveness. This greater perspective shows one the many possibilities that could have been, and why one chose the path that one is on. Useful in first-aid remedies, especially external ones for the skin.

#### **Flame of the Forest (Butea Monosperma) - Catalytic Breakthrough**

Attunes individuals to the capacity for rapid growth and, at the same time, the ability to balance spiritual teachings that are difficult to assimilate. Accelerates purification, physical cleansing, and the ability to create deeper change.

#### **Flame Vine (Pyrostegia Venusta) – Positive Thoughts**

Flame Vine (Pyrostegia Venusta) – Positive Thoughts Here is a flower essence that can provide many individuals with a sense of purpose and life, a joy simply in being, as they have deeper connection to their willingness to incarnate, their original sense of coming into physical bodies. This can ease depression, releasing stuck emotions and stuck energies that could in some cases lead to suicidal thoughts, releasing various energies that put people in a position of all that is considered clinical depression. This is not the same as sadness; it is an energy that usually forces individuals to slow down, to get into bed, to do less.

These energies can be difficult for individuals to recognize and to deal with. Under all circumstances there is some aspect within the consciousness that is somehow being held down. This flower can be quite helpful with individuals having a sense that they belong here, that they tenaciously cling to life, and that most importantly its ability to manifest in them, to see this principle, to feel it, to sense it in a way in which they hadn't perhaps before; this can be encouraging to enable them to do things that they might have otherwise been unwilling to do, and as a result face some of the deeper darker issues.

#### **Flamingo Lily (Anthurium Andraeanum) - Communion**

This can improve one's ability to project images of oneself, projecting ideas and information telepathically. It will assist someone in communicating to others how they see themselves, how they know themselves, and what they trust in themselves. Can also help in receiving a clear projection of God essence through prayer.

#### **Flax (Linum usitatissimum) - Memory Improvement**

Aids in assimilation of information and memory improvements. Reading skills improve, partly from easing related anxieties. Powerful cleanser for meridians, so good with acupuncture and acupressure. Emotional stress eased.

#### **Floss Flower (Ageratum) - Law of Help**

Can allow individuals a greater connection to higher, extra-physical helpers. An improvement of the physical body may arise from this connection. There is an improved communication between the 7th chakra and higher dimensional energies. There can be a better communication between the right and left brain.

#### **Flowering Maple (Abutilon hybridum) – Sensory Integration**

Flowering maple has useful capacity to shift how one perceives overall, the further integration of all of the senses, the ability for each one to create a synergism or strengthening of the other. This is particularly valuable when individuals are developing psychic abilities, working with raising consciousness, but it has a far more valuable use, as individuals are able to use this to enhance relationships, to interact with other people in a more conscious and loving way, and of course for various martial arts disciplines. One problem people encounter in developing psychic abilities is that they relate to past experience. Oh I have done that before unsuccessfully; or, I knew somebody in the past who did that and I wasn't able to; or whatever—this being one of their underlying thought forms. This is very important to dismantle. One of the most important reasons for this is that the very framework in which you have approached this has changed, humanity's consciousness has changed, the position of the Earth around the galaxy has changed, the energetics associated with the relationship between the subtle realms and the physical realm have changed. Most importantly, you are different from where you were 5 years ago, and indeed an integration of many of the senses, an awareness of all of the things that are going on around you as if you are breathing in light, sound, healing, this sense of an integration of each of these is very useful, and

Flowering Maple can be very useful in enhancing and strengthening this on many levels.

#### **Forget Me Not (*Myosotis sylvatica*) - Memory, Dreams, Vision**

This essence can increase memory capacity. Clarity of thought improves, and negative thought patterns are released. By aiding the pineal gland, this flower restores emotional balance, releasing through dreams tensions stored in the subconscious mind. It opens the crown chakra, so dreams and visions are stimulated.

#### **Forsythia - Abundance**

The Forsythia elixir has the capacity to energize many aspects of the loving nature in people, bringing them to more easily accept this in themselves. Sometimes this will make it easier to tolerate and accept others; to really see people of completely different cultural, ethnic, religious, even class backgrounds, and be able to more easily love them. The emotional body is significantly cleansed with Forsythia, especially where it is connected to any other person, and most people will find themselves more energized. Use of this flower helps one to see abundance in all things, let go of the concepts of short supply, and recognize abundance in oneself and in others.

#### **Four Leaf Clover (*Trifolium procumbens*) - Intuition**

This elixir can enhance expressive and mathematical abilities. It can make one more intuitive, with an increased ability to quickly respond to intuitive insights. People with poor intuition, or individuals constantly complaining about their luck would like this essence. There can be a greater sense of self-identity and purpose in life.

#### **Foxglove (*Digitalis purpurea*) - Fortitude, Stamina**

It gives fortitude and stamina for people with long-range and worthwhile goals and career plans. Take when going on long journeys. It grounds the spiritual forces into the heart chakra.

#### **Frangipani (*Plumeria alba*) - Emotional Calm**

Good for poor memory that is possibly due to emotional stress. For introverts and nervous people. The throat chakra is activated.

#### **Fuschia (*F. corymbifera*) - Childhood Issues**

It clears up any psychological imbalances from early childhood. The heart chakra is opened.

#### **Gardenia (*G. jasminoides*) - Compassion**

Emotional shift due to accepting one's consciousness in a new way. Greater attunement to knowledge received in the recent past. Excellent for student/teacher relationships. Creates a sense of peace, caring, and compassion.

#### **Garlic (*Allium sativum*) - Objectivity**

This elixir can strengthen positive thought forms and assist in destroying negative thought forms. It helps to get rid of any fear or paranoia by crystallizing objectivity in the mental and emotional bodies. There can be an easing of states of anger.

#### **Gentian (*Gentiana simplex*) - Future Expression**

Can improve people's ability to communicate on many levels. Improvement of speaking abilities and ability to share deeper insights and connection with others. Can improve connection and attunement to extraterrestrial beings of a positive and loving intent.

#### **Geranium (*Pelargonium*) - Past Relationships**

An ability to awaken understanding of past relationships and to balance and heal them. Symbolic of the crown chakra's unfoldment.

#### **Germander (*Teucrium canadense*) - Energetic Back-Up**

There can be a capacity to allow people to move through energies of many types. A vortex is generated within the individual that creates some interesting opportunities. It can be manipulated through conscious attention to hands-on-healing or transmission of healing energy remotely. Combines nicely with other elixirs aligned with the purpose of sending healing energy. One nice possibility is in combination with Sirius. This can be a wonderful flower to include in a first-aid or emergency kit for the purpose of balancing energy and reacting to situations in the most appropriate fashion at the right time. It can provide extra resources when one is approaching a difficult situation.

#### **Giant Spear Lily (*Doryanthes palmeri*) - Causal Body**

This is a very interesting plant that has a variety of higher connectivity to psychic levels, the causal body is particularly affected to the extent that viewing it as a photograph, describing it, just receiving or knowing it at some level does appear to produce some interesting effects, ways in which this energy is piercing to the soul, having the sense of this at a powerful level, this does appear to be one of its interesting capabilities: the ability to receive causal body energy directly as if it is connecting, as if a funnel of energy or powerful connectivity from many levels.

As the causal body is stimulated, energy can become more available to the individual. These are energies that can at times be a bit overwhelming. To some extent, Giant Spear Lily tends to moderate this, allowing you to better balance those energies. But one dose of it, one single drop can have the effect that over a period of a few days, three to ten days for most people, the causal body energies will be intensified. This can for a few individuals produce a state of melancholy, a sense of sadness that they have not accomplished what they came here to do, the sense that they are somehow misusing their gifts. Pay attention to this. Do not assume that this is a side effect, but rather it is

something in your own soul that wishes to smooth out or energize or more properly utilize your time here on Earth.

Giant Spear Lily does have capability of engaging imagination, bringing through possibilities and energies you had never previously considered. This is natural along with intensification of causal energy, but it can at times also produce a helpful self-healing. The self-healing would appear to be emphasized or strengthened by the use of the hands. Hold the hands above the head, pointed straight up, have the sense of energy coming into them from all around you: from the earth, from the stars, from the sun. Then slowly bring the hands down and put them on your physical body in a place that is representative of where any difficulty may be present, or if it is a whole body or blood or overall skin effect desired, then hold them near the center of the body, near solar plexus and abdominal area, with a sense of an energy moving out from the hands, and that energy then connecting in pure light, as pure white light radiance all over the body. Then let go by shaking the hands, allowing them to be loose and relaxed. In addition to all of this, this vibrational remedy appears to be stimulating in a way in which additional sense of energy or strength may be present. Hence in place of your morning coffee, in place of a stimulant, in place of something that you need to keep you more awake, this might be a recommended vibrational remedy.

#### **Gilia-Scarlet (*Ipomopsis aggregata*) - Harmony**

Helps to create a bridge between the bird and plant kingdoms. It gives a deep strength to people in their seeking of understanding about how they populate the Earth and share it with each other. It can enhance the possibilities of the spiritual aspects of sexuality. May ease skin complaints of mysterious/unknown origins. A greater ability to make connection and be one with another kingdom (i.e., to fly in the body of an eagle, to live in the body of a plant, to swim in the body of a fish).

#### **Ginger (*Asarum canadense*) - Self Worth**

With ginger elixir comes the greater possibility of the dissolution of the ego. There can be enhanced ability of the ego to shift, to change into what ultimately can best be utilized by an individual. Buried emotions will come to the surface to be worked with easily. Ginger essence allows people to better understand the appropriate use of their own talents, and it is good for artists needing inspiration or new ideas. Self-worth is greatly increased, even a sense of the worthiness of humanity.

#### **Ginkgo Tree (*Ginkgo biloba*) – Multi-Dimensionality**

One of the oldest plants on Earth in its current form, with little change now from its existence indeed many millions of years ago, Ginkgo has a capacity to engender in many individuals a sense of their ancient identities, even before human incarnation all the way back to the time of the dinosaurs. This primitive simple fan-shaped leaf has particular ability to generate this for some individuals, just looking at the plant bringing this more consciously into their

awareness. However this plant when it develops flowers is able to produce a very powerful energy that ties to other dimensions, a capacity of awareness of those dimensions as available to yourself. In ancient times the flower essence was used to enhance the ability of people to alter their form, to change their dimension, to move from one vibrational level to the other. This is not so easily available because of the increased density on Earth, but still some tendencies for this from the flower essence are available for individuals. Gradually however the more modern and important capacity associated with the flower and the deva order becomes available to individuals. This is an acceptance of the natural tendency of the individual to pass over into the other dimensions. This is not just about the acceptance of death or the understanding of it, but the process of life and birth as well, an understanding of the cycles of this in a more direct way become available to people. Some of these are important in areas that have not been well understood. A far more potent way to use it is in flower essence form, where particularly when one is treating memory problems, working with the understanding of advanced age, understanding of the consciousness as it changes, becoming more aware of the beings on the other side, not just relatives, friends, loved ones, etc, but your own consciousness, the aspect of you that you have separated from your own physical being and allowed to remain on the other side while a portion of you came into existence here. All of these become thinner, all of the ability to perceive this and work with it becomes more available. Hence the flower essence is actually a more valuable adjunct in aging, memory loss, various ways of working with aging individuals than the leaves or any other part of the plant. The flower essence can also give one a rather startling and direct view, from time to time, of what is happening multi-dimensionally, what is happening on the other side, how one becomes aware of it and so on.

#### **Ginseng (*Panax quinquefolius*) - Mental Clarity**

Profound master healer. Stimulates mental clarity and increases IQ. Self-esteem improves, stress eases, and spiritual awareness develops. For psychosis, especially when related to sexual anxiety. Psychic abilities open.

#### **Gladiola (*Gladiolus gandavensis*) - Increased Sensitivity**

There is a general increase in sensitivity, in the ability to assimilate information, and in awareness. All the meridians are opened. Good for people involved in self-actualization.

#### **Gold Medallion Tree (*Cassia leptophylla*) – New Learning**

Gold Medallion Tree does have capacity to confer a deeper level of acceptance within people of aspects they have previously rejected from themselves, from other people, and from the earliest periods in learning. Many times this has to do with brain development, that the child was presented with the information or technique in school out of sequence with the development of the brain. This could be before the brain was ready, or when the brain was very much focused in other arenas. Bringing greater brain flexibility and awareness, almost of child-like aspects is noted from Golden Medallion Tree. In addition this would be very



helpful for the young in school, in learning, particularly where they are taking on a new task. An adult will also benefit here when working with something new. In addition to all of this, is a capacity for these devas to more easily make contact with people in the dream state. This is very unusual as most interaction with devas occur only in nature. But here there is some awareness of this in the dreams for people as well. So welcoming this as you fall asleep, or perhaps even taking a walk outdoors just before going to sleep, being aware of the nature spirits around you and then going to sleep would be a valuable tool in using Gold Medallion Tree elixir in better attuning to these beings.

### **Golden Chalice (*Solandra maxima*) - Love Attunement**

This flower has unique ability capture some of the most subtle, even high vibrational energies and bring them into something tangible, something people can feel. Oftentimes this can be accelerated by visualization or a deeper awareness of the breath, the sense that you are drawing in the breath of a place, of a subtle energy, of an entire family, of a country or even a planet. Different ways to work with this are stimulating to the imagination because there are no limits. Many of the energies that penetrate into the earthly sphere, into the awareness of that which you would be able to receive, are those energies of love, caring, and compassion. In making deeper contact with extraterrestrials, this can be a very useful adjunct, bringing a sense that you are loved or cherished, that there is a positive helpful energy available. This flower has capacity to increase the sense that anyone has of love. Whenever a person might be feeling lonely, cut off from others, having the sense that there is less love than they know is possible, this flower can be very helpful, the essence giving the individual a sense that they can tune into love wherever they may find it, draw it in, receive it, having the sense that they can benefit from it greatly. This is a flower essence that does exceptionally well when added to a bath, bringing the sense that the water is somehow charged or golden in light. This is not only about receiving. As an individual uses this for a while, there is a gradual shift, they have the sense as if the energy or love is filling them up and there is more available for others, more available to heal and to be used in various ways that can bring aspects of helpful loving compassion such as writing or music into various ways in which you may find it useful to express yourself. When using this flower essence one can use the affirmation, "I welcome Creator of Love". This is a very useful essence for the physical heart.

### **Golden Eardrops (*Dicentra chrysantha*) – Loving Release**

Golden Eardrops essence has the capacity to help individuals perceive in the natural environment their subtle interaction with all plants, all animals, the devic orders. A variety of different aspects will show up, but typically the first and foremost will be that of what is needed to be cleansed, what needs to be released, what is standing in the way of your ability to know God, to have a sense of presence, to have a connection to the universe. As that block may show up in its very simplest form as the words of a child, as a simple vision, as an energy at a pure emotional level, it may be valuable to very deliberately cleanse it by moving the body, by dancing, by drumming the feet strongly on

the bare earth, by having the opportunity in your own consciousness to welcome the way this may easily pass through. What will then naturally emerge after every experience under the influence of this flower essence is a beautiful, heart energy, a loving sense. It is as if somehow that which can be swept away, that which is released by emotional expression, then immediately reveals a positive aspect underneath it, a loving nurturing component, a place inside your consciousness that just naturally knows that this is appropriate to now be released. In understanding or receiving these energies, the beauty of Golden Eardrop is to assist you in finding this in your own way, a way in which it is unique to you, in which you can then move through that sweeping/releasing process and then come to that place of deeper peace or deeper love.

### **Golden Rod (*Solidago Virgaurea*) - Spiritual Inspiration**

It opens the conscious mind to broad spiritual inspiration. Brings emotional balance to the overly philosophical and to the overly dogmatic spiritual person holding rigid religious beliefs. It attunes city dwellers to the environment. It helps people who cling to their beliefs to let go by putting them in touch with their intuition and higher selves.

### **Goldenseal (*Hydrastis canadensis*) - Emotional Cleansing**

This elixir contains a high and powerful energy for bringing light into the body. This light can be very healing as it moves through the emotional body in a way that causes resonance with other subtle bodies. One can go deeper into meditation, attune to an inner quiet, and bring through a sense of emotional stability. Any hidden emotions can come into light, thus being easier to be dealt with and cleansed.

### **Gooseberry (*Physalis peruviana*) - Eases Depression**

More for women. It eases depression associated with infertility or hysterectomy. Good for relieving psychological stress during menopause. A sound feminist philosophy develops, which may also be good for men. For sense of guilt and incompleteness with the inability to have children or to nurture. There may be low self-esteem.

### **Gorse (*Ulex europaeus*) - Mental Optimism**

This elixir is for those stuck in despair and hopelessness. It will provide optimism and renewed vitality.

### **Gotu Kola (*Hydrocotyle asiatica*) - Future Memory**

This elixir will assist people to wake up, to remember who they are, to understand what they can do in the world, and to see the ways in which they are able to help. Gotu Kola can help reduce intrusion of the emotional body into the mental body; this intrusion can affect memory. This elixir can assist in remembering lost information. The mental and emotional bodies will become strengthened and more distinct from each other. Past-life information can be received with less of an emotional charge.

### **Grape (*Vitis vinefera*) - Playfulness**

There can be a beautiful interactive energy between the devic order of this plant and the human family. The grape devas are, therefore, quite receptive to the human thought form and consciousness. These devas have a tremendous capacity to act as an intermediary between humans and other devic orders. Some individuals may find a changed relationship with alcohol by using grape elixir. There can be an easing of that addiction or certainly a new perspective as to its cause. Digestion and absorption of many foods can be enhanced, especially for different forms of sugar. The quality of play and child-like delight are enhanced.

### **Grapefruit (*Citrus paradisi*) - Mental Clarity**

This has a regenerative effect on the body, manifesting in clearer thoughts and the release of tensions stored in the temples, head, and jawbone. It acts as a mild tonic for the meridians and is equivalent to a liquid facelift. This essence tends to bring the entire body into correct posture or alignment.

### **Green Gentian (*Frasera Speciosa*) - Thought Projection**

Awakens psychic gifts of an expressive nature in most individuals. These are gifts, working with the 6th chakra, that can project mind-energy for various applications. Combines well with Green Rose for a balanced method of utilizing these abilities. Can accelerate and enhance the ability to project energies of love from a group to many of the beings assisting Earth at this time.

### **Green Rein Orchid (*Habenaria sparsifolora*) - Emotional Perspective**

Similar to Sierra Rein Orchid, yet a larger perspective and deeper understanding of the purpose of a denied emotion can be gained. An emphasis on seeing the continuity of patterns of emotions. This can be understanding in regards to parents and early upbringing or of a common thread drawn through past lifetimes. Can benefit both therapist and patient in working with depressive states or co-addictive energies.

### **Gum Plant (*Grindelia robusta*) - Bonding**

Can enhance the communication process between individuals in order to share deeper levels of truth and spiritual purpose without over-philosophizing. To draw together, connect, and enhance relationships. Can connect people in new relationships at deep spiritual levels. Can greatly enhance step-parent/step-child relationships at the soul level.

### **Hardenbergia Comptonia - Polarity Balance**

A balance and polarity develops with the crown, base, and heart chakras, which increases meditation and visualization. Western Australia.

### **Harlequin Flower (*Sparaxis tricolor*) – Releasing Judgment**

Harlequin Flower (*Sparaxis tricolor*) – Releasing Judgment There does seem to be an interesting property here of the flower essence in its ability to enable you to more deeply trust aspects of your own personality that you have found

difficult and discover as you work with them ways that they can be better shared with others, understood and trusted in yourself, translating the ability to use these with others. Oftentimes for individuals this will relate to buried fears, deep issues that have not been surfaced, coming to the surface in a way in which they may be understood or spoken about, and then the deeper message, the deeper positive quality allowed to come forth, the sense that every negative in your personality, every tendency or issue, everything that you are working on, has a positive helpful side, but also has a positive, helpful, or strengthening side that is hidden from your consciousness, some aspect you cannot name, you cannot know. After using this flower essence two or three times a day for three days, it then makes sense to investigate this more consciously, to ask such questions as: if there was a positive side to this particular difficulty I have, what would it be? More specifically, if in making a mistake or doing something with other people or relating to others in the world in some way in which you are self-critical. You wish things could have been different, you recognize a tendency you can then bring this into consciousness and name it. Then to ask this same question: if there was some aspect of this that was positive, helpful, beneficial, what might it be?

### **Harvest Brodiaea (*Brodiaea elegans*) - Spiritual Insight**

This flower helps to spiritualize the mental body, thereby increasing spiritual insight and the acuteness of the senses. It can alleviate certain forms of bitterness that can result from a materialistic lifestyle. More self-esteem, increased clarity of thought, and a less self-condemning nature are by-products of this remedy.

### **Hawthorne, English (*Crataegus laevigata*) - Emotional Stress**

This essence can help the body's consciousness and intelligence decipher and utilize the proper nutrients. Pre-cancerous emotional states such as extreme stress or grief over the loss of a loved one can be treated with English Hawthorne. Emotional affairs of the heart can also be treated with this elixir.

### **Heather (*Calluna vulgaris*) - Self-Confidence**

Opens one to a broader perspective. Removes constant worry over problems. Stimulates compassion and altruism.

### **Heliconia (*H. flava*) - Inspiration**

Creates energy spirals which may influence left and right balance of the subtle bodies. The brain and the spine are positively influenced. Helps in gathering ideas, putting them into form, accepting the results, and making changes as needed. Strengthens 10th, 11th, and 12th chakras.

### **Helleborus, Black (*Helleborus niger*) - Spiritual Aging**

This essence involves the understanding of the aging process, helping one to perceive the purpose and spiritual impact of aging. It also affects the heart chakra, thus it is good to help overcome a broken romance. It brings about a more positive state of mind.

### **Henbane (*Hyoscyamus niger*) - Balances Ego**

An aid in all stages of ego death involved in real growth, often of a spiritual nature -- frequently a Scorpio process. It reseeds the personality. It adjusts terminal patients to the transition. Euphoria may result from its use.

### **Henna (*Lawsonia Inermis*) - Receiving Wisdom**

Anyone seeking knowledge and spiritual wisdom, such as people with an academic or philosophical background, should consider this essence. It is quite useful to help someone accept new changes that come into their life.

### **Hibiscus (*H. Moscheutos*) - Female Sexuality**

It is useful for women in order to free any blockages in sexual energy. Heart and sexual chakras are activated.

### **High Plains Opuntia (Yellow) - New Perspectives**

Opuntia facilitates a deeper awareness of the entire skeletal structure, especially opening the concept of maximizing flexibility. It expands the ability to see new perspectives and share new energies, while coordinating these with old ones. The ability to create new belief patterns is enhanced, as is the willingness to release patterns that no longer work. Weight loss can sometimes be the result of using Opuntia flower essence, when the body needs to rebalance itself. Opuntia can encourage new states of consciousness, which can lead to a speedup in how relationships form, by expanding our awareness of relationship obstacles or blocks. This elixir can help people release previously held notions about the nature of relationship, and encourage inner aspects and understandings. On an outward level, energies are eased, so that indeed one can meet others in their soul family and gain awareness of guides and other beneficial energies.

### **Holly (*Ilex aquifolium*) - Unconditional Love**

For those who suffer from jealousy, envy, suspicion, greed, and hatred. This elixir can help to restore a flow of love, bringing about greater perspective in life.

### **Hollyhock (*Althaea rosea*) - Joyful States**

Increases one's ability to understand the essential joyfulness of 4th dimensional energies, thus opening a doorway to powerful energies of love and spirit. Helps one to tap into one's unconscious and have deeper insights into the realms of devas and angels. Combines well with inert gas elixirs.

### **Holy Thorn, Glastonbury (*Euphorbia Milii*) - Christ Energy**

There is an opening of the crown chakra, with a greater willingness to work with a Christ-energy connection. It will allow a deeper attunement to any particular spiritual avenue to which one wishes to attune. It is best to have a specific in mind when you take Holy Thorn. When you have a deep consciousness upon a

particular deity, planet, star, the Sun, or with some aspect of Christ consciousness, taking Holy Thorn allows a fusion of the essential energy behind the spiritual idea or ideal. It may be best to use this by itself with the above attunements in mind.

### **Honeysuckle (*Lonicera caprifolium*) - Living in the Present**

This elixir is to be used for those that tend to live in the past. These attachments to previous times will drop away, and there will be a greater ability to live in the moment and experience future contentment.

### **Hooded Ladies Tresses (*Spiranthes Romanzoffiana*) - Divine Relationship**

To be utilized after peak experiences, catalytic change, or catharsis, in order to maintain these higher states so they can continue in a more constant flow -- although not in quite as intense a fashion. There is also a slight strengthening of psychic gifts.

### **Hops (*Humulus Lupulus*) - Spiritual Growth**

This essence stimulates physical and spiritual growth. People yearning to amplify their spiritual growth should consider using hops. It improves group interaction and opens the 6th chakra.

### **Horehound (*Marrubium vulgare*) - Clear Expression**

Can have great impact on issues -- physical or otherwise -- dealing with the throat region. It is quite helpful for bringing out the higher aspects of expressiveness. There is an interesting connection with the canine species, and it is quite helpful to dogs in many ways. For humans, it can impart a greater level of endurance and patience in communication. Thus, it can combine well with Polaris. May alleviate or soften some deeply denied or feared issues that need to be dealt with.

### **Hornbeam (*Carpinus Betulus*) - Procrastination**

With this remedy, there can be for many individuals a powerful extended sense of time, understanding the future in a more direct way, ability to perceive in ways that relate more to the outcomes as if they already existed. This is tapping into parallel universes, awareness of consciousness through higher dimensions, and the intertwining of these energies. Some scientists may even find this helpful when considering such as string theory or some of the new frontiers in the sense of physics as it is changing and growing. Hornbeam would have benefit in energizing the ninth chakra.

### **Horseradish (*Armoracia rusticana*) - New Reality**

Horseradish flower essence wakes people up. It is helpful for dislodging chronic conditions or moving conditions that have lingered too long. Stuck belief patterns can be removed with the influence of horseradish. By raising the vibration of the mental body to connect to a much higher realm, this flower help one see things in a new context. Can combine well with Sirius for intensifying effects.

### **Horsetail (*Equisetum hyemale*) - Structural Organization**

This elixir releases patterns that relate to the way various structures within consciousness are established and transmitted. This is valuable to use during times of trauma, when it is difficult to relate to reality structures. This is a good elixir for use during times of spiritual emergence or emergency, when there can be exceptional amounts of kundalini energy that need to be properly balanced. Strengthens the knees and feet.

### **Hound's Tongue (*Cynoglossum officinalis*) – Tenacity**

This plant as a flower essence can provide insight into how in your own speaking and other forms of communication you are perceived. It can allow some benefit of enhanced persistence and strength. Some aspects of the ability to, through this tenacity and better awareness of how other people perceive you, provide an enhanced sense of love. Self love, love for others, forgiveness and kindness can be traits that are strengthened and at the same time become more enmeshed with your daily life and your inner character. That sense of tenacity and ability to continue those traits, to even emphasize them has been utilized by the devas in ancient times. The feline kingdom and especially its ability to perceive, at a higher vibrational level, aspects of your own nature are strengthened. Anyone with an attraction to cats, those who interact with cats, who wish to take care of them, or find themselves frequently with cats as pets, would do well with this. There is even some slight tendency here to reduce allergic reaction to cats, which is quite a common issue, dating from an earlier lifetime in which severe traumatic experience has left its own scar on the individual.

### **Houseleek (Hens and Chickens) (*Sempervivum tectorum*) – Wisdom**

There is an important characteristic of the aetheric to physical connection that relates to ones development of belief patterns, consciousness, and lessons learned, which eventually gives rise to wisdom. Houseleek as a flower essence helps to confer a sense of wisdom, particularly with experience and age. This plant is also called “Old Man and Woman”. This plant has ways of giving you the sense of age-old wisdom, awareness of the many aspects of life experience, along with the understanding and balance of both male and female energies as one matures. Houseleek can awaken a deeper appreciation and ability to work with these energies, and strengthen the aetheric body for the aging process.

### **Hyacinth (*Hyacinthus orientalis*) - Synchronicity**

To be in synchronization, or at the right time or place, is enhanced. Assists those who need to coordinate projects with others and to do them at the appropriate time and in the appropriate manner.

### **Hydrangea - (*Hydrangea macrophylla*) - Chakra Awareness**

One of the most interesting features of hydrangea is the stem bark, which forms seven thin layers of different colors. Indians have utilized this capacity,

Cherokee in particular, because of the awareness of this relating to the seven energy centers in the physical body. The hydrangea essence works in many ways to combine energies of the chakras, allowing them to inter-commingle and transmit energy through their various components in very useful ways for people. It is almost as if they are more able to visualize the chakras, particularly those occurring in the physical body, and thus oversee and govern the transmission of energy between them. This can be extremely helpful for healers who are seeking to awaken chakras in individuals. Or this can be extremely helpful for individuals seeking to bring new energy from one chakra to another where one is at a lower level of function than others. This has the ability to also produce protective energies, somewhat like garlic, and may work well with garlic flower essence in reducing insect infestation or insects bothering or hurting people. □ □

### **Hyssop (*Hyssopus officinalis*) - Honesty**

This essence is primarily used to alleviate guilt. As one releases guilt feelings from within the self, more constructive tendencies within the personality can develop. There can also be a reduction in tension throughout the system from the use of hyssop.

### **Icelandic Poppy (*Papavar nudicaule*) - Psychic Development**

There is a capacity enhanced in the individual to collect energy in ways they hadn't made easily available to them. This is not so much for the integration of the energy but for the collection of it. Specifically it can be focused into areas of psychic development where one has worked in a particular modality for a while, the visual perhaps or the auditory, and in order to enhance this or strengthen it, they then are encouraged to go in a whole different direction to bring in energies that have to do with a different modality.

To have the sense of this for the individual, some kinesthetic attunement would be helpful, the sense of the arms to the left and right with the hands upraised, the sense that energy is coming in, that you are breathing it in, that it is running deep into your physical body, can be helpful. To give this a color, a sound, a movement by the arms vibrating slightly, or moved in a gentle circle, these sorts of things all at the same time would be very useful along with the vibrational remedy of Icelandic Poppy. The sense that all of these energies build within you for a few moments, perhaps 30 seconds or so, would be helpful. Then as you release this, have the sense of it connecting to Earth, and then be quiet. Do not expect or receive anything in particular, but for a moment simply receive what earth has to share with you.

There is a powerful connection to the natural kingdoms in many of the high volcanic activity areas on your planet. This extends not just to people but also to the flora, fauna, and especially the devas in those areas. The devas associated with Icelandic Poppy are bringing into your own understanding a sense of tolerance, acceptance, even love for people who have no interest in consciousness, vibration, or anything of a non-physical nature. This is a very



difficult place for many people to understand. If you have awareness of this yourself, it would often seem to you difficult, judgmental, even that which might produce powerful emotion when you are around people or listen to them speak who have little regard for this aspect of life.

#### **Impatiens (*I. glandulifera*) - Patience and Tolerance**

This elixir is for those that display impatience and irritability with others. This elixir can assist in establishing calm, tolerance, and the understanding of others.

#### **Indian Paintbrush (*Castilleja lantana*) - Emotional Maturity**

This elixir is to be used when there is emotional immaturity, verbosity, and lightheartedness to a point of being obnoxious. One does not receive enough attention, so depression may develop. It enhances the ability to see the aura. Most of the chakras and nadis are strengthened.

#### **Indian Pink (*Spigelia marilandica*) - Sexual Healing**

This flower essence is useful in the understanding of deep hidden parts of oneself that are often only revealed during sexual activity. One can feel these basic energies as Nature's simple willingness to manifest. This elixir can help heal sexual abuse or sexual struggle within this lifetime. This flower can assist in understanding the true nature of sexuality and helps bring out the underlying tenderness, love, compassion, and caring between two beings.

#### **Indian Pipe (*Monotropa uniflora*) - Great Central Channel**

A balancing of the flow of energy between the chakras is created. This can enhance movement, dance, or alleviate discomfort in the back when it is stressed or stretched. When establishing a clear contact to a higher vibrational being in the channeling process, Indian Pipe essence is of benefit.

#### **Ipecac (*Gillenia stipulata*) - Emotional Balance**

Excellent emotional balancer for young women, especially teenagers. It is also for older women who have experienced emotional trauma.

#### **Jacaranda Tree (*Jacaranda mimosifolia*) - Creativity**

This tree has a variety of useful effects on the environment, producing in those who are around it a shift in consciousness, a momentary stillness, an aspect of deeper appreciation for themselves. This effect is strongly multiplied in the flower essence, a deep understanding of a sense of your own benefit, your own capacity to help others, an awareness of the way in which you can create a sense of peace for yourself and with others, but not a sense of peace that is sleepy or relaxed; rather a sense of peace with action, with the ability to bring into form your own hidden ideas, those you have been thinking about in a creative way. This can be very powerful and helpful, a way in which you develop a sense of self, and that this relates to your most creative side, can be particularly helpful for one class of people, this would be those who would say: "I admire creativity in others, but I do not have it in myself." This of course is not

true. Many individuals have a great deal of hidden creativity or aspects that are unique to their own being that need to have outward expression in the world, but for some reason have been stopped. Most frequently it is a comment or a criticism when they were young from a teacher, a fellow peer, a parent, whatever, but for many individuals they took this deeply to heart and in some way believed it. Although Jacaranda can help turn this around, it is more that the individual becomes more aware of the fact, the simple clear truthful fact of their own innate creativity, uniqueness, ability to be of benefit to others, and so on.

#### **Jacob's Ladder (*Polemonium caeruleum*) - Emotional Development**

This elixir can assist in the release of huge amounts of stuck energy in the emotional body. Thereby, a correct and appropriate development of the emotional body can occur. This releasing of energy held as preconceived ideas or assumptions will greatly assist the physical body. As one increases emotional awareness, any setbacks or difficulties can be assisted by deeper realizations from Jacob's Ladder. It is particularly effective prior to sleep or deep meditation.

#### **Jasmine (*Jasmine officinalis*) - Permanent Atom**

This plant allows people to harmonize with society yet maintain their individuality. A greater ability to meditate with stars can result from this flower. Understanding astrology and working with the healing energies of the cosmos can be benefited with jasmine elixir. An improved sense of self-esteem with a sense of practicality and mental clarity can result from this flower. A stimulation of the permanent atom, or the soul's original God spark that resides within through all incarnations, is of great benefit from this elixir.

#### **Jerusalem Artichoke (*Helianthus tuberosus*) - Joy and Radiance**

This essence gives one a greater ability to work with and absorb energy from the sun, to accept life's joys and the sweetness of life, and a deeper appreciation of things on the planet. This elixir will prove quite useful in overcoming hopelessness, despair, and anger. This essence can bring about an inherent sweetness and a wonderful capacity to be loved and to love. Combines well with Helios elixir and Sunflower.

#### **Jerusalem Sage (*Phlomis fruticosa*) – Relationship Wisdom**

Jerusalem Sage has important capacity to reveal to individuals aspects hidden from themselves and others, not only bringing up from the unconscious that which was buried, but allowing that which was not available even in conscious awareness with other people. This can be incredibly helpful when one is involved in counseling and one tends to be stuck, bringing forth new ideas and possibilities, but more importantly revealing what was hidden below the surface, both to the counselor and the client. It can also confer some degree of deeper understanding about oneself, having the possibility of bringing aspects you had not previously considered possible about your own existence. Secondly, because there is this ability of Jerusalem Sage to unite opposites, there can be

many different aspects in consciousness united. In particular there is the aspect of the male/female where one has rejected or pushed away some of the aspects of this. This is likely to be very helpful remedy for women who are seeking to better understand aspects of relationship. The ways in which men have proved particularly troublesome or difficult for them can be eased and shifted as they begin to accept some of the characteristics in themselves, the capacity to find a reason at an emotional level, a sort of way to make sense of it all, is very much enhanced with Jerusalem Sage. Wisdom in relationship however is not about relationship with other people, it is about relationship with yourself, with the deeper understanding of the rejected characteristics you may have within yourself that relate to any aspect of the opposite.

#### **Jimson Weed (*Datura Stramonium*) - Stimulates Dreams**

It stimulates dreams, meditation, alignment to one's inner guides and teachers, and to the inner divine sound. If you constantly chant a mantra, it ultimately goes on continuously inside you. It aids this process.

#### **Jojoba (*Simmondsia chinensis*) - Deep Massage**

Jojoba can be quite helpful when one wishes to clear up physical difficulties incurred during youth. This essence can be used for the alleviation of birth trauma, falling out of the crib, or other early incidents that can be stored within the physical body and which need to be brought into an emotional context in order to be relieved. This elixir can enhance deeper breathing and relieve muscle tension. Use in massage to carry vibrations from other remedies deep into the body.

#### **Joshua Tree (*Yucca brevifolia*) – Self Understanding**

This appears to be a beneficial plant on many levels, and it appears as if it has the property to strengthen people's resolve, their ability to stay rooted and focused in what is needed, but at the same time allow some interconnection to other people, their awareness of each other and how they can cooperate and work together.

#### **Judas Tree or Red Bud (*Cersis Siliquastrum*) - Lifting One's Spirits**

This elixir is to be used for grief, remorse, and to get beyond depression and a sense of failure. This is extremely potent for suicide prevention. There can also be an enhanced energy in the feet, knees, and legs. All problems with weight gain associated with depression are alleviated with this elixir. Emotional attachments that lead to self-guilt and difficulty in facing oneself are aided by Judas Tree. This flower lifts one's spirits and helps one to find joy and grow spiritually. All people born with their sun sign in Scorpio can use this elixir to grow into greater psychic unity.

#### **Jungle Flame Flower (*Ixora coccinea*) - Psychic Integration**

This can influence integration of clairvoyance, particularly relating to the shift between the third and fourth dimension. This can increase one's ability to accept and work with many psychic abilities. At the highest level, there can be a

greater sense of God-energy with the root chakra.

#### **Juniper (*Juniperus scopulorum*) - Shifting Beliefs**

Juniper joins Pennyroyal, Camphor, Garlic, and other flower remedies in their abilities to disperse negative thought forms and stuck energies. Juniper is especially adept at breaking down underlying belief patterns as they manifest at a physical level. Juniper can assist in dispelling fixed beliefs and creating a whole new way of seeing things. Ultimately, Juniper accelerates karma by providing areas of introspection not previously available. It is recommended for healthy people to use the elixir during times of Mercury retrograde, for inner work.

#### **Kangaroo Paw, Pink/Violet (*Anigozanthus manglesii*) – Inner Strength**

This flower essence is similar to Red Kangaroo Paw with a greater focus of helpful energies in the pancreas. (Red Kangaroo Paw has some interesting capacities to assist individuals with finding a sort of inner strength, a willingness in themselves to build a great degree of this strength to the point that they have a sense that they don't need it, that they can let go of it. This not only increases one's inner confidence or an awareness of oneself, but allows a sense of this in others. It helps you to discover the strength you may feel in other people, find a way in which you are able to interact with them, and make this a simpler, easier activity. Secondly some individuals may find that they are feeling some sense of fear around others who are very strong. This can be not only from physicality but also from a variety of different energies that may come out in people. Gradually this shifts. One of the most important aspects here is where individuals tend to attract others who might make fun of them, or say things about them that they might struggle with. Kangaroo Paw shifts this consciousness, allowing them not only to laugh at themselves, and to understand and forgive others better. This gradually builds inner confidence, strength, and an ability to interact with others in a more loving way. But the most interesting application of Kangaroo Paw comes out when an individual wishes to speak in public. This not only allows confidence for speaking, but a relaxed state in which one can be more easily humorous, able to share enjoyable fun stories, even become a comedian).

#### **Kangaroo Paw, Red (*Anigozanthos rufus*) – Inner Strength**

Kangaroo Paw has some interesting capacities to assist individuals with finding a sort of inner strength, a willingness in themselves to build a great degree of this strength to the point that they have a sense that they don't need it, that they can let go of it. This not only increases one's inner confidence or an awareness of oneself, but allows a sense of this in others. It helps you to discover the strength you may feel in other people, find a way in which you are able to interact with them, and make this a simpler, easier activity. Secondly some individuals may find that they are feeling some sense of fear around others who are very strong. This can be not only from physicality but also from a variety of different energies that may come out in people. Gradually this shifts. One of the most important aspects here is where individuals tend to attract others who

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### **Kangaroo Paw, Yellow (*Anigozanthus pulcherrimus*) – Inner Strength**

This flower essence is similar to Red Kangaroo Paw with a tendency for a higher degree of energetic stimulation. (Red Kangaroo Paw has some interesting capacities to assist individuals with finding a sort of inner strength, a willingness in themselves to build a great degree of this strength to the point that they have a sense that they don't need it, that they can let go of it. This not only increases one's inner confidence or an awareness of oneself, but allows a sense of this in others. It helps you to discover the strength you may feel in other people, find a way in which you are able to interact with them, and make this a simpler, easier activity. Secondly some individuals may find that they are feeling some sense of fear around others who are very strong. This can be not only from physicality but also from a variety of different energies that may come out in people. Gradually this shifts. One of the most important aspects here is where individuals tend to attract others who might make fun of them, or say things about them that they might struggle with. Kangaroo Paw shifts this consciousness, allowing them not only to laugh at themselves, and to understand and forgive others better. This gradually builds inner confidence, strength, and an ability to interact with others in a more loving way. But the most interesting application of Kangaroo Paw comes out when an individual wishes to speak in public. This not only allows confidence for speaking, but a relaxed state in which one can be more easily humorous, able to share enjoyable fun stories, even become a comedian).

### **Khat (*Catha edulis*) - Life Purpose**

Creative visualization, chanting, and meditation are strengthened with this remedy. It is a general stimulant for the endocrine and the immune systems during illness. Khat can bring waves of vital force into the cells. This elixir can assist people who are anxious, lethargic, prone to a fear of aging, and with a lack of vision in life.

### **Kidney Bean (*Phaseolus vulgaris*) - Hidden Fears**

Opens the kidney chakra. It removes hidden fears, paranoia, anger, and intense mental states.

### **Kinnick-Kinnick (*Arctostaphylos Uva-ursi*) - Ending Relationships**

Allows people to more easily create networks to others in a conscious fashion and to break those connections when they are unnecessary. Assists people to move in a freer and easier fashion and to alleviate unwanted past-life

connections.

### **Kitkitisi {*Mountain Misery*} (*Chamaebatia foliolosa*) - Completion**

Increases the ability to stick with a task. Assists in modifying old ways so that new energies can be brought in. Can assist in discovering added inspiration and deeper understanding about a project.

### **Kiwi (*Actinidia chinensis*) - Praise and Awe**

Kiwi is good for treating fear, lack of a loving nature, stress, and general moodiness. It can stimulate most digestive enzymes, with an emphasis on those manufactured in the pancreas. Brings about a sense of peace and inner purposefulness. This elixir can help people welcome life by bringing a sense of the sweetness and beauty inherent in all life. It will assist the 4th and 5th chakras, enabling a better sense of expression and an ability to understand emotions.

### **Kohlrabi (*Brassica oleracea*) - Multi-Dimensional Blending**

May assist one in becoming more conscious of one's multi-dimensional aspects. This is the way that one can exist in many times or many places at once. There can be a blending of one's physical nature and many aspects of psychic development. There can be a greater rootedness or connectedness to the Earth. This can give one a greater psychic window into many geophysical realities of the planet. Can combine well with potato flower for multi-awareness on many planes.

### **Lady's Mantle (*Alchemilla vulgaris*) - Inner Feminine**

This can bring an energizing effect to many aspects of the inner feminine for men or women. There is an increased uptake of many minerals. For some men in positions of higher power or responsibility, a greater insight into the female can be gained. Women who spend time with men who have difficulty attuning to the feminine can use lady's mantle. By taking this elixir, a woman may be able to supply the energy to shift a man's point of view. Can be used in the birthing process for a more positive attitude, especially when there has been a difficult prior birth.

### **Ladies Purse (*Calciolaria hybridum*) – Upliftment**

This flower essence has been focused on extensively by a variety of devas for one singular purpose, which has to do with the opportunity for guides and helpers to lift an individual. This has a variety of different applications, but the simplest of these is observed when you recognize the assistance from guides, helpers, or positive interacting beings, including angels and archangels, directly associated with your feet. These energies are to lift you. This works symbolically at the level by which you are able to have the sense that you are being assisted or supported in your life. The essence allows the individual to be lifted, to be connected with the feet, to be assisted and loved, and to feel this at the lower chakras moving all the way up into the higher chakras as well. Most importantly though there is this sense that you can go anywhere, anything is

possible, nothing is limited, all doors are open, even the question 'where would you like to go now' as a sort of intriguing opening and invitation in Consciousness. These energies can be particularly helpful to an individual who is feeling trapped, stuck in their lives, be it metaphorically as in a rut within a job, or literally as in prison or in some situation that is extremely confining, a hospital perhaps, an underground area perhaps, an island perhaps. These are only the trappings or holdbacks of the physical, and so to liberate by acceleration in consciousness can be a useful tool.

#### **Lantana (Lantana Camara) - Sensitivity**

May enhance one's physical sensitivity, particularly in the fingers and toes. There is a greater sensitivity to aetheric energy in these areas. This can be useful to artists, designers, engineers, and others who do manual precision work. There is also a greater attunement to energy interactions that take place on a very small level. This flower will assist interrelationship and communication with children, particularly those who are outside one's family. Can be useful to take for those programming quartz crystals.

#### **Larch (Larix deciduas) - Self Confidence**

With this remedy, one begins to recognize a powerful tap into a collective consciousness that tells you: you are deeply loved, that there is an energy available by which you do not any longer question the issue regarding self-esteem or seeing oneself differently or understanding how one interacts in the world. Rather there is a deep sense available to you of this awareness that you are loved by God, that just by your existence there is proof that there is benefit to your being conscious, alive, and in a physical body. Larch would appear in some ways to positively affect the eleventh chakra.

#### **Larkspur (Delphinium) - Attitude Adjustment**

This essence can give you a better perspective on things, allowing you to see yourself in the correct context and to put the ego in its proper place. Larkspur can assist one in expressing in a clear, succinct, and easy-to-understand manner that can be appreciated by others. There can be a blending of heart and head energies, with a greater contact to an inner dolphin or playful energy. Creativity is enhanced. Those involved with gardening can better attune to the devas.

#### **Lavender, English (Lavendula augustifolia) - Spiritual Progress**

Lavender activates the crown chakra and the chakra point about 1.5 inches above the medulla oblongata. This minor chakra creates keen awareness and alertness. With the crown activated, aspects of the higher self integrate into the personality. This essence can stimulate visionary states and connect people to their higher self to remove karmic blockages that prevent spiritual progress.

#### **Lavender, French - Spiritual Progress**

Lavender activates the crown chakra and the chakra point about 1.5 inches above the medulla oblongata. This minor chakra creates keen awareness and

alertness. With the crown activated, aspects of the higher self integrate into the personality. This essence can stimulate visionary states and connect people to their higher self to remove karmic blockages that prevent spiritual progress.

#### **Lemmon's Paintbrush (Castilleja Lemmonii) - Societal Interaction**

Use of this elixir may bring a deeper level of connection to higher self energies. This can be especially useful in creating a deeper understanding of one's interaction with society or communities.

#### **Lemon (Citrus limon) - Mental Activity**

Provides a strong impact on the mental body, thus making it easier to make decisions. The left brain is stimulated so that mathematical, computer, and language skills are activated. Excellent for use with color therapy.

#### **Lemon Balm (Melissa officinalis) - Calming**

This elixir has a calming effect but is more a temporary relaxant than a long-term treatment. It represses, rather than releases, anxiety, depression, and fear. It eases insomnia but does not get to the root problems, so it is best to combine it with other preparations. Emotional and etheric bodies are aligned though its use.

#### **Lemon Mint (Monarda citriodora) - Emotional Release**

This is useful for most people for energizing the emotional body. Abuse issues, addiction issues, deeply ingrained fears, and anger can be more easily released and understood. Ultimately, Monarda has the capacity to produce self-forgiveness and forgiveness that can be applied in groups. Emotions thus cleansed and cleared can allow an individual a greater ability to focus and concentrate. This would be helpful to children, especially ages 13-18.

#### **Leopard Lily (Lilium parvum) - Light Workers**

Can give individuals greater strength in their abilities to improve self-image, to express themselves, and to clearly allow their inner natures to come forth. Can be especially useful for public speakers. Can be quite helpful for writers who have an alternate viewpoint or ideas differing from the mainstream.

#### **Lettuce (Lactuca sativa) - Understanding Wellness**

Can bring enhancement of the intuitive and instinctive faculties to examine what is useful for one's own health. Can assist in letting go of the prevailing point of view on what is healthy for someone. May also bring a letting go of the conscious mind, to better tune into the instinctual mind.

#### **Licorice (Glycyrrhiza glabra) - Calm**

There can be much benefit in the reduction of stress with Licorice elixir. There will be a greater awareness of the energies of one's own body, as well as a shift in consciousness. Theta waves are significantly enhanced with Licorice. For children, Licorice offers an ability to understand and cope with the stresses



involved in growing older and the energies that pull on them in several directions. Coping mechanisms are developed more easily with Licorice. It helps develop a deeper, calmer state of mind.

#### **Lilac (*Syringa vulgaris*) - Alignment**

This essence mainly influences the spinal column. It can be given by a chiropractor/osteopath right before an adjustment for a good effect. This elixir can activate the kundalini energy, opening all of the chakras. Lilac spiritualizes the intellect.

#### **Lily Of The Valley (*Convallaria majalis*) - Transition Stress**

This plant was created to help people decide when it was best to leave the planet through a death experience. This essence eases the physical transition, opens the psychic centers, and eases depression. The elixir helps you reach a greater understanding of why you are in existence. This elixir will also benefit those that are experiencing deep states of fatigue from grief or terminal illness.

#### **Lima Bean (*Phaseolus multiflorus*) - Grounding**

Use this essence to benefit the chakras of the feet. It will help to increase the understanding and the flow of life force. It is grounding. This can be utilized for astral projection, the easing of agoraphobia, and hallucinations.

#### **Lime (*Citrus aurantifolia*) - Mental Alertness**

When using Lime elixir, the ability to release toxicity from one's thoughts is brought through by examining the purpose of having lower vibrations of thought. It is easier to release the difficult underlying issues and see things in a more positive light. The entire circulatory system is energized, with a better connection between the emotional and mental bodies. The mental body is awakened, bringing a higher level of consciousness.

#### **Lion's Tail (*Leonurus cardiaca*) - Courage**

This elixir is used to build courage and strength in people. With it, one can develop self-esteem, an understanding of oneself in relationship to others, and an ability to see oneself clearly without extraneous images and expectations.

#### **Litchi (*Litchi chinensis*) - Soul Essence**

Use this essence with small children struggling with the full comprehension of learning lessons of a spiritual nature, such as questions about God and existence. When trying to solve a problem, Litchi helps one see the whole rather than individual parts, granting one greater insight and recognition of a solution. There is a greater ability to tune into the higher self in harmony with the soul essence. Thus, a good deal more soul energy can be brought into one's life, offering more direction and understanding of one's life path.

#### **Live Forever (*Dudleya farinosa*) - Higher Guidance**

This essence coordinates spirit guides and teachers into a single unit. Thus,

information can be received in a more organized fashion. This can be used for assistance in trance and/or conscious channeling.

#### **Lobelia (*L. inflata*) - Psychic Development**

For psychic development and the ability to better perceive details.

#### **Lobivia Cactus (*L. arcananthus*) - Divine Intimacy**

Attunement of the heart to the awareness of the Christ principles manifest in relationship to Earth. May result in a feeling of deeper groundedness and awareness with another person and an enhanced ability to interchange energy. There may even be memory across time of the energies of your sexual partner.

#### **Loosestrife (*Lythrum Salicaria*) - Harmony**

This essence can be an enhancer for bringing the three lower chakras into alignment so that spiritually inspired information can be applied. Loosestrife can benefit daydreamers, escapists, and those who are blitzed out from spiritual or religious experiences and from some forms of schizophrenia.

#### **Loquat (*Eriobotrya japonica*) - Digestion**

This elixir can be used as a first-aid remedy for nausea. It balances the mental and emotional bodies, easing various fears and anxieties.

#### **Lotus (*Nelumbo nucifera*) - Emotional-Spiritual Harmony**

Master healer. Stimulates creative visualization and psychic abilities, releases past-life data stored in genetic code. Balances all chakras. Acts as a booster to other remedies when in combination with other flower essences and gem elixirs.

#### **Lovage (*Levisticum officinale*) - Divine Feminine**

This essence has the ability to stir the heart, bringing a sense of deeper attunement to the inner divine feminine; the awareness of the loving component of this as a beautiful caring energy. However, this is distinct from other important feminine aspects, those that are sexual, seductive, maternal or working with the divine mother energy. Instead, these energies allow individuals to attune to an awareness of love on many levels, and foster a willingness to play with it, enjoy it, and find a sense of joy with the love that they know. At the highest vibrational level, there is an increased understanding of the divine feminine God principle, awareness of receptivity on many levels, and a deeper awareness of the healing powers of sensitivity. Sometimes this energy can be helpful with individuals who are seeking to re-stimulate various fine sensory functions lost during their childhood, like taste, smell, and so on.

#### **Love In A Mist (*Nigellia damascena*) - Collective Consciousness**

Assists in allowing free association of thoughts, feelings, and ideas. Useful in hypnosis or other trance work. For individuals who have difficulty with the air element; helps one to achieve oneness with one's soul family.

### **Luffa (*L. aegyptiaca*) - Cleansing**

Luffa rejuvenates the sensitivity of the tissues of the skin, enabling the skin to better eliminate toxicity from the physical body. People who are too introverted or extroverted can be helped by Luffa. This is an excellent choice to use externally on the skin.

### **Lungwort (*Pulmonaria*) - Prana**

All who work with breath can benefit from this elixir. Various yoga techniques are all enhanced with this plant. The mental body is stimulated and anger is eased.

### **Lupine, Royal (*Lupinus Succulentus*) – Self Worth**

This particular lupine has a tendency to enhance an inner sense in individuals of their own self-worth. In particular it shows them from an external point of view for a moment their standing in the world in the eyes of guides, helpers, even angels and archangels. It is as if they have a deep sense for a moment of their own innate nobility. With repeated use this flower essence does seem to confer on the individual this inner sense as a rock, as something solid, as something that they can count on, as something that they may have deeper understanding and awareness of. This lupine does appear to assist with this process of removal of the toxic metal, silver, as also a variety of others. And it does not do this by direct action but by interaction with the brain in several ways in which self-esteem is enhanced, a sense of ones own inner strength is enhanced, a sense of peace and calm, while at the same time a straightening out of the spine and a strengthening action up and down the body that inevitably results in enhanced lymphatic functioning.

### **Macadamia (*M. ternifolia*) - Friendship/Bonding**

Alleviates mild tensions between couples, such as inhibitions over sexuality. It bonds friendships. It helps one overcome feeling small against massive consequences. Signature: small flowers on a large tree. Use for fear of heights, and it is a mild tonic for balancing the emotions.

### **Madia (*M. elegans*) - Balanced Perspective**

This is a good remedy for people with great drive and stamina but who have difficulty in completing things or handling details. Concentration and a sense of perspective is developed through the use of Madia. When there is a lack of confidence, mental lethargy, or an inability to complete projects, this essence is useful.

### **Madrone (*Arbutis Menziesii*) – Heart Wisdom**

Madrone confers a deep sense of wisdom. The awareness of this goes right to the heart not to the mind. There is a sense that there is a great deal of access to wisdom, even in youth, even with those who might otherwise not evidence wisdom. This can be sense of deeper peace or an awareness of inherent connectivity for some individuals. It can be particularly helpful when working

with ecological systems, understanding of nature, seeing of how one thing connects to another, and so on. Madrone flowers confer this awareness as if it has always been present, a deeper connection to a universal wisdom. An awareness of this in many new ways for people may show up. If you have used Madrone essence in the past, perhaps six months after having used it you use it again, your experience will be different. What you will remember, how you will know yourself, how you will see various aspects of wisdom in the world, these will all shift and change. This is a wisdom in the heart, a sense that all is well, and the opportunity to draw this energy more deeply into all parts of your being, that this is natural and easy to accomplish, and can bring an awareness of this in ways that have never been present before, as if the things that you have learned stimulate a completely different way of understanding those things than has been present before. Madrone can confer in some individuals unique and very useful healing properties. The ability to share these thoughts or ideas with others, saying the right thing, asking the right question, finding the way to interact with others. But it is not the words; it is the feeling in the heart that is actually making the energy connection.

### **Magnolia (*M. grandiflora*) - Enlightenment**

This plant brings the message that enlightenment is possible for westerners, regardless of upbringing or previous programming. It stimulates consciousness. Its properties are similar to Lotus, but for westerners. There can be profound spiritual effects from awakening energies in the higher chakras. One can transcend the older attitudes one has around relationships, money, marriage, and other ideas in western cultures, and bring a more individual definition to these ideas.

### **Mahogany (*Swietenia Mahagoani*) - Self Value**

This can be used to treat any psychological difficulties associated with ungroundedness. The lower half of the body is strengthened, particularly muscles in the legs; this increased flexibility will benefit those involved with yoga or dance. This essence can help one feel centered and connected to the Earth. Children with difficulty concentrating can benefit from Mahogany. This may help to remind someone of his or her value, thereby enhancing the ability to receive love from others.

### **Mallow (*Malva rotundifolia*) - Aging Fears/Life Changes**

This helps people overcome a fear of aging. A sense of dignity in people experiencing a mid-life crisis is created, and it makes the menopause years in both sexes much easier. It helps in the psychological and emotional capacities for handling puberty. With Mallow, people can overcome insecurity about their physical appearance.

### **Mandrake (*Podophyllum peltatum*) - New Perspective**

This flower essence makes it much easier to shift vibration into one's higher self. This can bring about a deeper attunement to the energies of one's soul purpose. As these energies are better received, a rapid shift may occur for

some individuals. It is easier to manifest a new ego if the old ego is impeding an individual's willingness to see things in a whole new way. Energies assisted by Mandrake will be nourishing and supportive. A transfer of knowledge from the soul will increase the awareness of new possibilities or opportunities.

### **Mango (*Mangifera indica*) - Energizers/Acupuncture**

Stimulates telepathy. Activates and aligns the heart, pituitary, and throat chakras. Meridians are cleansed. Useful for acupuncturists. One of the most powerful essences for spiritual growth and alignment.

### **Manzanita (*Arctostaphylos manzanita*) - Shyness/Expression**

A person needing Manzanita is often very timid or shy and in need of more attention and affection. There is an inability to express inner feelings. These people can go from one extreme of timidity to another of being overly aggressive. Emotional balance and a slightly higher I.Q. may result from the use of this elixir.

### **Maple, Sugar (*Acer saccharum*) - Yin/Yang**

Balances male and female energies. Empathy between healer and client improves. Aids acupuncturists. Pulse analysis ability improves.

### **Marigold, French (*Tagetes patula*) - Psychic Abilities**

This flower stimulates the pituitary gland and certain antibiotic properties in the thymus, particularly in the first seven years of life. This essence fuses the mental and causal bodies together. There is an increased ability to hear what is spoken on clairvoyant levels, and an increased ability to intuitively understand academic information. Psychic ability is developed.

### **Marina Strawberry Tree (*Arbutus Marina*) – Past-Life Understanding**

Marina Strawberry Tree (*Arbutus Marina*) – Past-Life Understanding This tree has benefit to bring past-life issues into people's consciousness with a deeper understanding of the whole direction, the sense of why they brought these issues in the past. This is often difficult for individuals. First they accept and work with their understanding of past lives. This comes partly just due to the underlying belief that they are willing to accept that they have been here before. But eventually with a deeper acceptance of this comes the more challenging issue: why did I choose those tendencies for that life? As if you are then gradually connecting to the intermissive period before the past life in question. Most individuals when understanding the concept of coming in and out of consciousness put a lot of attention on the last life and the last intermissive. This is natural; it is the easiest life to understand because the cultural similarity, technological sophistication levels, attunement to individuals and so on, who are all often in existence now, is easiest. But in the intermissive, particularly the last intermissive, the opportunity to view what you have set out for yourself, the goals and ideas for this life, obvious, simple, and helpful to know, perhaps even more useful than the understanding of any past life. But as you gradually begin to recognize similarities, tendencies drawn and created, issues with certain

people over and over, you may begin to appreciate the preparation and planning that went into your selection of all the characteristics for your past lives: the people you would be with, the physical body you would have, the way you would interact with other people, and so on. It is not as if Strawberry Tree gives you the wisdom to understand all of this, but the opportunity to remember, to have more sense of it, to bring in for yourself the deeper awareness of this energy.

### **Mariposa Lily (*Calochortus catalinae*) – Enhanced Awareness**

During the death and dying process, one can have awareness of powerful places in which the soul has made choices. These choices often relate to energies held in past lives as they now come in as a memory or a distraction during the process of letting go of the physical body, these overlays or imprints have greater and greater effect. In understanding this, clarifying it, sorting it out, organizing it, working with it, this lily has much benefit. Hence a way of receiving past life information in the way in which it is relevant to your own understanding of your projection into your future of your next life when you think of where you are going, of what will happen to you after you die, and you become aware of the energies as they can work into other realms, other realities. This can sometimes be a helpful tool of course in working with other people, the hospice process, death and dying process, other things, but the importance here is not so much the physical or even emotional, it is the understanding of the sense of what this means, the larger reality, the multidimensionality, the awareness of the continuity and focus into what is possible, and valuable energies that can be worked with in many different ways. Gradually one has a larger perspective on all of this to the point that one becomes more fully consciously aware of every moment, a sense of gratitude or repeated awe or positive thankfulness for each sense of being alive, of having a physical body, of interacting with other people; this sense may awaken as a sort of gratitude for the multidimensional existence, and this would be helpful.

### **Marjoram (*Origanum vulgare*) - Lucid Dreaming**

Ability to better handle all emotions, to express them easily, to receive them easily, and to understand the importance behind them. All emotional work involving the physical body is enhanced.

### **Matilija Poppy (*Romneya Coulteri*) – Physical Grace**

This poppy has the interesting capacity to confer to people a sense of grace, balance, and enhanced ability for movement. But when an individual using Matilija Poppy has time to work with it, there is an internalization process that takes place and gives rise to a very useful creative side. One may find that spontaneously when dancing, moving, exercising, involved in various martial arts disciplines where movement and creativity can also play an important role, that new movements, new ideas, new sense of this begins to come out for the individual. An awareness of this grace, delicacy, and so on can be utilized in a very simple way to produce an aspect outside time, a sort of frozen awareness.

This can be very useful when one is seeking to analyze or better understand movement; it can also be extremely helpful in choreography, in various ways in which one creates movements and is able to assist others in making these movements more precise and more enjoyable. At the higher vibrational level, this poppy does engage the higher-self consciousness in ways that are involved in a much higher-level dance than anything physical, the dance of the cosmos, the interaction of the planets, the sense of the perfection of these energies.

#### **Meadowsweet (*Filipendula Ulmura*) - Flexibility**

Energy that flows through the body is enhanced by this elixir. It is very useful for use in groups involved with a spiritual endeavor to help keep the energy from dwindling, to stay flexible and to understand other's points of view, to enhance intuition, and to be able to change directions.

#### **Melaleuca Elliptica - Group Karma**

It opens heart and 3rd chakras. It promotes group dynamics and aids in overcoming group karma. From Western Australia.

#### **Mesquite (*Prosopis grandulosa*) – Earth Connection**

Mesquite has some unique ability to allow the individual the sense that any stress that is felt in life that might seem to be connected to their own life, something personal about themselves, is somehow immediately released, the sense that it is shared with the Earth is such a way that the earth energy is so much larger that one can then easily release this. The acceleration of energies in the feet, and the capacity for the energy as it moves through the feet to connect to Earth and be easily released if such energies are difficult. One interesting use of Mesquite flower essence is in detoxification where one is seeking to release toxins that may have accumulated in the physical body. These are best released by physical means, while at the same time their stresses and aspects of consciousness associated with them producing stresses can then reduce ones physical energy, draw attention into areas where there are struggles in ones life, and this flower essence quite helpful then at allowing this to be easily and quickly released. There is of course a reverse effect, deeper ability to communicate with Earth, to understand Earth, to interact with her in a more direct way, to feel in particular a nurturing capacity.

#### **Mexican Palo Verde Tree (*Parkinsonia aculeate*) – Emotional Shift**

The flower essence from Mexican Palo Verde Tree has capacity to shift emotional perspective in people, allowing them a deeper level of compassion for others. This can extend into aspects of healing, particularly where you recognize an emotional trauma or aspect of emotional deficit or deficiency in another person. For the healer, this flower can help in treatment of those with extreme emotional swings. You can you allow a healing, loving, compassionate energy and various important emotional aspects in your own consciousness may be better transferred in a long lasting way into the other person, lasting

perhaps as long as a month, with the idea that, as needed, they can call on that energy, and can draw on it for themselves for a time of enhanced awakening, healing, or understanding. Mexican Palo Verde Tree has additional benefit; as the individual may use this and not find immediate benefits, still they have moments of clarity, a sense of patience with their own mood swings, a willingness to work with these energies in different ways in order to gradually rectify the problem.

#### **Mexican Sage (*Salvia leucantha*) – Fear Of The Future**

Mexican Sage has capacity to assist individuals in coming to deeper understanding about life changes or difficult problems being presented to them. This can be particularly helpful when individuals are considering moves in the future, working with energy associated with fear, and considering the various options available to them. Although it does assist the mental body and bring some degree of clarity, Mexican Sage's main purpose is in alleviating fears of the future, shifting the individual's context so that the future possibilities begin to make more sense to them, begin to come to a place of being closer to the present. Sometimes for some individuals letting go of that fear means only that they must come into the present, they must let go of what is ahead of them and focus as much as possible on the heart, on breath, on being right in the present. Then sometimes almost magically those aspects of the future shift: where one held a fear, it now has dissolved; one comes to a new understanding or acceptance. For many individuals a tendency or habit pattern of fearing something in the future is long established. This comes frequently from past lifetimes, and many times a specific lifetime in which a trauma was experienced very suddenly. Mexican sage assists the individual not only with the day to day activities or letting go of the future in general, but also with this spiritual side where one is gradually able to let go of the aspects that might stand in the way of an entirely new perspective on God, on your own being, on other people, especially where it might in some ways remind you of something that was negative, fearful, or difficult from your past.

#### **Mezereum (*Daphne mezereum*) - Increases Sensitivity**

It increases sensitivity, opens the heart and 3rd chakras, and balances the mental body. For sadness and insecurity; good for adolescents.

#### **Milkmaids (*Dentaria californica*) - Self-Esteem**

Removes critical attitudes toward one's self and others in order to bring sweetness, love, acceptance, and self-esteem. Helps the heart to understand and appreciate goodness and positive qualities so that one can let go of judgments and move back to spiritual love.

#### **Milk Thistle (*Carduus marianus*) - Hyper-Emotional**

For very emotional people, especially with grief and hysteria. These people often need to examine things in an analytical process.

#### **Milk Weed (*Asclepias syriaca*) - Objectivity**



Extracts one from emotionally complex situations and creates mental clarity, objectivity, and spiritual consciousness. Use this elixir when there may be grief, despair, despondency, and fear of death.

**Millet (*Panicum miliaceum*) - Stimulates Base Chakra**

Has properties similar to Barley, without the emphasis on past-life stress.

**Mimulus (*M. guttatus*) - Courage**

People needing Mimulus are often timid and shy, keeping their fears to themselves. The elixir will help to establish a quiet courage and an ability to face things with less fear.

**Mistletoe (*Phoradendron serotinum*) - Sense of Caring**

Can assist in the process of inner cellular transformation, shifting the cells to become more attuned to the environment. This shift may be of the DNA variety or one of drawing in higher consciousness. Greater psychic functioning and a physical ability to better adapt to one's environment may result. On an emotional level, Mistletoe can manifest a true sense of caring within an individual. Gold elixir would blend well for this purpose. This is to be used in processes for releasing past energies around relationships and struggle, when there is some degree of denial.

**Mock Orange (*Philadelphus Lewisii*) - Stress Reduction**

Increased ability for individuals to coordinate in deep states of relaxation and meditation. This can be useful for the formation of new ideas. For the creation of new ideas from the dream state, it combines well with Krypton and Flint elixirs. If too intense, then Lotus and Flint elixirs are recommended.

**Money Plant (*Lucaria annua*) - Hidden Abilities**

Has the ability to enforce in people an important attitude of service and understanding of its real meaning. This is the highest form of money. People's visions and ideas for what they wish to do are significantly enhanced.

**Monkeyflower (*Mimulus aurantiacus*) - Emotional Cleansing**

Assists with emotional cleansing and is particularly helpful when issues of denial are noted. For assistance with addictive states. May enhance one's ability to absorb light directly, providing a deeper nurturing of the 2nd and 3rd chakras.

**Monkshood (*Aconitum Napellus*) - Integrate Lower/Higher Self**

It integrates aspects of the lower self with the higher self. Use with obsession and extreme emotional imbalances, including schizophrenia. Person may need a period of retreat to resolve emotional problems. This is a major balancer for the emotional, mental, and causal bodies.

**Monvillea Cactus (*M. Spegazzini*) - Collective Consciousness**

Some deep attunement and understanding of the symbolism of the breast and genitals. As a night blooming variety, there is attunement to moonlight and the unconscious.

**Morning Glory (*Ipomoea purpurea*) - Nervousness**

This is a good tonic for the entire nervous system. It helps one to get up in the morning and maintain stamina and vitality throughout the day. This essence helps one break nervous habits and is useful when there is nervousness, irritability, grinding of the teeth, and jitteriness.

**Motherwort (*Leonurus Cardiaca*) - Geomancy**

Improves the communication with all devic spirits, particularly of the water. Greater understanding of relationships to plants, animals, and the land are enhanced. Finer attunement to geopathic zones are noticed. Improves abilities in landscaping. For those who work too much with numbers, this will be balancing. An essence for accountants.

**Mountain Ash [European Mountain Ash, Rowan, Quickbeam] (*Sorbus Aucuparia*) – Appreciation**

This elixir can bring all individuals a much deeper appreciation for themselves, life, and the sweetness and understanding of life. It tends to allow a sense of wonderful sweetness, with a deepened capacity for connectivity between many species, which can allow individuals a greater degree of love, on many levels, between each other. It can be particularly helpful as a flower essence in easing tensions of an interracial nature, by allowing interracial marriage or marriage that spans generations. Various other differences can also be more easily resolved. In addition, there can be with this plant, a development of love to a much higher, finer degree in which one begins to appreciate differences at a powerful level. This deeper appreciation allows the individual far more energy and greater inner strength. This is very important in the healing process associated with the pancreas. Mountain Ash will usually give, with repeated use, a higher spiritual perspective on many aspects of life.

**Mountain Laurel (*Kalmia latifolia*) - Spiritual Stick-to-it-ness**

To assist individuals in pursuing a spiritual path to the end. To be able to be at-one with many teachings and to bring them into a state of conscious understanding and deeper wisdom.

**Mountain Mahogany (*Cercocarpus montanus*) – Coming Home**

This plant has the capacity as a flower essence to increase various levels of intelligence in people, open the potential to shift their priorities, and awaken a deeper sense of purpose across lifetimes. Additionally, an awareness of other matters of importance for the survival of humanity may also be increased. Group consciousness is gradually shifted as one becomes more aware of their place in the group, as well as the capacity that they may have for working with others and sharing energy. This energy sharing can move in many different arenas. One can gain an awareness of a spiritual reality in which a sense of

unity will come to many people, as if they are part of a much larger cosmic whole; as if their training, attunement or connection is to eventually be part of a larger group than they are fully aware in this life.□ This is important not just for sense of purpose, but something much larger; it is the sense of belonging to a group or of being home, without a sense of territory. Use this flower essence to receive messages more clearly and consciously from your soul group,□ and from the beings who guide and assist you.

#### **Mountain Pride (Penstemon newberryi) - Root Chakra**

Awareness of root chakra energy with an understanding of the emotional connection with sexuality. This may cause a greater acceptance for individuals of their own sexuality and sexual feelings. One's connection to Earth energy may be felt more clearly in the physical body.

#### **Mugwort (Artemisia vulgaris) - Brain Function**

There can be enhanced communication within the brain. This may increase one's IQ and one's ability to enter the alpha state. Using Mugwort can open certain psychic abilities, such as telepathy. Very frustrated people or those who feel that life is structured against them can benefit from this elixir.

#### **Mulberry, Red (Morus rubra) - Sense of Purpose**

This essence can help an individual reunite different aspects of his or her being. Use this essence when one is facing times of deep grief or sadness. As one is able to release these emotional states, nurturing and love will pour into one's being. Mulberry helps one to recognize the important role that the emotions play in the process of spiritual awakening.

#### **Mullein (Verbascum Thapsus) - Group Persistence**

This can be a valuable essence to use for group projects. It can create a group attunement on telepathic levels. There can be assistance here for a group to maintain momentum, persistence, and clarity of thought to complete a project.

#### **Mushroom (Agaricus campestris) - Nervous Behavior**

For stubbornness, inflexibility, and nervous behavior. It opens the crown and base chakras. Mushrooms are a valuable future healing system.

#### **Mustard (Brassica Kaber) - Cheerfulness**

This remedy is to be used for deep gloom that appears suddenly without apparent cause. Mustard enhances joy and cheerfulness.

#### **Myrtlewood Tree (Umbellularia californica) - Remote Healing**

This elixir offers properties to improve the energies felt in the throat, the third eye and in the hands. It can be quite helpful to those who wish to project healing abilities. This can extend over quite long distances, even across stellar distances. This flower essence can provide a sense of deeper connection through the Earth, and thus the Earth herself can be contacted by some

individuals who are particularly interested in remote healing of the Earth. There can be benefit transferred to individuals who have great compassion or love for certain aspects of nature, not so much for the devas or the natural kingdoms themselves as for the subtler levels from which energy is transferred, and can have real healing capacity. This can be more easily expressed or shared, and teachers in particular, who wish to share healing capacities or ideas may find this useful in transferring information, be it writing it or sharing it through their teaching.

#### **Nasturtium (Trapeolium majus) - Compulsive/Obsessive**

This essence can help broaden one's horizons and aids meditation. People can become more sensitive to color from its use. A greater connection to the center of the Earth can result from Nasturtium. It is recommended for situations of narrow-mindedness, compulsiveness, nervousness, or obsession.

#### **Nectarine (Prunus persica v. nucipersica) - Psychospiritual Balance**

Creates psychological and spiritual balance on all levels. Eases adjustment into New Age consciousness. Alleviates all types of emotional extremes.

#### **Neoporteria Cactus (N. paucicostata) - Motivation**

Can assist in making deeper contact with the incoming ray energy between the soul and the physical Earth. It is not just that one's higher potential is strengthened or that the soul's energy coming into existence is clarified and focused for an individual's understanding; it is also how to put all of this into action which can even affect the physical body. Can reduce some procrastination to get people motivated when they see where they wish to go. May create a deeper and stronger connection to and awareness of one's soul group.

#### **Noble Star Flower Cactus (Stapelia nobilis) - Vegetarianism**

A blending of love energies and an awareness of the consequences of eating meat. Assists one in the transition from eating meat to eating lighter, perhaps even to vegetarian and other diets. It can give an understanding in the heart, a sense of love and compassion for the animals that one may be consuming. This assists in making such a transition out of love and the willingness to assist the beasts of the world.

#### **Nodding Onion (Allium cernuum) - Preserving Ideas**

With this elixir, one can tune into one's ideas in a new fashion, tabling them for a time and coming back to them with a new perspective at some point in the future. It would seem as if one's memory is improved. This plant can allow one a sense of inner connection to all ideas. It also offers a resistance to various negative thought forms, with an untangling of ego from various thought patterns.

#### **Nutmeg (Myristica fragrans) - Past-Life Integration**

The use of this flower remedy can accelerate a person's vibration, increasing

ones capacity to receive past-life information and properly integrate it. Some of this information can produce guilt, remorse, or a wish that you had done things differently. Nutmeg can shift the way one perceives past mistakes, even to the point of welcoming them and appreciating their value for creating positive changes. This will help develop a new sense of forgiveness for oneself and others.

#### **Oak, English (Quercus robur) - Perseverance**

Helps one to be dependable and to not give up when facing obstacles. Allays despair or despondency. Develops perseverance.

#### **Ohi'a Lehua (Metrosideros sup.) - Stillness**

Can assist one in the attunement to the Earth, and especially to the thought forms of plants and animals. It will stimulate the ability of remote viewing, which is essential for deep contact with many animals. This elixir will stimulate the inner animal nature in people at the highest reality levels. Can be useful for animals shifting to a more vegetarian diet.

#### **Okra (Abelmoschus esculentus) - Grounding**

Okra has important capability as a flower essence in allowing an integration of a variety of spiritual principles that come to consciousness. You become more aware of the nature of those principles, and then they begin to have deeper and deeper physical effects, deeper connectivity to the Earth, deeper sense of earth energy, how spiritual activities influence consciousness, and how you then are able to shift this into something practical, something grounded, something you can use in your everyday life. Usually this will take place across a variety and multiplicity of areas in your life, the artistic, the scientific, the creative or expressive, the communicative, but as well also the physical and various things that may relate to specific blocks, obstacles, or difficulties that are particular and specific only to your life. As these begin to show up and you make them more available at a physical level, more available in your visualizations, to your feet, to the Earth, to the sense of being connected to Earth, or you become more aware of the different talents and capabilities or experiences that can be blended or utilized together to help you solve problems in your life in a more practical way, a period of integration then ensues, a sense that many of these energies come together and are showing you something of your own oneness. Along with this is a shift in the way in which you relate to many things in the world in a more appropriate manner so far as time goes. Appropriate budgeting of time is usually which shows up in the beginning, but there becomes a better sense of time flow, a practical way in which you are able to share and work with others without abusing their time limits or yours, and various ways in which this shifts for you so you begin to have a deeper sense of this.

#### **Old Maid (Catharanthus roseus, pink/white) - Parental Acceptance**

A greater understanding of what is truly important in one's life can be made more clear. At a deeper level, there is a beautiful acceptance -- almost closeness and forgiveness -- of one's parents, or of older patterns that have

plagued oneself. For working with the inner child. Can increase one's connection to all things in a manner that is Buddha-like.

#### **Old Woman of the Mountain (Oreocereus hendricksianous densilanus) - Love Wisdom**

The cactus is well named as it is frequently observed to have some of these characteristics of the woman who is perhaps separate and wise. This wise woman offers a nurturing wisdom that is bestowed upon those who would open to her energy. Simply taking the essence will not necessarily provide this. One must reach out a bit to the wise old one in yourself, to the one you have been in the past or to a guide or helper. With such a willingness to climb the mountain, then this loving, nurturing energy is made that much more available. What one may receive from this is love-wisdom, a combination of energies relating very much to the heart and to the mind, and a way in which these are combined easily for the person in their daily waking life. This works especially to establish a bond between that person and others, as if to establish a reduction of loneliness so that the individual has an awareness of the love-wisdom in other people, as if they become aware of not only what they know, but what they don't know and others do know. As a result of this, what is usually created is a sense of comradeship, of friendship, of loving, which is transcendent of time and space. This can be especially helpful with people that you are somewhat familiar with, people you have some intrinsic bond with but you don't quite understand it, in other words there is some degree of positive karma or some nature of deeper connection between you and these others. If the people involved would use this essence and deliberately reach out in some way to each other or in themselves to contact more of this love-wisdom, many gifts can be bestowed if there can be a deeper awareness not just of the individuals connection to each other but this as an important symbol or metaphor for life, for the way in which people must come to understand and appreciate each others wisdom, awareness, and light.

#### **Oleander (Nerium oleander) - Emotional Balance**

With repeated use of Oleander essence, one is able to deeply accept one's emotional nature and then use the emotions as energy to help one's spiritual development. The emotions can be used for re-anchoring or re-attuning to Earthly existence, re-awakening the survival instinct, and energizing the sense of one's personal power. One can then use the emotional nature as fuel to benefit all the chakras.

#### **Olive (Olea europaea) - Vitality**

This is for those who are so weary that they have nothing left with which to make any effort. Olive offers a return of strength and inner energy.

#### **Onion (Allium Cepa) - Emotional Cleansing**

Strips away barriers that exist between people. Excellent for use in therapy. Can help purge old emotional debris.

### **Opuntia polyacantha, Plains Cactus (Yellow) – New Perspectives**

Opuntia facilitates a deeper awareness of the entire skeletal structure, especially opening the concept of maximizing flexibility. It expands the ability to see new perspectives and share new energies, while coordinating these with old ones. The ability to create new belief patterns is enhanced, as is the willingness to release patterns that no longer work. Weight loss can sometimes result with the use of Opuntia flower essence, when the body needs to rebalance itself. Opuntia can encourage new states of consciousness, which can lead to a speedup in how relationships form, by expanding our awareness of relationship obstacles or blocks. This elixir can help people release previously held notions about the nature of relationship, and encourage inner aspects and understandings. On an outward level, energies are eased, so that one can meet others in their soul family and gain awareness of guides and other beneficial energies.

### **Orange (Cistus sinensis) - Psychological Counseling**

Releases buried emotional tensions stored in the subconscious and eases obsessive states. Calms highly charged emotionalism and stimulates dreams, offering clues to fear of unknown origins.

### **Orange Bells (Tecoma alata) – Shifting Fear**

A variety of emotional issues are shifted, but the most intriguing of this is the opportunity for the individual to view phobias, various fears for which they do not have a simple logical explanation, and to understand them in a different way. It does not directly ease the phobia, but rather shows you good reason for why it has been there, where it has been of spiritual value, how it has brought you new information and insight. Over time this will be of much value in your conscious ability to shift the energies and ease the phobia for yourself. For many individuals there is an important life lesson associated with the thing that they are afraid of, something that they must clear or balance within themselves. Many times this relates to some past life where they were unable to correct a situation with another person, and the only solution to it was for one to place within their consciousness something that would remind them of this over and over and over again in their life. If they are unable to grasp the situation, come to a deeper understanding or balance about it, but have in some way balanced the karma by re-experiencing that fear over and over, there can be some benefit to the soul. But generally speaking for most individuals, the presence of a phobia, something that they would find a deep fear of in their life, is there in order for them to question the very nature of consciousness, to look at how things work in the world, to have a sense of it in a different way, to find a way to understand this. It is to produce inquiry, to produce perspective, and Orange Bells can significantly speed this up, allowing them a deeper spiritual understanding of what has been occurring. Indeed all situations relating to strongly held fears that relate to situations that seem to be out of control for the individual, out of their own domain or awareness, that which can occur fairly suddenly or without much in the way of prediction, Orange Bells essence has much benefit, bringing a deeper understanding of this and an awareness of

[how those energies can be utilized.](#)

### **Orange Flame Flower Cactus (Notocactus horstii) - Understanding Anger**

Has some useful abilities in assisting people to understand their anger, to release it, and to see it as improving relationships by creating greater enthusiasm within them. May allow people to understand their deliberate attempt to be alone, to be separate, to understand this in ways that are self-forgiving. There can be some deliberate understanding of the differences among people and a willingness to release these attitudes.

### **Orchid (Cattleya Trianaei) - Dream Clarification**

Aids in assimilating information received from dreams that may be confusing and from astral projection. Excellent for channelers. Balances emotional, mental, and causal bodies. Helpful for people out of touch with, depressed about, or lacking confidence with artistic expression.

### **Oregon Grape Root (Mahonia Aquifolium) - Self-love**

Promotes a deeper acceptance of self-love. Can reduce a sense of attachment to others. Assists in understanding the practical aspects of self-nurturing and sharing that with others.

### **Owl's Clover (Orthocarpus purpurascense) - Creativity**

Brings out joy and appreciation of artistic expression and talent and endeavors to develop self-expression, especially through the dream state. Brings optimism to persons out of touch with, depressed about, or lacking confidence in artistic expression.

### **Pampas Grass (Cortaderia Selloana) - Higher Wisdom**

Promotes higher wisdom in general and a greater understanding between two people. Use with physical exercise like yoga. It settles consciousness into the limbs for increased flexibility.

### **Pansy (Viola tricolor) - Mental Clarity**

Pansy has considerable anti-viral capacities. It can be used wisely as a preventative measure. Tiredness during meditation is one indicator of its use. It can stimulate the mental body by magnifying the nature of thought-forms.

### **Papaya (Carica Papaya) - Higher Self Assimilation**

Increase of memory retention and assimilation of data obtained on higher planes. Eases emotional tension and sexual identity crisis.

### **Papyrus (Cyperus Papyrus) - Negotiation/Communication**

Use when flexibility is needed in pursuit of higher goals. Negotiation skills are sharpened. All communication skills improve. Good for leaders. The plant was used in ancient Egypt for writing communications.



### **Parsley (*Petroselinum crispum*) - Meridians Balanced**

Parsley has a variety of interesting aspects that can be powerful cleansing at almost every level, clearing out a variety of physical substances and working through the entire meridian structures. There are two areas that are particularly energized, those associated with the top of the head and the base of the spine, the two ends of the governing vessel meridian. These move into a state of a sort of resonance with an energy moving up and down between them. To have the visualization of these as powerful points of white light or an energy moving up and down between them can be useful when talking the flower essence. This enhances the effect and allows the energies an easier time as they move up and down the body. When this occurs there is naturally a balancing aspect to all the meridians, and many ways in which those energies become better received elsewhere in the body. Parsley has interesting capability of allowing a sense of deeper connection to the higher chakras, those above the head, the energies of chakras eight, nine, and ten are particularly strengthened. This has a bleed over effect working its way very much into the physical, especially in its connection to chakras three, four, and five. These energies as they move can coordinate nicely with the sense of the energy moving up and down the spine or up and down through governing vessel meridian. A sense of these energies as they work with the individual will often give them an awareness of areas in their life, things that they must do, that need attention for cleansing, for clearing, for taking stuff that really doesn't belong there out and in some way letting it go completely. Parsley has unique ability during the capacity of one clearing out to bring a sense of peace, lightness, stillness, even sweetness, as if one is able to make these changes or shifts without effort, that it comes naturally and easily.

### **Pasque Flower (*Anemone Pulsatilla vulgaris*) - Empathy**

This plant is able to assist individuals in forming family relationships, finding a way to cooperate better, and having greater patience and forgiveness for each other's difficulties. There will be a better understanding of human needs. This will bring more ability to interact with others, to understand others, and to meet the other's needs at an emotional level. This elixir also helps alleviate thirst.

### **Passion Flower (*Passiflora incarnata*) - Christ Consciousness**

Creates equanimity in highly charged charismatic states. One becomes stabilized and has easier access to higher levels of consciousness without becoming nervous or jittery. Although it works mainly on the etheric level, it has a profound spiritual effect on people.

### **Paw Paw (*Asimina tribola*) - Fasting, Self-Esteem**

This can be a catalyst for assimilating all nutrients into the system, so it is useful during a fast or in periods of dehydration, over-exposure, or starvation. Use it for those with poor self-esteem, a fear of eating, or an inability to be outgoing.

### **Peach (*Prunus Persica*) - Amplifier**

This is a universal amplifier for all forms of healing. It is an excellent catalyst to

use in combination with other remedies. Peach activates the etheric body and etheric fluidium, aligning them with all the subtle bodies. Any difficulty associated with stress can be alleviated with Peach. The essence enhances a sense of joy, greater lightness, and ease in sleep.

### **Peanut (*Arachis Hypogaea*) - Stress**

For high stress, hidden kidney-type fears, and paranoia.

### **Pear (*Pyrus communis*) - Musical Creativity**

Its main impact is to bring harmony to groups involved in conscious and spiritual endeavors. It can greatly expand mental flexibility, and that often results in greater elasticity in the physical body.

### **Pecan (*Carya illinoensis*) - Eases Self-Consciousness**

Eases stress such as being self-conscious from being too tall, short, or fat. Excellent for children and basketball players. It is more for height. Signature: a very tall tree. The emotional body is balanced.

### **Pegasus Orchid Cactus (*Epiphyllum*) - Future Relationship**

Can assist in the way in which new creation of destiny and purpose evolves for an individual in the way in which it affects not only this life, but future lifetimes. There may also be a shift in the way one creates new forms of relationship that allow other people the chance to create deeper connection and intimacy with themselves and the user of this cactus elixir.

### **Pennyroyal (*Hedeoma pulegioides*) - Psychic Protection**

Repels negative thought forms and psychic attack. Alleviates obsession. Improves telepathy and mental clarity. Cleanses quartz crystals and other minerals.

### **Pennyroyal, Mountain (*Monardella lanceolata*) - Psychic Protection**

Repels negative thought forms and psychic attack. Alleviates obsession. Improves telepathy and mental clarity. Cleanses quartz crystals and other minerals.

### **Penstemon (*P. Digitalis*) - Removes Shyness/Inhibition**

Overcomes problems in a relationship by developing persistence and the patience to smooth things over. Person may want to withdraw into solitude from a reaction because of poor confidence and too many obstacles. Aids in removing sexual shyness and inhibitions. Heart and sex chakras open.

### **Peony (*Paeonia officinalis*) - Achievement**

This helps one perceive subtle energies. One is able to feel another's true nature. After repeated use, there is enhanced awareness of what one is here to do in this life, increasing one's desire to bring this program more fully into the world. Good for teenagers and people leaving a group. One can face things

more realistically.

### **Pepper (*Piper nigrum*) - Relationships**

For base fears, general anxiety, and improving relationships.

### **Peppermint (*Mentha piperita*) - Soul Attunement**

This elixir helps to reduce the energies that block soul lessons; these lessons can then begin to pour through a person, thus achieving more purpose in one's life. Some of the lessons held deep within a soul are revealed rapidly.

Therefore, this elixir can greatly benefit counseling -- to listen clearly to another person's problems and receive instantaneous answers.

### **Perilla (*P. frutescens*) - Hands-On Energy**

Increases the ability in people to pour energy out from the hands. Can serve to replenish energies for someone who is involved in healing work, or for those whose work involves using their hands.

### **Periwinkle, White (*Vinca Alba, Moorea, Tahiti*) - God Attunement**

Can enhance many capacities of the third eye center. In most people, it can allow a deeper attunement to one's own essence or original intent for incarnation. It can attune one to one's soul group. May also provide a greater patience for one to understand their purpose and abilities.

### **Periwinkle (*Vinca minor*) - Higher Spiritual Concepts**

Integrates one's personal philosophy and ideals with higher spiritual concepts. The conscious, subconscious, and superconscious minds are linked.

Subconscious impulses may conflict with ideals. Person may be restless with current status and be looking for a deeper meaning in life.

### **Persimmon Female/ Male (*Diospyros virginiana*) - Improves Sexuality**

Extremely potent aphrodisiac. For both sexes, but more for women. Use for tantra, sexual imbalances, and improving sexual sensitivity and creativity. For low self-esteem, sexual inhibitions, lack of proper sexual identity. Excellent in marriage counseling. It works best when men take the male essence and women take the female essence.

### **Persimmon, Female (*Diospyros virginiana*) - Improves Sexuality**

### **Persimmon, Male (*Diospyros virginiana*) - Improves Sexuality**

### **Petunia (*Petunia Hybrid*) - Balanced Perspective**

This flower can help reestablish proper psychological behavioral patterns by bringing in the activities of the higher self. It puts one in the proper mental state to examine priorities. This essence eases mischievous behavior in children or in the elderly. Proper mental attitude and spiritual courage can be a result of this remedy.

### **Phacelia (*Phacelia grandiflora*) – Pattern Busting**

There does appear to be an interesting connection here between the opportunity to cleanse or clear various patterns, stuck patterns, habit patterns, issues that have held within the consciousness, typically for many, many lifetimes, and the ability to understand the underlying reasoning behind establishment of those patterns, and understand its highest connection to your soul. Sometimes having such a deep connection to the deeper understanding of your self, your interconnectivity with other people, your ability to manifest blockages in your life and other things, can be overwhelming, emotionally creating various distractions or issues. This flower essence should be approached with a great degree of reverence, a sense of quiet established before taking the flower essence, an awareness of one's own inner desire to recognize and release blocks to the highest self, to god, to the sense of the universe. There will be an opportunity for the individual to attune to this energy in a relatively rapid manner. They will typically then have to make a choice, probably within 3 days after taking the flower essence the opportunity to make a choice will show up in their lives as to life path, sense of themselves, some more profound or important issue in relationship, some way in which the course of their life is ready to shift. If they can approach with such reverence and opportunity to receive this, then it will likely be helpful, be able to assist them on their own life's path and journey, and can assist them with a clearing of these blocks permanently.

### **Phlox (*P. paniculata*) - Inner Peace**

Phlox helps people recognize an inner love and a sense of peace. To welcome this inner awareness takes a certain level of non-attachment, which Phlox can provide. By helping to release preconceived ideas, Phlox can speed up the process of bringing in new energies. Phlox helps change internal negative energies with patience, love, and caring. At the highest vibrational level, Phlox is able to attune individuals to the love of all devas. The 4th chakra is more powerfully connected to the 11th chakra.

### **Phytolacca Dioica - Fear of Aging**

For confidence and fear of aging, especially menopause.

### **Pimpernel, Scarlet or Red (*Anagallis arvensis*) - Kundalini Energy**

This can assist by helping to penetrate and activate each chakra as the awakened kundalini travels up the spine. This process releases stored spiritual information and elevated emotions. Emotional blocks may dissipate through the use of this remedy. A very good essence for those involved with meditative practices.

### **Pineapple (*Ananas comosus*) - Amplification/Assimilation**

This flower essence stimulates digestion and enzyme activity. When combined with other vibrational remedies that powerfully open various chakras, Pineapple essence improves their effectiveness. This essence allows people to work with

energies of many different forms. One can better perceive the purpose behind a blockage, the universal law that is out of balance, or the miasm that needs assistance. People on a spiritual path who are seeking to understand themselves and what they have already developed, can develop this much further. Past-life connections will be brought up more easily.

### **Pineapple Guava (Feijoa Sellowiana) - Polarity**

Balances crown, feet, and hand chakras, which balance the general polarity, nadis, meridians, meditation, and hatha yoga processes.

### **Pineapple Lily (Eucomis bicolor) – New Learning**

Much benefit here with improvement at physical level of digestive processes of all types. The entire process of absorbing and receiving new information, working with variety of energetic forms, new healing methodologies, even new languages. Little benefit to the mental body, most of the energy focused at other levels: emotional, aetheric, even of astral body shifts, even causal body. It is as if Pineapple Lily is able to assist individuals with absorbing and working with various new aspects without any conscious awareness, without any intervention of thought process. For those who are strongly mentally focused, it is a fascinating exercise as they come to a deeper intuitive understanding; but some may even find it a bit disturbing, as if information or a sense of things made available in ways of which they had no conscious or aware knowledge. But for most individuals who will be attracted to this, an intensification of various intuitive energies is very helpful, the learning of new musical forms, new modes of expression, new language, this can all be very helpful in many different ways when relating to other people, coming to an understanding of new ideas, assisting individuals in ways that were not previously available. Where it has been studied extensively is where individuals are seeking to learn new healing methodologies or new healing techniques. Many individuals involved in various new age pursuits, the same sort of people attracted to flower essences in general, have a tremendous interest in various techniques utilized for healing. However what is interesting is that many individuals in utilizing these will at times reach a sort of blockage, a place where those healing energies only seem to work or go so far. Many things are sometimes utilized afterwards to assist. But a completely different approach is that you utilize Pineapple Lily flower essence before even beginning the process of learning. It is as if you come to it with an opportunity to absorb it, receive it, and know it directly, understanding and working with these energies in a way in which you might have otherwise had a difficulty; the wall, the barrier, whatever, it never occurs.

### **Pine Drops (Pterospora andromedea) - Law of Reflection**

Combines well with alternatives to the use of antibiotics. Allows a clear perspective on the entire nature of difficult relationships. Helps to realize the highest aspects within any relationship. Increased understanding of the genetic structure and code for individuals.

### **Pine-Monterey (Pinus radiata) - Psychic Clarity**

Allowing the penetration of wisdom into the third eye, providing a sense of clarity, oneness, and deep relaxation. Increases ability to utilize the third eye information and psychic gifts in a way that is beneficial for development, soul purpose, and the ability to know others.

### **Pine, Scotch (Pinus sylvestris) - Self-Esteem**

This remedy is for those who blame themselves, even when successful. They feel that they always could have done better. Self-forgiveness and greater self-worth will result from using this elixir.

### **Pink Flame Tree (Brachychiton discolor) – Penetrating Love**

This flower has interesting capacity to enable individuals to understand clearly how people share love, feel it in themselves, but then take the next step, a way in which their love can very clearly be projected, pierce another's armor, so to speak, allow someone else to then more fully understand, accept, and receive your love. A similar action takes place in reverse for most individuals, better able not only to receive love, but to feel it very deeply. This can be tremendously helpful if during a relationship of healer and client over time, there is recognized some degree of mutual respect, love, sharing, a way then in which the person and say a therapist, hands-on healer, something of that nature, and the client, do have this awareness of this deeper love between them. This energy then can be multiplied by use of this flower for the effect of enhanced healing, and for the healer to recognize their own karma with this individual, the lessons they are seeking to learn from the healing and interacting experience. This flower also has a unique capacity in engendering this deeper penetrating energy of love to break through some barriers that some individuals may have regarding situations that happened early in childhood. These can be positive or negative, they can be situations relating to abuse, various situations in which the individual may have suffered difficulty; or ways in which they are told that they were given love, but they do not recall it, are not easily able to remember it, or more consciously able to work with it. What will often happen here is that there is a thin barrier or walling off that takes place in consciousness. Typically this occurs over a segment of the emotional body, and certain feelings or energies trapped within there are not easily received or known to the individual. As this flower allows this penetrating shifting energy of love, the individual is often better able to work with that.

### **Pink Powder Puff (Calliandra surinamensis) - Heart Awakening**

Can significantly improve one's ability to shift vibration and attune to subtler energies. This can be especially helpful in the healing process. There can be development of heart chakra energy all the way to the causal level. This flower can significantly aid when seeking to bridge to other people in a universally loving way. Can awaken the third eye center as it relates to heart energy.

### **Pistachio (Pistacia vera) - Promiscuity**

Especially useful for men who want a monogamous relationship, with a genuine desire to curb sexual appetite.

### **Pitcher Plant (*Scarrancenia purpurea*) - Vegetarianism**

Assists people in the transition to a vegetarian diet. Releases people from the karmic burden of discharging negative thought forms into the bodies of insects.

### **Plantain, Psyllium (*Plantango Psyllium*) - Self-Esteem**

May be problems with mother image and low self-esteem or a need to criticize others. Balances feminine identity in both sexes. There may be difficulty assimilating information.

### **Pleurisy Root (*Asclepias tuberosa*) - Emotional Balance**

For stress and anxiety that may cause ulcers. Suppresses rage, and grief is alleviated. The 3rd chakra and emotional body are balanced. There may be problems dealing with the mother image.

### **Plumeria (*P. Obtusa*) - Bonding**

Brings people into a deep awareness of their roots, connection to the human family, and attunement to one's ancestors. Aids in commitment to creating new communities. Useful in group meditation across great distances, e.g., world peace meditations.

### **Plum Tree (*Prunus domestica*) - Inspiration/New Ideas**

It manifests inspiration and new ideas. Makes one balanced and objective with spiritual and emotional realities. It allows one to emotionally examine spiritual concepts and vice versa. May be good for people subject to emotional fervor of a religious or pseudo-religious nature who tend to become imbalanced in an attempt to lose themselves in their beliefs. For low self-esteem in such people. Crown chakra is opened.

### **Poinsettia (*Euphorbia pulcherrima*) - Perceiving Truth**

This essence works with the thought forms of hope, focusing them more into a collective hope for humanity, rather than on personal hopes and fears. One can better find his or her place within society, thus aiding in the forming of community or working with others. This flower can encourage energies from the 1st, 2nd, and 3rd chakras to blend and strengthen one's love for others, for nature, and for one's own consciousness. This elixir helps one move from a personal love to a group consciousness love. This is a great elixir to use when two people wish to get to know each other better, in order to move past any false images and to get to the heart of their relationship.

### **Poison Ivy (*Rhus Toxicodendron*) - Etheric Strengthenener**

Etheric body strengthened. Signature: plant irritates skin.

### **Poison Oak (*Toxicodendrum diversilobum*) – Forgiveness**

One of the principle uses of the essence is in shifting ones perspective to understanding that which would be invasive or harmful. The relationship here to

Poison Oak is a way then in which you can recognize your enemies and understand their gifts for you, understand what they truly bring as valuable and helpful. This is useful with regards to the flower; a property not conferred into the homeopathic, but an understanding in which you then ultimately are able to perceive that enemy in yourself. It is not only about forgiveness, it is about recognizing where there is within your consciousness some aspect that you don't accept in yourself, some part that you reject, some part that is irritating or difficult. And this is a useful tool in any kind of psychological evaluation, understanding, and awakening in your own life. At the same time as this is conferred, individuals may recognize where they have misplaced the identification of an enemy, holding that which is seemingly going to be irritating or difficult as that which is to be avoided, when in fact there is something to be learned from this, something to be forgiven, something to be accepted. It is as if the disowned self begins to emerge in consciousness, and the understanding of the way to relate to this in a different more loving way may then come into your own awareness. This can of course be very helpful in relationship when you are learning of ways to interact with other people to allow depth of forgiveness or deeper caring, and to help them to accept those aspects that they disown or push away in themselves. The most powerful use of this is when you are seeking in the physical body some degree of healing for that condition or issue for which there is tremendous emotional content. Example of this might be in sexually transmitted diseases where there is great shame. Or various ways in which one has opinions or judgments about your body or about other people's. Sometimes this blocks the healing simply because the acceptance of the natural functioning of that part of the body is rejected by the individual.

### **Poke Weed (*Phytolacca americana*) - Kundalini/Depression**

For people who wallow in the depths of their emotions. Especially for the sad, depressed, and mournful. Balances the base chakra, releasing emotions and spirituality stored therein. Strong opening and enhancing effect on kundalini, affecting the seven chakras along the spine and relevant etheric fluidium. It also binds the nadis to the meridians.

### **Pomegranate (*Punica Granatum*) - Nurturing**

Helps men develop a more maternal aspect. Particularly useful for women. Creates a sense of nurturing or allowing to be nurtured.

### **Potato (*Solanum tuberosum*) - Psychic Function**

This essence enhances clairvoyance, clairaudience, and other psychic abilities. With potato, one can develop the ability to see into all the dimensions. It aids in drawing energy from many sources and then helps in combining them, working with them, and putting these energies to practical use. There is stimulation of the 6th chakra, as well as the 8th, 9th, and 10th. The astral body is awakened. The emotional body is cleansed.

### **Potato, Purple (*Solanum tuberosum*) - Clairvoyance**

This potato like all potatoes has many eyes, and the opportunity to receive



clairvoyant information on many levels is present. Individuals who are seeking to rebalance, but without the utilization of drugs, and better awaken to the opportunities presented to them by various psychological difficulties is enhanced by the use of purple potato. Individuals who have difficulty with hallucinations and various schizophrenic forms of this will also benefit as they become more aware of their own gifts, talents, and capabilities. It does seem purple potato at times can bring a deeper awareness of ones ability to self-create higher vibrational states. There can be much enhancement of the clairvoyant process. A natural awakening of this process however in its ability to connect between the sixth chakra and the seventh. Most focalization of ordinary potato is on the sixth chakra, awakening energies there for clairvoyance and related issues, but this opening to the seventh can be of some value for some individuals who wish a deeper spiritual attunement at the same time as the awakening of various forms of clairvoyance and psychic abilities.

#### **Pot of Gold (*Winteria aurispina*) - Re-Alignment**

This cactus appears to have the ability, when made into a flower essence, to improve the connection of the physical and the subtler levels as they move through the spine of the physical person, particularly in the disk spaces between the vertebra in the back. At a higher spiritual level it allows deep connection between these vertebra and the chakras themselves, allowing much easier interchange of energy, and provoking in the mind of the person new ideas about their connection to all of humanity. Oftentimes this will give rise to an easier time of bridging in unconsciousness when one is asleep or meditating or simply not paying great attention to the matter. And it can be of great benefit in establishing bonds across time and space to beings that you feel close to. In addition to all of this, one could imagine that there is a golden, loving heart-light moving through the spine, moving through the physical body, this affecting especially the spaces between the vertebra.

#### **Prayer Plant (*Maranta leuconeuria*) - Develops Intuition**

It develops internal dialogue and intuition.

#### **Prickly Pear Cactus (*Opuntia vulgaris*) - Self-Confidence**

This essence relaxes the emotional body, easing hidden fear and anxiety. If a couple use this essence at the same time, emotional compatibility and objectivity between them increases. This essence is connected to the Kachina devas.

#### **Prickly Poppy (*Argemone polyanthemus*) - Forgiveness**

An increased ability to love in the face of various obstacles. For creating a love bond that can transcend time and space. It can easily allow past-life recall for those consciously seeking this. Can significantly increase forgiveness for one's past-life actions as well as other's. Will also assist in seeking a deeper bridge of forgiveness to those who are creating war, famine, disease, etc.

#### **Primrose Tree (*Lagunaria Patersonii*) – Stopping Time**

Primrose tree has potential to assist individuals with an understanding of a stretching of time, or opportunity to slow down how things are experienced. Extremely helpful for introspective states when you are looking to more deeply understand what is happening in you, also helpful in working with others. This can be particularly valuable when one is involved in hypnosis or various processes where a slowing down of time can be very useful. Sometimes this can be particularly helpful when one is in a big hurry, when there is a lot that needs to be accomplished in a short period of time, to slow things down so that you are more effective, so that you have a deeper sense and a potentially peaceful inner sense of the process ahead of you. In ancient times, particularly in Lemuria, the devas associated with this tree were able to draw human beings into an alternate state of consciousness that did not feel like consciousness, but felt instead as if they were taken on a journey, as if they had stepped through a gate, come to a deeper understanding of themselves in a way that they had not previously, journeying into a world in which things happened very slowly, they could observe, move quickly from one project, one idea, one energy, one person, one place, to another, as if a hummingbird flitting from one area to another. The sense that these energies were more available to look at, to understand, to work with, this came into the consciousness.

#### **Princess Flower (*Tibouchina Urvilleana*) – Insight and Understand**

Many times individuals in seeking to counsel or assist others become aware of important information that is difficult to transmit. It would be that which might seem a judgment. Indeed for many individuals they do have such as judgments, they do have resistance to this for a very good reason. The reason for this is an internal resonance that has been established, typically without the conscious awareness of either the client or the therapist. Princess Flower has the unique ability to bring a sense of deep love, with a tremendous degree of power, a sense of the correct words to say in such a situation, an opportunity to share in a loving way yet with penetrating words, this does seem to be one of the uses to which this has been put in the past in ancient times both in Lemuria and Atlantis, and that which would be of benefit at the current time. The whole process of the opportunity for an individual through self-reflection and deeper understanding of themselves to counsel and assist others is assisted by Princess Flower. The opportunity to share this in a forthright and loving way, and to change the very nature of the relationship to better enhance sensitivity and receptivity in the client, break old habit patterns as a result of the words that are shared may be noted. The higher ability conferred is that of what might be termed a psychical therapeutic relationship. This is a very general term which can have many different meanings, but is specifically utilized by one large group to confer the idea of interaction with the non-physical beings, be it bringing advice and guidance of helpers more clearly into consciousness, which is aided by Princess Flower, or reduction of influence of intrusion by non-physical beings who are then seeking for their own ends, service to self, difficult energies, feeding on individual, etc, etc. Although Princess Flower can be somewhat helpful with that, it is more for the deeper attunement to the higher vibrational beings and their awareness.

### **Protea (Pink Mink) (P. neriifolia) - Peacefulness**

Helps to focus energy into one particular direction. Aids in receiving information from past lives, particularly concepts and ideas, and integrating them into current ways of thinking. Increases telepathy.

### **Pumpkin, Female/Male (Cucurbita Pepo) - Fear of Aging**

For the stress of the birthing process and the fear of aging. It has properties similar to squash. Men should take male and females should take female varieties.

### **Pumpkin, Female (Cucurbita Pepo) - Fear of Aging**

### **Pumpkin, Male (Cucurbita Pepo) - Fear of Aging**

### **Purdy's Iris (Iris purdyi) – Inner Conflict**

There is a swirling energy around this plant, particularly in bloom that does appear to be captured by the flower essence. An awareness of the ability to move, to spin, to sense vortices in your own body, various ways in which they spin and turn, would be enhanced by this iris. But an important attribute is made clearer for most individuals around the issue of chronic disease. Chronic diseases will typically have associated with them an entry point in the physical body. This is not true of course for every chronic disease, but many of them do have particular areas in which the body is affected. Those areas are governed at the transition between the aetheric and the physical level by a vortex, a swirling energy. Purdy's iris can be helpful as individuals come to understand this, partly for the lesson associated with that part of the body and the deeper psycho-spiritual understanding, but also dealing with the vortex itself, having a sense of it, it's shape, it's size. Sometimes these can be quite large, even as big as 10 feet across as they focus their energy right down into a tiny spot somewhere in the physical body. Other times they can be quite small, and even moveable, for instance where they affect the entire nervous system or the entire circulatory system. But the sense that you can communicate with these vortices by using your hands, have an awareness of them when you close your eyes, have a sense of an ability to interact with them the same way you might give yourself a massage or view in your mind's eye different parts of your body, this is enhanced by Purdy's iris.

### **Purple Nightshade (Atropa purpurata) - Soothing Calm**

Calms, soothes, and relieves irritation, especially from trying too hard or spinning the wheels without support of the higher self or right brain. Soothes jangled, burned-out nervous states and relieves emotional irritation from coffee, cocaine, or speed.

### **Pussy's Paw (Antennaria) - Reversing Judgment**

Greater compassion and understanding of compassion can be strengthened for

individuals. In meditation, can be utilized to become at-one with people, plants, animals, or places.

### **Puya (P. coerulea) - Soul Purpose**

With this elixir, there is an attunement to the mental connection to guides, helpers, and many levels of subtle energy. These energies need a degree of consciousness in order to come into form. Puya can assist one in the understanding of interactions, relationships, and organizations at deep energetic levels. One then learns how one fits into these larger patterns, what one's role or purpose is.

### **Pyrethrum (Anacyclus pyrethrum) - Psychic Abilities**

For hidden fears and anxiety, especially causing paranoia and blocks in psychic growth. Use when one is afraid of or does not understand psychic gifts.

### **Quaking Grass (Briza minor) - Improves Relationship**

Helps people work better together in a group, creating flexibility in the group ego. Negotiating skills improve. Also good for people confined or for those working in a small place like a prison, office, or hospital.

### **Queen Anne's Lace (Daucus Carota) - Spiritual/Mental Clarity**

It helps develop inner sight so that the auras can be seen and telepathic abilities can be developed. There can be benefit to the eyes -- both physical and etheric. This essence temporarily suppresses or calms the mental body, which can be useful for those who over-intellectualize.

### **Quince (Chaenomeles speciosa) – Inner Child**

Childlike states will often result from taking Quince elixir; this is wonderful in itself. Quince essence will allow the individual to play more easily, to engage the child-self, to connect it to the root chakra center, to feel the physical energy and enjoy it. But if an individual wishes to better understand their relationship to all children, to specific children to come in in the future, to the childlike energies that may be specifically routed in their life to creative pursuits, or understanding the link, you might say, between the mental body, the higher conscious self, and the childlike self, Quince can be very helpful.

### **Quinoa (Chenopodium Quinoa) - Deeper Balance**

This essence can bring in powerful energies of self-acceptance, opening one to compassion for other people. Quinoa provides an understanding of the blending between the human and mineral kingdoms. There can be a profound opening of the heart. This can promote a sense of balance between the upper and lower chakras. Quinoa enhances the body's ability to work with gold in any form.

### **Rabbitbrush (Chrysothamnus nauseosus) - City Living/Inner Discipline**

For people who need to work in close quarters with others. It eases related

tension. There may be paranoia and antisocial behavior; the person who does not want to communicate with people. The heart chakra is opened.

### **Radish (*Raphanus sativus*) – Stabilizes Unconscious**

It stabilizes the unconscious and the dream state. It increases the life force, yang energy, and opens the two lower chakras. There is benefit as Radish flower essence is utilized with a variety of speeding-up processes. Many things seem to take place more easily and much faster; the opportunity for this to be strengthened throughout the physical body is noted. A general sense of healing and strengthening are also noted. Many of the energies can move into areas where there are deficiencies. For many individuals improvement in eyesight and breathing capacity may result. There is also for many people a sense of lucid dreaming, awareness in the dream, you are knowing that you are dreaming, but you can do this in a way in which you can still maintain deep restful sleep and can have the sense that this can be extended or continued, that is, a dream that is begun can then be continued into the next night or the next. In addition there is some benefit for those who are experimenting with astral projection. This is not specific, it can work in many different areas of astral projection, allowing the individual a better sense of it, a calm, a reduced intensity, a sense of equanimity, an ability to maintain the projected state longer will usually result. There is also benefit for the lung meridian for most people. First, second, and seventh chakras are strengthened.

### **Ragweed, Ambrosia - Self-Awareness**

Relaxes a person to have more balance in the emotions or intellect, as is needed. The dry intellectual becomes more emotional, and the overly emotional more intellectual. There is more self-awareness.

### **Raspberry (*Rubus idaeus*) - Self-Expression**

There are some properties specifically related to pregnancy, various important components that do bleed over from common use. As an herb raspberry tea is often utilized for a variety of female complaints and around issues of enhancing pregnancy, though the essence brings a degree of clarity to the entire process, the conception process for both men and women is brought into a state of greater awareness and clarity. The idea of bringing forth improved self-expression is connected to this in one of the highest spiritual ways simply relating to the idea that a woman can express herself by bringing through life through her body, the sense that this could be more than just a biological process, the awareness of the many connections at higher levels of consciousness, all of this can connect into her understanding of her own relationship to the child to be. In addition is the way in which the expressive quality for men and women is brought into awareness. Many times it is as if you can step back from it for a moment, look at the areas you wish to express, have an entirely different context in which to hold them, be able to relate to them in a different way, a way you perhaps avoided in the past, help you observe blocks in ways in which such expression was then impeded and you did not even understand why. As you observe this, you may be more encouraged to make

changes, but at the same time you may be able to make some shifts in your own inner ability to relate to this. It is not so much a behavioral outer shift as an inner contextual shift that Raspberry appears to assist with. Raspberry has a variety of helpful qualities as other berries do to absorb, attract and combine with metals in the physical body. This is translated into a higher level of conductivity in the subtle bodies by the use of the essence. To some extent this does take place across all berries. But Raspberries in particular have some unique qualities here, enhancing or speeding up at a sort of subjective level the sense of one's attunement to forces of creativity. These can be from specific entities or they can be generalized energies such as from your own highest self or from the cosmos, but the sense that one is as if taking a step closer to this, releasing filters or barriers to these energies is often felt by those using Raspberry flower essence. In addition there can often be a sense as one is allowing this creativity to flow through of a positive uplifting aspect to it, that it has something within it that feels right as a sense of correctness or love within it.

### **Rattail Cactus (*Aprocactus flagelliformis*) - Cultural Bridges**

Capacity to reach into multi-dimensions, across time and space, and extract information, including new knowledge relating to an individual's cultural heritage. Deeper attunement in bridging across many generations and into history. This may also assist in the transcendence of time and provide a deeper connections to time flows in the future.

### **Rattlesnake Plantain Orchid (*Goodyera oblongifolia*) - New Woman**

Some issues relating to aggressive or male-oriented tendencies are assisted. For men in coping with anger and aggression issues, this can be done within two weeks of working with this elixir. For women who are seeking a greater balance between male/female in matters of speech, the ways in which they approach men, the ways they are seen in the world, and the way they see themselves. Can be useful for any female to take.

### **Red Chestnut (*Aesculus carnea*) - Reduces Worry**

This is to be utilized for people who worry about others excessively. When used, this elixir establishes the ability to care for others without anxiety but with compassion and empathy.

### **Red Ginger (*Alpinia purpurata*) - Male/Female Union**

Ability to spiritualize many physical characteristics. Useful for martial arts and dance. Sexuality, tantra, and Taoist sexuality enhanced. Highest aspects of union. Opens the root chakra to spiritual energy. Deepens understanding and acceptance of the male/female balance within. Union of both (male/female) with the one (Earth).

### **Red Mountain Heather (*Phyllodoce Breweri*) - Divine Word**

Can improve ability to perceive and work with different forms of sound, including music. Greater attunement to the inner voice. Greater capacities for

loving across large networks, unconsciously. An enhanced capacity to recognize oneself in all things. Deeper attunement to vibration of all types.

### **Redwood (*Sequoia sempervirens*) - Firmness**

This is to be used to engender greater patience. It can be used for cellular regeneration and increased longevity. The etheric body is aligned more closely to the emotional body, creating more emotional balance and increased life force within the physical body. Consider using Redwood for general stress, inflexibility, and a difficulty in taking a firm stand on anything.

### **Rhododendron (*R. arboreum*) - New Beginnings**

Rhododendron comes in a huge variety of shapes, forms, colors and so on, but there is this common energy associated with all of them about beginnings, about energies that can be strongly implanted and which can continue. One problem with rhododendrons in the wild is that the blooms can be so intense and so large that they exhaust the roots and that the plant cannot easily keep up with sufficient nutrient levels. Rhododendron has grown alongside humans for millennia and has gradually adapted to be fed by humans by the addition of compost or various minerals and variety of organic materials into the soil. Devas in continuing this cooperation have opened a variety of energetic attunements to humans to gain nourishment. In return they are sending a powerful sort of blast of energy when you wish to begin something, to open doors, to do things in a new way, to bring this tremendous burst or bloom into form. These characteristics are shared by a variety of plants of course, with the most prominent being the roses. But unlike the roses, the Rhododendrons have a variety of characteristics that connect them more to the wild, to the sense of any possibility. None of the refinement and energies associated with the purer heart aspects of love seen in the roses apply, rather in the rhododendron energy is this sense that you know as you initiate, as you begin, that you will be accepted, some aspect will be loved, some component of this will be seen as that which others are grateful for. This can stimulate an inner child energy in many people, having the sense that anything is possible, and that even if you fail, you have then made some important steps, and that inner child is to be better loved, accepted, and hopefully that can come again and be shared again.

### **Rhubarb (*Rheum Rhabarbarum*) - Heart Energy**

There is a greater coordination between the left and right brain hemispheres, creating greater harmony of thought by balancing the analytical and the intuitive aspects. Rhubarb can help clear one's relationship to self, thus opening up the possibilities of more loving relationships with others. There can be a greater ability to see things from another's point of view. The heart chakra is opened on a deep level, so one can understand love on more than just a physical level, perhaps even on a multi-dimensional level.

### **Rice (*Oryza sativa*) - Cooperation**

This elixir helps people to cooperate with each other in a harmonious and

productive way. This elixir will reduce stress from interaction with others, as one learns to give voice to hidden fears about relationship and then release them. This elixir helps create a useful collective energy of mutual cooperation and emotional understanding.

### **Robina (*Pseudoacacia*) - Vitality**

For the overly lethargic individual.

### **Rock Rose (*Helianthemum nummularium*) - Inner Calm**

This is to be used in emergencies where there can be terror or strong fear. This elixir brings inner calm and courage in all situations.

### **Rock Rose (*Cistus*) - Belonging**

Allows individuals a greater sense of the interaction between the smallest and the largest, from the big picture to the tiniest details. Creates a greater sense of belonging in interacting with others or organizations. Visions are stimulated, and one becomes more comfortable with their spiritual philosophy and understanding of God. Spiritual body is opened.

### **Rose Campion (*Lychnis Coronaria*) - Group Psyche**

This plant has value in awakening a sense of group purpose and an ability to focus psychic energy as a group. This can be helpful when doing group healing and also in developing better teamwork. This often involves a higher psychic connection to excel among a group of teammates. To better express their higher goals, members of a group can use the elixir when creating a mission statement. With longtime use, the plant brings about a sense of confidence and comfort within a group.

### **Rose of Sharon (*Hibiscus syriacus*) - Flexibility and Grace**

This elixir gives one greater flexibility to grow in many new directions. One may even be inspired to attempt new acts of physical grace, dance, and movement, not previously seen as possible. Clairvoyance is enhanced. Overall body flexibility is enhanced. There is a greater ability to assimilate and manufacture Vitamin C. Helps to bridge the communication gap of one fixed reality to another. Creates a greater awareness of the "Christ-self" within.

### **Rosemary (*Rosemarinus officinalis*) - Inner Peace**

Brings out a person's creativity. A good remedy for a philosopher. Good for negotiations. Promotes outgoingness and a gracious manner. Happiness, sensitivity, and sentiment.

### **Rubber Tree (*Ficus elastica*) - Concentration**

For lack of concentration, lethargy, and spaciness.

### **Rue (*Ruta graveolens*) - Beyond Beliefs**

Rue has the capacity to shift vibration, to bring up hidden emotions from a deep



level within people. As deep beliefs are released, new ones can be properly installed. The ultimate use of this flower is to get to a place of non-judgment, of openness where there is no need for any belief structure. This is an enlightened attitude of love and acceptance that is often found outside society's norm. Deep fears can be shifted, and a sense of being-ness can emerge. Rue is useful in dealing with all miasms, particularly the psora miasm.

### **Rye (*Secale cereale*) - Mood Balancer**

For the moodiness of hypoglycemia. Cleanses and balances meridians.

### **Sage (*Salvia officinalis*) - Spiritual Wisdom**

Sage aligns the mental and spiritual bodies. People can then become philosophically more active, with a greater interest in spiritual matters. Psychic faculties, especially mediumistic abilities, may be awakened with sage. Laughter can be stimulated, thus releasing tensions from the body. Attunement to future lives may also develop.

### **Sagebrush – Transition, Letting Go**

### **Saguaro (*Carnegiea gigantea*) - Self-Confidence**

This can be used to develop self-confidence. It can remove confusion from the emotional body, creating clarity of thought. It will balance difficulties associated with the father image.

### **San Pedro Cactus (*Echinopsis*) - Individual Awareness**

The beautiful flower of this cactus has a fascinating property, bringing a sense of possibility to the individual that is very focused on individuality, an aspect of your own uniqueness. Oftentimes this can be a very powerful solution when people are seeking an answer to this simple question: what is my purpose? Many times that question must relate in some way to a doingness: the job I am going to take, the relationship I am going to have, the way I am going to connect to other people, etc, etc.

Yet this is usually felt for most individuals to be unsatisfying, not producing for them that sense of something unique about themselves. Oftentimes when they are asking this question, what is my purpose, what they really mean is 'Why have I come to this body? Why have I incarnated? What is there unique about me in this incarnation?' Hence tuning into the soul energy, as is assisted by a variety of vibrational approaches, is also to some extent less than satisfying because it is that which gives you a much larger perspective, and which connects to other people and to your own highest self, and to soul energies that might have otherwise been unavailable to you. This cactus has this wonderful capability, tuning into your own individuality, specifically though, answering this question, why you are here, and why the soul has chosen this approach, why it is coming into this body, this time, this place.

And that why-ness not as a specific answer that relates to doing, but a viewing,

a sense of your own incarnation, your own willingness to love and be loved, to be here and connect to others, and so on. This individuality does at times seem to create a band of energy between the head and the heart, oftentimes extending out the top of the head from the seventh chakra directly into the heart without going through the rest of the physical body.

### **Sandalwood (*Santalum album*) – Emotional Shift**

The flower essence, brings a sense of emotional connection, a sense that you are emotionally aware of others in your family in the sense that you are able to better accept them, love them, work with them, interact with them, and ultimately allow greater healing. This sense of healing for those who are close to you and those who work with you is also extended astrologically to the planet Venus, and positively aspected Venus can certainly have many enhancements by use of the flower essence. The strengthening that occurs with this can be one that generates some very powerful emotional states, bringing buried emotions, even from incidences you do not consciously recall, perhaps even from childhood, into your awareness to be easily expressed. Many components of this will be valuable and helpful for emotional clearing, and the body's ability to clear these energies and allow them in an easy more fluid state is then noted. There can also be much strengthening of the person's willingness to express oneself. The essence can stimulate aromatics and promote healing with aromatherapy. It can improve breathing during meditation.

### **Sand Lily (*Leucocrinum montanum*) - Persistence**

This essence will help people in bringing aspects of time compression more consciously into their lives, thus becoming able to stretch time and accomplish more in their lives. Over time, one can experience a blending of the three lower chakras with the 6th, 7th, and 8th chakras.

### **Sassafras (*S. albidum*) - Perseverance**

This flower can bring about a remembrance of past lifetimes, particularly from Atlantis. The mental body is brought into a state of alignment with the astral and emotional bodies. There can be a deeper state of relaxation and of accepting and seeing things as they are. It is to be used in planning, initiating, or carrying out any activities, as it brings greater confidence for continuing and finishing an endeavor.

### **Scarlet Fritillary (*Fritillaria Recurva*) - Movement Therapy**

This plant has abilities to assist individuals in understanding dance and movement from within. As one begins to move, greater self-understanding will arise with this elixir. A gradual letting go of thinking or thought will occur as one allows the body to move. This aspect of dance therapy can bring about an examination of past-life memories, often around the deaths that have occurred in other times. A sense of movement from the inside out can be realized. This elixir can serve one who wishes to share new philosophies with the world, offering others a sense of encouragement to awaken and understand themselves.

### **Scarlet Mimulus (Mimulus Cardinalis) - See Monkeyflower**

#### **Scarlet Runner Bean (Phaseolus coccineus) - Easing Fear**

This plant has the capacity to allay fear. Oftentimes, when a new belief pattern or way of being does not solidify itself, it is due to an underlying fear. So this elixir can be applied after a major breakthrough to ensure that the underlying revelations and lessons stick. Reserve energy to deal with the fears as they pop up will often be noted in utilizing this beautiful flower. Deeply ingrained patterns are more easily unstuck with this plant, such as addictions to physical substances. It is often a fear of the coming change in personality that would result in the new behavior pattern that keeps people stuck in one place. Scarlet Runner Bean allows those fears of personality change to dissipate.

#### **Scleranthus (S. annus) - Decisiveness**

This remedy is for those that cannot choose between two things. When utilized, a person can achieve an inner balance, with the ability to be decisive in all things.

#### **Scotch Broom (Cytisus scoparius) – Self Awareness**

Scotch broom has unique capacities of a deeper ability conferred upon the individual to bring a sense of their own evolution, the sense of where they are going, their abilities and how this can affect them very powerfully and directly into their lives in the here and now, as if to take this sense of what is possible for them and make it more real and stay with it as long as may be necessary. The opportunity for adaptability, the ability to use what talents and capabilities you have, and to do this in ways that you can adapt to any situation, work with many different people, interact in various different circumstances no matter what stresses are applied. Scotch broom's capacity in this regard relates to the devas' capacity to interact with humanity and provide many, many adaptations to climate, to various circumstances of landscaping, energy of the earth itself, and various ways in which this can be a useful healing plant.

#### **Sea Lettuce - Intra-Cellular Communication**

Can bring about a reduction of free radical damage in the body and an attunement to higher forces of energy in meditation. There can be an improved ability of the cells to manage the drawing in and releasing of water, or inner hydration. Can also provide a deeper connection with the consciousness of humanity to a level of commonly-shared identity with God.

#### **Self Heal (Prunella vulgaris) - Fasting Assistance**

This elixir is especially useful when fasting for spiritual purpose. Several times a day, put this essence in the mineral or distilled water you are drinking when fasting. The body gradually adjusts to a more evolved state. Eases self-doubt and confusions.

#### **Sensitive Plant (Mimosa pudica) - Shyness**

For the extremely shy and withdrawn or introverted. It eases stress. Signature: leaves fold when touched.

#### **Shasta Lily (Lilium Washingtonianum) - Revelation**

Helps attune people to Mt. Shasta and its magic. Significantly speeds up etheric bodies in people. One can better understand and utilize energies available in different power spots, such as Joshua Tree and Sedona. These energies can provide revelation from many Masters. Promotes a greater awareness in people of their role in serving to heal the Earth.

#### **Shepherd's Purse (Capsella Bursa-Pastoris) - Talent Activation**

Can draw in new talents and capabilities and bring them into one's life. This is especially true when one is open to using these talents in a selfless fashion, such as in healing work. A group project may be assisted by the use of this flower essence.

#### **Shooting Star (Dodecatheon Meadia) - Astrological Awareness**

Excellent to take if you are studying astrology. Also helpful in the study of astronomy. Heightens consciousness and the body's frequencies to become more sensitive to the celestial positions and the movements of different planets.

#### **Shrimp Plant (Belperone guttata) - Nature's Cycles**

This can allow an attunement between the shared lunar aspects between many animals and people. This can be useful for working with lunar cycles, for girls coming into menstruation in the early teenage years, or that of a menopause in the later years. There can be a greater understanding of the tide-like qualities within all fluid systems in the body. This elixir can provide a direct connection to the angelic realms. There can be a greater awareness of the angelic component in many sea creatures, particularly whales and dolphins.

#### **Sierra Iris (Iris Hartwegii) - Artistic Creativity**

These plants activate inspiration and creativity that originate in the right brain. Especially affected are dance, music, sculpture, and painting. There can be an additional benefit of dealing with the various moods associated with artists. This includes a sense of frustration from being alone, a feeling of being inadequate, or feeling uninspired in one's work. Iris opens the heart chakra and unblocks the 2nd chakra, freeing up creative energies.

#### **Sierra Primrose (Primula Suffrutescens) – Spiritual Maturity**

There does appear to be benefit with this flower for individuals who are new to a spiritual path. They are coming to understand matters that perhaps have been on the edge of their consciousness for a while. They are beginning to investigate and understand things that are clearly around them, subtle but not forcing themselves, but they become curious and as they look they find depth, meaning, deeper understanding on so many levels. There are different ways in which people come to a more complete inner understanding of their own

spirituality, but one of them which is particularly intriguing at the current time is one in which they have already had a significant investment in some form of organized religion, and in finding the ways in which that has been nurturing or helpful to them, then they often are able to ask the deeper questions about what is right about it, about its benefit on many levels. Where this Primula is so helpful to individuals is where they are looking in themselves as to some way in which they can hold a newfound investigation, appreciation, and understanding of innate spirituality not connected to any organized religion, but find a way to hold that at the same time as an understanding of the religion that they had been involved in. The most difficult in all of this of course is a way in which you come to your own personal understanding, a personal peace you could say, with your God, with your understanding of God. This flower has great utility in shifting relationships, particularly relating to work, people in teams working together. In Lemuria, this plant was utilized in a variety of rituals in which one sought contact with human beings far away, a way in which people could have a sense of being united, of being one, families that were separated from each other or people who had not seen each other in a while.

#### **Sierra Rein Orchid (*Habenaria dilatata*) - Deep Denial**

Some excellent capacities for transmuting emotion, bringing deeply buried or denied feelings to the surface. This motion is relatively quick. Works especially well for relieving states of depression or sadness.

#### **Silk Tree (*Albizia Julibrissin*) - Inspiration**

It promotes a transcendental perspective, inspiration, and self-integration. Use for extreme emotional imbalance, such as schizophrenia.

#### **Silky Oak (*Grevillea robusta*) – Generational Understanding**

Silky Oak elixir has an excellent capacity to assist with intergenerational communication, capacity to better understand those around you who are older, and those much younger than yourself. It does so by a shift in consciousness whereby you are able to feel, see, experience through the other, thus a sense of the energies or feelings, and this not so much a verbal or intellectual, but that which works through the emotional sense. In this way there can be far greater compassion and understanding for those who are very different from you principally because of age. One of the more important aspects of this shows up naturally in families where people have to take care of their elders, or those who are young who need to understand and work with elders, but also the reverse where an older person is trying to communicate with a younger person and has difficulty doing so. It is able to penetrate through some of the obstacles, prejudices, energies that hold against this shift, and there is a way in which this gives a sense not only of compassion and love, but a sense of oneness, as if you know that this is you. This works in both directions. With this there can be an important bridge to non-physicals, and especially to extraterrestrials. Some extraterrestrials have extreme physical age. Their age may be in excess of 1000 earth years. This is not just around wisdom or conference of experience, it has a lot to do with a sense of self, an outlook, an

awareness. But humans simply do not understand at such advanced age the very method of comprehension, interaction, or intellect, all of the things that are having profound effect on a person who has been in a body that long. In many ways this can be bridged or understood with Silky Oak, and in ways in which the individual involved can do so slowly, comfortably, and gradually over a period of time.

#### **Silversword (*Argyroxiphium sandwicense*) - Spiritual Awakening**

Silversword can bring powerful shifts in consciousness, increasing the means of communication available through the higher chakras. Chakras 8 through 12 are of great importance for spiritual awareness and deeper understanding. With repeated use of this elixir, the capacity to shift vibration is enhanced. In addition to aligning and working with all the chakras, Silversword will allow a higher capacity of healing to be more available to people. The chakras in the palms of the hands are strongly stimulated. One can put aside one's own needs and work with the needs of others. This plant retains a powerful link to bridges built between the Lemurians and extraterrestrials concerning issues of transformation and spiritual knowledge.

#### **Skullcap (*Scutellaria Lateriflora*) - Massage/Psychic Healing**

For massage practitioners, psychic healers, and their clients. Creates a deeper bond between healer and client. Merges the emotions and spiritual forces. Activates the crown chakra.

#### **Snapdragon (*Antirrhinum majus*) - Expression**

This can be used for any difficulties around the face, jaw, neck, or throat chakra. It will align the mental, emotional, and causal bodies to facilitate the ability of speech. When there is an inability to speak or express feelings, this essence should be considered. A release of suppressed emotions may occur, with an improvement in logic.

#### **Snowplant (*Sarcodes sanguinea*) - Strengthens Aura**

Deeper understanding of incoming light and energy; especially useful for hands-on healers. Strengthens the aura and subtle bodies. Supports change in one's life -- new job, new home, new relationships.

#### **Soaproot (*Chlorogalum pomeridianum*) - Tolerance**

This can assist people to be flexible in their ways of relating to the environment and each other. It brings a greater energy to do things in a holistic or helpful manner. One can find new belief patterns that support whole new ways of exercise, sport, or doing physical things in the world. Thus, it can help one develop new capabilities and talents. It can assist groups in enabling individuals to have greater flexibility in relationships within the group. This flower can be useful in releasing self-criticism.

#### **Solomon's Seal (*Polygonatum multiflorum*) - Self-Forgiveness**

This elixir can help one develop the ability to appropriately assimilate life's

experiences, to better release one's mistakes, and to then allow deeper forgiveness of oneself. As a result, consciousness can be accelerated dramatically. Greater self-awareness, psychic functioning, and spiritual attunement can arise from the use of Solomon's Seal.

### **Sorrel (*Rumex Acetosella*) - Emotional Depletion**

Keeps a person from getting emotionally depleted in stressful situations. Aids in meditation and activates natural pyramid shapes in esoteric anatomy – a clue to the value of the lotus position. Seals in nutrients during drying of food. Spiritual and emotional bodies aligned, mental body calmed.

### **Sourgrass (*Oxalis Pes-caprae*) – Accepting Love**

Sourgrass has a variety of interesting principles, principally and most importantly the idea of persistent, repeatable love, love in the face of those who would reject you, those who would in some ways try to turn your love into what they believe is needed for their own bodies, system, and most importantly, their hearts. The sense that this love can be transformed is held within the deva. Indeed in many of the areas where this plant becomes invasive or is widely noted, the sense that people would learn about love, understand it better, bring it more consciously into their hearts, is an important mission of the devas to explain, to share, to bring into your own understanding. But with this persistence will inevitably come the karma associated with all of the times in the past when you rejected love, when for whatever reason you were seeing that it was necessary to restrict love. Individuals as they understand and appreciate the very nature of this, will of course recognize that that is counterproductive and seek wherever possible to increase their love. But many individuals, particularly in the past, did not understand this. Thus as you bring this to you karmically, there will be a tendency with Sourgrass to attract to you those individuals with whom you have pastlife karma in which some aspect of rejection, some pushing away, some way of reducing of love had shown up. Prejudicial energies are of course a much further extension of a reduction of love, and to an extent then Sourgrass can assist with this by allowing individuals to recognize their commonality, the opportunity to love, cherish and appreciate everything around them, the people, nature in particular, the devas, the very idea that one can be more deeply connected in energies and associations with others.

### **Spice Bush (*Calycanthus occidentalis*) - Color Healing**

This may strengthen the etheric body surrounding neurological tissues, thus increasing or decreasing physical sensitivity. There can be benefit in using this flower for color therapy, acupuncture, creative visualization, and hypnosis.

### **Spider Lily (Red) (*Lycoris radiata*) - Energy Transfer**

Increases the ability of the nadis to reach into other dimensional areas. This is especially helpful for the nadis in the base of the spine and the ability to transform and transfer energy from interdimensional regions, especially from the etheric body. Individuals seeking greater strength in the physical body (the

digestive organs, sexual reproductive organs, kidneys, and the skin in this area of the body) can benefit from Red Spider Lily. There is also an improved ability to open and close the chakras at will, taking on what's useful and rejecting what is not beneficial.

### **Spiderwort (*Tradescantia virginica*) - Positive Attitude**

This can be a general enhancer to remove psychological toxins from the system. It can be used to reverse negative attitudes. It helps people to experience their true identity. There can be a merging of mind, body, and spirit.

### **Spikenard (*Aurelia Racemosa*) - Psychic Stretch**

May increase various telepathic projective qualities in people. This is to send them further distances for remote viewing or distance healing. There can be an increased ability to visualize, with greater perspective. It also may assist those in the writing process to bring in new ideas. Spikenard can be a boost to any involved in the transmission of new ideas where there may be some blocks in the receivers of this information. So it can be quite valuable to teachers or anyone who is looking to project energies from a small to a planetary level.

### **Spring Beauty (*Claytonia virginica*) - Emotional Release**

Spring Beauty can help people who are altering their patterns or changing direction in their lives. By re-examining and working with an inner guide or helper, one can see things from a larger perspective. This flower essence is useful for releasing stuck energies or denial. Sometimes, encountering great difficulty or overcoming deeply entrenched issues can lead to destructive behaviors that are frequently addictive. So combining Spring Beauty with the star elixir, Fomalhaut can provide greater success in releasing addictive behavior.

### **Spruce (*Picea pungens*) - Life Purpose**

This will enhance the ethereal fluidium, thus bonding the etheric and physical body closer together. Spruce is good to use for a detoxification program. It can be used as a preventative treatment for various conditions. It is indicated when there is a general disorientation or a lack of direction in a person.

### **Squash (available in male, female, or male and female combined versions) Youthfulness**

This is to be used for any issues surrounding sexuality, fertility, pregnancy, and birthing. The aging process is slowed, with an easing of an identity crisis concerning sexuality. It will increase sensitivity, especially for men. It may release frustration and anger by balancing yin and yang qualities. There is a slightly greater impact when men use the male flowers and women use the female flowers.

### **Squash, Acorn F/M(*Cucurbita Marima*) - Youthfulness**



**Squash, Acorn, Female (Cucurbita Marima) - Youthfulness**

**Squash, Acorn Male (Cucurbita Marima - Youthfulness**

**Squash, Crookneck F/M (Cucurbita Moschata) - Youthfulness**

**Squash, Crookneck Female (Cucurbita Moschata) - Youthfulness**

**Squash, Crookneck Male (Cucurbita Moschata) - Youthfulness**

**Squash, Zucchini F/M (Cucurbita Pepo) - Youthfulness**

**Squash, Zucchini Female (Cucurbita Pepo) - Youthfulness**

**Squash, Zucchini Male (Cucurbita Pepo) - Youthfulness**

**Squaw Vine (Mitchella repens) - Higher Spiritual Powers**

Gives birth to and promotes higher spiritual, not philosophical, principles. For example, use when studying God, karma, and religious beliefs.

**Starflower (Trientalis latifolia) - Crop Circles**

Assists those working with others to better understand the truth, even when it is blocked in their consciousness. May also enhance greater understanding and attunement to crop circles around the world. Greater stimulation of the brow chakra.

**Star Jasmine (Trachelosperumum jasminoides) - Practicality/Self-Esteem**

This plant allows people to harmonize with society yet maintain their individuality. A greater ability to meditate with stars can result from this flower. Understanding astrology and working with the healing energies of the cosmos can be benefited with Jasmine elixir. An improved sense of self-esteem, with a sense of practicality and mental clarity, can result from this flower. A stimulation of the permanent atom, or the soul's original God spark that resides within through all incarnations, is a great benefit from this elixir.

**Star Of Bethlehem (Ornithogalum umbellatum) - Comfort and Consolation**

Taking this essence dissolves the effects of shock, both short and long term, and helps one to be calm in an emergency.

**Star Thistle -Yellow (Centaurea Solstititalis) - Spiritual Awakening**

Assists individuals in radiating energy. This is obviously useful for health practitioners in working with their clients. This affords the client and practitioner a higher spiritual awakening. Energies of the 9th and 10th chakras are activated (especially with the visualization of gold and silver colors).

**St. Catherine's Lace (Eriogonum giganteum) - Group Coordination**

A higher level of interconnectivity is brought into consciousness for specific application in any given task as long as that task is one that everyone can agree on as to the ultimate real benefit of the outcome. The actual physical outcome as a goal etc is of no importance; it is rather the way in which having learned or worked through this task, having understood or interacted with others, you have gained something, you have shifted somehow, it has been of personal value to you--this takes it above and beyond the realm of money at the practical level.

But in ancient times St. Catherine's lace was extremely helpful in a bringing together of consciousness when a new being was to be created, a modification of an old energy, a shift necessary for the Earth. Lemurians understood and worked with this in different ways, but the general idea of a higher level of coordination in a group is that which this flower essence can bring forth for many people. The result of this can be greater harmony in a group, but there must be an acknowledgment of some deeper collective shared question, how can I evolve? "How can I use my interaction in this enterprise to better know myself or love others?" Gradually as individuals are able to put in what they need and hold back on what is better done by others, they are getting the better sense of this group, and in this way a much greater degree of improvement across all tasks that the group might be involved in will certainly take place. Of course there are going to be situations where you cannot give the flower essence to everyone in your group.

That is fine. You can still bring some of these energies forth without a conscious acknowledgment of the presence of a flower essence. This can be done in many different ways, the simplest being having a photograph of the plant. But other ways are in the misting of the room with the flower essence, the leader or at minimum two of the participants taking the flower essence, the utilization of this in various other ways around the room involved with various foods, beverages, etc, and generally the idea that this is going to be shared with others in some valuable or helpful way. One can also do this radionically, and here the key is simply that there is some ritual involved.

If you do not have access to a pyramid, write the names of everyone in your group on a piece of paper in your own handwriting, not printed, typed, etc. Then take a drop of the flower essence under the tongue and then take a drop of the flower essence and drop it onto the piece of paper. The idea is not to make any shift at the level of the piece of paper after you drop this if possible. So pick a location in which you feel good about leaving it there for a while, preferably many days if possible, but even as a minimum an hour, and then drop the liquid onto that card. You are of course going to read the names and see them as you let the drop fall, and then to close the eyes with the simple sense that there is an energy, that there is something moving through, there is something of value that they will receive. This and other exercises bring forth the imagination of those involved, and is yet another radionic technique.

### **Star Tulip (*Calochortus Tolmei*) - Spiritual Sensitivity**

This can stimulate spiritual or psychic sensitivity so a more direct contact with one's spirit guides may occur. This may manifest in vivid dreams. A general activation of the 6th chakra will be likely, with an influence on the hair and its properties, which are generally anti-bacterial.

### **Stephanotis (*S. floribunda*) - Dimensional Transfer**

This can be helpful in allowing transference between dimensions. It is also useful for greater awareness of subtle dimensions. There is a greater skin sensitivity, so one's absorption of sunlight energy is improved. There can be an improved ability to channel higher dimensional energy through art, poetry, or music. Combines nicely with Vega starlight elixir.

### **Stevia (*Stevia rebaudiana*) - Increases Enjoyment**

Stevia offers an important opportunity at this time for people to have an entirely different viewpoint about the sweetness of life, about the understanding of life's joys, about the capacity of bringing transformation and conscious change to their own ability to enjoy life, find joy in life, and recreate it in themselves. The flower essence works with the higher significance of this energy; an opportunity for individuals to find a sense of joy in movement, in their step, in the awareness of the world around them, in God's loving energy associated with them in the opportunity to partake in life and to find ways in which this can be ultimately nourishing and helpful. Some individuals engaging already in such a life shift or life crisis would do well to utilize stevia flower essence to help them with the journey, and make it easier for them as they create the new identity for themselves, one that is not based so much on outside accomplishment or how others see you, but rather on an inner joy, on an awareness of one's own inner consciousness, and the opportunity to find joy in every situation in life.

### **Stinging Nettles (*Urtica dioica*) - Family Calm**

It eases all emotional stress associated with a broken home. This essence is good for adopted children or parents who have adopted children, and divorced people. Sibling rivalries and other problems in an existing family unit can be treated with this plant.

### **St. John's Wort (*Hypericum perforatum*) - Visions**

This essence is a tonic to aid in the release of any hidden or obvious fear or paranoia, including fears from past-life experiences. It is to be used in all forms of psychoanalysis. It is a great help to those involved with astral travel beyond the lower astral realms, bringing visionary states.

### **Stoneroot (*Colinzonias canadensis*) - Multiple Perspective**

This has the capacity to bring a greater sense of connection to Earth and the devic orders. It is especially helpful in building greater family relationships, enabling individuals to better understand each other's point of view. This can be particularly helpful when the individuals of your family seem quite different from each other and from you. At the higher vibrational level, one would find greater

forgiveness for oneself, for others, and even for society and the entire human family. Stoneroot can increase levels of patience and energetically assist the emotional body in healing and cleansing.

### **Strawberry (*Fragaria vesca*) - Hopefulness and Cheer**

This flower essence can allow a deep sense of patience and a gradual increase of life-force energy. Strawberry can bring about a greater brightness, hopefulness, sense of purpose, and strength in one's body. The elixir can strengthen the connection between the 7th and root chakras, thus allowing a sense of divine joy or strength of purpose. Movement arts and dance will be energized by Strawberry. There is a particular emphasis on athletic improvement in winter sports, and a reduction of SAD. At the higher vibrational level, Strawberry flower essence gives individuals more energy for spiritual purpose and a willingness to hold on to that purpose.

**Strawberry Snowball Tree (*Dombeya cacuminum*) – Spiritualized Sex**  
Strawberry Snowball Tree (*Dombeya cacuminum*) – Spiritualized Sexuality This flower essence has interesting properties to assist people with a deeper awakening of their connection between their physical sensuality, sexuality, and aspects of the physical body. This primarily relates to the first and second chakras and their higher wisdom, understanding of their connection to the collective consciousness, ability to work with these energies at a vibrational level often beyond that of words or understanding in the usual communicative sense. Seventh, eighth, and ninth chakras, are as if bridged, joined, merged temporarily with the first and second. Intent of this spiritualized sexuality can often be quite different from one person to the next. Thus it would make sense to assess more carefully your own relationship between spirituality and sexuality for you personally before utilizing this essence, though it would be quite helpful for anybody when you are more aware of aspects that you would like to shift about this or those that you would see as beneficial and wish to emphasize further, this could be quite helpful. Simply taken in a more open way, as if the statement being made is, "I am open to the joining, the spiritualization of my sexuality and my highest consciousness", surprising and often unexpected results can occur. That is because most individuals have a backlog, a karmic reservoir, aspects of emotional suppression, issues around sexuality that they have been unwilling to explore, have been difficult for them to understand or work with, and are those that in various ways the soul would like very much to clear.

### **Sugar Beet (*Beta vulgaris*) - Energizes Etheric Body**

This essence can allow an understanding of the sweetness, strength, and gentleness of the Earth as it sustains physical energy in people. Mood swings, especially depression associated with blood sugar imbalance, can be treated with sugar beet.

### **Sugar Bowls, Vase Flower [*Clematis hirsutis*] – Spiritual Connector**

This is an interesting flower with the property of assisting the receiving of

cosmic or higher vibrational information in a direct fashion, as if a sort of tunnel or conduit opens between the causal body and the seventh chakra. As the seventh chakra is repeatedly stimulated, there is some depletion of manganese, it is recommended for nuts and seeds to be eaten at some time in the week or so before using this essence, in order to receive the full benefit. The seventh chakra, as it awakens to receive this information, begins to come into a greater ability to translate and share this with sixth and fifth chakras. □ Gradually, the information that comes through begins to make sense. Dowsing and psychic abilities may be increased for many people. □ □ More importantly, a sense of belonging, or reduction of the foreigner syndrome (feeling like a stranger in a strange land) may take place for many people. It is possible that the capacity of an individual to receive talents, ideas, or new ways of doing things, will naturally increase with the use of Sugar Bowls, as the ability to receive information is naturally enhanced. Memory can also be enhanced through the use of this elixir.

#### **Sugar Cane (*Saccharum officinarum*) - Optimism**

For sharp mood swings, lethargy, and general depression.

#### **Sulcorebutia Cactus (*S. arenacea*) - Vortex Movement**

May create a vortex of energy within an individual, thus increasing one's focus and alignment with individualized capacities -- those associated with their soul, the center of the universe, with God-purpose, or with Earthly manifestation. Helps to remove obstacles from one's path. May prove useful for individuals who respond poorly to certain holistic treatments.

#### **Suncup (*Onicera ovata*) - Inner Strength**

With an increase in inner strength, Suncup can help people make appropriate decisions in life and release different aspects of unconscious denial. These can be the little lies that people tell themselves and each other. There can also be a quieting of the mind in order to achieve an inner peace. This state can be helpful in meditation and in lucid dreaming and out-of-body work. A greater self-awareness can be achieved in reflecting upon "mistakes" in one's life in order to reach a deeper level of self-forgiveness.

#### **Sunflower (*Helianthus annuus*) - Spiritualizes Ego**

Sunflower tempers and spiritualizes the male ego. By lessening the impact of the overbearing male ego, this can awaken the male's maternal instinct and desire to have children. There can be an alignment of the super-conscious mind's spiritual values with the heart chakra, thus cleansing the heart chakra.

#### **Swamp Onion (*Allium validum*) - Cleansing**

Here there can be a powerful cleansing, usually beginning in the top of the body and working its way down and out of the body, from head to toe. Can create the awareness of the higher energies associated with such cleansing -- almost an awareness of a powerful God-energy, loving and pouring through the person. Especially useful for the subtle bodies' cleansing of accumulated

psychic debris and other stuff that stands in the way of greater evolution.

#### **Swan Plant (*Asclepias physocarpa*) – New Ideas**

This plant has many fascinating properties at conferring much benefit to the brain, capacity to interact more consciously with all of the subtle bodies, and improve the ability to think quickly, while at the same time allowing the brain an easier time of interacting across multiple dimensional levels, a sense of antenna or deeper contact and awareness. There are those who might see some connection here in other signature ways to other spherical aspects in the physical body, ovaries, testes, and eyes, many of the various spherical shapes. This is conferring some benefit primarily in the way in which the brain is better able to communicate, especially around issues of vision, sexuality, and the capacity to reproduce. As various issues can more easily show up in consciousness and be shifted, one is often then able to draw in ideas that are very far from one's usual way of thinking, having a completely new sense of self or remembering an aspect from a past life. The ability to draw in energy and aspects of healing or an ability to help others that are quite different from anything you had previously experienced, is an important component that this flower essence can provide.

#### **Sweet Alyssum (*Lobularia maritima*) - Christ-Self**

For those interested in understanding certain aspects of Christ-consciousness as it affects Earthly life. For those who are seeking to transcend dogmatic religious states. Can create a stronger resonance between oneself and other members of one's soul group.

#### **Sweet Chestnut (*Castanea sativa*) - Relieves Anguish**

For those who feel that they are in a place of no hope, no light at the end of the tunnel, and great despair. This essence will relieve that state and help one to move forward with the confidence and faith that they will be supported.

#### **Sweet Flag (*Acorus Calamus*) - Integrates**

This essence primarily integrates the mind, body, and spirit by merging the mental, emotional, and etheric bodies. Consider using this essence for extreme anxiety, stress, or fear, as with some cases of grief. Excellent for those involved with hospices or homes for the elderly.

#### **Sweet Pea (*Lathyrus Latifolius*) - Social Responsibility**

This can create a sense of social responsibility, so certain adolescents can be greatly benefited with its use. It can be useful for anyone exhibiting antisocial behavior. Sweet Pea draws people out of their fantasies and can offer a more social commitment to life. This essence can help to create emotional stability by calming the emotional body. This can be a remedy to greatly boost inspiration.

#### **Sweet Shade Tree (*Hymenosporum flavum*) – Self-Approval**

Sweet Shade Tree does have benefit to individuals who are seeking better understanding of the balance in their bodies as viewed through other people.

Typically these days this relates to obesity, ways in which individuals are perceived as being either too large or too small. A deeper understanding of this is very important because without it, individuals do not actually have a sense of what is correct. Of course this can lead to a variety of illnesses where people overeat or under eat, but Sweet Shade Tree does not specifically address this. It is actually shifting the way in which other's energies are perceived by you, the sense through their eyes in how they view you, the truth of what you look like. But what gradually emerges is that other people's viewpoint on you is actually a manifestation of your denied viewpoint on yourself, what it is you don't like to see about yourself, what you wish was different, because in point of fact what other people really do see about you is at first the aspects of themselves that they must deal with, and then as they do perceive the truth of you, typically an understanding of the highest nature, the loving part of your being, that which is valuable, attractive, helpful, etc.

#### **Sweet Woodruff (*Galium odoratum*) - Compromise, Clarity**

Develops an ability to compromise, rather than the development of negotiating skills. Introverts learn to communicate. It restores clarity to the conscious mind when there is too much information from the subconscious or the higher self. There may be an inability to socialize and a strong ego.

#### **Sycamore (*Ficus sycamorus*) - Discipline**

Eases stress and overcomes problems concerning discipline, either because one is too disciplined or not disciplined enough. Gives one a handle on life, so one knows when to let go.

#### **Taiwanese Cherry Tree (*Prunus campanulata*) – Inner Stillness**

Taiwanese Cherry Tree (*Prunus campanulata*) – Inner Stillness This cherry has a unique quality of allowing individuals a deeper inner silence, a sense of discovering truth of themselves, within this silence. The capacity for inner stillness, and the ability to maintain it for a longer period of time than would otherwise be possible can lead to the development of a stronger energy, a sense that they are more deeply connected to earth or to their higher self. It is important that the individual over a period of time after taking the remedy, perhaps three days within that time period or a little further, focus on where would they like deeper connection, where would they like this sense of who they are to be connected to, how could that energy be better applied, how would they be able to better know it. Cherry will often in its various forms evoke a sense of deeper truth, an awareness of honesty, a clear understanding of themselves, but Taiwanese Cherry Tree has a quality associated for a long time with this sense that there is something below the truth, something deeper, something felt or known within that cannot easily be expressed or put into words. There does seem to be enhanced communication with animals that you are close with. With a pet, a dog or cat in particular, there is an opportunity for the animal to lead you into a place of deeper inner silence, or with the contact of an inner truth. Oftentimes one of the more important messages animals have for people because they are often very comfortable with long periods of silence,

and know this not just as not talking, but as an opportunity for an attunement to a deeper energy, a sense of oneness with the earth or with their friends or owners, or with nature in some way.

#### **Tagua (*Phytelephas macrocarpa*) - Guardian Angels**

Has the ability to impart some of the most beautiful aspects associated with ivory - the sense of great power, longevity, and increased memory. The strength of purpose, but also a kindness, and a certain sense of deep awareness. There is a direct connection to the angelic realm, especially to guardian angels. There is an increased awareness of form change -- how one can release the old ways and come to new ones. This is a plant substitute for ivory and a way for the angels associated with elephants to grant them a time of peace and awareness on Earth.

#### **Tamarind (*Tamarindus indica*) - Angelic Attunement**

Has the power to shift people's understanding of the larger processes of Earth: how to form community, how to work appropriately in politics, how to blend energies that have been separated in the past. There can be a stronger connection made to the angelic kingdom with the use of this elixir. Tamarind has an ability to stimulate the 3rd, 6th and 7th chakras. This creates an ability to manifest higher visions and put them into action. There is a deep connection with this tree and the primate family; therefore, it is helpful to those working with these beautiful beings.

#### **Tansy (*Tanacetum vulgare*) - Insight/Understanding**

Can repel negative thought forms and, at the same time, attune individuals to the purpose behind them. Eliminates or changes the effects of psychic attack.

#### **Tarragon - French (*Artemisia draconculis*) - Sense of Touch**

This elixir imparts a deeper sense of touch and a capacity to expand the aetheric body. The result is a natural ability to feel what others are feeling and to express it through the feeling sense, not just the emotions. It is the kinesthetic sense that is particularly enhanced. This can encourage many to learn through touching as a way to receive energy and information. Some issues of denial one may have around touch can be relieved. This may also benefit those who wish to regulate their appetite.

#### **Tea Plant (*Camelia sinensis*) - Spiritual Purpose**

As a flower essence, Tea Plant brings new energy into the individual to help them cleanse and clear out any old blocks and to discard or jettison old belief patterns. There is a greater opportunity to do new work, to bring new positive energy into one's life. This can awaken all the chakras above the head. Artists and musicians can tap into greater inspiration. It offers some relief of addiction to stimulants such as caffeine, with a lessening of depression.

#### **Tea Tree, Australian (*Leptospermum leavigatum*) - Opens the Heart Chakra**



Opens heart chakra and meridians. Use with acupuncture.

### **Thyme (*Thymus vulgaris*) - Time Flow**

It is primarily used to amplify the effects of other essences. It helps one to attune to future lives and can also be used in past-life therapies. Stored tensions and traumas from these past lives can be released.

### **Tiare (*Gardenia taitensis*) - Lemurian Attunement**

This is an important flower for attunement to the energies of Lemuria. There will be a natural attunement to Earth and, in a way, a vocal communication can be utilized. This is also very valuable for deep relaxation. This is the national flower of Tahiti.

### **Tiger Lily (*Lilium lancefolium*) – Releasing Fear**

Tiger lily has a variety of capacities to shift one's perspective around death in ways in which one is able to accept and even in some ways see in a sort of continuous way the benefits of this, allowing one to release an underlying belief typically held within the collective consciousness of all of humanity that one should hesitate from particular tasks, should refrain from expressing or doing things that come to some place of danger or difficulty because at some fundamental level you fear death. Tiger Lily brings this forward in a way that is much more than just being bold. It allows one a sense that there is a place for this, for the entire cycle of death, and the ways in which this energy can be particularly hopeful, as if not just an acceptance but an actual welcoming. This does not necessarily translate to anything physical, rather it is something that allows the individual to let go of the resistances that have been unconscious. These resistances are frequently those that the individual can attune to when one is able to recognize the powerful grip in the collective consciousness as a result. Tiger Lily can at times inspire individuals to take on tasks or areas where they previously had fear, but it can also encourage them to look at the fear, to understand the energies associated with it, and to ask this simple question: what is the danger? Many times this when made more clear to the individual, the very aspect that you are afraid of falls apart, it is able to then simply remind you that you have within you the capacity to do far more than you ever thought possible.

### **Tobacco (*Nicotiana Tabacum*) - Cleanses Meridians**

Major cleanser of blocks in meridians. Can improve the effectiveness of acupuncture and acupressure by thirty percent. Creates emotional calm in the dying state.

### **Tomato (*Lycopersicon Lycopersicum*) - Inner Masculine Awareness**

This elixir brings a sense of inter-connectivity. Tomato builds up energy in the root chakra, which slowly and steadily adds strength throughout the body. One may feel a surge of deep relaxation that allows a meditative state, along with a great deal of energy. With repeated use, all creative endeavors are enhanced, there is a greater ability to share energy with others, and sexual functioning is

enhanced.

### **Treasure Flower (*Gazania rigens*) - Hidden Abilities**

They do indeed hold a treasure, and this is a tiny spark of energy that many people recognize; though they look similar in some ways to daisies, they are quite different because of this energy. It is a nighttime energy, energy associated with a subtle ability to tune into that which is unseen, that which is hidden from view, and that which can show up in ways that are unexpected. The flower essence gives individuals the sense of this hidden talent or capability in themselves, ability to perceive this in other people, and the opportunity to use this in selfless and loving capacity for others.

The energies associated with this that can be for a way in which you are doing something for yourself, your own ego development, something that you would see even perhaps in some situations getting paid for, will immediately curtail and shift this. A sense of altruism as you are using psychic abilities, using hidden talents or capabilities, encouraging others to do so, this sense of altruism is significantly strengthened with treasure flower. As these energies become stronger for the individual, they become trustworthy, there is a sense that they are present and able to attune to you. But these energies are delicate, they must be those which are held more consciously as if in a gentle open hand near your heart, a sense that they are very special and beautiful, but those which can disappear if too much energy, attention, focus, too much power is put upon them. Gradually talents and capabilities that you have, particularly where they seem to be pushed away when you describe them or come to understand them with too much conscious thought, these become clearer and easier to work with. Where this gets particularly interesting is in the area of dream interpretation, receiving energy and awareness in the dream state, the ability of dreams to shift your consciousness. That ability to understand and work with the sleep state in a more gentle and accepting manner can be enhanced with Treasure Flower.

Sometimes the ability to shift insomnia, breathing patterns, other aspects that may be difficult during sleep, will be provided with treasure flower. Ability to understand and interpret dreams however definitely shifts with repeated use of this essence. The ability to understand what happens when you sleep and relate to it differently does appear over time.

### **Tree of Life (*Lignum vital*) - Earth Connection**

This elixir can greatly aid young children who are having difficulty relating to Earth energy or gravity, easing any difficulties in maintaining movement. For most people, there can be greater attunement to the changing conditions of Earth and her various cycles. This elixir can give rise to a higher level of happiness and peacefulness. Tree of Life can ease depression. The aetheric body is energized and strengthened, and digestion is improved. Signature: wood is heaviest on the planet.

### **Tree Opuntia (O. Consolea Falcata) - Evolutionary Process**

Can assist in the maintaining of a willingness to change, even when one has grown quite comfortable at certain levels of existence. This cactus has certain properties to remind people to shift and to offer the physical energy for rapid change that is quite necessary at the present time.

### **Tree Poppy (Dendromecon rigida) – Family Relations**

Tree Poppy has interesting ability to shift consciousness of people's understanding of their family, a deeper awareness of a loving energy, particularly helpful in times when a family is going through changes, as the expression goes, the sense that there is great shift within the family, an awareness of maturity of the young, the aging of the old, the death or struggle with various issues, and so on. A way in which the individual is to recognize a powerful blending between their own individuality and that of the family as a unit or a shared consciousness can be brought forth by Tree Poppy. A way in which those energies are changed in their own consciousness, an opportunity to see themselves as they have not before, this may be enhanced or strengthened. However the deeper understanding of tree poppy relates to a much larger family, the family of all of humanity, and an awareness of a way of connecting and understanding them, blended somehow with your own individuality, the way you can understand and accept yourself. Sometimes this gives rise to a variety of emotions, many ways in which those emotions are able to be cleansed and assisted with Tree Poppy will be understood better when people are able to lay a powerful sense of forgiveness into their own consciousness. It may even be helpful to have a sense of forgiveness generated within you before you take the flower essence, a sense that that forgiveness is well placed or can somehow be in your heart. So the first thing to do then after taking Tree Poppy and coming to be around your family is to ask this simple question: how is that like me? Not just the person, but that characteristic, that aspect, and particularly those aspects that are very much those that draw your attention as being those that you would never do, an aspect of judging perhaps or releasing of emotion or violence, something that you would find distasteful or difficult. It is very difficult to ask that question of yourself: "How is that like me?" But there is some aspect within you that is like that. But the more important part of tree poppy is that as you understand this, there will be an energy that is created. And so what opens here is an energy door or a conduit between you and the family members, a sense that it is possible to understand them better, to interact with them better, to love them, to allow them to love you, or whatever. Sometimes this is really valuable in your own personal evolution, because you are then aware of things that were previously hidden.

### **Tree Tobacco (Nicotiana glauca) - Smoke-Free**

A wonderful help in easing emotional craving and psychological withdrawal from tobacco and marijuana use.

### **Trillium, Red (Trillium rubrum) - Nurturing/Sustaining**

Can assist people in amplifying and grounding their own natural healing abilities. There is a greater ability to understand another's life lesson, what might be beneficial for them to change, and how that might be a learning experience for oneself. For individuals who are feeling bored with their jobs, this essence can assist them in bringing new ideas into form.

### **Trumpet Vine (Thunbergia grandiflora) - Strengthens Meridians**

Strong strengthener for the entire meridian system. Strengthens the electromagnetic field through which vibrational remedies work. There may be difficulty in the dream state or nervous habits such as tics or twitching. Can be used to stop smoking when it is associated with emotionalism.

### **Tuberose (Polianthes tuberosa) - Stimulates Crown**

This flower can stimulate the crown chakra and helps with the proper distribution of energies from all the chakras. This essence can greatly impact the spiritual body to better align the emotional body, which creates increased sensitivity in the emotions and in the physical body.

### **Tulip (Tulipa gesnerana) – Stagnant Thoughts**

Generally speaking, this sense that movement is possible and that energies that had previously stagnated can be released is shared amongst all of these many varieties and colors of tulips. Tulip flower essence, and it does not matter what color or what type of tulip, here this is simply to allow them the sense that change is possible, that they can shift their perspective in ways they had not seen available to them previously, and that the change as it goes deep could indeed be quite powerful and transformative. In all cases the greater focus is on the mental body, the ability to take on new belief patterns, to release thought patterns that no longer serve, and more importantly, to put one's own sense of how one thinks, in the proper perspective, to balance this better with the emotions. The opportunity to release thoughts that have been stuck before and to have new ones, can in many cases, for individuals at the current time enable the opportunity to release long held beliefs. These often are at the root of stagnant thoughts, and an individual might not even be aware that those beliefs are present until they have some inspiration to examine them, accept them, and finally for themselves see them in an entirely new light. Tulip will give individuals a great deal of shifting and changing energies particularly in the chest, neck, and head region. Conception vessel meridian is stimulated, to a lesser extent gall bladder meridian. Strengthening noted of mental body, and this can extend into astral and emotional bodies for some individuals.

### **Turk's Cap (Lilium superbum) - Conscious Transition**

This lily has some useful capabilities in understanding and drawing energy from the death/dying process, the transition process, and in some cases, the birth process. This will energize the higher chakras, especially the 6th, 7th, and 8th in preparation for death. It will bring one a deeper sense of peace and strength. Emotions of fear and attachment to the physical body will be released. This is often helpful for the one in relationship with the person in transition, as well. In

the birth process, one can more easily attune to the spirit yet also to incarnation. The elixir can be profoundly helpful for those involved with counseling around these issues of transition.

### **Valerian (Valerianaceae) – Mental Function**

Valerian has many aspects that have the capacity to impart huge levels, though temporary, of intelligence, a higher perspective; an opportunity to relieve stress naturally then results. The ability to maintain this intelligence in an interconnected way, connecting different parts of your life, different relationships, integrating things that might have been held in the past and now come into current consciousness. Many have noted the capacity of the herb when added to other herbs to enhance function; and similar to the way in which Lotus flower essence is often added to a variety of flower essences, many individuals may find that Valerian flower essence can bring benefit, strengthening the effects, in particular where any attribute of the mental body, any increase in consciousness, any degree of understanding and intelligence would be helpful. But over time Valerian flower essence changes the mental body, it allows its borders, where it is connected to emotional, astral, causal bodies, to shift, the opportunity to blend energies with the mental body, to better understand emotional states, to better accept astral projection, to better interact with your own innate nature, these all become more understandable, more aware within your consciousness, and naturally then stress is relieved. Sometimes individuals will have as a result of a brief highly stressful incident a scar on the soul, the sense that trauma has produced this energy. There can be many things done to assist with this, but in the place in which one is able to understand it, to accept it, to have a higher perspective on it, to even see how it has benefited them, this is often very difficult, even after working out some of the behavioral aspects, shifting one's acceptance or love, finding the way to integrate this into one's life, still one does not really accept it, having the sense that it was a waste of one's time or pulled one's energy where it was no longer beneficial, or pulled one into some aspect of consciousness that was difficult. Valerian relieves this by allowing the individual to see the innate perfection, the innate inherent benefit, the way in which these energies can be better blended and understood.

### **Vanilla (Vanilla fragrans) - Higher Guidance**

Vanilla enables individuals to attune to the larger thought form of the planet, which provides a great boost of energy to many psychic abilities. Hearing is improved, including hearing inner messages. Food cravings may reveal significant information, due to vanilla's ability to help one tune into the animal aspect of one's being; thus one can tune into the foods the body needs. The flower essence can allow one to make a connection to highly evolved beings, which can bring much higher guidance and wisdom.

### **Venus Fly Trap (Dionaea muscipula) - Instinctive Eating**

Can assist people in relating to their own carnivorous nature, their instinctive nature. There can be assistance for quick decision-making, the ability to decide

in a moment which food to eat. There can also be a letting go of past thought forms that have stood in the way of proper food choices. These thoughts can be from successive lifetimes. This elixir can help shift the way we receive energy in the world. Another benefit may be in the shifting of patterns where we have been unconsciously taking energy from another person.

### **Vervain (Verbena officinalis) - Relaxed Attitudes**

People who need this remedy think that they are right and always try to convert others to their point of view. They push themselves hard and find it difficult to relax. This elixir can help to calm their minds, assisting relaxation with an attitude of equally sharing a point of view.

### **Viburnum (V. prunifolium) - Higher Communication**

Viburnum appears to have some capacities to increase a telepathic link to some of the non-physical beings that have a direct association with extraterrestrials. These are beings acting as a bridge, assisting to enhance various communicative abilities of people and these higher levels of energy. There is also a strengthening of an internal communication; one can ask the deeper question about a higher truth within oneself. With this elixir, there is an opportunity of extraterrestrial communion with little chance of negative or harmful influence.

### **Victorian Box Tree (Pittosporum undulatum) – Extraterrestrial Contact**

Useful characteristics conferred by this tree have to do with the ability of individuals to interact with guides and helpers, and in particular those who are beginning their associations with Earth. Individuals who have a deeper awareness of this may find these to be distracting influences, ways in which they are spacing out as they tune into guides, helpers, or look for energies of a more beneficial nature for themselves through this help. What is actually happening is that these beings do not have very much affiliation or association with Earth. They are extraterrestrials, and these beings are those seeking to make entry into Earth consciousness. Many times in the process of coming to a deeper understanding of what it is to be physical, they choose a process of being a guide or a helper at first, working with energies from the subtle dimensions before they make these energies physical. Of course they have much to offer, much in the way of knowledge, understanding, or inspiration around technology, interaction with other people, and all kinds of things that would be quite different from the usual way you see things. But at the same time those energies can be difficult to blend with the earth energy. The flowers of this tree have interesting ability through devas associated with them to directly absorb energies from the stars. When you take the essence, it would be valuable to hum or hold an Om sound or some gentle vibration in the throat, a way of bringing these energies more consciously into form would be valuable. Then have the sense that you are reaching out way beyond your immediate sense of your own guides and helpers. One way to do this is to visualize a reaching out energy that goes out many miles, many kilometers from your own location. A willingness to receive from very far away can be a useful tool in

opening to this aspect of communication. Sometimes it helps also to recognize the gift, as being a human being, as having sense of being physical, what you can offer to these beings in a way then in which they are able to assist you. Sometimes this is an important factor in abduction phenomena, interference or intrusion phenomena where individuals recognize the presence of an extraterrestrial that they do not want to have interaction with, yet cannot easily close the door to this; it is sometimes assisted by opening the door to those extraterrestrials who would be of a beneficial, helping, loving nature.

#### **Vine (Vitis vinifera) - Wise Leadership**

Those needing Vine elixir know they are right and feel they have no need to listen to anyone else. Taking this remedy brings out aspects of calm, wise leadership and authority, with an ability to bring out the best in others without over-controlling them.

#### **Violet (Viola pendulata) Yellow – Understanding Disease**

Violet does appear to have some interesting characteristics to confer deeper insight into the cause of disease, the understanding of the ways in which disease can be helpful, in which it is an understanding of the way in which disease progresses through the body with the deliberate intent of providing health. This is difficult for most people to grasp because of number one it's simplicity; and number two, the powerful energies that oppose this in the world. In order to heal and cure a variety of diseases, this knowledge can be very helpful.

#### **Waikiki Rainbow Cactus (Epiphyllum) - Self Worth**

Allows someone to see their own self-expression act as a deeper connection to others. Can combine with Apophyllite gem elixir to create joy and a sense of confidence and connection to higher wisdom.

#### **Wake Robin (Trillium pendulum) - Charisma**

Strengthens the throat chakra, bringing greater vibrancy to one's voice and improving communication in general. Allows greater insight into oneself. The ability to make intuitive decisions is enhanced.

#### **Wallflower (Cheiranthus Cheiri) - Develops Individuality**

Develops a sense of individuality. Stimulates joy and optimism. There may be lethargy. Universal enhancer. Good in many combinations, aids in all subtle bodies, is a good tonic. Put several drops anywhere on the body to enhance a test point for any other vibrational preparations.

#### **Walnut, English (Juglans regia) - Inner Change**

This remedy offers constancy and protection from outside influences. There will be greater freedom for new ideas, with less input of old ideas and patterns. This remedy helps one to stay on the path, moving confidently into new situations.

#### **Washington Lily (Lilium Washingtonianum) - Spiritual Perseverance**

Can increase one's underlying ability to love unconsciously and universally. Can also be used by those approaching difficult spiritual change in their life. Can create a deeper understanding and acceptance of spirituality as it is expressed in many different forms within the universe. The etheric, astral, and Buddhic bodies are all strengthened.

#### **Watermelon F/M (Citrullus lanatus) - Conception**

This elixir helps to balance the emotional body during pregnancy, so there is less emotional stress. This is vitally important in the creation of the etheric body of the fetus. Universally applicable in all psychological and emotional aspects of the birthing process. It helps develop a proper attitude before, during and after conception. It stimulates fertility in the female and potency in the male. Men should take the male version and women should take the female version for best results.

#### **Watermelon, Female (Citrullus lanatus) - Conception**

#### **Watermelon, Male (Citrullus lanatus) - Conception**

#### **Water Violet (Hottonia palustris) - Self-Forgiveness**

Connects the crown chakra and the heart chakras, thus creating a greater spiritual understanding of emotional conflict or difficulty. Attunement to the universal consciousness of forgiveness.

#### **Wheat (Triticum aestivum) - Past-Life Therapy**

This remedy can stimulate the base chakra and past life memories. It can alleviate deeply aggravated past-life issues. Use this elixir in past-life therapy. It can be a strong cleanser and balancer for the meridians. There can be an easing during times of sharp moodiness, such as hypoglycemia. Use this remedy to alleviate anger, aggression, and instability. It is very grounding.

#### **White Chestnut Flower (Aesculus Hippocastanum) - Mental Clarity**

This remedy helps to allay persistent unwanted thoughts. This incessant mental chatter can lead to disturbed sleep and lack of mental clarity. Calm and peace result from the use of this essence, with a more positive mental outlook.

#### **Wild Currant (Ribes cereum) – Grounded Love**

This essence brings a greater awareness of the quality of tenacity. Wild Currant fosters deeper connections to nature, animals, and to each other. At a deeper level, there is an enhanced spiritual connection to the entire plant kingdom. It deepens the ability to understand it, be drawn to it, and work with it, by helping one discover the real connection and attraction that has always been there. This is about love, as if to awaken one's own inner tenacity of love, the ability to keep loving. With the use of this flower essence, one can more easily to discover and know a much deeper love, a love that has always been



there, a love that relates as much to your acceptance of your relationships, yourself, and other things, as it does the acknowledgment of the very existence of these things. □ Wild Currant strengthens an awareness of a grounded underlying basic love, thereby allowing one to see and heal the negative emotions that naturally arise in life's various relationship situations.

#### **Wild Licorice (*Glycyrrhiza lepidota*) - Life Purpose (CHECK LATIN NAME)**

This elixir helps to cleanse and fortify the astral body. In addition, it realigns the emotional body and strengthens the connection between the emotional and astral bodies. This can assist with projection, but it's more important characteristic has to do with the understanding of karmic vector: the capacity to understand the thrust of your lives in regards to where they are heading, the in-the-body/out-of-body experience, the ability to make death transition easier, and to eventually manifest some important characteristics about the true meaning or summary of your life lessons. Wild licorice can help facilitate an acceptance of the positive value of negative experiences from recent past lives, and any latent difficulty with the assimilation and understanding these prior to this incarnation. It is as if the wild licorice allows a certain positive, sweet, loving part of any aspect of one's own personal experience to come forth, making it easier to review our karmic vector objectively, and see where we need to go.

#### **Wild Oat (*Bromus ramosus*) - Soul Purpose**

One begins to recognize the greater difficulties that show up in the manifestation of one's work in the world. The greater difficulty being: is it the highest and best use of my time here on earth? What do I take with me from what I have learned and done here? And this is for many individuals an emotional process. What is observed in many, who take this remedy, is that a powerful emotion is released that is sort of a blend of hopelessness and sadness or grief. This energy of melancholy that is released is necessary to work with right livelihood, to understand your work in the world; because when it is released, one then has a deeper sense of the answers to these difficult questions, and begins to manifest greater enthusiasm, greater love, greater energy in the world for what one is working with. This would not seem obvious at the start: that some release of grief, some feeling of hopelessness in the body, could be beneficial. Oat elixir appears to shift a balancing or aligning between chakras 8 and 12 in a most helpful way.

#### **Willow, Weeping (*Salix alba*) - Greater Joy**

This remedy helps to reverse a feeling of bitterness and resentment. A sense of optimism and personal power are restored. Grief and sadness are brought to the surface to be released.

#### **Wintergreen (*Gaultheria procumbens*) - Higher Self Attunement**

It cleanses past-life negativity from the aura. It stimulates data from the higher self and aura cleansing through dreams. This may be in many symbolic dreams, but not negative ones. It opens the crown chakra; and the astral, spiritual, and soul bodies are enhanced.

#### **Wisteria, Chinese (*W. sinensis*) - Vitality**

This elixir can strengthen the meridians, thus improving vitality. Wisteria supports the etheric body in its role of feeding nutrients into portions of the subtle body. This is an excellent remedy for acupuncturists or for those using massage.

#### **Witch Hazel (*Hamamelis virginiana*) - Aetheric Strengtheners**

This essence can open a direct conduit of higher energies into the aetheric body. This can provide much energy to share for healing, especially where there is a sense of selflessness and love present. This essence will assist in knowing the right place and the right way to send energy. The Witch Hazel devas will help you strengthen your aetheric body, as this is necessary to channel these energies. There is a great stimulation of the 9th chakra, allowing one to receive energy directly from the sun and other sources.

#### **Wood Betony (*Stachys officinalis*) - Spiritual Celibacy**

This essence can enhance the process of balancing attitudes in the conflict between sexual energy and the desire for higher principles. This can duplicate a state of inner calm, without suppressing sexual appetite. A person embracing tantric practices in which the sexual energies are channeled into higher philosophies could use wood betony. It helps oversexed people exert more self-control.

#### **Woolly Blue Curls (*Trichostema lanatum*) – Mutual Understanding**

This plant has unique capability to engage individuals in an understanding of group process, deeper interaction between each other as if they have always known each other, a powerful helpful loving energy established. This energy can be particularly helpful when an individual is outside of your own soul group. The meeting of people outside of your soul group is an activity that is becoming more widespread on your planet, partly as a result of computers, the internet, and partly simply as a result of increased population. It is within humanity's destiny to eventually come to the place of a singular soul group, a powerful interaction of many beings as one as they have been in the past, and as they would naturally then allow this. This can be a useful tool, but along the way there is a tendency within the individual to naturally only attract or be connected to people of a similar vibration. But the more interesting application appears to be a way in which this flower essence is very useful when meeting people for the first time, people who you do not seem to have all that much affinity with, which you do not really understand their point of view in the world. This can be seen across races, culture, age, gender, but it is more applicable here when it comes to spirituality, religion, and understanding of god that is personal to individuals that can be quite different from one person to the next. An aspect that opens in your interaction with other people is an innate sensitivity and a willingness to be soft, loving, kind, and to naturally find the answer to this simple question as you interact with them: how can I draw out the part of them that is soft, loving, kind? How can we make a heart connection here? This plant

does seem to focus a great deal of its energy on the heart chakra, but it is also one that engages the mind, as if a co-creative energy between fourth and sixth chakras is established that can give you insight and understanding into interacting with another people.

### **Woolly Sunflower (*Eriophyllum lanatum*) - Solar Attunement**

There will be benefit for those working with the energy of the sun. Represents some of the more gentle, subtle, female-related aspects of the solar principle. Combines well with Helios starlight elixir. Strengthens the 3rd chakra.

### **Wormwood (*Artemisia*) - Positive Outlook -no info. (NOT ON WEB)**

### **Yarrow, Pink (*Achillea Millefolium*) - Protection**

Offers protection from negative influences and thoughts. Enhances the aura, and balances the upper and lower poles of the body. Useful for people working with emotionally disturbed individuals. For 2nd chakra vulnerability. Available in pink, yellow, white and red to correlate with the chakras

### **Yarrow, Red (*Achillea Millefolium*) - Protection**

For first chakra vulnerability

### **Yarrow, Yellow (*Achillea Millefolium*) - Protection**

for third chakra vulnerability

### **Yarrow, White (*Achillea Millefolium*) - Protection**

For higher chakras vulnerability

### **Yellow Ladies Slipper (*Cypripedium parveflorum*) - Earth Contact**

Yellow Ladies Slipper was much revered in ancient times, in Atlantian as well as Lemurian times for its ability to confer a sense of the Earth, an awareness of the planetary desires in a very personal way, a way in which people may be directed to receive and love the energies of the Earth and what they mean to them. An interesting helpful connection is often set up between third and seventh chakras, bringing a deeper spiritual awareness and awakening for most people. There is a need for people to establish a greater electrical conductivity between the feet and the physical earth. When not done regularly, a variety of complaints, the most prominent of which are those aspects in which one has difficulty sleeping, feels excessive anxiety, or has inability to relax can arise. This can be eased by Yellow Ladies Slipper elixir, but it can also with repeated use stimulate points in the feet. There may be a slight itching or slight warm or cold sensation in certain specific areas of the foot rather than over the entire feet when using Yellow Ladies Slipper elixir. By all means then press on those places, massage them, be aware of them. Naturally you would see that this has direct application in sports, not just sports that make use of the feet, which many sports do, but the way in which one is able to interact with the physical, absorb it, work with it, know it, see of the ways in which it can interact

with you and teach you. This can be very useful when people are seeking to learn more about what it means to be physical; it is especially important in the first three years of life. Yellow Ladies Slipper may be useful as individuals wish to then bring this sense for a child of the physical, of what it means to be alive, of properly owning, manipulating, and understanding their own physical bodies.

### **Yerba Buena (*Satureja douglasii*) - Crown Chakra**

Useful in meditation, concentrating energies from the crown chakra into people's awareness. There is also a greater awareness of the energies of the crown chakra moving upward to contribute to the whole. A greater acceptance of the nature of God.

### **Yerba Mate (*Ilex Paraguariensis*) - Mental Imbalance**

This can increase memory, visualization, and development of the attention span. This can be used in easing unwanted telepathic communication links with people from present or past lives.

### **Yerba Santa (*Eriodictyon californicum*) - Emotional Extremes**

This essence brings into the system information from the higher self to resolve emotional issues. It can be used to quickly end hysteria. It strengthens the life force and distributes information throughout the anatomy, easing stress and calming the emotional body.

### **Yesterday Today and Tomorrow (*Brunfelsia Latiolia*) – Transformat**

This flower essence is focused on the capability of an individual to transform. Transformation is a very important property. Varieties of flowers mentioned in the past, probably such as Silversword being prominent, but different ways individuals can transform, very important aspect of many vibrational remedies. Yet individuals when confronted with possibility for transformation will oftentimes have limits that they are unconsciously placing on it.

How much can I transform? Will my change be that which is stressful to others, to my own life, to ways in which I have related to others? Will they, depending on me now, see me as disappearing from their life? Transformation has many important characteristics that are unrelated to the actual process of transformation itself, and b. has important capability to engage individuals to question that, to look more consciously at what they can do to improve their ability to transform, what questions they can pose to the people around them to enable them and assist them in their transformation, but most importantly to shake loose the unconscious underpinnings that are holding them back, that are preventing them from their full acceptance of the transformative properties that they are interested in.

Most individuals when confronted with the opportunities available to them in the world will recognize simultaneously the need for transformation and the resistance to transformation. It is in striking the balance between these that most individuals end up transforming or changing, shifting their own nature--far

less than would ultimately be their soul's purpose in coming here, in interacting with other people, in being confronted with the tremendous transformation that you have seen in your lifetime, the shifts that are occurring on your planet, and so on and so forth. The reminders that you can change, you can shift, you can mature, you can allow things as energetics and so on far more than you have, is applicable to nearly every person on your planet.

Most people recognize change as difficult, frightening perhaps, that which they struggle through. And yet when seen from the soul's perspective, your own soul, not that of someone else judging you, but seen from the perspective of the being that exists across lifetimes, examines and works with your own energy in you now as well as that which will be in the future, there is an inner knowledge, an inner certainty that your capacity to transform goes way beyond that which you have allowed. Taking even a small step towards the recognition of this transformative capacity is enhanced tremendously by this flower essence. By using this flower, sometimes frightening or disturbing, aspects of yourself that you have just taken for granted, revealed to you as those that are inherently self-limiting. Therefore the other important attribute of the essence is reducing that fear, enabling a sense of the emotional body's ability to change far more than you ever saw, far more than you ever desired, and far more than you ever thought possible.

#### **Ylang Ylang (*Cananga odorata*) - Vibrational Cleanse**

This flower essence can help one make a vibrational attunement to a place. This is good for when one is changing localities, traveling, or visiting a noxious environment. After taking Ylang Ylang, many individuals will note a loosening of intrusive or difficult energies, thus allowing more energy to be made available on many levels. Some aspects of fear or worry about our environment or planet are relieved with this essence. As one tunes into the great loving energy of the Earth, self-forgiveness may become easier. Ylang Ylang blends nicely with Sirius elixir.

#### **Yucca (*Y. filamentosa*) - Transforms Anger**

This plant, solitary in nature, assists one in working out issues on one's own. When there is a tendency to get stuck in anger or isolation, Yucca can bring greater insight into ways of interacting with others more appropriately. The ability to release anger is brought about by understanding the purpose of anger, working with its transforming possibilities, and shifting it into an energy of enthusiasm and creativity. With Yucca, there can also be improved communication with other life forms, guides, and helpers.

#### **Zinnia (*Zinnia elegans*) - Laughter**

Teaches that laughter is a superior form of medicine. Uplifts a person's outlook on life. Aligns the etheric and emotional bodies. General tensions are alleviated.

### **Rose Essences**

#### **Angel Face Rose (rosy purple) - Appreciation**

Guides and helpers have utilized this rose for a few years now to transfer deeper appreciation of beauty, the opportunity to awaken higher chakras, and many positive helpful energies into people. It acts as a conduit when one is in a state of appreciation, seeing the beauty of this rose, a natural encouragement towards these higher vibrational qualities will be enhanced for most people. The opportunity for people to receive general encouragement towards spiritual principles, towards awakening those spiritual principles in their lives and putting them into action, will be noted. Hence one has natural contact with the highest vibrational guides and helpers.

#### **Beauty Secret - Urban Stress**

This rose essence helps to ease stress and stimulates balance in city environments.

#### **Belinda Rose - No Info**

#### **Bella Portugaise Rose (light salmon, pink, peachy and creamy shades) - Grace and Beauty**

This rose has useful capacities to confer aspects of grace, inner confidence, and kindness to those who do not necessarily work with such energies normally. It was especially developed for men to ward off or potentially shift energies that would eventually give rise to the utilization of powerful harmful technologies for war on your planet. Its application now is for people to find within themselves an inner courage, an inner strength, to bring out some of their own ideas about a more peaceful society, a way of coexisting and learning from each other. People who find themselves trapped in busy schedules, too much to do, too many things drawing them in different directions, may find an inner sense of calm utilizing this elixir, and at the same time see that their energies were placed with higher intent to do the best they could for themselves or for others, thus resulting in the busy schedule. With repeated use of Belle of Portugal, there is a deeper appreciation of one's own beauty, of a sense of perfection in being here on the planet.

### **Buff Beauty - Urban Stress**

This rose essence stimulates the intellect to better deal with city pressures. It will open the heart, allowing people to adjust to urban living at the heart chakra level.

### **Burgundy Rose (Rosa Centifolia Parviflora - pink/violet) – Divine Purpose**

Opens the crown chakra, and ones understanding their divine purpose. It stimulates the dream state. Of note is the way in which as the crown chakra opens, a powerful connection is often made to the heart chakra. It is as if the energies of love and connection with others are spiritualized, brought into a higher vibratory pattern, which allows you to understand better how you love and how you are loved by others. The more you focus it on others, on a caring that is genuine compassion, the more it opens then to a much higher love, a sense that you are deeply loved, nourished, held in God's arms, a sense that this energy is natural, and you can easily breathe it and allow it to heal and strengthen you on many levels. Divine purpose is a very interesting concept. It is that which all people know intrinsically if they just think about it from the point of view of if there was for you a higher purpose than merely that of your interaction with your fellow humans and living your own life and making your own way and learning your own lessons, what might that be? Something that contributes to the greater good of all of humanity certainly seems to be available for those who would trust that such divine purpose actually exists. But to have a sense of this, this is much more difficult. This flower essence is able to help individuals have that as a more direct and assimilable experience. In addition to this, one can often take this into many states of consciousness. Thus one may be better able to remember this from the dream state or bring it back from other states of consciousness. But it is not so much the specific energy; it is the feeling that this is natural, that this is a way of being, that you can more easily receive this and know it.

### **Cabbage Rose (Rosa Centifolia, medium pink) - Intimate Relations**

This rose was developed with continuous influence and assistance from higher dimensional levels for change in attitude with regard to sexuality, understanding of the intimate relationships between love and sex, and the capacity for this to awaken some level of deeper inner personal regard in people. As people work with this essence, they may have a new deeper appreciation of their own physical bodies. Tendencies to enhance sexual performance, but at the same time release connections of unconsciousness, especially with regards to shame, guilt, and various energies associated with sexual patterns from the past, will be present as people utilize the essence. It might be recommended that Rosa Rentifolia be utilized by anyone planning a marriage to release or dispel previously held belief patterns and find new ways of loving and accepting each other, and of course, like loving and accepting oneself.

### **Castilian Rose - Appropriate Use of Power**

Engenders a greater sense of inner energy, fire, and power that is perfectly mated to the heart. Aids in the use of power, with more compassion, more love,

and a greater understanding of its appropriateness.

### **Charles de Mills (rose/purple flowers) - Humility**

This rose has the intention of producing a sense of courage within people to show themselves, to show their true nature, to take what is inside and bring it out. An obvious application is in the acting profession, particularly with method acting, where one utilizes pastlife experiences, experiences from early childhood, experiences of ones friends, to help shape ones character. As people show their own true nature, they begin to step back from it and look at themselves in a new light. But this beautiful rose can help the individual stay with those feelings, open to those energies, see themselves in their true God-light, see themselves as God would, deeply appreciate their intrinsic beauty, lovability, capacity to help, and most importantly, capacity to transform, to grow, and to evolve. These energies are usually those that when people contact them they are the most fear-provoking, and the most difficult ones for people to work with. This beautiful rose then helps to remind people of their own inherent beauty, allows them to forgive and love others, seeing that they truly did the best they could. The result of this is the emergence of a true deep humility, to understand their own place in the universe, to understand how such can allow them to bow their heads in deference to God and receive the highest wisdom and understanding of this.

### **Dog Rose (Rosa canina) - Enthusiam**

Especially helpful to individuals who need a change and more interest in life. They are resigned to their lot in life and have lost the spark to help them positively change it.

### **Duchesse of Portland Rose (red) - Future Calm**

Portland Rose has interesting abilities to enhance and strengthen people's capacity to resist or shift their relationship to interfering thought forms, particularly those from non-physical beings who are not aware that they are doing this, harming others unintentionally, unconsciously drawing energy away from them, or distracting them. The common term for this is intrusion. Secondly, Portland Rose has capacity to strengthen an individual's sense of their own love for their environment, for their life, for their friends, which inherently connects all the chakras, particularly those of the physical body, chakras 1 through 7, and capacity that this confers on people to bring that sense of re-circulation of energy. This can be somewhat helpful in chi gung technique, circulating energy in any exercise actually, helped with this rose elixir.

### **Green Rose (Rosa chinensis viridiflora) - Psychic Balance/Channeling**

Enhances all psychic abilities. Develops spiritual healing. One can become a conscious or trance channel. Improves emotional stability, especially for psychics.

### **Koenign Van Daenmark (Rosa alba) - Left/Right Brain**



The etheric, mental, and spiritual bodies are aligned, thus making it easier to make decisions and to recognize destructive elements within the physical body. The left brain is stimulated so that mathematical, computer, and language skills are activated. Excellent for use with color therapy.

### **Macartney Rose (Rosa bracteata, light pink) - Telepathy**

This essence balances the right and left hemispheres of the brain and increases telepathic abilities. There can be a greater sense of self in comprehending one's total being. An introverted person or someone who feels separated from their community would benefit from this essence.

### **Old Blush China Rose (blush pink, China) - Wisdom and Mercy**

This rose indeed does derive from many naturally occurring blendings, and can be traced in its roots way back into ancient Chinese history. In more recent times, its development was focused on important attitudes of greater wisdom and awareness with regards to how to direct and utilize love for the highest and best in society. This was awakened in Confucian times, where wisdom was tempered with mercy and deeper levels of understanding. For individuals who recognize their own consciousness with regards to ancient lives lived in China, it is wise to utilize Old Blush China in elixir form, for their own capacity to connect to their past lives and realize or draw on their wisdom from these lives, and in some way make this available at a positive and helpful level for those individuals now alive in China. In the meantime, for most people, tuning into their own past lives associated with China, or awareness of an important sense in themselves, of balance and beauty, and how that energy might be appropriately utilized in relationship, to assist others, in various ways to learn balanced, even caring ways of love, this rose will be very helpful.

### **Reine des Violettes Rose (cerise then violet) - Loving Will**

Reine de Violets is a fascinating plant that provides many interesting and stimulating qualities to connect to higher levels of consciousness and a deep understanding of God, direct to one's heart. The elixir can assist one to have the sense of a powerful loving presence, to be able to feel it as it helps you connect to your fellow men and women, aspects of the Earth, characteristics and properties of plants, animals, things that tend to be natural and easy to work with. It allows a sense of forgiveness, a will to find that forgiveness. Will, as it is manifested in the heart, can be a very powerful, helpful, encouraging sensation that energizes and strengthens many characteristics in the physical body. To direct this, to use it in a way that is most appropriate can be difficult for many individuals because the way in which they have been shown by their society may tend towards competitiveness, or is based on issues such as scarcity, struggle, or various habit patterns from humanity. It is as if, when utilizing this beautiful violet rose, the essence enables an individual to stop all of this, to switch it off for a moment, and instead to receive, as if directly available, energy from God. This energy as a spiritual force, strengthened or attuned with Reine de Violets, helps them to find or sense a higher energy as a true guiding light, a true path of awareness and awakening.

### **Rosa Alba (Maiden's Blush, Blush Pink) - Releasing Shame**

Maiden's Blush has some interesting qualities relating to a deep sense of self, and ability to allow the energies of what might be termed the current of being or the essence of existence itself to make their way into the human consciousness, and allow people to sense this, and to feel it. Many times as this occurs, there are some big changes, people resisting this energy, primarily because of mistakes; some aspect of something they decided, but were unable to accomplish; or an energy that in some way was difficult, and some aspect of this unresolved. After repeated use, a realization comes suggesting that in the past indeed these energies of mistake or judgment were temporary, were there in order to help you understand the need for a midcourse correction or a change, but they do not inherently create a comment as to the basis of your being; those aspects are not to limit the energy that you manifest. There may be a feeling you do not deserve. This rose strongly stimulates the astral body; and past life connections to blocks may come up, relating to shame and other aspects that may have prevented this deeper awareness of subtler energies being available. With repeated use of this flower essence, the rose gradually confers a deep sense of lovability, of acceptance of this as the universal nature, of a willingness to know this sense of love within consciousness. It is extremely helpful to take this flower essence just before going to sleep, and invite a dream in which you might feel and sense God's true nature in relation to you personally; this isn't the same thing as asking God to do something, it is rather to help you understand your own beingness through God's eyes. This is difficult for most people to ask for, so even just taking this flower essence before asking can be helpful.

### **Rosa Alba Semiplena (white) - Deep Forgiveness**

This is an interesting plant that has many helpful positive qualities in allowing a deeper sense of compassion. The ability to forgive, to have a deep sense of compassion and caring across many peoples, is an energy that this rose keeps working with, keeps bringing into people; that is resisted by many. The deva has increased this capacity in the last 20 years or so bringing a deeper impact. Upon first utilizing the elixir, a sense of sadness or a deeper emotional cleansing, often leading to tears, may result. These tears can carry away toxicity, energies deeply buried in the person of pesticide, metals, various hormonal imbalances-they are tears of healing. And to use this rose and to cry can be a very powerful healing method for people to understand and work with.

### **Rosa Alfred de Dalmis (creamy white w/pink) – Group Consciousness**

This beautiful rose has gradually been connecting more and more with people for the idea of fostering group community, opportunity for people to care for each other deeply. This has been somewhat slow in unfolding, and so on a temporary basis a direct connection to the nursing profession has been established. This is so that people will be able to better receive help and assistance from each other. Can be used by both healer and patient both as a spray and taken internally.

### **Rosa Arkansana (Bright Red) - Acceptance**

Rosa Arkansana does seem to provide for many individuals a newfound ability to love where love previously was denied. But gradually Rosa Arkansana allows an individual to accept that the love is there, that it is deeply within the person: that it has always been there, that it is something the person can draw on or accept more deeply. Typically, the reason an individual has not accepted or worked with some more conscious and available level of love is because of a past life experience. An obvious application for Rosa Arkansana in this time period is the inner city, places where there is little in the way of nature. When people use this essence, they may find themselves more easily inspired to bring more nature into city or urban environments, and find ways in which this most naturally and easily can be introduced, rather than those that are entirely separate places. In addition, as one begins to open this degree of more conscious love, one may begin to feel a deeper sadness where the love can be truly, deeply healing. Thus a good ritual with Rosa Arkansana is to cry, to allow the sense of love and sadness at the same time; leading one eventually to a place of much greater clarity, as if the tears have cleared ones vision and ones understanding of the entire process of accepting deeper love.

### **Rosa Banksia Lutescens (yellow) - Divine Intellect**

Opens the intellect to the divine. Activates the solar plexus chakra and enhances mental faculties.

### **Rosa Baronne Prevost (medium pink) – Deeper Love**

This rose has a useful ability to encourage people to love where they could not otherwise, sometimes very helpful for parents, sometimes for people who are involved with chronically ill patients or are patients themselves. These rose devas are very concerned with humans understanding why they have certain difficulties, why they are stuck in certain areas. Anyone contemplating new alternative methods of healing would do well to use this rose, to contact these devas for better levels of inspiration and understanding, especially in dreams. As such awakening is clearer to people, they may have more strongly in their consciousness the courage to act, the ability to write about what they have learned, or to encourage others to help each other in ways they had not previously.

### **Rosa Beauty Secret - Urban Stress**

This rose essence helps to ease stress and stimulates balance in city environments.

### **Rosa Beggeriana (white, N. Persia) - Increased Intuition**

Stimulates intuition and psychic sight. Increased insight into personal issues.

### **Rosa Belle Amour (bright pink/salmon) – Spiritual Partnering**

Belle Amour has capacity to engage people's ability to appreciate the manifestation of their partner within themselves. This can occur under many

circumstances, most common that of ones life partner as in husband-wife relationship. But this extends to any partnership relationship, even business. The original intent of this was as a spiritual partnership. The ability to see through the other's feelings, the heart's eyes, so to speak, conferred and strengthened with Belle Amour elixir. There can be some of this of course in any partnership, so it can be helpful in business relationships when one wants to get along with the boss better, or ones coworkers, or one wishes to use this in order to discover new relationships with clients or others involved in ones business.

### **Rosa Blush Noisette (pale pink) – Cosmic Dance**

This beautiful rose has capacity to confer a sense of grace, and at the same time in some individuals, the capacity to nurture this in others, bringing forth their ability to move gracefully, to receive assistance from many levels with regards to dance, gentle movement, and various ways in which such movements can be healing, both to be watched and to be felt. The result is that use of this rose helps individuals in any organization, any group, any group interaction, to change that group, to accept their capacity to change it, to find the way in which such change is natural and easy. It is the larger dance, the dance of an organization or the dance of a group with a common goal of a certain level of assistance or benefit in the world. In addition to all of these capacities however, this rose at a higher spiritual level confers upon individuals a sense of the gentle movement and interaction of the universe, its capacity to be still at the appropriate moment, and in a flurry of intense motion at other moments. Finding the balance of this in oneself is difficult. Finding the rhythm of the universe, finding an ability to know this and accept it deep in ones own consciousness is that which will typically have many distractions, many ways in which other people will say that it needs to be this way or that way. Finding it for oneself however is a wonderful capacity brought from the devas to individuals working with this rose elixir.

### **Rosa Brunoni (Himalayan Musk Rose, White) - Higher Purpose**

This was a rose that was early in the development of the whole rose project by Cha -a- Ra and many others working in ancient times across several worlds, and especially interacting more consciously with the devic orders. The intent was to bring a capacity of spiritual wisdom, the capacity to enhance this in anyone, human or animal, that could approach it and work with it. This capacity was seen as very important, but also that which could be easily resisted: that some aspect of an enticing nature such as a wonderful scent, would then draw the person into the conscious awareness of the need for deeper spiritual connection, for deeper contemplation of important attributes of spiritual teaching or spiritual wisdom. This rose will always bring the individual a sort of dogged persistence, and a willingness over and over to look at these issues and find some aspect of ones own emotion to bring them most consciously into form. As these energies shift for people, the gradual awareness of higher purpose of being here on Earth naturally comes through; but at the same time there is this wonderful positive joyful enticing aspect, almost seductive, it is as if

God is letting you know on some level that the loving capacity of joy and pleasure is an inherent aspect of the universe. As the individual surrenders to divine purpose, it is not only for the awareness of ones place in the universe or the answer to complex philosophical questions, but it is also for the sheer joy of being.

### **Rosa Buff Beauty - Urban Living**

Stimulates intellect to better deal with city pressure. Opens the heart, allowing people to adjust to urban living on the heart level.

### **Rosa Californica (pink, California) - Outgoing and Friendly**

This elixir can be very useful for introverted personalities, helping to overcome problems and phobias around small, enclosed places.

### **Rosa Carolina (Pasture Rose, Rosy Pink) - Family Forgiveness**

Rosa Carolina does seem to have interesting capability to allow individuals a deeper sense of self-forgiveness, particularly where it relates to family matters. There is an ability here to relieve the soul family of need for revenge, retribution, or change, and so deeper acceptance of the soul family can result. Families tend to travel across the karmic landscape in groups, frequently reincarnating to work on issues, to heal them, to change them; and many of these issues will be brought into greater clarity and be easier for people to receive and work with when using Rosa Carolina. The ability to allow this in a sense of deeper patience, allowing the energies naturally to unfold as needed, and so on, will be enhanced. The essence itself will tend to bring a sense of forgiveness for all of the aspects in ones family that one has buried, thus one may better remember earlier childhood incidents.

### **Rosa Cecille Brunner (light pink) – Lightness of Being**

An interesting rose that helps confer some slight psychokinetic abilities on people, which may become pronounced with long term use. There is a sense of lightness given at a more purely physical level, the greater lesson: the vision of walking on water, to tread lightly on the earth, to move through various levels of vibration in ways that full of supportive, helpful, strengthening love, while at the same time doing so in such a way that over-involvement or destructive or distracting capabilities are minimized. This relates to issues of loving non-attachment, a difficult issue for most people to grasp and understand that they would hold the idea of loving and connecting with others as intrinsically including attachment.

### **Rosa Celeste (light pink) – Deeper Love**

This rose has unique and helpful application for people who are seeking to find deeper sense of love, particularly with each other, particularly helpful where some long standing prejudice, difficulty, or push-away has been felt within their consciousness. To push away someone else, another animal or plant, anything in life, indicates that a bit of information, deeper level of understanding, or some other important aspect of consciousness has been denied. Celeste Rose is

excellent at helping the individual dissolve this, accepting more consciously what it means to them and how they may be able to shift it and find the way in which that energy is valuable to be shared with others. Celeste Rose enables individuals to understand the buried hidden part of their own inner child self and inner denied sacred marriage.

### **Rosa Centifolia Cristata (Pink) - Enhanced Love**

This variety has the capacity to combine emotion and the understanding of universal love, primarily for the increase of consciousness. Deeper states of meditation are likely to result, with better ability to understand religious concepts. As one may work with this essence over time, not only will some emotional difficulties tend to dissipate, but also the inner energy as if blocked by the feelings involved is likely to emerge. This is likely to give individuals far greater ability to love, as if then they may feel this in new ways. After using this essence, one may experience a natural release of emotional blockages, and then a tendency to open the astral body. This can open, when it is fully cleansed, so powerfully that individuals will have understanding of the future. This will not always be conscious, but as if at a feeling level, using love.

### **Rosa Centifolia Parvifolia (pink, violet, Europe) - Divine Purpose (NOT ON WEB)**

This remedy helps to open the crown chakra to assist one in understanding one's divine purpose. It also stimulates the dream state in a positive manner.

### **Rosa Chinensis Minima (Fairy Rose, Rosy pink) - Devic Perception**

This flower tends to bring many energies of the devic orders associated with the fairy kingdom, and many aspects of the devas working with very small plants, even into small animals, plants, fungi, bacteria, and so on. It allows individuals a deeper sense of the joy in the smaller realms. The understanding of the devas can often be provided as an open door with Fairy Rose, as if a deeper understanding of all aspects of consciousness is more easily accepted and understood by all beings. Many times what will be perceived is simply points of light or energy focus of excessive brightness, of color, or a kinesthetic sense like a tingling energy. If the individual can more easily attune to this energy and welcome it, the body may need some release; finding the way to this will be enhanced by Fairy Rose because the individual will be able to recognize the pattern that the devas are using, and feel that energy themselves moving through their own body. It will also be noted that this can engage the childlike self: the heart of the child, seeing with the eyes of the child, recognizing energy in a more fluid, open sense, can generally be enhanced.

### **Rosa Chinensis Mutabilis (flowers opening yellow inside, orange outside, becoming coppery-salmon on the second day, then crimson) - Higher Creative Force**

This rose has many interesting higher spiritual capabilities, tending to cause an integration of higher subtle bodies; this can be across the mental into the astral, even to some extent into the emotional. However, there is a higher component,



sometimes found in the astral body, sometimes in the mental body, that is directly stimulated: this is the capacity to project an aspect of your consciousness that does not hold within it any physical body representation. Mental functioning may be strengthened, but the primary way this energy is utilized, is by its ability to blend, to work in the many realms of its signature, turning many colors simultaneously, working with these energies in a shared and beautiful way. This is a difficult task for many because it involves effort; this is the secret that the rose tends to help with, the release of effort, the ability simply to allow the energy itself to manifest in its strongest and clearest way. This is difficult because most people are used to having to work hard to do things that are difficult, rather than relaxing into them. Some sense of deep relaxation may be felt in the neck and shoulders, tensions eased there, and this may transfer in many people into the gall bladder and bladder meridians.

### **Rosa Chinensis Serratipetala (Red) – Releasing Judgment**

The rediscovery of this rose is of some significance, as some of its qualities may be very helpful at the current time, enabling people a deep sense of fearless love, loving in situations where they must enter into dangerous situations, finding love in ways that they would not normally be able to find it, finding love for people that they would perhaps be coached or assisted in their society to hate, to dislike, to shun, to judge. . It is not just that one releases prejudices--that of course is eased by a number of flower essences, gem elixirs, capacities within ones own development, consciousness, and so on--but to really feel a sense of love for that person, to sense this as if they deserve it. It is as if simultaneously there is awakening of the root chakra, fourth or heart chakra, and the ninth chakra, relating clearly to this interconnectivity amongst all beings; one recognizes then how one is very much like that one, and that one very much like you, and at the same time you are loved, honored, appreciated in God's eyes, and most importantly, in God's heart.

### **Rosa Cinnomomea (Pinkish-purple) - Multiple Perspectives**

Cinnamon rose has many different benefits. It helps people to integrate aspects of the subconscious, bringing deeply rooted issues and belief patterns to the surface, where they are then able to blend and make their way into one's consciousness. But at a higher vibrational level, the rose encourages multiple points of view simultaneously. For assistance with channeling, we see some benefit in combining this with Potato flower essence. Cinnamon rose does appear to strengthen people's ability to draw bits and pieces from here and there. Its devas have had the ability to journey, seeing things from many different points of view, learning things about many different species of plant, people, other devas, animals, all over your planet. Their learning of this tends to be extremely integrated, brought down to a very pure, almost essence-like form; and this to some extent would be transmitted to anybody utilizing cinnamon rose elixir. The result of this would be a natural encouragement to integrate and work with any abilities; but the ability to receive energy that you have previously shut out or blocked, would naturally be encouraged. In addition, at a higher vibrational level, there would be greater religious tolerance,

an understanding of the ability to reach others, who through their own religious belief patterns would consider you as an enemy or infidel or somebody who needs to be enlightened or in some way changed or saved.

### **Rosa Complicata (Hybrid gallica, similar to R. canina, Brilliant pink with a white center) - Easing Fear**

Rosa Complicata has important characteristics in easing fears that may come up in people unconsciously, helping them to receive them and know them, but also to be able to define them, to be able to more consciously work with them in ways that had been previously unknown. These will often relate to ones self image, the way in which one may have ideas about oneself that make one vulnerable to fears of others, that is, the ways in which other people's fears are transferred. This often takes place unconsciously in childhood, and it is natural that children will tend to receive the fears of their parents. In addition though, Rosa Complicata tends to help people in expanding this consciousness to bring love and assistance to others. It is particularly valuable when you become more aware of your own fears or habit patterns relating to fear, and see of how these energies may be unconsciously transferred to your children. Ways to solve this become easier, the sense of how to explain this, not necessarily to deny it or to change it, but to help the children understand that these energies are transferred. Other aspects of the willingness to love oneself and bring forth this love in working out childlike states with others, or appreciating deeply held beliefs in oneself is greatly aided by this elixir.

### **Rosa Coriifolia Froebeli(white) - Manifestation**

This can be a fairly stimulating flower essence to open the crown chakra and allow energies that have sometimes been long stored—childhood energies, energies brought by one's guides into your consciousness but not received by you. Even energies of angels or masters or beings of great light and assistance from Earth. Energies that have not been previously received - and allow these through to be received by the individual at the appropriate chakra level, and the appropriate energy frequency, in the appropriate way in their lives. If you have the sense that you are being communicated with from subtle levels and are unable to bring this through easily, utilize this essence. It can relieve stress that may develop as a result of the sense of this communication not made clear enough. At a higher spiritual level it can encourage deeper states of channeling and allow individuals who work with it to come into greater understanding of the entire channeling process. The strengthening that may occur as a result may allow individuals a reverse process in which then they are able to project beautiful light as if imagined pouring like a fountain out of the top of the head. This light may be quite powerful in the way in which you imagine it, and usually takes several days before it will manifest in any direct form. But this means that for individuals on a spiritual path who also need assistance with manifestation of form, of money, of relationship, of getting things done in the world and all of that, this essence can be valuable if the energies that one wishes to manifest may be then imagined pouring out the top of the head in a fountain and this energy and light then simply spreading in all directions easily; with no particular



form then given to it, it will find its own way easily then into the Earth.

### **Rosa Corymbifera (white or pink, Asia) - Calm/Peace**

This elixir has the ability at a physical level to release stress stored in the head, neck, and shoulders and can be beneficial for relieving tension that may develop in this area. At the spiritual level, as there is then release of this energy, there may be felt by these individuals a better coordination at the physical level. Internal philosophies, religion, ideas of spirituality, may tend to sort themselves out better after the use of this flower. For most people there will be a significant reshuffling effect as if then they are able to reprioritize the ways in which they wish to understand spirituality, the form in which they come into the world, and the ways in which they put this into action. At the highest level, there can be in utilizing this flower essence a deep sense of calm and peace that has within it building and strengthening energy, as if then in this reprioritization, in this re-understanding not based on the conscious mind, but energies then as if drawn from the soul. Through inhalation one can imagine a beautiful white light pouring into the body, and on exhalation this returning out the top of the head to the soul, which can be imagined to be infinitely upwards, this visualization will assist.

### **Rosa Damascena Bifera (Autumn Damask, pink, Europe) - Addictive Personality**

Often with use of this rose is a sense in an individual of a deep appreciation of their own physical form, a willingness just to let go of every thought form that has interfered, every energy that has pushed them away from an underlying sense of purpose, an underlying sense of themselves; and the result is that an underlying energy at a much deeper level begins to emerge. This can be the sense of love, of caring for others, of being cared for, but deeper, the sense of God's love; this can manifest for individuals and gradually become an energy that is intensely physical. There is the opportunity to release sexual energies that may be difficult. Energies that might be seen as somehow judged by society, and the result of this, with no need to judge oneself, is no need then for addictive acting out behavior or behaviors that are harmful to the individual. Gradually as addictions shift, new talents and capabilities will begin to emerge. The opportunity to ease shock is also one in which this rose allows. It offers the individual the opportunity to transform the energy of trauma, suddenness, shifted aspects, into something that provides the individual new energy for change, for benefit, for doing things that are ultimately helpful to others.

### **Rosa Damascena Versicolor (white-pink, Europe) - Thought Addiction**

This particular flower essence also has the ability here to assist people with the highest addiction that most individuals are likely to encounter in this life, and that is the addiction to thought. Thought is a process that is valuable and useful for expression, for bringing certain capacities into form for others. But to utilize it for evaluation, consideration, the gathering of various forms of knowledge, even to use it for logic, compared to the action of the heart (the individual's own intuitive natural abilities), the use of thought would appear to be very inefficient,

and in many cases, inappropriate. For it simply gives the wrong result. Therefore as individuals come to understand this deeper addiction, the use of this rose as flower essence may be quite valuable. Their ability to sense the presence within them of the energies that go before thought, the energies that can guide and strengthen them in their willingness to share information in the world may be enhanced, and in this way the thought process used appropriately without the necessity to become an addict to it (to utilize it in place of the other things that are the natural gifts of so many). At the highest spiritual level here, this flower essence can be valuable for teaching about telepathy, allowing individuals to make deeper contact with themselves in the telepathic process so that it is not frightening.

### **Rosa Dr. Huey (dark red) – Deeper Acceptance**

This rose has some unique characteristics of steadfastness and awareness of the love principle as it connects quite beyond the human life-stream to Earth, to all the beings that inhabit Earth, to the sense that you belong here. Many individuals on your planet struggle with issues of belonging, finding their way home, stranger in a strange land, many other aspects of this, that which some have called foreigner syndrome, and this rose seems to be helpful as an essence in relieving this. Most individuals who suffer from foreigner syndrome have at the same time a powerful desire to get into human form, to be here, to interact with humans, to make a go of it. They will find sometimes that this conflict is a source of various difficulties in their lives. Some of those energies relate very specifically to the heart, the ability of the individual to open the heart, to find something loving, something beautiful, something admirable in every aspect of life, every aspect of nature, politics, economics, every issue that is difficult. Although this can lead one to forgiveness or deeper acceptance, it is not that emotion directly, it is rather the discovery of that which is intrinsically valuable or beautiful in anything that gives the essence its greatest power in working with people in the world.

### **Rosa Duchesse de Montebello (pale coral) – Gentle Grace**

This beautiful flower has capacity to allow a path of grace through a person that gradually becomes a link or connector between chakras. It is hard to predict which chakras would link. When individuals need such links, and most do, these can be more consciously established by energy meditation, imaging light moving out of one chakra and into another. However as one works with this from many different approaches, allowing the essence to do its job, one begins to recognize that there are many pathways, chakras connect multi-dimensionally. Ultimately there is a sense of greater degree of love, compassion, caring for all beings that is established with repeated use of this rose. Much benefit to the physical organs is noted.

### **Rosa Ecae (Intense Yellow) - Emotional Release**

This rose produces a number of helpful effects when one is seeking to cleanse and clear out the interface between the emotional and mental bodies; this cleansing or clearing reactivates buried energies in the mental body, and can

be very helpful at releasing all kinds of stored stuck energies. These can be energies of past lives or future lives, but generally will relate to specific preconceived ideas that have been difficult for the individual to grapple with. This is a difficult matter to clear from many people's consciousness because of the weight, be it of guilt, remorse, shame, or other negative emotions that the individual may be burying. This is where the emotional clearing is of some benefit as a result of Rosa Ecae. Though there are many emotional components to this, such as forgiveness or release of buried emotions of negative quality, it is more a mental attitude that shifts, a willingness to see things in a whole new context, a willingness to truly recognize that you did the best you could in a given circumstance.

### **Rosa Eglantheria (Bright Pink) - Opens Heart**

There is a specific focus here on an awakening of the heart energy in its connection to higher spiritual wisdom. This spiritual wisdom that comes through is that which will usually continue opening the heart. Sometimes people will be pushed to states of despair as they feel a powerful love inside that has no easy way to anchor in the world. Using Eglantheria as an essence should be of benefit to most people if they can recognize that as love increases, wells up, or is in any way stronger, that it needs to have a focus, needs to be placed somewhere in the world in which you recognize for you personally that it is useful or valuable. Gradually what comes from such is a deeper appreciation or awe of many aspects of life, yet this again focalizing in the heart to awaken deeper levels of acceptance of God's energy in all things. At the specific levels relating to this, there can be a deeper sense of forgiveness for mistakes one has made in life or for other people. But generally the forgiveness will relate more to the way in which a person has utilized habit patterns: to break these patterns, to see them in ways that they were fulfilling a particular energy, to understand them, and then to be able to find new ways, new ways to fulfill the energies that were needed, new ways to fulfill what was missing. This will usually be enhanced with eglantheria, along with the sense that you are not in any way less for struggling with your habits, that you are in some ways to be admired or accepted for working with those habits in a more conscious fashion. At the higher vibrational level, eglantheria tends to provide a sense in individuals of deep appreciation of many aspects of the world, a sense of sweetness or benefit to life.

### **Rosa Elegantula (R. farrerii persetosa) (Buds are coral pink, flower is white to salmon pink) - Artistic Awareness**

Rosa Elegantula has interesting effects at awakening deeply held aesthetic understanding, awareness of the perfect match in time and space of many different elements. This can contribute to mathematical understanding, but would typically relate to aesthetic artistic awareness. It is as if an artistic awareness within the emotions is presented, a feeling sense that can be properly blended. The elixir can increase the opportunity to bring many elements together in large projects, or share energy in a positive, helpful, loving way with many people. As this awakens for people, a deeper understanding of

their own ability to blend purposeful energy is achieved. This can of course combine very nicely, when one's artistic visions are grand and large, with Polaris elixir.

### **Rosa Etain (pale orange/pink) – Service To Others**

This rose appears to bring a sense of deep level of humility, kindness, and acceptance into people's consciousness. It builds gradually, and will inevitably require them to look into areas of assisting others with their love or healing energy in ways they had not previously considered possible. It can be especially helpful when learning a new healing discipline or technique, a new way of meditation or some area that you are unfamiliar with. Another aspect that comes up for people around this rose elixir, could have to do with finding peace in communities where this has not been found before. This idea that you can love others who would seem not only different from yourself, but in some ways opposed to you, seeking to dominate you, seeking to in some way provide for themselves, it is as if at the key level, the devas symbolize the idea of a transformation from service to self to service to others.

### **Rosa Farrerii Persetosa - Artistic Ability (pink, China)**

This elixir opens the heart and the crown chakras, stimulating artistic ability.

### **Rosa Fendleri Woodsii - Overcomes Shyness (pink, white, US)**

This elixir will help some to overcome acute introversion and fear of meeting people. It will also improve one's insight, with negotiating skills being enhanced.

### **Rosa Foetida Bicolor (yellow/orange) - New Aesthetic Sensibilities**

The sense of beauty in art that shifts in consciousness brings because you have new eyes, because you see things upside-down, backwards, inside out, you see them in ways that you had not previously before, you make new associations. It is quite stimulating to the brain to do this. At times it can be over-stimulating. Rosa Foetida also is helpful when one finds a sense of fatigue in the brain or some difficulty with assimilation of new knowledge. This can be particularly applicable when one is seeking to develop a new aesthetic sense, or come to a deeper understanding of how to see, how to use the seeing principle. However the other side to this has to do with the whole understanding of what is accepted in your world and what is rejected, judgment itself shifted within consciousness using Rosa Foetida, ability to re-evaluate, reprioritize at times, and more importantly, let go of your judgments. Sometimes this can allow the individual to perceive a beauty or art or magnificence in anything, things that had previously been rejected. Taking the elixir is also helpful in various musical forms, dance forms, and of course in all of the graphic arts, as individuals come to deeper awareness of this, but particularly helpful where one wishes to transform landscape, urban or rural, change various aspects of one's living conditions by working with feng shui or other matters, recognizing higher level senses of balance than had previously been present.

### **Rosa Forrestiana (Pink) - Creative Imagination**

Rosa Forrestiana has capacity to engage imagination, allowing people to see things in ways they had not before, and in this way explore new areas. Usually imagination is without constraint, and can be inherently available typically to influences of malevolent non-physical beings to be utilized for various nefarious purposes. Imagination can be wonderful, it can be a source of inspiration and creativity, but it is not in its basic sense guarded. A certain guarding with Forrestiana tends to emerge as the energies associated with imagination in this regard would be generally helpful uplifting energies, energies of creativity that could be valuable and useful for people. The effect of this elixir can allow an individual to feel more excited about life, to feel the sense of accomplishment or benefit. Somehow leading to new ideas, new places to be, new ways of relating to others. One can find this quite enjoyable and essentially light hearted as one can move into a realm of greater play.

#### **Rosa Gallica Officinalis (Red, France) - Spiritual Rejuvenation**

Promotes mental and emotional balance. Powerful opening of the heart chakra. Stimulates joy and spiritual rejuvenation.

#### **R. Gallica Versicolor (Striped white, pink, red) - Love Wisdom**

At higher vibrational levels, Rosa Gallica allows the understanding of the interaction, to an extent that it becomes quite helpful, quite loving, quite receptive, as if wisdom is made into love, as if some sense of higher knowledge is somehow transformed into joy, as if some sense of where one is going, higher purpose, higher functionality, is transferred at a higher vibrational level into some sense of higher, joyful, explosion of energy, purpose, and the enjoyment of this. These are difficult energies to describe because they are feeling sense energies, kinesthetic energies; and various ways to bring these into form with Rosa Gallica's assistance, will often be helpful--such as creative effort, drawing, painting, but especially dancing, to move the body in any way and receive this. Thus yoga and simple tai chi movements, where there isn't a lot of thinking involved, can benefit by the use of this elixir. In addition, it will be seen that there are powerful helpful loving influences associated with the love nature of a person: the intrinsic need to love and be loved. The fourth chakra is directly stimulated. It is excellent for counselors and for people needing counseling.

#### **Rosa Gymnocarpa (Little Woods Rose, Pink) - Psychic Function**

This rose has useful capabilities for individuals to blend different parts of their personalities, to accept them in a loving way, and allow this to produce important psychic abilities. After continued use many paranormal abilities naturally tend to blossom and strengthen; most typically will be those relating to clairvoyance, or the feeling sense, or the energies associated with psychometry, or other ways of feeling the energies of objects and beings around one; not because this is inherently connected to Rosa Gymnocarpa, but rather because these are the energies that many individuals have to some extent suppressed, and thus the energies associated with the more feeling or kinesthetic psychic side of an individual begin to emerge. Gradually an

individual becomes more accepting of the buried hidden abilities, the shadow self, the willingness to blend these aspects with other parts of ones life, and as a result they are able to accept more aspects of themselves, accepting the loving self, accepting the judgmental self, accepting those parts of ones personality that have been perhaps troubling, fear producing, or creating disharmony or stress. Thus as one is able to accept this, one can then more easily change these qualities, or shift them in some way that would be helpful to others.

#### **Rosa Hanseat (rosy pink) - Accepting Technology**

Devas associated with this plant have some jobs to do in helping people accommodate better to technology, to fit in better in society, to be able to work with the energies that would seem at times to be so negative, so difficult for people to understand, particularly those from electromagnetic fields, energies of a disturbing sound, and light, etc. This rose however does have the capacity to assist people in looking into their lives as to what can be done to better cope with technology, better live in the environment that they are presented. Using this rose elixir can assist individuals at feeling more grounded when there is a distracting energy.

#### **Rosa Hardii - (yellow, Europe) - Inner Joy**

Can attune individuals to their own inner awareness, light, and energy. A greater connectedness to life, the sun, and the fairy kingdom. A greater understanding of the need for joy, and an awareness of the light and joy around and within.

#### **Rosa x Harrisoni (Harrison's Yellow Rose, Yellow Rose of Texas) - Honest Communication**

This rose has been widely accepted by many individuals, and certainly deserves looking into, even though its development is so relatively recent, because it has a significance very much associated with America, many ideals of pioneering, finding of freedom, accepting of personal responsibility, and a willingness to repeatedly share this with others. In the revelation of truth, the flower essence can be quite helpful as individuals find ways to be more honest with themselves, and to share with others, even if this causes some temporary disharmony. This yellow rose flower essence can encourage individuals to look very consciously and clearly in themselves, finding those areas that they have in some ways denied or lied to themselves, and find a way of deeper honesty that can be revealed. There is a certain level of warmth often conferred, as the devas associated with this rose have gradually come to share some of their loving energies with people, this encouraging people to find a way of being clear in their communications with each other.

#### **Rosa Helenae (White) - Higher Truth**

Devas associated with this plant have been significantly changed over the last hundred years. They are very adaptable; they have been programmed with information from Lemurian times with the capacity to adapt to many



circumstances of energy. At the subtle level, it is very important at this time for humanity to be able to draw in new concepts, to hold them for a long time, to work with them as need be, and then once one has gained sufficient knowledge, to release them completely, finding the next level, the next awareness. Rosa Helenae helps one understand absolute truth and relative truth, understand the difference, and be able to laugh at the necessity within ones consciousness for absolute truth, for some reference in the universe, some aspect that is somehow not relative. This essence will help one to ascertain the specific aspects of truth in your life that are helpful, that help you understand and grow, and let go of past-held belief patterns that you just somehow “knew” were the truth.

### **Rosa Hemispherica (Yellow, Sulfur Rose) - Energy Generation**

This rose has some interesting properties that allow individuals the blending of different energies within themselves, typically at the physical level or aetheric level. These energies, as they blend together, can be from male and female, but other polarities are also available. This increase of energy may often be felt as individuals put attention on left and right simultaneously; it could be left and right foot, left and right hand, left and right brain, any different method utilized here will typically be accelerated by the use of this rose. Devas associated with this rose want people to understand that there are many different approaches in life, to receive many different ways of being. This enable individuals to be more flexible, but also to receive energies from other devas, ones that may be hard to contact. It is also valuable here for self-healing, for individuals to integrate and work with energies of all types for themselves, and in this way bring a sense of ones own self-love and a capacity to assist in ones own healing throughout ones life.

### **Rosa Hermosa (light pink) – Multi-Dimensionality**

Rosa Hermosa has interesting capacity to assist people as they come to understand all concepts of dimensionality, that they exist at multidimensional levels, work with shifted energies. As has been mentioned in the past, only a small percentage of people’s consciousness, on average about 10% or so, manifests at the physical level in that which they are aware of through thought, meditation, connection to others, communication, etc; the rest, non-local, manifested at higher vibrational realms, is sometimes thought of as the soul, is a point of interactivity for guides, helpers, and other energies. By using this rose elixir, they gradually become more aware of all of these levels of existence, and as the higher levels reach into their own consciousness, it affects them, it allows them more flexible points of view or new ways of learning things or new ways of relating to people, but ultimately it changes their very concept of what is possible in the world. This can be particularly valuable when guides, helpers, and others are involved in working with you, because the concepts that they wish to translate and give to you can often be things that are way outside of your everyday thought patterns, the way you think of things, the people you interact with and so on.

### **Rosa Honorine de Brabant (Lilac Pink) – Stress Relief**

This rose has unique ability to allow the individual a moment outside time, a sense that the stresses or difficulties of life are suddenly somehow affecting someone else. In this moment they are free of that stress, they are as if for a moment taken into the higher consciousness of the buddhic body, the sense that anything is possible, that all of the energies that are available to them are infinite, that they do not have to try, they do not have to make an effort. This is a temporary shift. They will then fairly quickly afterwards be given the opportunity to re-evaluate, to sense the physical, what it means to be alive, to reoccupy, to come back into the body and feel and sense emotions, the issues, the ways in which they are able to change them, instantly having the sense it is not quite as important as I thought. Anxiety for many individuals can become a habit. Particular stressful situations will often be the trigger. As the individual is able to see things differently, open to energies that they had previously denied, they may find that anxiety-provoking situations can be the very situations that bring them the greatest sense of fulfillment, accomplishment, creativity. This rose can be particularly helpful as individuals are carefully considering relationships that they had previously found either inaccessible or rare. In particular this is applicable to community where people are interested in forming community, interacting with other people in ways that can produce economic viability and greater enhancement of their own personal survival and capacity to be productive and helpful in the world. But this is especially valuable when the community that is created is that which crosses various cultural barriers or cultural lines, interacting with multiple races, ages, different religious groups, and thus is certainly an excellent candidate to grow around co-housing communities and that which would be helpful for anyone considering co-housing as a potential form of community.

### **Rosa Horrida - (White) - Universal Love**

This rose is beneficial in cleansing what we would term spiritual sadness. This is the way in which as one begins to contact higher and higher levels of spiritual evolution, one must then as if retrace the paths of the masters. Each of these master beings, Buddha, Confucius, Jesus, healers and other Earth Guardians in their own paths have had to contact some aspect of humanity where there was struggle. They have had to understand this in their own way, and usually what results is at first a deep acknowledgement of humanity’s own struggle. As if then there is an acknowledgement of the power within humanity to find the answers to this pursuit of love, of happiness, of the understanding of God in the material realm by the use of whatever it takes. The use of this essence can be helpful therefore of course at a physical level for a depressed state or for people who are experiencing sadness or anxiety at levels that they do not understand and are having some difficulty attuning to. Many times there is a powerful spiritual component as a result of this. This is sometimes not acknowledged or it is somehow denied in the individual, and this essence will assist in releasing that denial and letting the individual understand it more deeply.



### **Rosa Hugonis (Yellow, China) - Practical Visions**

This rose appears to stimulate some of the solar aspects and bring some sense of sunlight energy as it is transferred naturally into people, as is to some extent present in all yellow plants. But Rosa Hugonis appears to bring this sense of solar vision, the awareness of the sun's ability to see the far-reaching aspects of humanity, of Earth, of the solar system, of many aspects of its interaction. Brought down to a more material level, that which is more practical, such energies would naturally relate to anything having to do with communication and the ability to take these larger visions and put them into a form in which they can be expressed. In addition, Rosa Hugonis appears to be repeatedly able to give people a very sophisticated point of view of things, seeing things from many levels and being patient at letting all of the energy come in, until finally it is crystallized, strengthened, and able to be shared more consciously. Rosa Hugonis will stimulate any gem elixir, making it a little easier to absorb and work with any gem. It also is quite helpful for individual's learning how to express where they had not before, even for children learning writing or bringing some of the solar energies of expression and clarity more easily into focus for themselves.

### **Rosa Kamchatka (red, Siberia) - Perseverance**

It activates the ability to focus, the will, and perseverance.

### **Rosa Laevigata (Cherokee Rose, White) - Enhanced Healing Ability**

Cherokee rose has capacity here to encourage and strengthen the sixth chakra, opening the third eye fairly profoundly, bringing a deeper sense of clarity, but at the same time an awareness of an inner silence, a capacity to receive energy from many levels. Any form of hands on healing or energy work that brings healing capacity more consciously to people would be accelerated and assisted by Cherokee rose. With repeated use however, one can have a deeper sense of connectedness to all peoples, a deeper acceptance of the powerful nature of what humanity is about here on this Earth. And with repeated use, adaptability naturally increases: the capacity to fit into other societies, to learn other languages, to adapt other customs, to understand other people; this sort of energy is certainly very positive and helpful, and can assist anyone who is seeking multicultural bridging or capacity to expand their own horizons.

### **Rosa Lavender Lassie (Light Pink) – Spiritual Assistance**

Higher levels of conscious access to spiritual information become available for most people with this elixir. This can relate to many different areas of life, though for many individuals it will relate specifically to attributes of how to assist other people, how to heal them, how to share energy with them, and this to be as a spiritual teaching. Sometimes it can produce in individuals a repulsion or rejection of money, or bring up underlying abundance or prosperity issues. This can usually be helpful, as individuals will inevitably put less attention on this, less attention on their own innate value-ability [value], and more attention on the purpose of the spiritual assistance or connection to others, the learning

process for oneself. As lavender lassie elixir has capacity in an individual to bring them into a deeper level of reverence for their own ability to assist, various activities of spiritual assistance may become available to them. Thinking upon somebody who needs your help, not just around something physical, but something as advice, as benefit, as assistance in their own life, usually best if the individual has actually asked about it, taking the rose essence before going to sleep, then allowing the energy naturally, lovingly to move to the other person, might be one way to use this.

### **Rosa Longicuspis (White flowers with scent of bananas) - Deepens Meditaton**

There are many interesting attributes from Rosa Longicuspis, this rose can produce some shifts all along the chakras, making a sort of sequential or domino effect of a lining up of energies. It can be quite helpful for those studying and working with body-centered or body-associated forms of meditation such as yoga, in particular kundalini yoga. This rose has the capacity to allow individuals a deeper sense of perseverance and awareness of their own awakening process, to be able to stay with it for long periods of time, to allow them deeper sense of the physical merged in a very positive and helpful way with subtle energies. Many times during the process of awakening or strengthening, the higher chakras are unduly stressed, and energy must be provided from other places. Rosa Longicuspis enhances appreciation, a deeper awareness of God's love for all beings, as can be manifested in the human form: a moment of stillness or a place of deep peace may awaken for individuals, that can allow them to anchor or strengthen the loving sense with the energy of spiritual awakening or God-unfoldment.

### **Rosa Macrantha (Light Pink) – Acceptance**

This rose has capacity to shift heart energy in a way that can unite chakras five, six, and seven with chakras three, two, and one, ways in which these energies more easily blend, and pathways established outside the body as well as inside, a sense of deeper acceptance of oneself, a willingness to love and understand others. However some of the specific blockages that are released can at times relate to attitudes, shifts in one's consciousness where one is holding a particular judgment or opinion on others. This will usually be revealed either slowly by repeated use of the rose or quickly with a specific exercise to be that which is related to oneself. As above so below, as within so without, the law of reflection as it always holds is such that the judgment you would hold on someone else is a judgment not so much on you but on an aspect of yourself that you would like to be separate, that you would like to exclude or reduce. It is an aspect relating to a belief that you might have rejected about yourself at an early age or even in a past life. The opportunity to better accept this, to hold it in a different capacity, to see yourself differently, can often be a profound way of releasing a variety of blockages, and that this takes place in a welcoming, loving light. One might even say that it is an opportunity to heal the inner rejected self, the capacity that you disliked in yourself or were pushing away from yourself in this life often provides a variety of difficulties that you are not

even consciously aware of. One way in which you can see the obvious influence of this is how you choose your friends. You will pick those people who will perhaps have those characteristics to a small degree, the characteristics that you would dislike in them as reflecting of course the characteristic you dislike in yourself. And yet you will note frequently individuals coming into your life that have that characteristic, that tend in that direction then to remind you so that you might look at this. As this rose is allowing this energy to come forth in a loving, helpful, accepting way, you may find that there are simple ways of shifting this in your relationships, that you may then better accept other people, and as a result learn from them, more deeply receive their gifts and what they have to share with you.

### **Rosa Macrophylla (Red, The most powerful rose essence on the planet for the heart chakra) - Greater Love**

An important attribute of Rosa Macrophylla is to help people know themselves, to feel that love more, and to know this energy more clearly in oneself as a source, as a connecting energy to the entire kingdom of roses, to entire kingdoms of different beings, is a wonderful way of using and knowing this energy. As one feels this sense of love, one may also recognize that it has a higher component: love of and from God, understanding of love of and from Earth—that the love is not just a personal one. Personal love is that which may be felt initially in using this flower essence. As one feels this, it makes sense to train it, to ask of ways to transfer that love to others, to play with it in different ways, to appreciate it, to share it; and in this way one will gradually understand more of that energy, as it is in itself, rather than judged through the eyes of society or your own experiences. The fourth chakra is of course stimulated; there is, however, a connection to other chakras. Fourth chakra acts as a moderator, and there may be times when first, second, and third chakra becomes energized, others when fifth, sixth, and seventh become awakened. We see a more permanent connection gradually established between eleventh and twelfth chakras, and the fourth chakra, with repeated use of this rose.

### **Rosa Madame Hardy (white) – Higher Self**

This beautiful flower reminds people when they look at it of various capacities of interlinking their higher consciousness attributes with their God-self, their opportunity to bring this into practical, realizable form, to understand the transformation between the God-self, the higher realities, the infinite possibilities, and something more practical, something like bringing it to your work, to your relationship, to an understanding of your friendships, your ability to receive and know other people. Much benefit noted for the third chakra, the bringing of empowerment and strength into the physical body by these higher force energies is a very helpful useful way in which the rose may be absorbed and utilized by people.

### **Rosa Madame Isaac Pereire (red) – God's Love**

This rose has within it some qualities to enhance new relationships between people, and especially people in their understanding of their own capacity to

love and to be loved, to bring this into ways of perception and ways of knowing themselves they had not previously. This begins over time to help them discard all the trappings of what they thought love was, simplifying it, at the same creating a sense of this more strongly and clearly within their being, eventually this manifests as a more powerful ability to love others, to receive love or know it. The areas of the physical body where they have resisted the opportunity to receive or give love, the places in the physical body where the love could have been healing, helpful, but was somehow denied. All of these areas begin to be energized and in some cases strengthened by this rose elixir. The result is an opportunity to love your self and to allow the energy more powerfully and helpfully into those places, to work with the healing energy of others. It is an excellent rose to give to a client who you are going to see more than once.

### **Rosa Maximowicziana (White flowers) - Shifting Boundaries**

This rose has capability of blending energies across any of the aetheric, mental, emotional, causal, and physical bodies, allowing individuals a deeper merging. It is usually best used initially to focalize such energies from two subtle bodies specifically, seeking the particular characteristics to blend between them; one will usually become much more aware of the characteristics of the subtle bodies as a result, and recognize a natural gratefulness, loving energy, receptiveness, accepting energy, willingness energy, in working with these energies of the blending of the subtle bodies. As boundaries are to be shifted within an individual's consciousness, the acceptance of these in the physical world, in relationship with others, is made clearer. In addition to this is another part that is difficult for most people to understand as they approach boundaries; for this, the rose has a marvelous lesson to teach people: it has to do with a loving side, an accepting side or a heart opening side to boundaries. Using this rose can assist individuals in understanding themselves better, where they have walled off or allowed various aspects of their own personality, consciousness, or things that they are interested in to become segmented, to become in some sense denied or unavailable. To make such an energy more available in a loving, welcoming, accepting fashion is likely to be enhanced for nearly everyone using this flower essence.

### **Rosa Moschata (Musk Rose, White) - Improving Relationships**

This rose has capacity to engage higher consciousness as it is aware of a principle of compassion, caring, and love that many people may feel for their own highest self: a deeper welcoming of the higher self energies as they then can be absorbed and utilized as a loving principle within the individual. This willingness to blame others can be a very important keynote that would be indicative of using Rosa Moschata as flower essence for much benefit. In addition however can be self-blame, in which an individual is unaware of how they are allowing deeper separation simply be such powerfully held judgmental beliefs. As Moschata is used further, the heart begins to open in new ways, ways that can incorporate a loving not just of ones higher self and spiritual side, but of mistakes, of pastlife energies that have not been placed perhaps as well as one would have liked.

### **Rosa Moyesii - Life Purpose**

This flower can energize one's love of the whole process of what people have elected for themselves. This could be termed the evolutionary process, the process of reincarnation, or the process of successive levels of self-awakening that a soul goes through. This flower can give one the concentration to overcome many Earthly distractions to the accomplishment of one's life purpose. This elixir can re-awaken a sense of joy in being of the Earth, having the capacity to do much good in the world. It can combine nicely with the elixir Polaris, to provide extra encouragement for those already aware of their life purpose.

### **Rosa Multibractea (Light Pink) - Life Purpose**

Rosa Multibractea has useful ability to produce a sense of ones own sacred work for many individuals, and bring the awareness of this into consciousness in a loving, helpful way. Many times as people begin to appreciate what they are here for, what they can do best, ways in which such work can be of maximum utility and value to other people, they also experience emotional difficulty, as if recognizing that that ability is somehow not accepted by the world or ones spouse or the capacities that one has expectation about, might perhaps be something that does not provide money or the things that one may have come to value in life. Typical flashes and awareness of this higher or aware purpose for individuals will tend to occur early in life, perhaps at age three or so; then as a more defined purpose, focalizing around age 28. If Rosa Multibractea can be provided at these ages, much benefit can accrue to the individual who has a deeper sense of this energy being properly placed, properly used, properly balanced. Sometimes this means that a deep sense of forgiveness and love must be felt. If the individual has moved into areas that were clearly fulfilling the expectations of others but not allowing this sense of sacred work, of using their time here best, then various emotional energies will crowd in; then this rose can be especially helpful as it allows them to be loved through, released, shifted; one may experience the emotion, but at the same time a deeper sense, a joyful sense.

### **Rosa Multiflora (White) - Earth Sensitivity**

This is a plant that has a powerful connection to Mother Earth, transferring many of Earth's highest most loving wishes, Earth's ability to assist an individual's own life path through help, through deep love of oneself and of the physical--a willingness to receive this energy is profound in this rose. At a higher vibrational level however, as the heart is opened in working with these energies, there is a deep sense of peace or calm that can come to many individuals, as if the sense of timelessness, as if the awareness of Earth's great patience in waiting, seeing how things will unfold, helping in her way generally, is that which is felt deep in the core of many individuals. There can be with such attunement, naturally, the development of psychic abilities relating to the Earth. Thus the ability to enhance the properties of plants and animals, or the psychic awareness of Earth changes, attunement to Mother Earth's moods, ability to

affect the weather, and also to perceive the weather before it manifests. In addition, this rose may produce a healing effect that can be transmitted to others. Thus Rosa Multiflora can stimulate healing abilities where individuals wish to use sound in any form--it can be technological, it can be working with sound from the human voice.

### **Rosa Multiflora Carnea (Pale pink variety) - Unconditional Love (NOT ON WEB)**

The Lemurians developed and worked with this, but it was El Nath energy, the working through various beings, and Cha-ah-Ra's ability to influence this, that eventually gave rise to an energy that is only now becoming stronger. This has to do with a certain sense of totally unconditional love that is a resonance or manifestation principle of Earth's energy, as if a person coming into resonance with the sense of Earth's unconditional love, awakens his or her own unconditional love.

### **Rosa Nitida (Shining Rose, Pink) - Self-Forgiveness**

Rosa Nitida allows individuals a sense of persistent self-forgiveness. This can be a troubling and difficult sense to create in oneself, because most typically one will self-blame or move into states of recognizing problems, and then only gradually come to a place of forgiveness, sometimes even waiting years after a particular incident or difficulty to recognize from the beginning that this was present. To discover this immediately can be extremely energizing and helpful as one wishes to contend with a problem in life. Imbalances of the pancreas and 2<sup>nd</sup> chakra can be assisted with this essence by releasing stuck energy and achieving greater alignment between the 2<sup>nd</sup> and 4<sup>th</sup> chakras.

### **Rosa Nutkana (Pink) - Inter-generational Harmony (DIFFERENT ON WEB)**

This rose has a stimulating capacity to bring forth the admission in individuals of the denied emotions, and allow these in their own way to naturally form themselves into much greater loving aspects with other people. It can be quite valuable also in relieving psychological stress due to difficulty of making decisions in relationships. It can also be extremely helpful in easing tension between the generations, in particular when illness or disease is involved. This can be extremely helpful in making decisions as to how to deal with parents or elders that one must hold responsibility for, govern over, or assist in some way. The highest use of this rose is for deep emotional and spiritual bonding between individuals of widely differing ages. This can be with parents and children but is usually with those who are much older.

### **Rosa Odorata (White, Pink, or Yellow) - Integration**

This rose brings an awakening of the root chakra as an energy that bubbles up through the rest of the body. But over and over and over it shows you how you can integrate: how you can bring energies from many different sources, things learned from past lives, energies from this life, and integrate it into the problem at hand. Integrating these energies will often give rise to new possibilities that you did not see before; and these energies will then arise as a new application,

something that will ultimately be helpful. This can be very helpful in group activity, in corporations, or people finding something in the physical world that they wish to change, but that which is clearly based in the physical world. Thus when you are struggling with bureaucracies, seeking to understand systems as they are, Rosa Odorata can be so helpful at engaging your patience, your ability to see things from other peoples point of view, to find the right steps to take in order to deal with the situation. This essence can be utilized to bring joy and strength to gardeners, to those who wish to work with roses, through an attunement to this deva.

### **Rosa Paulii (White, clove scented, R. arvensis x R. rugosa) - Shifting Ego**

Rosa Paulii has an important use for individuals in allowing a deeper sense of love and humility combined. This can be particularly helpful for individuals who wish to help others, but do not wish to be in such a position of obligation or addiction or a constant interaction. This flower essence may be used for individuals to release the desire or need for appreciation. As a result, those with significant accumulations of planets or energies in the birth chart associated with Cancer or Taurus may benefit especially from Rosa Paulii as they gradually let go of this need to be appreciated. But at the deeper level what it eventually yields for individuals is a deep understanding or appreciation of God's energy as ultimately then so humble, not asking anything in return, allowing opportunities on many levels for all beings; and ways in which these opportunities can at times lead to all kinds of deeply pleasurable wonderful aspects in life.

### **Rosa Paul's Scarlet Climber (medium red) – Practical Help**

An interesting plant, conferring to people the capacity to bring energy strongly into a situation, using love to shift and change things where necessary. Generating karma will be the typical way in which people will use this energy initially, but with Paul's Scarlet Climber they can better understand the karma that will be created, find the ways to better minimize it. When action is needed of a loving nature, but the action is that which needs to be conferred rapidly—medical care of an emergency nature, rescue remedy applications, all of these amenable to Paul's Scarlet Climber as an essence. This rose essence bringing to people ability to hold firm as energies shift and change, and find throughout all of this something that is clearly out of balance. Devas associated with Paul's Scarlet Climber have energy within them to confer various capacities to perceive karmic repercussions, understand how love could shift an energy, how looking at things differently, stepping back, taking a different course, communicating accurately and so on might be helpful both to the child and the to adult. As a result, accident prone children often need to be better attuned to the very nature of the energy that they are broadcasting, drawing to themselves as a result these actions, since it is the only way they seem to be able to easily learn. A gentle energy would be conferred, helping them to look a little more carefully and understand what they are doing, and at the same time receive more consciously the beneficial loving tutelage and guidance as by example of the adults, and especially parents, who usually wish only the best for them.

### **Rosa Pendulina [Rosa Alpina](Pink to Purple) - Risk Taking**

This rose tends to allow people opportunity to take risks more easily, to share energies with each other in ways they might not have previously, and with this to open to new ways of loving, feeling love, and working with love as a result. Risk taking can be pathological in some individuals, with the addiction to dangerous sports or activities that risk life and limb. This rose can be particularly helpful for such people to modify these practices, see them in a different perspective, or find ways of achieving the same ends of sense of thrill or life-awakening, without having to put themselves in bodily danger. However most individuals as they work with this rose will recognize in themselves a willingness to share energies in ways they had not previously, to do so in ways that may produce some fear; but the fear would be short-lived, and the use of the rose to help the individual move through that fear, recognize its real truth, and in this way bring forth energies that have been buried, hidden, or in some way denied.

### **Rosa Pinetorum (Pink) – Oneness and Unity**

Rosa pinetorum has unique quality at awakening an inner spirit of independence within people, an increased capacity to see oneself more clearly. First clearing energies from childhood period 6 to 7 years old for most individuals. Second, coming to a new appreciation of what they learned as teenagers. Third, awakening a conscious sense of their own clear choices in life, especially with regards to love, how that love can be more consciously manifested within their being, their bodies, their lives, how they live each day. The shifting of the very nature of the independent spirit, of how one sees oneself as so different, yet so similar to, relieving from consciousness the whole issue, coming to a place of ultimate oneness that is more concerned with the goal of that oneness, the sense of companionship, love, connection, compassion, the sense of evolution and awakening, rather than its source as that of individual spirit or collective identity, be it the collection of ones family or larger society, as in the case of the 6 or 7 year old and the teenager, respectively; or in a sense of one's awareness of ones own individual needs as a human being, that is, the collective consciousness of all beings human. This contemplation of the very nature of independence/codependence for most individuals will be enhanced by Rosa pinetorum, but not in a conscious way at first. This is why typically the idea of bringing you through this from your experiences as a child and a teenager is very helpful.

### **Rosa Primula (Pale yellow) - Spiritual Healing**

Rosa Primula is very helpful at accelerating the development of spiritual wisdom as it can be applied to healing, and especially the capacity of counseling from the heart, a place where a deeper loving energy may be established; this gradually shifts consciousness to awaken Christ-like principles in many people. It is as if discovering an inner Christ-knowledge or inner Christ-love, depending on people's own particular bent or the aspects that they have previously developed. With repeated use, Rosa Primula awakens the crown



chakra; this energy connects right through the body into the heart, and allows a deeper fueling of heart energy based on such incoming energy through the crown chakra. But this energy must have some point of focus, therefore it makes sense whenever utilizing Rosa Primula to focus your energy on some particular quality of assistance, some way to assist or help anyone, anything. In addition, there is certainly an increase of healing energy, if it is sincere, if the individual truly has some capacity of caring or love for whatever is the object being healed, as this will tend to increase the natural energy flows.

### **Rosa Pterogonis (Rosa Hugonis X Rosa Sericea) - Group Healing**

Its primary activity now is conferring a deeper sense of group identity to many individuals to understand and perfect a sense of that group, as it can be loving and helpful to others. It is therefore very useful to teams of individuals who seek healing or assistance to others, be it in esoteric healing or practical healing: a hospital staff or a group of hands-on healers. Those who are studying and working with healing energy of any kind may find that there is a certain level, typically unconscious, of competition between the members. And Rosa Pterogonis has opportunity here to help relieve this, bringing people to a state of easier harmony as they work together. This elixir may provide at the more gross physical level rapid healing from surgery, various interventions in the body, and ways in which the healing would be speeded up.

### **Rosa Roxburghi (Chestnut Rose, Pink) - New Awareness (DIFFERENT ON WEB)**

The capacity of the flower essence to affect states of consciousness relates to various important blocks that are more easily lifted away and released; these blocks will be present in both left and right hemispheres, but are generally easily grappled with and understood through relatively logical processes associated with left brain activity. This rose, apparently at first, brings a questioning, the opportunity to shift belief pattern; but at the deeper level, it actually peels them away; it releases these belief patterns and allows new consciousness, new ideas, new potential to come more powerfully into focus. For some individuals this can be a profound experience, as if then when using Rosa Roxburghi there is a sense of a whole new being emerging, a new awareness of various spiritual energies that have previously seemed impossible or hidden.

### **Rosa Rubrifolia (Pink flowers, red foliage) - Manifesting Love**

Its primary purpose is to impart to individuals greater conscious will in the way in which they interact with unconditional love, with their ability to manifest love, and with their unconscious love. It can then assist individuals in making the choices easily to manifest a form of love within them that they feel is to their highest, to their best, to that which would assist them on a soul level. At the highest level of spiritual interaction with others, it appears to stimulate the aetheric component of the physical heart, and as a result of this can create very powerful energies from an individual if their will is involved. A good way to utilize this essence is if you are regularly concentrating or focusing love energy

outward somewhere in the world.

### **Rosa Rugosa (Mauve) - Self Reliance**

The ability for an individual to perceive their own inner strengths, to truly feel them, to sense them as part of ones being, and to come to rely on them, can be enhanced by the flower essence of Rugosa. This may lead to enhancement of psychic abilities, but there appears to be an especially focused inner intuition, an intuitive sense strengthened for most people. At the higher vibrational level the flower essence provides an inner reliance that individuals can come to for their own ability to love, to love in the face of great difficult circumstances, to love even when there is no hope, no chance of that love being returned. The highest use of Rosa Rugosa is spiritualized will; that as one discovers this inner strength, this inner ability to love, there is an enhanced capacity to direct it more appropriately, to bring it into a form that can truly be helpful.

### **Rosa Rugosa Alba (white, China) - Isolation**

This is to be used for getting through periods of isolation, such as when in retreat with fasting or meditation.

### **Rosa Sericea (white, Himalayas) - Spiritualizes Intellect**

This elixir will open up the kundalini, crown, heart, and base chakras. It also clears blockages from the meridians. The intellect is spiritualized, and there is more communication with one's higher self and guides.

### **Rosa Sericea Pteracantha (white, Wingthorn Rose) - Higher Purpose**

The rose confers some powerful and useful properties on most people with relationship to a deep understanding of tough love. This can be the capacity to love in a way that can produce dramatic change. This can convey the ability to install new habit patterns, modes of thinking, modes of feeling, but much more importantly, a connection to Earth, to survival itself, to the nature of being physical. Some individuals who go through a shift around the age of 28 experience deep levels of sadness and lost opportunity. This elixir can offer them an innate sense of joy, strength, and awareness of greater possibilities. Sometimes in working with this, what they become more gradually and consciously aware of is how they have had an intuitive sense of what was appropriate for them in their life, what they were here to learn, or do, or who to meet, but have for some reason denied this, or avoided it, perhaps unconsciously. Simply becoming aware of that pattern can be of tremendous value to individuals in saving them a great deal of time and effort.

### **Rosa Sinowilsonii (White) - Clairaudience**

Use of this elixir will tend to bring various levels of higher vibrational energy more consciously into ones awareness of subtle sound, activating hairy structures in the ear and various aetheric equivalents to this that exist throughout the brain and various other centers in the body to help with receiving and working with these energies. Gradually with repeated use of this rose, there is a strengthening of ones trust in clairaudient phenomena; this will,

as always, tend to be enhanced or strengthened with any other paranormal phenomena also exercised or utilized: clairaudience, clairvoyance, various forms of clairsentience, all tend to work together because they use similar para-brain centers. Energy moves from the physical level to higher vibrational levels of attunement to receive messages from guides and helpers, to perceive various cosmic sounds, to become aware of musical expression of angelic realms, or higher vibrational attunements to positive and useful energies, all of these naturally take place. Utilization of this rose on a regular basis will shift musical capabilities, thus improving them for those at beginner level, or shifting them for those who are more advanced and involved in music, to attune to energies of a higher vibration.

### **Rosa Spinossima Altaica (White) - Interconnection**

This elixir can be utilized in assisting individuals with a deeper transformation of their own ability to connect to other people, to feel a sense of commonality or bridging at a heart level. People who find themselves isolated, separate, alone, perhaps in darkness or in places of struggle, would be encouraged to make contact with this deva, come to understand it better or receive its energy. As the flower essence itself became of some value for this in Atlantis and perhaps into the present day, this energy has been gradually increasing, allowing people a sense of camaraderie, shared oneness, a sort of inner loving between each other. What it is really doing is working with the issue of aloneness, to help the individual to understand that they are inherently connected, that they are not alone.

### **Rosa Stellata (Mauve) - Vibrational Reception**

This rose has capacity to encourage communication with guides and helpers, to allow new sources of coherent well-integrated information to be better transmitted, as if one's antennae are strengthened. There is some release of inherent belief patterns blocking some of these energies. Fears will be eased, and for some individuals, better understood. Some of these fears may relate to others getting too close; fear of intimacy, in particular, is relieved by Rosa Stellata. Gradually, an individual will be better able to speak a personal truth regardless of the consequences; and the result of this is profound, enhancing telepathy, enhancing contact with other beings, but most importantly, with guides and helpers. In addition, Rosa Stellata allows an individual to see through the eyes of ones guides, to see things from a higher point of view; sometimes this will have profound effects on an individual, helping an individual to see things they had previously held back.

### **Rosa Sweginzowii (Bright Pink) - Higher Group Interaction**

This rose has some interesting capabilities in shifting the nature of love that people experience, making it simultaneously more physicalized, felt particularly in the belly area for most people. At the same time, there is awareness of interaction with higher guide beings. Where this becomes particularly helpful is where one is in relationship, and a guide has been selected, established, or allowed to work with those two in relationship. This is a fairly common

occurrence for people who have been in relationship of any type—business, personal, family—for more than five years. But as another guide is established, an energy of three becomes clearer for most individuals as their personal guidance and assistance across this relationship is intermixed with that of the new guide or helper.

### **Rosa Villosa (Rosa Pomifera, Apple Rose, Pink) - Emotional Release (DIFFERENT ON WEB)**

Rosa Villosa loosens the connection between the subtle bodies, especially focalizing these energies in the connection between the astral body and the emotional body. This loosening can encourage all kinds of interesting aspects of dream, astral travel, and other capacities, because strong emotions will often pull the individual back into their body. The devas associated with Rosa Villosa tend to bring a sense of lightness, play, and other high vibrational energies into many aspects of life, finding a way to release various things that might be seen as perhaps exceptionally serious or emotional in nature.

### **Rosa Virginia (Pink) - Inner Calm**

Rosa Virginia brings a powerful energy closer to a person, it never pushes it into the person, but it is as if the vibrations will momentarily align so that the person can better receive an energy that is based in the center of the soul, a sort of pivot point or nucleus of soul energy, a place of infinite powerful calm, but at the same time, with a strong survival force—the force to become, to be aware, to know, to grow, to do. For the individual to know this better can be quite empowering, providing a natural cleansing of the third chakra. There can be a sense that the individual is able to accomplish much more than they previously had. This rose is valuable in creating inner states of deeper solemnity or calm, as if the still waters are felt; inner knowledge created as a result of this will gradually manifest into physical form in the world. The rose essence will assist individuals when they are feeling anxiety or stage fright, and may be useful for individuals involved in theater, television, motion pictures, politics, etc.—anywhere you must be in the public eye. It assists individuals in projecting this inner sense of stillness and calm into their words as they speak them. And as a result, those around them may much more easily feel the inner feelings that they may have contacted in meditation or in any sort of inner contemplative work. Gradually with repeated use of this essence the charismatic state, that state to which other individuals are naturally attracted will be encouraged and amplified in most individuals.

### **Rosa Webbiana (pink, Himalayas) - Earth/Angelic Attunement**

Use this major essence to attune to the Earth's crown chakra. Stimulates the superconscious and rapport with spiritual masters and angelic realms. It will open the heart chakra and psychic abilities, especially channeling faculties.

### **Rosa Woodsii (Mountain Rose, Pink) - Energetic Connection**

This rose has helpful characteristics for enabling better person-to-person contact, communication, and awareness. For most individuals, there is an

outreach, as if a subtle energy connection that reaches out to others for whom you have any degree of awareness--as soon as you know about the person, as soon as you become aware of them, this subtle tendril of energy extends. For most individuals, the energy extends from the naval area, integrating energies from the second and third chakra. These will relate to emotional connection, specific connections with relationship to business or pleasure, and an ability to see your self in someone else. Rosa Woodsii tends to bring this into consciousness for the individual: "Why am I interested in that person? What is there about that person that can reflect some aspect of my being? How may I learn from this relationship?" Many who are very introverted are also very sensitive; they are tuning into a higher energy, an energy of similarity or of oneness between that person and the other, and here this rose will help one understand this and welcome it is a strength. At a higher vibrational level, one can perceive the God-nature in another being, and see of its intrinsic lovability. This helps you so much with negotiation, because you see somebody else's point of view, you understand their consciousness, their desires, their needs; and you are then able to meet them halfway, or even a place where all of the parties negotiating can get out of it what they really want. Perceiving this deeper level sometimes involves letting go of aspects of yourself to truly see the other person as deeply lovable, and then yourself as lovable too. Feeling this unconditional lovability is the highest and most beautiful use of Rosa Woodsii.

#### **Rosa Xanthina (Yellow) - Heart Chakra (DIFFERENT ON WEB)**

Rosa Xanthina has many interesting capabilities to allow a connection between the heart, the fourth chakra especially, the aetheric body, and the causal plane, allowing these to transfer information back and forth. This tends to be filtered in various ways by the heart energy so that it is of a loving nature. Gradually as one becomes used to this energy, one is able to turn off, reduce, or completely eliminate mental chatter, the interference of thought patterns, or even the mental body at any level. This is unusual, as mental body interaction is of some value in so many different processes, responses, and aspects of vibrational work. Yet with Rosa Xanthina what gradually occurs is a melding or blending of the aetheric energies with the heart energy and an awakening to causal information, an awareness of ones purpose, a sense of energy unfolding in a positive and helpful way, and a deeper sense of peace, calm, and quiet. Another important aspect of Rosa Xanthina is to help individuals reawaken hidden healing abilities, however this is always in a loving, compassionate way.

#### **Seven Sisters Rose (Rosa multiflora platyphylla) - Youthening**

There is a natural affiliation between this plant and the star system of the Pleiades and the beings there that have had a beneficial impact on humanity. As people work with these energies, they discover all kinds of shifts, sometimes a reminder of an ancient lifetime where they were trained or worked with beings associated with the Pleiades or energies that relate to their past lifetimes with such beings. The many who are associated with those who investigate UFO phenomena, all of these beings with their attraction to or interest in Pleiadian

culture, Pleiadian star system, pastlife energy, and so on, will benefit from this form of Rosa multiflora. There can be a shift at a physical level for some people, with a deeper understanding of their ability to display age through different parts of their body. Understanding the deeper lessons or message of this may be enhanced. As a result, the body's necessity to bring this energy where you can see it is reduced, and as a result greater youthfulness, inherent strength, and other energies of a positive helpful nature will result. Thus some degree of youthening or awakening of a youthful energy will be noted in utilizing this rose elixir.

#### **Sterling Silver Rose (silvery, lavender color) - Law of Reflection**

This rose has some interesting and helpful properties for individuals working out issues in relationship, and especially understanding more deeply and consciously every aspect of the law of reflection. This can allow them to understand the true nature of this in a very direct, almost inner way. This is particularly difficult as the law of reflection demands that one take a different perspective, seeing things from other points of view, contemplating energies by symbolic means. As above so below, as within so without; in all ways that the outside would seem then as a symbol or reflection of the inside, one would tend to hold a dualistic point of view. This isn't the law of reflection, but rather the law of opposite expression, and so the dualism here is immediately released on first utilization of Sterling Silver rose. The higher consciousness aspects begin to awaken, and as the seventh chakra wakes up and as higher energies begin to come in, the sense of love as a natural part of a blending of those apparent opposites, the outside and inside, or the above and the below, the hidden aspect and the obvious aspect; this love tending then to bridge these, to help individuals receive this as an inner nature. As they awaken to these energies, a deeper acceptance of themselves and deeper acceptance of others naturally takes place, along with many realizations, string after string of them are possible. The essence will assist many to recognize judgement towards others as an external expression of inner judgement.

#### **Swamp Rose – Pink (Rosa palustris) – Emotional Shift**

This is a fascinating plant with a tremendous affinity for the water element and the capacity to work with vibration on many levels. Rosa palustris has some characteristic of enabling individuals who have been separated in recent past lives from water to better attune to it, enhancing capacity to absorb water, to quench thirst more deeply, to use water more efficiently. But its main use as a vibrational remedy is in the capacity to strengthen how other roses as vibrational remedies can be absorbed and utilized. In addition, Swamp Rose can bring energies of a sense of deep peace into people, having the sense of the emotional cleansing or release, a sense that they are at home. Individuals suffering from foreigner syndrome, a sense of being a stranger in a strange land, are benefited by most of the roses. Where there are connections to planets with high water environments, and here they do not have easy access to water in large amounts, such individuals will find great benefit from this essence. As this is used more regularly however, there will inevitably be

emotional shift. The emotions are so closely associated with water on many levels, and there will be energies available that bring forth hidden talents, hidden beauty coming to the surface.

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### **Veilchenblau Rose (Blue/Violet) – Deep Attunement**

This beautiful rose can bring a sense of deep quiet for people as they connect to higher vibrational realms. The sense of the still, quiet voice inside has been spoken about for ages as a way of attuning to the heart, sensing the quiet voices deep inside oneself. When one wishes to extend this to the chakras above the seventh, the level of quiet must be even greater. This inevitably gives people a sense of the sources of the noises in their lives, the distractions of thought, energy put into doing-ness, relationship, all of the things that draw them away from that place of emptiness and quiet. It is as if an opening to a level of higher vibrational activity becomes available for people when using this rose, the sense that God's connection to the highest sense of a different reality begins to come through. With repeated use of this rose, one comes to a place of being able to act in the world, doing things without thought. A place of an attunement to a higher level of spirit, a place of functionality where the energies available have all kinds of helpful attributes for healing, for shifting things in the world.

### **White Bath Rose (Rosa Centifolia Mucosa Alba, White Moss Rose) - God Awareness**

This rose has many interesting properties to help people develop hidden capabilities, particularly in a deeper understanding of their awareness of pastlife, and sometimes the last intermissive period, connection to God; this connection as felt as a love, a love of God, an awareness of God's love of you, an awareness of the way in which the energy connecting the heart and higher spiritual reality can move. This typically will be hidden in individuals, coming forth slowly, bringing forth for them a deeper spiritual understanding. Many times, the awareness of one's connection to God has been significantly altered through a lifetime: religious upbringing, attunement to God's energy because of parent's friends, influence of thought forms of other people, etc. These overriding energies typically will reduce ones ability to sense or directly receive higher vibrational energy. This is much more than the higher self, more than the sense of the causal body or a higher vibrational reality, more than an awareness of ones past lives, or connection to soul group or connection to ones own guides. It is a direct awareness of God's love.

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Fred Rubenfeld, President of Pegasus Products, Inc.