

Agrimony

Flower Essence Repertory - Arranged by Essence

Acceptance	accepting painful feelings which are hidden by a mask of cheerfulness
Addiction	abuse of drugs to create a cheerful persona; hiding true feelings
Avoidance	wearing a cheerful mask which hides painful emotions
Calm	false outer calm, hiding inner conflict
Cheerfulness	false cheer which hides inner conflict from oneself and others
Co-Dependence	hiding true feelings, especially using an outer mask of cheerfulness to be socially agreeable
Community Life and Group Experience	difficulty in reading personality in group, appearing cheerful and easy going, but often filled with inner torment
Conflict	inner torment and conflict, hidden from others
Denial	denial of emotional pain, hiding emotions with a mask of cheerfulness; using pain-numbing or euphoric drugs to cover anxiety and pain
Eating Disorders	using food as a way of escaping or masking real feelings
Escapism	escaping emotional involvement behind a mask of cheerfulness
False Persona	hiding true feelings under a mask of cheerfulness; outward display of happiness despite emotional pain and anguish
Healers	masking one's own pain and suffering in order to appear in control; attachment to the image of healer as one who is beyond pain
Healing Process	denial of pain or of the need for healing
Honesty	acknowledging inner conflict; for those who cover up true feelings
Masculine Consciousness	false mask of how a "man should be," doesn't allow others to see real feelings; denial of emotional pain by appearing cheerful or nonchalant; often associated with drug or alcohol abuse
Mid-Life Crisis	addressing hidden or stifled parts of oneself which need honest examination; especially if using drugs or alcohol to hide real feelings
Perfectionism	desire to appear emotionally perfect and acceptable; the "pleaser"

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Repression

repressing real feelings due to politeness or superficial social standards

Resistance

denial of emotional pain as a way to resist doing inner work, covering feelings with a mask of cheerfulness

Shame

covering shame with a mask of cheerfulness; a carefree demeanor which hides inner torment

True to Self

acknowledging one's inner conflict

Aloe Vera

Flower Essence Repertory - Arranged by Essence

Action	heartfelt actions; letting the heart guide outer activity; especially when too much activity leads to burnout
Ambition	workaholic tendencies; feeling burned out, depleted
Body	burnout or exhaustion, especially from overstriving or overuse of creative forces; balance and renewal of life forces
Creativity	burned-out feeling from intense activity, overuse of creative forces; integration and centering of creativity in the heart
Devitalization	feeling drained and depleted of vitality due to overuse of creative forces
Dryness	feeling of being burned out, overuse of creative forces
Energetic Patterns	lack of energy; feeling burned out by overuse of physical and vital forces
Exhaustion and Fatigue	overuse of creative forces; feeling burned out; bringing life forces to heart center
Heart	replenishing the creative forces of the heart when feeling burned out or depleted
Masculine Consciousness	unbalanced work patterns which lead to burnout and exhaustion; over-identification with "fire" forces, need to evoke soothing and healing "water" aspects of Self
Materialism and Money	workaholism, depletion of life forces through overwork; inability to enjoy simple pleasures of life
Menopause	feelings of burnout and exhaustion; need for a "pause" to rejuvenate body and redirect creative forces
Mid-Life Crisis	feelings of burnout and exhaustion from pushing oneself to achieve career goals or social status
Moderation	moderation in the use of creative and vital forces; for the tendency to overwork
Rejuvenation	reviving exhausted creative forces
Stress	overwork, burnout; misuse of fiery creative forces
Time Relationship	overly intense pace of life preventing one from living in the moment, too burned out to enjoy life
Vitality	to restore life forces and replenish the heart center; especially for the feeling of being burned out from too much "fire" or creative force

Alpine Lily

Flower Essence Repertory - Arranged by Essence

Acceptance	acceptance of the female body, especially of the reproductive organs
Adolescence	healthy relationship to menstrual period and breast development; harmonizing feelings about one's female body with emotions and feelings in the heart
Alienation	feeling estranged from the female body and deeper feminine Self, especially from the experience of menstrual period and other reproductive or biological functions
Ambivalence	for women, difficulty accepting female body
Body	disturbance in or rejection of the female organs; alienated from bodily experience of female Self
Conflict	conflict about one's feminine aspects, especially between the earthly feminine and spiritual feminine
Feminine Consciousness	integration of the feminine with female sexual and biological Self
Groundedness	disconnected from female body; inability to integrate higher feminine spirituality with essential experience of the female body
Heart	for women: integrating the deeper feelings within the heart with unconscious feelings in the lower female organs
Inner Child	rejection of or alienation from the feminine, especially unconscious rejection of mother or mother's role in family constellation
Instinctual Self	alienation from feminine sexuality and sexual organs
Lower Self	perception or unconscious belief that one's female body is lower or inferior
Menopause	resistance to bodily changes and fluctuations during menopause, not wanting to stay in body; need for body and soul to harmonize
Mother and Mothering	embodied presence, able to experience motherhood as a physically nurturing and rewarding experience
Perfectionism	attached to spiritual pole of femininity; viewing bodily organs or female sexuality as lower or imperfect
Pregnancy	experiencing one's reproductive organs in a positive way during conception and pregnancy; ability to conceive and to sustain pregnancy

Alpine Lily

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Self-Acceptance	acceptance of female self, as expressed in the physical body; often relating to lack of acceptance by mother
Sexuality	full engagement of female energies in sexual expression; integration of sexuality with spiritual feminine Self
Shame	deep alienation from the female body; shame based on distorted cultural images of female sexuality, or on beliefs absorbed from one's family, particularly the mother
Soulfulness	greater inner space for the feminine self, especially the tendency to squeeze out or limit the full-bodied physical expression of the feminine
Vitality	bringing more vital female energy when feminine is too abstractly spiritual or ungrounded

Abandonment	feeling abandoned by the spiritual world; to make a connection with spiritual guidance and support
Addiction	especially useful during drug withdrawal, to help soul realign with benevolent spiritual guides
Adolescence	protecting soul sheaths during times of searching or experimentation
Agíng	protection when crossing the threshold of death; during surgery or life-threatening illness; providing protection for the loosening of the subtle bodies which occurs during aging
Awareness	attunement to higher worlds, especially for guidance and protection
Brokenheartedness	transcending personal relationships as the only source of emotional fulfillment; feeling the presence of benevolent spiritual beings
Centeredness	to move and act with awareness of subtle realities; spiritual centeredness
Certainty	ability to feel presence and guidance of higher realms, especially angelic realms
Children	to protect a child, to instill a connection with guardian angel and other spiritual sources of protection
Death and Dying	ministering to one crossing the threshold of death; helping the soul find protection and benevolence from the angelic realm
Denial	not accepting the reality of the spiritual world or higher guidance and presence
Dreams and Sleep	receptivity of soul to spiritual guidance in dream life
Egotism	instilling greater awareness of spiritual activity, beyond daily life and mundane ego
Emergency	protection and guidance from the spiritual realms, especially for those who have opened up their psychic centers too quickly
Environment	extended awareness of environment, perception of subtle forces at work in auric environment
Faith	trusting in the angelic realm, in higher guidance
Fear	overcoming fear by connecting with higher realms as a source of spiritual guardianship and protection
Grace	feeling in touch with the grace of the angelic realm

Angelica

Flower Essence Repertory - Arranged by Essence

Harmony	to feel the harmonious weaving of soul life with higher realms, especially the angelic realm
Healing Process	protection and nurturing from spiritual guides, receiving help during difficult healing journey
Influence	ability to receive positive influence and guidance from spiritual world
Inner Child	feeling protected and cared for by benevolent spiritual beings; feeling the presence of a Higher Power
Insight	insight into the spiritual world
Lightness	feeling spiritual guidance and enlightenment, feeling that the soul can be uplifted; participation in higher realms of activity
Love	feeling the love and care of spiritual beings
Materialism and Money	restoring spiritual connection; to instill awareness that there is more to life than the material world
Meditation	awareness of benevolent spiritual forces, protection and guidance from higher realms
Perspective	awareness of the profound influence of spiritual beings on one's life
Pregnancy	spiritual protection for the incoming child
Prejudice	ability to see the spiritual core of each person rather than outer physical characteristics; harmonization of individual guardian angel with larger cultural folk soul
Protection	ability to contact spiritual realms on the soul level; to feel help from higher, beneficent forces
Quiet	feeling comfort and protection of higher realms
Receptivity	receptivity to guidance and guardianship from angelic realms
Rejection	feeling that one is taken care of by higher spiritual forces, regardless of rejection by others
Sensitivity	feeling protected and guided; awareness of spiritual guardianship at times of stress
Soulfulness	perceiving and receiving help from higher worlds; sensing the soul within a larger matrix of spiritual life; attunement with spiritual beings who guide and guard
Spiritual Emergency or Opening	protection when opening to spiritual experience; ability to sense benevolent higher forces at work in one's life, and the guidance and guardianship of higher realms

Angelica

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Thinking

to spiritualize thinking forces, to make thinking activity more meditative and spiritually active

Toner

to spiritualize the consciousness; to help the soul feel supported and protected

Trust

deep trust in the divine guidance in our lives, especially when facing the unknown or crossing the threshold of death

Angel's Trumpet Flower Essence Repertory - Arranged by Essence

Aging	appropriate and balanced acknowledgment of aging process, especially physical deterioration and dying; surrender to spiritualization of the body
Attachment	for the soul which is too attached to body during the dying process; surrendering to the spiritual transition of death
Calm	deep peacefulness in the soul, ability to experience death or spiritual initiation with equanimity
Death and Dying	appropriate surrender to death, ability of soul to prepare for crossing into spiritual world
Denial	not accepting the dying process
Emergency	for wartime and natural disasters; to assist peaceful transition in dying process, conscious transition of soul out of body
Grace	ability of the soul to leave the physical body peacefully and gracefully when dying; any profound soul transition
Joy	acceptance of death as a joyous transition, deep release or liberation of the soul as an expression of joy
Meditation	ability to penetrate to spiritual threshold, especially when dying; conscious dying process
Non-Attachment	acceptance of death and dying process as appropriate transition for the soul
Perspective	viewing death as a transition rather than an ending
Release	letting go of physical body in dying process, or for any profound soul transition
Resistance	fear of death; resistance to letting go of life or to crossing the spiritual threshold
Spiritual Emergency or Opening	experiencing death as genuine spiritual experience, spiritual initiation; overcoming resistance of the soul to impending death, or any significant soul transition
Surrender	soul surrender at time of death, joyful liberation and transition
Transcendence	transcendence of soul from physical plane, conscious dying
Transition	moving from earthly life to spiritual existence; death and dying process

Arnica

Flower Essence Repertory - Arranged by Essence

Addiction	repairing shock and trauma from drug abuse, especially when physical/etheric integrity of nervous system has been damaged
Animals and Animal Care	shock, trauma, illness, injury, surgery
Body	trauma, especially from physical injury; deep shock which disassociates spiritual forces from body
Emergency	easing shock and trauma, especially with physical injuries; re-uniting soul and spirit with the body
Energetic Patterns	blocking life energy due to past shock and trauma which prevents full response to healing
Healing Process	releasing armoring from parts of the body or psyche which have been deeply wounded or traumatized; to instill etheric wholeness after surgery or accidents
Massage	easing shock or trauma, especially when injury or trauma may still be stored in the body
Psychosomatic Illness	to release the effects of past trauma; often masking or preventing insight into current illness
Shock	maintaining the connection with Higher Self or ego forces during trauma; healing past shock or trauma
Spiritual Emergency or Opening	bringing Higher Self in renewed relationship to the body; helping soul to keep connected with physical body after injury, shock, or spiritual opening
Time Relationship	deep shock and trauma from past which cripples and hinders full availability of life forces
Vitality	repairing life energy after shock or trauma

Aspen

Flower Essence Repertory - Arranged by Essence

Addiction	use of drugs to cover fear of the unknown, to dampen sensitivity
Animals and Animal Care	unknown fear or terror in an animal; especially indicated when treating wild or nervous animals
Anxiety	anxiety that has no known reason
Children	fear of the unknown, nightmares
Courage	courageously facing the unknown, confronting hidden fears
Faith	faith when facing the unknown
Fear	vague anxieties, unconscious fears
Insecurity	anxiety about the unknown and the future
Insomnia	fear of the dark or the unknown; hypersensitivity to unseen forces real or imagined
Manifestation	inaction due to fear of taking risks, especially anxiety over what is unknown
Nervousness	acute sensitivity to influences which are not consciously seen or understood
Paranoia	feeling threatening forces or entities, but unable to bring them into consciousness; fear of the unknown
Sensitivity	hypersensitive to things unseen or unknown; need for psychic balance
Spiritual Emergency or Opening	fear of the unknown when crossing a spiritual threshold
Surrender	trust in spiritual guidance when facing the unknown
Trust	ability to penetrate to the unknown, to trust that the Self can encounter subtle planes; to overcome fears of the unknown

Abandonment	feeling rejected and abandoned by one's father
Acceptance	knowing the innate goodness of others and the world, especially when prone to cynicism or bitterness
Addiction	submerging oneself in drugs due to feeling that the world is too harsh, no longer trusting in the goodness of people or events
Adolescence	cynicism; feeling loss of innocence, pain of awakening to adulthood; disturbances with male figures
Agíng	bitterness or cynicism about the world; integrating worldly experience with childlike trust
Alienation	feeling that the world is harsh; no longer trusting in the innate goodness of people, feeling cut off from spiritual world
Aloofness	aloofness with tendency to cynicism
Blame	blame when tinged with cynicism
Children	feeling divorced from childlike innocence and trust; hardening of soul forces due to bitter life experiences, especially abandonment or abuse by father
Cynicism	mistrust, holding back energy; cynical detachment
Depression and Despair	despair when beset by cynicism, no longer trusting in goodness of the world
Dullness	numbing of emotions due to harsh life experiences, violence or abuse as a child
Faith	trusting in life, especially when soul forces are hardened or jaded
Father and Fathering	disturbed relationship to father, often involving abuse or abandonment; unable to trust in goodness of the world due to lack of guidance or protection from father
Feminine Consciousness	wounding from father or male figures, resulting in distrust and hostility toward others, especially men
Forgiveness	to heal cynicism or other forms of "soul hardness," through forgiveness and acceptance of past trauma
Gloom	feelings of gloom tinged with cynicism
Hardness	hard, numb exterior; cynical or bitter attitude toward life experience
Heart	opening the heart to the loving presence of the spiritual world, ability of the soul to feel benevolent guardianship when lacking in trust and faith

Baby Blue Eyes

Flower Essence Repertory - Arranged by Essence

Hostility	detached hostility masquerading as cynicism
Inertia	cynicism which retards natural progress of soul's evolution, numbing the soul's awareness
Inner Child	mistrust of the world, emotional insecurity due to abandonment or estrangement from father during childhood
Insecurity	lack of trust that the world is safe, especially due to disturbances with father or masculine principle
Intimacy	restoration of childlike innocence and trust; intimacy as a form of trust and openness
Joy	lack of joy, paralysis of soul forces, profound cynicism
Life Direction	feeling stymied, beset by cynicism and bitterness, inability to trust in the unfolding of life events
Loneliness	excessive detachment, numbness toward life events, lack of trust
Love	opening the heart to spiritual presence, despite harsh life experiences, especially when the soul is beset by cynicism
Masculine Consciousness	hard and cynical attitude; loss of childlike innocence due to poor relationship to father; developing a positive masculine identity which combines strength and sensitivity
Perseverance	ability to regain trust and faith in spiritual destiny despite harsh experiences
Pessimism	profound cynicism and paralysis of soul forces; loss of innocence
Rejection	early rejection and lack of support hardened into cynical, mistrustful attitude
Rejuvenation	restoration of childlike innocence and trust within the soul
Resentment	cynical and detached feelings which prevent one from feeling the goodness of others
Self-Acceptance	feeling at ease with oneself; trusting in the goodness of the world, thus able to let down one's defensive guard
Self-Actualization	moving forward in life despite harsh experience, to regain spiritual trust as condition of soul evolution
Shadow Consciousness	feeling pulled down by cynicism, inability to make spiritual contact
Softness	restoration of childlike innocence and trust

Baby Blue Eyes

Flower Essence Repertory - Arranged by Essence

Spiritual
Emergency or
Opening
Transcendence

to counterbalance cynicism; when the soul feels estranged from the spiritual world, thus retarding its spiritual development
ability of the soul to go beyond harsh or unfair life experience; rebuilding innocence and trust within the soul

Trust

when the soul no longer trusts due to harsh life experience; feeling abandoned by spiritual world; restoration of childlike innocence and trust, renewed spirituality

Addiction	obsessive sexual promiscuity or fascination with pornography; addiction to sexual relationships or sexual stimulation
Adolescence	attraction to pornography or sexual conquest; inability to integrate emerging sexual identity with core Self
Conflict	relationship conflict, tension between sexual and spiritual aspects; secretiveness about sexuality in relationship
Desire	clandestine sexual desire which undermines relationships; need to integrate sexual desire and spirituality
Escapism	escaping commitment in relationship by deceptive or secretive sexual behavior
Intimacy	tendency to polarize feelings of physical intimacy and sexual desire with spiritual ideals; sexuality divorced from deeper soul feelings
Lower Self	split between sexuality and spirituality; acting out sexuality as a secretive or shame-based experience
Morality	secrecy and deception in sexual behavior; integrating sexuality and spirituality
Personal Relationships	ability to integrate sexuality and spirituality in relationships; to heal relationships based on secrecy or hidden sexual liaisons
Sexuality	to integrate sexuality and spirituality in a love relationship, especially when viewed as opposing polarities; sexuality often expressed in secretive ways, such as sexual addiction, pornography or shame-based sexuality
Shame	splitting of sexuality from spirituality, leading to shame-producing or aberrant sexual behavior, often deceptive and secretive
Trust	building trust through communication and openness in relationships, especially when there is a tendency toward secrecy or deception

Beech

Flower Essence Repertory - Arranged by Essence

Acceptance	accepting differences in others when there is a tendency to be critical or judgmental
Aging	being overly critical, inability to "forgive and forget"
Blame	blame with critical judgment of others
Children	conflict with siblings and peers; intolerant and judgmental attitude
Community Life and Group Experience	blames or criticizes others; needs to become less rigid
Criticism	criticizing the faults of others; judgmental attitude
Destructiveness	lashing out critically at others
Detail	preoccupied with small details or faults of others; highly critical
Dislike	criticism of others due to high standards of perfection
Environment	over-identification with environment; compulsion to have everything perfect, leading to a critical nature
Forgiveness	forgiving faults in others; overcoming tendency to be critical
Hardness	hard, judgmental attitude toward others, demanding; unrealistic standards of perfection for others
Home and Lifestyle	hypersensitivity to environment in home, compulsion to have everything in order; intolerance of others' imperfections
Hostility	hostility expressed as criticism or condemnation of others
Idealism	overly perfectionist ideals; harsh standards which are imposed on others
Immune Disturbances	over-identification with exterior surroundings, leading to sensitive, reactive, or critical behavior and immune dysfunction
Inner Child	critical judgment of others, often as displaced self-criticism; judgment of the childlike aspects of oneself
Irritability	critical or blaming of others; often from oversensitivity to one's environment and the effect of others' behavior
Judgment	severe criticalness, excessive judgment of others
Menopause	moody, hypersensitive or critical due to feelings of extreme vulnerability or instability

Beech

Flower Essence Repertory - Arranged by Essence

Mother and Mothering	overly critical of one's child, extreme demands for perfection projected onto the child due to one's own hypersensitivity
Negativity	seeing others critically; harsh judgment
Perfectionism	tending to blame and criticize others due to high standards of perfection
Prejudice	negative image of others, critical; projecting faults onto others due to prejudicial standards
Self-Expression	tendency to make critical comments; need to learn to be more praising and supportive in communications
Sensitivity	oversensitivity to others and to the environment, leading to a hypercritical nature; blaming others for one's suffering
Tolerance	seeing the value of differences in others; tending to judge or hold unrealistic expectations of others

Abuse	entanglement in abusive or addictive relationships; difficulty in breaking from patterns of violence and destruction
Addiction	getting caught in relationships which are abusive or addictive; entrapped by addictive lifestyle of oneself or others
Catharsis	ability to confront abusive or destructive forces; taking hold of and transforming threatening circumstances
Children	abusive, exploitative or incestuous childhood relationships and experiences which still have a dark, psychic hold on the soul
Co-Dependence	confronting and transforming abusive, violent or destructive relationships; especially for those who have a pattern of abusive relationships
Courage	courage to confront rather than shrink from abusive or threatening situations
Darkness	brooding, powerful sense of darkness both within oneself and within one's environment, usually characterized by violent or destructive elements in one's lifestyle
Death and Dying	life-threatening situations characterized not by physical illness but violence, murder or revenge; confronting and transforming death and violence
Destructiveness	involvement in or attraction to destructive or violent relationship or lifestyle
Fear	fear of threatening, violent or abusive relationships; overly intense, congested psychic energy which attracts fear-based relationships
Feminine Consciousness	tension in reproductive organs; congested menses; overly intense psychic energy
Gloom	profoundly dark states of mind, characterized by suspicion and incessant brooding
Hate	twisted love or love-hate relationships, tending toward violence
Masculine Consciousness	tendency to commit sexual abuse or violence, either as an unconscious urge or actual behavior
Menopause	extreme tension in reproductive organs or pelvic region; dark, clotted or obstructed menstrual flow, often accompanied by anger, rage or other emotional tension
Negativity	for those with powerful magnetic energy which often attracts the negativity of others

Black Cohosh

Flower Essence Repertory - Arranged by Essence

Paranoíá	suspicious of others, often based on current or past experiences of violence and abuse
Power	transforming darker psychic energy, to wrestle with inner demons or shadow energies
Rejection	addiction to relationships despite rejection or abuse, difficulty letting go
Sexuality	sexually abusive or destructive relationships; feeling that one is entangled or caught in a negative relationship
Shadow Consciousness	actively confronting or wrestling with shadow Self or the shadow aspects of another person
Strength	confronting and transforming negative power aspects in relationships

Blackberry

Flower Essence Repertory - Arranged by Essence

Action	putting ideas into action; when forces of will are stymied; overcoming inertia
Breakthrough	ability to put thoughts into action; manifestation
Catalyst	putting thoughts into action; ability to manifest and act upon intentions
Challenge	strength of will to overcome inertia; manifestation
Children	developing more interest and involvement in tasks at school and home
Community Life and Group Experience	able to generate ideas or philosophical overview, but difficulty engaging will in group projects
Creativity	creative power of thought; motivation of the will; manifestation of one's ideas in the world
Decisiveness	bringing ideals into action, stimulating forces of will
Desire	bringing desires into manifestation
Energetic Patterns	igniting and manifesting one's forces of will; directing energy from head to limbs
Enthusiasm	involvement of one's will forces in the world; physical manifestation
Escapism	not fully engaging one's will, living in ideas but evading manifestation
Frustration	inability to manifest intentions in actions; frustration of the will
Idealism	bringing ideals into practical manifestation; integration of thinking and willing
Immobility	unproductive thought patterns which do not manifest in the world
Inertia	inability to put ideas into action, or to ground one's vision in practical reality
Inspiration	putting ideals into practical expression; acting on one's intentions
Life Direction	manifesting intentions as concrete actions; ability to fulfill goals
Manifestation	atrophied or unexpressed will forces; putting ideals and ideas into action
Motivation	putting ideas into action

Blackberry

Flower Essence Repertory - Arranged by Essence

Power	lack of strong forces of will; inability to manifest in the world
Procrastination	putting ideas into action; awakening the will to manifest one's vision
Resistance	putting thoughts into action; overcoming resistance to manifestation
Self-Actualization	putting ideas into action; overcoming inertia
Sluggishness	difficulty taking action on one's intentions
Thinking	creative power of thought; especially channeling thinking into the will
Time Relationship	using forces of will to shape and mold future; feeling stagnant; inability to create future possibilities
Will	bringing balanced forces of will to abstract or visionary thoughts; putting ideas into action
Work and Career Goals	inability to manifest goals, paralyzed will forces

Black-Eyed Susan Flower Essence Repertory - Arranged by Essence

Abuse	avoidance or lack of acknowledgment of prior abuse or exploitation; unconsciously repeating abusive pattern toward oneself or others
Anger	repressed anger which needs to be brought to awareness
Avoidance	not looking at or acknowledging dark emotions, hidden or threatening parts of the Self
Awareness	penetrating insight into emotions
Breakthrough	opening up awareness of hidden areas of the Self; breakthrough of self-awareness
Catalyst	insight into emotions when there has been a lack of emotional awareness
Catharsis	release of hidden emotions by bringing the light of understanding and insight
Courage	courage to encounter dark or unknown parts of the psyche
Darkness	avoidance or repression of traumatic experiences and negative emotions; bringing insight and awareness to darker areas of the psyche
Death and Dying	for those in denial or avoidance of a terminal illness; developing the courage to look at one's true situation, and the insight to understand it
Denial	not acknowledging deep and hidden emotions; denial of the "shadow" aspect of the personality
Dreams and Sleep	needing to examine disturbing or recurrent dreams; insight into repressed or buried parts of oneself
Eating Disorders	patterns of denial related to eating; to consciously face one's eating behaviors, such as bingeing, eating forbidden food, hiding or stealing food
Escapism	fear of looking at repressed emotions; bringing the light of conscious awareness to life situations
Fear	fear of powerful emotions; bringing the light of awareness into darker emotions
Healing Process	for any form of denial during the healing process, to accept one's illness and to face the deeper or "shadow" qualities of the healing journey
Honesty	to counteract denial; to examine repressed psychological material; emotional honesty with oneself

Black-Eyed Susan Flower Essence Repertory - Arranged by Essence

Inner Child	recalling buried painful experiences from childhood, especially conscious recognition of repressed feelings and emotions
Insight	penetrating insight into emotions, especially when uncovering darker or "blocked" areas of consciousness
Insomnia	insomnia due to troubling thoughts which are repressed or only dimly conscious; need for the subconscious part of the Self to be relieved of toxic material
Lower Self	insight into inner darkness or hidden aspects of oneself; conscious acknowledgment of disowned parts of the Self
Menopause	avoidance or denial of menopausal symptoms; inability to accept menopause as a natural transition in life
Mid-Life Crisis	bringing to light parts of the Self which are submerged, which operate largely as shadow forces in mid-life crisis
Prejudice	perceiving others as evil or bad due to repression of negative material in one's own psyche; to honestly examine shadow forces which manifest as racism and other prejudice
Repression	lack of awareness of one's "shadow" side or unaccepted parts of the Self
Resistance	difficulty penetrating into the dark, "shadow" aspects of the personality
Self-Esteem	integrating "shadow" aspects into one's sense of Self; emotional honesty to examine disowned aspects of Self
Shadow Consciousness	clearer insight into covered-up or darkened emotions; ability of Higher Self to recognize and own its shadow side
Time Relationship	inability to confront and acknowledge past experience; denial which keeps one from living fully in the present

Bleeding Heart

Flower Essence Repertory - Arranged by Essence

Abandonment	feeling abandoned in relationships; need for more detachment and emotional self-sufficiency
Acceptance	acknowledging the need of others to be free in relationships
Adolescence	for "crushes," brokenheartedness in relationships
Ageing	losing a husband, wife, or friend; letting go of a past relationship so one can go on with life
Animals and Animal Care	breaking undue emotional attachments to the caretaker, such as whining cats or moping dogs waiting for the owner to return
Attachment	holding on to others, emotional possessiveness
Brokenheartedness	emotional detachment and acceptance when ending a relationship
Co-Dependence	overly possessive and clinging in relationships; letting go of emotional dependence on others
Compassion	learning to love another in freedom
Death and Dying	letting go, releasing attachment to those who can no longer be with us
Desire	possessiveness in relationships; desire to hold on to the other person, attachment to the experience of "being in love"
Destructiveness	trying to hold on and manipulate others in order to feel wanted, with a destructive effect on the relationship
Feminine Consciousness	tendency toward co-dependent relationships; developing strength in the heart; ability to love others based upon freedom and self-respect
Freedom	emotional nonattachment in relationships; respecting the freedom of the other
Grief	to release a relationship which has ended, or death of a loved one
Heart	healing the broken heart, for ending relationships, separation or death of loved one; to develop more emotional self-sufficiency
Inner Child	accepting pain of broken relationships in family of origin, to let go and to move forward with emotional life
Loneliness	feeling loss and pain of a relationship which has ended; dysfunctional attachment to another, leading to extreme feelings of loneliness when emotional needs are not met

Bleeding Heart

Flower Essence Repertory - Arranged by Essence

Love	freedom in love; overcoming unhealthy attachments
Non-Attachment	developing healthy non-attachment in personal relationships
Personal Relationships	clinging possessiveness and emotional co-dependence; to develop more freedom and objectivity in relationships
Possessiveness	possessiveness in relationships, out of an excessive dependence on the other for self-validation; holding on to a relationship from a need to live vicariously through the other person
Pregnancy	letting go of a child which has been miscarried or aborted
Rejection	feeling spurned by lover or other partner, unable to release emotional attachment
Release	releasing unhealthy attachment in relationships; for death of loved one, to end a relationship, or to continue a relationship based on emotional freedom
Selfishness	emotional attachment to others; co-dependent behavior
Time Relationship	powerful emotional attachment to past, inability to face present pain and loss

Borage

Flower Essence Repertory - Arranged by Essence

Animals and Animal Care	lifting the spirit of an animal that may be depressed because of illness or old age
Body	a feeling of heaviness in the body, especially around the heart
Brokenheartedness	to bring cheerful courage and upliftment; to ease pain, constriction or grief which weighs down the heart
Cheerfulness	cheerful courage in the face of challenges, especially when feeling weighed down
Courage	cheerful courage; uplifting the heart to face challenges; buoyancy
Death and Dying	overcoming grief or heavy-hearted feelings from the death or impending death of a loved one
Depression and Despair	discouragement, especially grief or heavy-heartedness
Discouragement	feeling disheartened or heavy-hearted, low-spirited
Faith	upliftment and buoyant courage; faith that life will work out despite challenges
Grief	uplifting and renewing the heart with courage; heart balm for grief
Healing Process	upliftment when heavy-hearted or discouraged
Heart	feeling disheartened or discouraged, heavy-heartedness or grief; bringing cheerful and buoyant courage
Joy	cheerful courage from within the heart; buoyancy
Lightness	upliftment of the heart, buoyancy of feeling
Manifestation	developing courage and confidence, especially when feeling disheartened
Menopause	profound grief at cessation of menses, especially if unable to conceive child or find mate
Mid-Life Crisis	deep and unexplained feelings of grief and loss over that which has not been fulfilled or achieved
Pregnancy	to soothe heart pain and grief after a miscarriage or abortion
Toner	uplifting the heart; bringing a sense of buoyancy and ability to radiate courage

Buttercup

Flower Essence Repertory - Arranged by Essence

Acceptance	accepting one's own self-worth, especially when there is a tendency to be self-effacing
Aging	diminished self-esteem, feelings of unworthiness or that one's contribution has no value
Alienation	not feeling "worthy" to others, or by worldly standards
Appreciation	recognizing one's self-worth, and the gifts one has to share with others
Children	low self-esteem in a child, especially when child feels diminished in family constellation
Co-Dependence	low self-esteem; inability to feel one's own self-worth in social relationships; self-deprecating attitudes
Confidence	knowing self-worth, especially with regard to vocation and lifestyle
Creativity	knowing the worth of one's creative contributions
Dislike	negation of one's vocation or lot in life
Doubt	doubting one's true worth or vocation
Envy	feeling lack of self-worth, leading to envy of others
Failure	feeling that one's vocation or contribution doesn't count
Feminine Consciousness	low self-esteem; seeing women's traditional roles as inferior; developing authentic assessment of one's true worth, apart from societal standards
Home and Lifestyle	feelings of worthlessness or low self-esteem in domestic role
Inadequacy	feeling that one's life or vocation is not important
Inner Child	tendency to still see oneself in persona of small, vulnerable child; low self-esteem stemming from one's identity as a child
Life Direction	feeling the worth of one's life work and vocation, even if not glamorous or considered important by society
Manifestation	feeling that one's contribution is not good enough, or does not count
Menopause	feeling dried up or worthless; low self-esteem around image of oneself as an older woman
Mid-Life Crisis	accepting one's destiny, especially when feeling that one has not achieved outer importance or social prominence
Mother and Mothering	feeling low self-esteem about identity as mother, compared to other social roles

Buttercup

Flower Essence Repertory - Arranged by Essence

Perfectionism	never feeling one's contributions are good enough; inferiority complex, need to accept oneself
Personal Relationships	to develop one's sense of self-worth and self-esteem
Prejudice	internalizing racial, sexual or other stereotypes projected from others; low self-esteem through absorption of negative images from others
Pride	healthy pride in one's accomplishments even if not considered great by societal standards
Rejection	feeling insignificant compared to others; low self-esteem
Self-Acceptance	accepting the worth of one's life, vocation, or lifestyle
Self-Actualization	knowing one's true worth despite worldly standards
Self-Effacement	belittling oneself; not feeling own self-worth; shyness about sharing one's gifts with others
Self-Esteem	knowing one's true worth with others
Self-Expression	increased sense of inner confidence and self-worth when speaking to others
Shame	sense of worthlessness, feeling unimportant
Shyness	lacking sense of self-worth, of having something of value to share with others
Work and Career Goals	unwarranted feelings of low self-esteem or shame about one's job or lifestyle

Calendula

Flower Essence Repertory - Arranged by Essence

Acceptance	perceiving the inner meaning of what others say; true listening
Appreciation	perceiving the inner meaning of what others say
Awareness	sensitivity to the meaning of what others say
Communication	sensitivity to the meaning of the other person's words; warmth and healing in interpersonal communications
Community Life and Group Experience	for poor listeners, with difficulty in being receptive to what others are saying; argumentative
Compassion	ability to listen and understand; especially in verbal communication
Conflict	communication problems in relationship, leading to conflict, arguments
Destructiveness	hurting others with one's use of words, lack of warmth in communication
Grace	graceful receptivity to others; feminine forces of listening and receiving
Healers	ability to listen to clients; ability to be warmly receptive as well as dynamically active in a healing practice
Impatience	difficulty listening to others; need for more receptivity
Intimacy	ability to express warmth, intimacy and nurturing feelings with one's words
Listening	hearing the deeper meaning of another's words; cultivating appreciation and respect for the speech of others
Masculine Consciousness	using words to injure others; developing sensitivity to the impact of one's words on others; for healing of verbally abusive relationships or to establish a receptive mode in communication with others
Massage	bringing overall warmth and healing through one's touch; massage as a form of "listening" between two people; use in tandem with herbal oil of Calendula
Non-Attachment	listening to the other, non-interference and receptivity
Personal Relationships	communication, receptive listening with others; warmth in verbal intercourse; to heal argumentative tendencies
Prejudice	inability to listen to what others are really saying; argumentativeness; resolving differences by establishing respectful dialogue

Calendula

Flower Essence Repertory - Arranged by Essence

Receptivity	hearing the message and intent of another, especially in verbal communication
Self-Expression	generating warmth and healing forces in one's words; ability to balance speaking and listening
Sensitivity	true perception and sensitivity in listening to another; allowing warm, nurturing communication with others
Sharing	communicating warmly with others
Softness	listening to others; healing warmth; gentle receptivity
Soothing	the healing power of listening; warmth in communication
Speaking	contacting the healing power of the word; using words as a positive healing force; overcoming argumentativeness; adding warmth to one's voice and speech
Tolerance	tolerance for what others are saying, receptivity
Warmth	healing warmth of one's words in communication with others

California Pitcher Plant

Flower Essence Repertory - Arranged by Essence

Body	tendency to suffer weak digestion; tumor-prone; tendency to develop waterlogged or mucous conditions; promoting greater physical vigor
Desire	suppression of instinctual desires such as hunger and sex
Eating Disorders	tendency to weak digestion; difficulty breaking down foreign elements in food; physical vigor and strength through harnessing instinctive forces
Fear	fear of the instinctual aspects of the Self; repelled by the instinctual functions of the body as "lower"
Instinctual Self	integrating instinctual forces into human experience; proper use of animal or astral forces
Lower Self	integrating instinctual forces into one's human experience; balanced use of animal or astral forces
Power	weakness or excessive strength of instinctual forces; integration of one's instinctual aspects
Sexuality	transforming instinctual qualities of sexuality into what is truly human
Shadow Consciousness	proper harnessing of raw instincts or animal power
Strength	meeting the world with courage and strength through harnessing instinctive forces; indicated for weak digestion; inability to assimilate astral elements into the psyche or body

California Poppy Flower Essence Repertory - Arranged by Essence

Addiction	dream-like glamour or tendency toward escapism; hallucinogenic drugs
Adolescence	fascination with drugs, escapism
Balance	balance in inner development; not seeking false spiritual "highs" or illusory glamour
Community Life and Group Experience	seeking group experiences which offer escape, glamour or spiritual glory; easily influenced by charlatans, hustlers or gurus
Denial	psychic "highs" or euphoria stimulated by drugs, especially when used to avoid facing oneself honestly
Desire	craving stimulating experiences through drugs or psychic "highs"
Escapism	attraction to glamour, spiritual highs or drugs, looking outside rather than within for enlightenment; fascination with psychic phenomena
Fanaticism	susceptibility to fanatical or extreme causes and movements
Harmony	feeling harmony within oneself, especially balancing the tendency to seek outside oneself for fulfillment
Honesty	looking honestly within oneself instead of trying to escape through spiritual glamour, drugs, or dream-like experiences
Materialism and Money	compulsion to buy many new things, attraction to anything alluring, filling life with things outside oneself rather than from within
Meditation	extreme fascination or involvement with psychic powers or techniques; confusing spiritual glamour with authentic spiritual experience
Morality	to distinguish and develop inner moral forces as a counterbalance to psychic techniques or other forms of spiritual glamour
Restlessness	constant fascination and experimentation with psychic techniques or religious cults
Seeking	imbalanced fascination for psychic and spiritual experiences; to develop inner awareness and integrity
Spiritual Emergency or Opening	fascination or glamour in spiritual experiences; overemphasis on psychic phenomena or techniques rather than true spiritual and moral development

California Poppy Flower Essence Repertory - Arranged by Essence

Time Relationship	always living for anticipated future experience, seeking more stimulation rather than allowing present moment to be integrated
Wisdom	knowing that spiritual wisdom is within, rather than seeking it in gurus or experiences of spiritual "highs"
Work and Career Goals	inability to settle or commit to a career, being continuously fascinated by allure of more fame, fortune or glamorous experience

Adolescence	cynicism, apathy, deep-seated alienation; possible suicidal feelings
Ageing	feeling connected to the Earth during the aging process; for those who may be prematurely occupied with the "other side"
Alienation	apathy and indifference to life; possible suicidal tendencies
Aloofness	aloofness as a form of apathy, lack of involvement or enthusiasm
Altruism	ability to be motivated, to care about others and the Earth
Ambivalence	lack of commitment; indifference to life and life destiny
Apathy	indifference to life; building stronger forces of enthusiasm
Appreciation	joy of life, deep appreciation and gratitude for being on Earth
Body	weak, apathetic or listless; poor progress in healing due to lack of interest in life
Brokenheartedness	acceptance of painful feelings in the heart, especially when there is a tendency to avoid pain or real life experience
Challenge	strength to take hold of life when it is particularly challenging; overcoming the tendency to retreat from life in the face of adversity; suicidal tendencies
Cheerfulness	zest for living, interest in Earthly affairs
Children	poor appetite, insufficient interest in the physical world
Choice	to be fully incarnated, to accept the challenges of life on Earth
Community Life and Group Experience	lack of involvement in group or community, wanting others to do the work
Cynicism	lack of interest or enthusiasm for living; excessive detachment or apathy
Depression and Despair	alienation from life; not accepting difficulty or challenge
Dullness	apathy, lack of interest in life; to develop enthusiasm

California Wild Rose

Flower Essence Repertory - Arranged by Essence

Earth Healing and Nature Awareness	loving and serving the Earth, real interest and care for the world of Nature; stewardship
Eating Disorders	poor appetite, low vitality, lack of interest in food and in the physical world
Energetic Patterns	apathy, with a dulled response to life; to develop more enthusiasm
Enthusiasm	increased enthusiasm for life, for earthly destiny; counteracting apathy with positive forces of caring
Escapism	apathy or social alienation; to arouse one's heart and will forces
Exhaustion and Fatigue	resistance to the course of one's life, blocking the flow of life-force
Faith	trust in the value and meaning of life on Earth
Groundedness	difficulty coming into the body; lack of vitality or enthusiasm for life
Healing Process	inability to be fully committed to healing; apathy; engaging the heart in the healing process, increasing one's will to live
Heart	strengthening and vitalizing the heart; counteracting feelings of apathy by bringing compassion for others and interest in life
Idealism	activation of true ideals; ability to engage heart forces in life work
Inner Child	accepting the pain of childhood, especially when it may have stunted heart and will forces; moving beyond victim role to fully engaged adult role
Involvement	enthusiastic involvement in life; accepting life with all its pain and challenges
Learning Difficulties	boredom or lack of interest in study material; affirming inner connection to academic or scholarly work
Life Direction	accepting and responding to the challenges of life so one can move ahead with life destiny
Love	enthusiastic involvement in life; love as an antidote to apathy
Manifestation	listless and apathetic attitude; positive enthusiasm for life and life's challenges

California Wild Rose

Flower Essence Repertory - Arranged by Essence

Mid-Life Crisis	feelings of resignation or apathy; going through the outer motions of daily responsibilities without inner connection
Motivation	enthusiasm and positive involvement in life
Personal Relationships	overcoming apathy and lack of concern about others
Pessimism	cynicism and apathy; lacking a sense of destiny or meaning in life
Pregnancy	ability to anchor the new life on Earth; for difficult pregnancies
Rejuvenation	awakening to life; enthusiasm and involvement in life
Resistance	holding back from full involvement in life; resisting the experience of life's pain by disengaging from life
Time Relationship	holding back from present moment, not wanting involvement
Toner	rousing the heart to engage the soul fully in life
Vitality	enthusiasm for life, overcoming apathy
Warmth	igniting the heart; rousing the soul with warm feelings of love for life and for others
Will	rousing the will to become involved in life; enthusiasm
Work and Career Goals	lack of enthusiasm for one's work; apathy or indifference, "filling in time"

Acceptance	accepting one's sexual identity, when confused or ambivalent
Adolescence	delayed puberty; when child has mixed messages or feelings about sexual identity
Alienation	alienation from sexual identity; not feeling at home in one's male or female body
Ambivalence	confusion about sexual identity, or the expression of sexuality
Balance	balancing one's male and female aspects
Children	mixed emotional signals about one's sexual identity as a child; for those whose parents desired a child of a different sex
Envy	wishing to be of the opposite sex
False Persona	false identification with opposite sex; accepting one's true sexuality
Feminine Consciousness	family pressure or inner desire to be male although born female; finding true sexual identity and inner balance of masculine and feminine
Inner Child	healing mixed messages about sexual identity received from one's parents in childhood; to fully reclaim one's sexual identity
Insecurity	uncertainty and confusion about sexual identity
Masculine Consciousness	insecurity about male sexual identity; lack of recognition from parents who preferred a female child; finding an authentic relationship to male identity and to inner masculine-feminine balance
Pregnancy	mixed messages about sexual identity when in utero, strong parental preference for male or female child which confuses incarnating soul
Self-Esteem	inability to integrate sexual identity with sense of Self; confusion or regret about core sexuality
Sexuality	confusion about sexual orientation; balance of one's male and female sexual forces
Shame	confusion about sexual orientation or same-sex attraction; shame about sexual feelings

Canyon Dudleya Flower Essence Repertory - Arranged by Essence

Addiction	attachment to psychic experiences, compulsive seeking of spiritual or psychic highs
Attachment	attachment to extraordinary experiences, inflating or exaggerating ordinary events of daily life
Avoidance	wishing to escape mundane states of consciousness; connecting to daily events and ordinary reality
Calm	overexcitement, tendency to dramatize emotional life or create intense emotional and psychic experiences
Centeredness	lack of grounding in ordinary physical experience, tendency toward hysteria and psychic inflation
Community Life and Group Experience	attraction to charismatic or psychic experiences in group settings; inflating or creating emotional energy and drama
Egotism	tendency to psychic inflation; desire to attach importance to oneself by creating intense psychic experiences
Emergency	inability to cope in emergency, tendency to hysteria and overwhelm
Energetic Patterns	calming overly excited states tending toward hysteria
Escapism	escaping by living in extreme emotions, fanatical causes, or psychic superstructures; lack of presence in daily and practical life
False Persona	attachment to overly spiritual or psychic persona, inability to accept ordinary or daily reality
Fanaticism	stirred up or extreme emotions, tending to hysteria
Feminine Consciousness	hysteria or out-of-body states of consciousness; unbalanced attachment to psychic states of consciousness, need to cultivate more masculine objectivity
Groundedness	difficulty accepting ordinary or mundane reality, desire to inflate or exaggerate reality
Healing Process	overdramatizing healing or suffering; accepting ordinary and mundane step-by-step process of healing; integrating healing changes gradually rather than dramatically
Home and Lifestyle	inability to identify with ordinary household tasks or daily living responsibilities; aversion to a practical routine, craves excitement or glamour in unbalanced manner

Canyon Dudleya Flower Essence Repertory - Arranged by Essence

Honesty	inflation of psychic experiences; compulsion to exaggerate reality in order to feel spiritual
Hysteria	susceptibility to mediumism or unbalanced psychism; exaggerated emotions which prevent an objective and ordered experience of life
Inner Child	getting attention by overinflating emotional experience; also the unconscious acting out or dramatization of childhood trauma in adult life
Martyrdom	seeing oneself as suffering out of proportion to real experience, overdramatizing and exaggerating one's experiences
Menopause	tendency toward hysteria or emotional exaggeration; unleashed psychic forces due to menopause, which need to be harmonized and grounded
Moderation	slower pace for spiritual and psychic development; letting go of desire for psychic or emotional drama
Mother and Mothering	hysterical tendencies in mothering role; creating trauma-drama situations for oneself, child or family system; finding an ordered and simple approach to mothering and homemaking roles
Nervousness	nervous depletion or excessive excitability from psychic or mediumistic experiences
Overwhelm	emotions easily agitated; overstimulated by life events; tendency toward hysteria
Perspective	shifting perspective to include ordinary events and calm flowing of life, when prone to overdramatizing one's experiences
Prejudice	inciting mass hysteria or derogatory stereotypes; creating exaggerated pictures of others based on emotional demagoguery rather than objective truth
Psychosomatic Illness	conditions that come and go rapidly, often appearing worse than they actually are; unconscious need to receive attention through the drama of illness
Relaxation	to calm overexcited or hysterical tendencies
Restlessness	dissatisfaction with quiet or ordinary pace of life, often creating melodramatic situations to excite oneself and others
Self- Aggrandizement	inflating psychic and emotional experiences in order to appear spiritually and psychically extraordinary to others or oneself

Canyon Dudleya Flower Essence Repertory - Arranged by Essence

Seriousness	allowing small episodes of life to appear overly dramatic; overinflating psychic experiences; taking spiritual-psychic phenomena too seriously
Speaking	to calm and harmonize speech which excites or whips up the emotions of others; political or religious demagoguery
Spiritual Emergency or Opening	tendency to unbalanced or hysterical states of psychism or mediumism; overemphasis on spiritual experiences in proportion to ordinary life events
Work and Career Goals	inability to accept ordinary routine or everyday responsibilities, desire for glamour or excitement

Cayenne

Flower Essence Repertory - Arranged by Essence

Action	bringing a fiery impetus to slow-moving situations
Breakthrough	to catalyze the will to overcome inertia and move decisively to one's next step
Catalyst	mobilizing the will, overcoming inertia, particularly when feeling stuck
Catharsis	promoting catharsis by bringing more fiery stimulus to stagnant situations
Decisiveness	cutting through stagnation or indecision
Energetic Patterns	breaking up stagnant energy patterns; adding more fire; transforming energy into action
Enthusiasm	igniting the will; fiery action that cuts through stagnation
Habit Patterns	breaking free of habitual behavior; fiery catalyst for change
Immobility	lack of sufficient catalyzing, fiery forces; emotional or physical paralysis
Inertia	getting stuck in old patterns of behavior; needing fiery catalyst; inability to move on to the next step in life
Manifestation	igniting the will, sparking the inner drive and motivation, cutting through inhibiting habits and patterns
Motivation	stagnant forces of will which need to be fired into action
Procrastination	strong catalyst to mobilize the will when feeling stuck
Resistance	breaking through resistance; catalyzing the will
Sluggishness	catalyzing the will with a fiery stimulus to overcome inertia and resistance
Spontaneity	fiery catalyst to break through stagnant situations
Time Relationship	stagnating, needing catharsis and breakthrough to take next step; stuck in old patterns
Warmth	fiery warmth in the will forces
Will	igniting the will when moving too slowly, or stuck
Work and Career Goals	being stuck in unhealthy work habits; catalyst for change

Centaury

Flower Essence Repertory - Arranged by Essence

Abuse	for those who accept abuse and exploitation from others, usually in the role of serving or placating others
Aging	sense of dignity and strength of individuality, often compromised when physically dependent as in nursing homes
Authority	over-dependence on the authority of others; for the subservient "doormat" who needs validation from outside authority
Children	for the "pleaser," the compulsively good child who may try to be the peacemaker in a dysfunctional family, neglecting his/her own needs and feelings
Co-Dependence	unhealthy need to serve or please others; unbalanced giving which weakens and depletes the true Self; accepting exploitation from others
Compassion	misdirected compassion, overly servile and lacking in true individuality; trying to please others rather than serving true needs
Desire	weak sense of personal desire; neglecting what one wants for the desires of others
Dutifulness	excessive obligation to the needs of others
Freedom	freedom from unwarranted domination by others
Healers	false ideals of service leading to overly servile attitudes; becoming drained and depleted rather than replenished by healing work
Idealism	wanting to be of service but must find inner balance between others' and own needs
Individuality	suppression of true individuality in order to serve the needs of others
Influence	being excessively influenced by others; weak-willed and overly subservient
Inner Child	compulsion to serve parents, family members or parent-like figures; dominance of the inner child by one's own adult self; neglect of inner emotional needs, lack of self-nurturing
Manifestation	overly servile mentality; empowering oneself to take responsibility and make changes
Martyrdom	tendency to be a "doormat" for others, lacking inner sense of individuality

Centaury

Flower Essence Repertory - Arranged by Essence

Mother and Mothering	confusing mothering with servitude; lack of strength in mothering role; excessive compliance with children's demands
Perfectionism	being a slave to the perfectionist standards of others; not developing one's own viewpoint
Power	being controlled by others' expectations; ability to serve in freedom and to resist exploitative relationships
Prejudice	internalizing master-slave relationship; acting to please others due to social conditioning; ability to learn one's own strength as a true basis for service
Repression	repressing one's own need for expression in order to please others
Responsibility	taking care of others, but not of oneself; feeling overly responsible for others
Self-Actualization	developing strong sense of Self, for those overly dominated by others
Self-Effacement	being a "doormat" for others; unhealthy need to be the servant
Self-Esteem	ability to serve others out of a feeling of self-worth, rather than servitude
Service	sacrificial service which drains or depletes rather than inspires
Sharing	knowing one's limits in sharing with others; ability to say "No" when appropriate
Strength	courage and strength to say "No" to others; overly servile mentality
Surrender	unhealthy surrender to the will of another, being a "doormat"
True to Self	serving others while remaining true to oneself
Vulnerability	overly subject to the will of others; servant mentality which depletes one's true strength
Will	strength of will to say "No" to others when appropriate
Work and Career Goals	overly servile attitude to work; not meeting real capacities of Self

Anxiety	excessive anxiety about failure, thus depending on others for advice
Authority	accepting inner knowingness and authority; for those who rely on the authority of others to decide what is true
Certainty	following one's inner knowing, especially when overly reliant on others' advice
Choice	trusting one's inner knowledge in making decisions, rather than relying on the advice of others
Co-Dependence	overly reliant on the advice of others; inability to make clear and firm decisions for oneself
Confidence	relying on one's inner knowing, rather than another's advice
Decisiveness	overcoming inward uncertainty; knowing from within rather than seeking the advice of others
Doubt	invalidating one's own decision-making abilities
Eating Disorders	ability to determine and act upon one's own nutritional needs, especially when overly reliant upon others' advice, or on nutritional programs or fad diets
Healing Process	following one's own guidance in the healing process, especially when inundated by the advice of others
Hesitation	uncertainty about one's own values; over-dependence on the advice of others
Indecision	inability to trust in one's inner knowing, overly reliant on advice from others
Influence	excessively influenced by the opinions and advice of others; lacking certainty of one's own convictions
Inner Child	learning to trust one's own inner knowing which was invalidated by parents in childhood
Judgment	ability to judge for oneself, rather than relying on the opinions of others
Manifestation	hesitating or losing momentum; squandering resources by overreliance on others' schemes or advice
Morality	over-dependence on others for moral values; uncertainty about one's own thoughts and feelings
Perfectionism	relying on the advice of others instead of learning from one's own mistakes
Pregnancy	developing trust in one's inner knowing; relying on the strength of one's inner guidance when choosing prenatal and natal care

Cerato

Flower Essence Repertory - Arranged by Essence

Resistance

not following inner guidance; resisting doing what one knows needs to be done; self-doubt and invalidation

Seeking

seeking the advice of others; overly dependent on outside validation

Self-Esteem

strength to follow one's inner guidance

Trust

relying on one's own inner guidance, especially when uncertain and hesitant

Wisdom

trusting in one's inner knowing

Chamomile

Flower Essence Repertory - Arranged by Essence

Addiction	nervousness, hyperactivity, or irritability associated with drug withdrawal; calming and stabilizing
Adolescence	rapid mood swings; emotional instability
Anger	restoring calm when emotionally upset
Animals and Animal Care	for barking dogs; emotional upset accompanied by stomach distress such as gas or vomiting
Anxiety	calming overly anxious states
Brokenheartedness	calming emotional trauma or argumentativeness in relationships
Calm	fretful, fussy emotions; tension, particularly in the stomach region
Children	calming emotional tension or hyperactivity in children; fussiness; colicky babies; insomnia
Depression and Despair	to stabilize the emotions; calming and soothing
Eating Disorders	tension-created digestive disturbances in the stomach area; flatulence
Emergency	to calm distraught emotions
Harmony	to restore emotional harmony after upset
Hysteria	extreme emotional upset; crying and other distraught behavior
Insomnia	calming hypertension, emotional upset; releasing accumulated emotional tension held in the stomach, especially beneficial for children with difficulty relaxing at bedtime
Irritability	soothing and calming for those who are easily irritated or emotionally upset
Learning Difficulties	emotional hyperactivity which interferes with learning process and concentration; need for calm
Massage	soothing and relaxing, especially to stomach and solar-plexus region; often given before a massage
Nervousness	emotional tension, particularly in stomach and solar plexus region
Overwhelm	overwhelming emotional tension, especially in the stomach or solar plexus
Perfectionism	becoming easily upset; difficulty dealing with challenging emotions or strife

Chamomile

Flower Essence Repertory - Arranged by Essence

Personal Relationships	calming emotional trauma or hypersensitivity in relationships
Pregnancy	balancing the emotional ups and downs of pregnancy; calming and soothing, especially when there is nausea and stomach upset
Quiet	emotional quietude and calm
Relaxation	letting go of nervousness and emotional tension; difficulty in sleeping, insomnia; especially good for children
Release	releasing nervousness and emotional tension; for difficulty in sleeping, insomnia; especially good for children
Sensitivity	subject to emotional tension; overactive solar plexus; moody or tearful
Soothing	calming emotional tension or upset
Stress	calming and soothing; especially after crying and other intense emotions
Tension	releasing emotional tension held in the stomach region

Chaparral

Flower Essence Repertory - Arranged by Essence

Addiction	cleansing of accumulated psychic toxins from drug abuse
Awareness	psychic cleansing of disturbing images; awareness through dreams and meditation
Catharsis	psychic cleansing often through disturbing dreams or meditation; to release negative or violent images absorbed from mass media, drugs or other experiences
City Life	cleansing the subconscious of images of violence and degradation
Cleansing	emotional cleansing, especially during dreams; cleansing of subconscious; often related to psychic or drug abuse
Dreams and Sleep	disturbed or chaotic dreams; release of trauma, sometimes through catharsis; cleansing of psyche
Insomnia	intense cathartic dreams which trouble the psyche and cause fitful sleep
Purification	cleansing of subconscious emotions or psychic toxins from drug use or other traumatic experiences driven into the subconscious
Repression	traumatic or psychically overwhelming material which works as a toxic poison in the subconscious
Sensitivity	absorbing disturbing or violent images, either from direct experience or mass media; psychic toxicity

Cherry Plum

Flower Essence Repertory - Arranged by Essence

Animals and Animal Care	extreme tension or stress, such as a terrified animal that is trapped
Destructiveness	being destructive or losing control when under extreme stress or pressure; also for fear of doing so
Eating Disorders	feeling out of control about eating; binge/purge cycles as in bulimia or anorexia
Emergency	out of control, hysterical, suicidal or destructive due to extreme stress
Faith	ability to sense and trust higher forces of spiritual help, despite intense stress
Fear	fear of losing control or becoming destructive; nervous breakdown or insanity
Hysteria	out of control, erratic or destructive behavior
Inner Child	fear of losing control, especially if deep, traumatic feelings are experienced; the ability to "let go and let God;" fear that childlike spontaneity will lead to loss of control
Mother and Mothering	feeling that one is beyond the limits of coping or out of control due to extreme stress, such as caring for a sick child
Nervousness	nervousness stemming from fear of losing control
Overwhelm	fear that overwhelm will lead to breakdown and loss of control
Pregnancy	extremely stressful pregnancy or labor, when one feels "I can't take any more"
Release	overcoming fear of losing control; trusting intuition, inner guidance
Stress	fear that extreme stress will lead to breakdown and loss of control
Surrender	surrender to the wisdom of the Higher Self or a Higher Power when feeling desperate or out of control; ability to "let go and let God"
Trust	surrender to the intuitive guidance of life; "letting go and letting God"

Addiction	breaking repetitive patterns of addiction or strong habits which encourage addictive behavior
Animals and Animal Care	instilling effective learning patterns during training; to stimulate the animal's emotional memory and ability to retain training, not repeat mistakes
Awakeness	to observe one's experience clearly and learn from it
Awareness	recognizing the lessons of past experience; not repeating mistakes
Children	for children who have difficulty with learning experiences, who often need to repeat learning or who lag behind others
Denial	ignoring the lessons of past experience
Eating Disorders	eating out of habit; to break repetitive patterns of eating that are counterproductive
Energetic Patterns	stuck energetic patterns, particularly repetitive cycles with no transformation or learning
Escapism	repeating experiences rather than confronting real issues and lessons
Freedom	to break habits which bind and limit; freedom from needless repetition in life experience
Habit Patterns	constant repetition of experiences without learning from them; attachment to habit patterns which are regressive and limiting
Healing Process	to break repeated patterns in illness; to learn lessons or messages from suffering
Inertia	unnecessarily repeating old habit patterns and life experiences; not learning one's life lessons
Insight	understanding the lessons gained from life experiences
Learning Difficulties	repeating errors, difficulty learning lessons
Manifestation	repeating experiences rather than moving forward into real change; learning from life events
Morality	learning moral lessons from one's experience; for the tendency to repeat past errors
Release	releasing old habit patterns; learning the lessons of life
Resistance	not learning lessons of experience; repeating mistakes
Study	to learn from past mistakes; difficulty in learning, repeating mistakes, lacking insight

Chestnut Bud

Flower Essence Repertory - Arranged by Essence

Synthesis

understanding of experiences so they need not be repeated

Time Relationship

repeating past mistakes, inability to learn the lessons of experience

Wisdom

learning the lessons of life experience

Chicory

Flower Essence Repertory - Arranged by Essence

Abandonment	feelings of rejection or abandonment resulting in excessively needy or manipulative behavior
Aging	tendency to be needy, demanding, reverting to childish behavior
Altruism	helping others without the need of getting something back; developing selfless giving; counteracting emotional neediness
Animals and Animal Care	especially indicated for younger animals such as whining puppies or kittens; also indicated when the illness may be psychosomatic or to get attention
Attachment	obsessive need to get attention in relationships, particularly in negative ways
Attention	need to receive excessive attention from others
Children	emotional neediness; creating temper tantrums; demanding excessive attention, usually by negative behavior; clinging tendency
Co-Dependence	emotional neediness, especially the tendency to manipulate others for self-benefit; possessiveness
Egotism	needy and demanding of personal attention; never getting enough love and attention; "emotional tyrant"
Inner Child	behaving in childish way to get attention; neediness, inability to cope emotionally
Irritability	acting overly fussy as a way of getting attention; being particularly irritable when not getting the attention demanded
Love	selflessness in expressing love; letting go of possessiveness and clinging, or seeking love through negative attention
Manifestation	excessive neediness which impairs one's ability to manifest; falling apart when feeling lack of support
Martyrdom	feeling sorry for oneself; manipulating others to gain sympathy
Mother and Mothering	emotional neediness in mother or child: tendency to manipulate child in order to receive love and attention for oneself; or to help a child who is overly dependent on mother
Personal Relationships	using negative behavior to get attention; emotional neediness

Chicory

Flower Essence Repertory - Arranged by Essence

Possessiveness	needy or demanding; feeling one never has enough attention from others
Power	being manipulative in relationships, especially due to emotional insecurity and neediness
Rejection	feeling overly needy, sorry for oneself; never feeling there is enough love or support
Release	to let go of emotional neediness, or excessive demand for attention
Responsibility	feeling responsible for others in a possessive, clinging way; manipulates care of others to receive attention for oneself
Self-Concern	demanding emotional energy and attention out of proportion to real needs
Selfishness	emotionally possessive, needing undue attention
Sharing	giving love without the need to get something in return

Chrysanthemum Flower Essence Repertory - Arranged by Essence

Acceptance	accepting one's own mortality, or any painful loss or death process in one's life
Addiction	use of drugs, especially alcohol, to escape confrontation with psychic pain and loss; deep fear of death and dying
Ageing	confrontation with one's own mortality at any stage of life, especially mid-life crisis; shift to higher spiritual identity as source of true immortality
Alienation	inability to accept death or dying process, deep soul conflict about the transitory nature of earthly life
Anxiety	morbid thoughts of one's own death, or deep suppression of such thoughts
Attachment	over-identification with mundane personality, with worldly fame and fortune; inability to accept death or transitory nature of earthly life
Avoidance	denial or avoidance of one's mortality; overemphasis on temporal identity; to develop awareness of the spiritual Self
Courage	courage to contemplate one's own death and shift identification away from physical Self
Death and Dying	deep sense of despair about one's own mortality, inability to accept transitory nature of earthly life, shifting awareness from lower Self to higher Self
Denial	denial of aging process by trying to create a youthful appearance or by holding on to fame, status or material possessions as if these conditions were permanent
Depression and Despair	deep soul angst about one's own life and death; inability of soul to accept death and dying as a larger spiritual process
Egotism	attachment to ego identity, psychological need to establish one's personality in the material world as a protection against death and mortality
Escapism	avoiding consideration of one's own mortality; solely involved in earthly fame and fortune
False Persona	attachment of lower Self to wealth, social standing and physical body, due to a deep fear of death and mortality
Father and Fathering	drive to accumulate material wealth, status or power which overshadows the interpersonal values of family and children
Fear	fear of death and dying; unbalanced attachment to earthly life

Chrysanthemum Flower Essence Repertory - Arranged by Essence

Greed	trying to establish monetary power as a protection against mortality; materialistic consciousness
Individuality	contacting one's true spiritual Self, shift from over-identification with lower persona
Life Direction	awareness of one's own mortality; ability to shift to true spiritual life purpose and direction
Lower Self	over-identification with earthly life and persona; inability to contact Higher Self
Materialism and Money	to confront mortality; for those who accumulate wealth and power in an attempt to make earthly life permanent
Mid-Life Crisis	over-identification with fleeting material or worldly goals; need for the soul to establish deeper values, to face death and other forms of impermanence
Non-Attachment	accepting transitory nature of earthly life without morbidity or despair
Nostalgia	desire for youthfulness and attractiveness, especially when associated with a past phase of life; to accept the aging process
Power	attachment to power and position; fear of death
Release	acceptance of one's mortality, ability to accept the impermanent nature of earthly affairs
Resistance	difficulty accepting the aging process; attachment to outer image, youth or materialistic values
Self-Actualization	shifting from ego-identification with personality to higher spiritual identity
Selfishness	overly attached to position and power, especially as a result of deep fears about one's own death and mortality
True to Self	commitment to true spiritual identity rather than lower persona

Clematis

Flower Essence Repertory - Arranged by Essence

Addiction	use of drugs to escape from body and from present time, particularly psychedelic drugs
Aging	dreaminess, awareness moving in and out of body
Attention	being in the here-and-now
Avoidance	escape from the present by dwelling in more pleasant daydreams of the future
Awakeness	ability to be fully present and wakeful, especially when tendency is to float or drift away
Body	embodiment, becoming fully present in the body, for those who are pale, devitalized, and seem to be "elsewhere"
Children	for the daydreamer, whose attention is elsewhere
Concentration and Focus	tendency for awareness to float out of the body
Daydreaming	excessive daydreaming or fantasizing, often as a form of escape from present circumstances
Disorientation	tendency for awareness to float in and out of the body; dreaminess
Dreams and Sleep	dreamy, sleepy disposition; integration of dream life into daily life
Earth Healing and Nature Awareness	other-worldly attitude, lack of interest in physical world; escapist tendencies
Escapism	preferring quiet fantasy and inner life rather than active involvement with others
Groundedness	being present in the here-and-now; for those who feel "floaty" or dreamy
Idealism	impractical ideals and visions; dreaminess
Learning Difficulties	difficulty paying attention in class, daydreaming or fantasizing
Manifestation	too floaty and dreamy; insubstantial ideas and plans, without enough commitment to the here-and-now
Procrastination	avoidance of tasks at hand; dreamy disposition
Resistance	resistance to being in the present by daydreaming or fantasizing about the future
Scatteredness	tendency to daydream; avoiding the here-and-now with fantasies of the future

Clematis

Flower Essence Repertory - Arranged by Essence

Time Relationship

awareness which is not connected with the here-and-now; dreamy, lacking full bodily presence

Corn

Flower Essence Repertory - Arranged by Essence

Balance	spirituality which relates to both Heaven and Earth, and both the physical body and psychic awareness
Body	ability to feel grounded and in touch with the Earth, especially in urban environments
Centeredness	centeredness in crowded environments such as cities; grounded spirituality related to the Earth; finding one's spiritual roots
City Life	feeling disoriented, ungrounded in crowded urban environments
Disorientation	confusion in crowded urban areas, feeling a lack of grounding or connection with the Earth
Earth Healing and Nature Awareness	feeling fully present on Earth, especially through hands and feet; to allow one's consciousness of the Earth to fully permeate one's body
Environment	discomfort in crowded environments, such as large cities
Feminine Consciousness	archetype of Earth Mother, integration of feminine identity with Earth consciousness; nurturing strength
Groundedness	bringing spirituality through the body and into the Earth
Mother and Mothering	contacting the archetype of the Earth Mother; nurturing abilities through physical connection to Earth
Overwhelm	overwhelmed by crowded city life, inability to feel connection to physical body or Earth
Pregnancy	grounding and centering in the body; contacting Earth Mother qualities
Spiritual Emergency or Opening	grounding spiritual energy through the body, experiencing the body as a microcosm of the Earth

Animals and Animal Care	to encourage interspecies communication; helpful where different animals are gathered; useful when training animals, or establishing psychic bonds in one-on-one relationships; indicated for both animal and caretaker
Awakeness	to stimulate mercurial qualities of the mind; ability to integrate thoughts with speech, to speak and think with clarity
Awareness	ability to bring higher thought into spoken word; higher mental awareness
Calm	to harmonize an overly active mind, when many ideas flood in simultaneously
Communication	ability to convey higher thoughts in an articulate, clear way; harmonization of thinking with speech
Concentration and Focus	inability to focus; being flooded by too much information, especially when speaking; integration of thinking and speech
Creativity	flooding of nervous system with creative thoughts or inspiration, which need organization and synthesis; integration of higher mental bodies with emotional Self
Disorientation	disoriented speech which is rapid or inarticulate
Dullness	stimulating mental clarity, especially more lively and thoughtful speech
Hysteria	overexcited mental activity, accompanied by rapid but inarticulate speech
Impatience	to regulate the flow of thoughts coming from higher mental planes; too-rapid speech or thinking patterns
Inspiration	ability to articulate higher inspiration in thoughts and speech
Intellectualism	overly wordy, rapid and rambling speech which needs greater integration with the Higher Mind
Learning Difficulties	speech difficulties when the mind is overwhelmed by too much information
Lightness	to develop mental agility; mercurial lightness in thought and speech
Mental Clarity	overly active mental state, need for greater clarity and integration with higher spiritual thought
Nervousness	nervous speech patterns which are too rapid, speaking which cannot keep pace with or adequately access higher thought

Cosmos

Flower Essence Repertory - Arranged by Essence

Overwhelm	confusion from too many thoughts, especially when speaking
Self-Actualization	developing capacity for higher thought; integration of mental faculties with spiritual essence
Self-Esteem	inability to express complex thoughts or to verbalize one's deeper aspects to others
Self-Expression	speech which is too rapid or overly intellectual, not integrated with higher thought, lacking deeper concepts
Speaking	speaking with clarity and depth when speech tends to be too rapid or inarticulate; integration of ideas into coherent self-expression; translating higher thought into mental concepts
Study	organizing and harmonizing thought processes into coherent communication
Synthesis	integration of speech with thinking
Thinking	integration of thinking and speech, conveying higher thought in an articulate manner
True to Self	accessing and communicating deepest thoughts of Self to others
Wisdom	expressing wisdom in speech; able to gather higher thoughts and express them clearly

Crab Apple

Flower Essence Repertory - Arranged by Essence

Acceptance	learning to live with imperfection and impurity in oneself or others
Adolescence	self-disgust about acne or other feelings of ugliness or impurity
Body	obsession with bodily impurities and imperfections; also to enhance dietary cleansing programs, fasting or detoxification
Cleansing	releasing emotional and/or physical impurities, especially where there is a strong sense of uncleanness, whether real or imagined
Criticism	self criticism, obsession with one's imperfections
Destructiveness	self-destructive attitude by obsessing on imperfections and impurities
Detail	obsession with details and faults, especially with regard to personal cleanliness and health
Dislike	disgust with imperfections and impurities
Earth Healing and Nature Awareness	tendency to see the Earth as unclean, "dirty" or "soiled;" not wanting to be contaminated, indoor lifestyle
Eating Disorders	exaggerated fear of impurities in food or of body toxins; excessive need for cleansing diets or purgatives; also to promote release of toxins during fasting or cleansing programs
Emergency	mental and physical cleansing; for wounds and toxins
Environment	oversensitivity to environment, especially to impurities or imperfections
Hate	self-hate, especially with obsessive concern over impurity or contamination
Healing Process	when obsessed with healing, especially the need for cleansing and purification; overly strict expectations or dismay about imperfections
Home and Lifestyle	compulsive cleaning or ordering of living quarters, especially an aversion to anything unclean or out of order; alternatively, for lack of hygiene in living environment, need to purify and set in order
Immune Disturbances	oversensitivity and obsession with impurity leading to reduced ability to tolerate toxins; hyperallergic
Irritability	feeling upset by impurity and imperfection, to an obsessive degree

Crab Apple

Flower Essence Repertory - Arranged by Essence

Manifestation	obsessive concern with perfection which stymies ability to manifest; unable to tolerate disorder or creative chaos
Massage	cleansing, particularly when applied topically or when combined with Self-Heal in a creme; for those who feel upset about physical impurity or imperfection
Materialism and Money	obsession with perfection, desire to have perfect home or environment, over-dependent on external environment for inner well-being
Menopause	experience of physical toxicity or congestion due to cessation of menstrual flow; need for body to purify and re-align
Morality	obsessive sense of morality; preoccupied with impurity and imperfection
Obsession	obsession with impurities, diet, hygiene or personal faults
Perfectionism	needing body and environment to be perfect; upset if even small details are out of place or if there is any impurity or flaw
Purification	over-concern with physical toxins; clearing of toxins whether real or imagined
Rejection	feeling dirty or unclean, not good enough or pure enough
Self-Acceptance	acceptance of oneself instead of focusing on impurities and imperfections
Self-Concern	obsessive concern with one's faults, imperfections and impurities
Sexuality	feeling of shame, that sexuality is unclean
Shame	feeling that one is contaminated, impure or flawed in some fundamental way

Dandelion

Flower Essence Repertory - Arranged by Essence

Body	releasing emotional tension in body; good adjunct to therapeutic bodywork
Grief	releasing feelings of grief or emotional pain which are stuck in the body
Hardness	extreme tension from overactivity, leading to hardness or stiffness in the body
Heart	over-achiever; bringing balance to the heart by moving from "human doing" to human being
Masculine Consciousness	for the overachiever, strong active personality; being out of touch with real needs of the body; emotions which often manifest as extreme body tension, especially in neck and shoulders
Massage	releasing emotional tension stored throughout the body, especially in the musculature; use with Dandelion Massage Oil
Mid-Life Crisis	for the over-achiever, with major stress or toxic accumulation in the body; allowing the body to relax and become more soulful
Perfectionism	over-planning one's life; enslaving the body to impossible standards of performance
Relaxation	release of tension and stress held in the body, especially the musculature
Release	letting go of emotional tension held in the muscles
Repression	holding tense emotions in the body
Resistance	emotional holding expressed as muscular tension, armoring
Study	extreme tension in neck and shoulders from excessive desk work
Tension	emotional tension stored throughout body, especially in musculature; also for a tendency to cramping
Time Relationship	pushing oneself, over-planning and over-scheduling; trying to compress too much experience into too little time
Work and Career Goals	tendency to overwork, resulting in bodily tension and stress

Clarity	purity and clarity of motivation, especially affecting the heart center; integration of inner feeling with outer action
Cleansing	gentle cleanser of the heart; purifying motivation and intention
Communication	conveying one's true intentions; purity of motivation
Denial	denial of true motives; not acknowledging hidden feelings behind one's actions
Desire	unconscious desires; unclear motivations
Earth Healing and Nature Awareness	to cleanse impurities in the heart which block attunement and sensitivity to Nature
Escapism	avoiding honest confrontation with oneself, especially examining underlying motives for one's behavior
Grace	purity of feelings within the heart
Guilt	mixed motives; unclear intentions; to purify and integrate the innermost feelings of the heart
Healers	recognizing and applying true higher motives for healing work
Morality	mixed or hidden motives which undermine one's moral stance; for sincerity and openness
Motivation	purity of intention; for those with unconscious or mixed motives
Prejudice	out of touch with real feelings, acting in culturally accepted or conventional ways while harboring opposing feelings inside; ability to act from the inside out
Purification	clarity in the heart with regard to inner intentions, especially when there are mixed motives
Softness	fostering innocence and purity of the heart; gentle cleanser and softener
Soulfulness	purity and openness of heart; ability of the soul to become a container for higher worlds by healing personal distortion

Dill

Flower Essence Repertory - Arranged by Essence

Animals and Animal Care	overwhelm or confusion such as during travel or upset of schedule
Awakeness	absorption of many sensations and experiences, leading to nervous overwhelm
City Life	overwhelmed by the fast pace of urban life; excess sensory stimulation
Clarity	confusion from the intensity of too many experiences
Earth Healing and Nature Awareness	overwhelming of senses due to machines, noise, and other technological stimuli; ability to be nourished by the quiet beauty and simplicity of Nature
Eating Disorders	overstimulation in life leading to digestive disorders; taking in too many varied sensory experiences, leading to indigestion
Emergency	nervous overwhelm due to assault on the senses through noise, light, air, smoke, etc.
Insomnia	insomnia due to inability to assimilate one's experiences; nervous or sensory overwhelm
Irritability	upset caused by overstimulation, taking in many experiences too quickly
Moderation	assimilating many sensory impressions with consciousness
Overwhelm	inundated by too many sense impressions and experiences; overwhelmed when beginning a large task
Relaxation	difficulty relaxing due to overstimulation of nerve-sense system from too many impressions and experiences
Restlessness	too many experiences taken in by the senses and nerves; overstimulated
Stress	feeling overwhelmed by impressions, too much stimulation, such as in travel; helpful when starting a large project

Dogwood

Flower Essence Repertory - Arranged by Essence

Abuse	for those beaten or physically violated during childhood, lacking in gracefulness and gentleness in physical/etheric bodies
Awkwardness	emotional trauma stored within the body, leading to physical awkwardness; often with a history of physical abuse
Body	tendency to be accident-prone, ungraceful
Children	hardening of body and emotions due to trauma, especially emotional or physical abuse; lacking innocence and ease of childhood; disturbances in the etheric body; awkwardness
Communication	grace and emotional ease in relating to others
Creativity	especially for movement artists; allowing body to experience inner harmony and grace; resolving emotional feelings of awkwardness
Destructiveness	tendency to abuse oneself; accident-prone; ungraceful
Erratic Behavior	accident-prone or ungraceful
Flexibility	gracefulness and ease in life, especially when emotions and bodily movements are harsh, cold or rigid
Grace	gentleness and grace of expression flowing from a balanced emotional life; restoring innocence and grace which may have been lost in previous traumatic situations
Hardness	hard, limiting emotions; self-abusive due to previous abuse from others; accident-prone and self-destructive
Inner Child	feeling of awkwardness or ungainliness in the physical body, abuse or neglect during childhood which disconnects body from its innate sense of grace and beauty
Massage	releasing hardened emotions stored in the body, especially when there may have been physical or sexual abuse
Rejection	feeling and often being awkward and accident-prone; feeling unlovable and often a victim
Release	release of hardened emotions from past trauma
Sexuality	hardening of sexual forces, especially as a result of trauma or abuse; restoring grace and innocence

Dogwood

Flower Essence Repertory - Arranged by Essence

Softness

restoring gentleness, grace, innocence and openness;
transforming hardened physical or emotional aspects of
Self

Easter Lily

Flower Essence Repertory - Arranged by Essence

Ambivalence	uncertainty about sexuality, feeling it may be impure
Cleansing	purification of sexual desires and sexual organs
Conflict	inner conflict between polarities of sexuality and purity
Desire	conflicts about sexual desire; feeling sexuality is impure
Feminine	difficulty integrating female sexual identity; vacillating
Consciousness	between extremes of prudish or promiscuous behavior
Instinctual Self	conflict about sexuality, feeling it is impure or "lower"
Lower Self	integrating soul purity with bodily sexuality
Menopause	pronounced reproductive disturbances or toxicity in reproductive organs around menopause; resolving tensions around polarities of sexuality and spirituality
Morality	conflicts about sexual morality; alternating between promiscuity and prudishness
Pregnancy	cleansing of sexual organs, especially when conception is blocked
Purification	purification of sexual organs, or of emotions centered in the sexual organs; conflict between purity and sexuality, or a sense of uncleanness in the sexual organs
Sexuality	conflicts between promiscuity and prudishness, between inner purity and expressions of sexuality
Shame	feeling that sexuality is impure, unspiritual, "lower"

Echinacea

Flower Essence Repertory - Arranged by Essence

Abuse	suffering extreme abuse and exploitation, need to restore and reclaim essential dignity
Children	severe trauma or abuse; to reclaim self-esteem and self-respect
Earth Healing and Nature Awareness	subjection to extreme geopathic stress in the Earth, where natural forces have been shattered or annihilated
Emergency	experiences which disintegrate the sense of Self; deeply shattering experiences destructive to the core Self
Exhaustion and Fatigue	complete breakdown; feeling oneself as utterly annihilated and shattered
Healing Process	re-building core Self when damaged from extreme trauma, major surgery or other devastation; bringing strength when deeply shattered
Immune Disturbances	maintaining the integrity and essential nature of oneself despite circumstances of degradation, abuse or environmental assault; for compromised immune system
Individuality	reclaiming one's integrity and dignity despite prior abuse, trauma or devastation
Inner Child	re-patterning the core Self, rebuilding self-esteem and dignity despite profound or severe abuse or exploitation
Loneliness	profound sense of devastation which makes one feel utterly alone and bereft
Menopause	feeling physically overwhelmed, disturbed immune function; menopause experienced as shattering and disruptive, loss of female identity
Rejection	feeling utterly devastated and shattered in soul and body by abuse and trauma; loss of essential dignity
Self-Acceptance	reclaiming positive spiritual identity, even when violated, shattered or assaulted
Self-Actualization	ability to experience a sense of wholeness, despite extreme threats to the inner Self
Self-Esteem	core sense of Self which is severely abused or assaulted; regaining integrity and dignity of core Self
Shock	pronounced assaults to the inner Self; deeply shattering or destructive experiences
Strength	strengthening one's core integrity, ability to contact and realize deepest aspects of Self
Transcendence	reconstellating the Self; affirming core identity in spite of extreme assaults to dignity, identity or health

Echinacea

Flower Essence Repertory - Arranged by Essence

True to Self

maintaining one's core identity when threatened or assaulted

Elm

Flower Essence Repertory - Arranged by Essence

Altruism	to balance heroic tendencies; for those who assume responsibility but feel overwhelmed and frustrated
Ambition	taking on too many responsibilities, resulting in overwhelm or despondency
Anxiety	overstriving for perfection; fear that one will let down or disappoint others
Challenge	confidence to meet challenging and demanding responsibilities; overcoming feelings of overwhelm in the face of challenges
Children	for the child who takes on adult responsibilities in a dysfunctional or broken family
Co-Dependence	attempting to secure affection by being the hero; afraid to let others down
Community Life and Group Experience	taking on too much responsibility, "hero complex," tendency to feel overwhelmed and alone
Confidence	knowing one is capable of fulfilling one's obligations without anxiety
Depression and Despair	despair about one's ability to fulfill responsibilities and expectations
Dutifulness	taking on too much responsibility, then feeling overwhelmed
Exhaustion and Fatigue	taking on too much responsibility; overwhelmed by tasks assumed
Failure	feeling that one is a failure or is letting others down; overanxious striving leading to a sense of falling short
Father and Fathering	assuming responsibility for role of provider but later feeling overwhelmed and despondent; very helpful for new fathers
Guilt	feelings of guilt and misery when one can't measure up to expectations; to develop a more honest assessment of one's capabilities
Inadequacy	feeling inadequate to one's responsibilities; overanxious striving for perfection
Inner Child	for the "hero" who had to take responsibility to rescue the family as a child; overwhelm due to premature assuming of adult responsibilities
Leadership	overly perfectionist or overly anxious leadership

Elm

Flower Essence Repertory - Arranged by Essence

Loneliness	feeling one is alone in facing an overwhelming task; to realize that human and spiritual help is available
Martyrdom	anxiety about responsibility, feeling the weight of the world on one's shoulders
Masculine Consciousness	feeling of being all alone in carrying the burden of responsibility; feeling unequal to the task; to accept the help of others and of spiritual forces
Mid-Life Crisis	overwhelmed due to life's responsibilities, to revitalize and re-align with true aims of Higher Self
Mother and Mothering	assumes responsibilities of motherhood, but later feels despondent and overwhelmed; overanxious striving for perfection as a mother
Overwhelm	feeling one's responsibility is too much; feeling overextended and isolated
Perfectionism	wanting to be the hero; high standards for performance leading to frustration and overwhelm
Relaxation	trusting one has the help needed; letting go of undue worry
Responsibility	feeling overburdened or overwhelmed with responsibility; tendency to be overly perfectionist, or heroic
Stress	feeling overwhelmed by responsibility; taking on too much
Time Relationship	feeling overwhelmed by present events, inability to step back and get perspective
Work and Career Goals	taking on too many responsibilities, resulting in feeling overwhelmed

Evening Primrose Flower Essence Repertory - Arranged by Essence

Abandonment	feeling rejected by one's mother in early infancy or in utero; cold or detached feelings toward others due to experience of abandonment and rejection
Abuse	physical, sexual or emotional abuse when it is absorbed unconsciously in utero or during infancy, often leading to emotional and sexual repression
Alienation	emotional distancing, lack of emotional presence due to unconscious absorption of toxic emotions in utero and in infancy; feeling rejected and unwanted
Ambivalence	ambivalence about parenting and about commitment in relationship due to traumatic rejection
Avoidance	deep sexual or emotional repression due to abuse and rejection in early childhood
Barriers	lack of emotional presence; inability to form deep relationships due to traumatic rejection in infancy
Catharsis	ability to heal trauma from in utero and early infancy experiences, particularly when unwanted or rejected
Children	to heal deeply traumatic wounds of the adopted or unwanted child, who has unconsciously absorbed feelings of rejection and abandonment
Cleansing	release of toxic emotions unconsciously absorbed from parents, often stemming from emotional and physical abuse
Courage	ability to face feelings of rejection and abandonment from experiences in early childhood, to encounter core emotions of such trauma
Dreams and Sleep	stimulation of memories of life before birth or early infancy, often through dreams
Eating Disorders	prone to overeating, tendency to have an expanded stomach as though pregnant; seldom feeling full or nourished by food even when large amounts are eaten
Escapism	avoiding commitment or emotional involvement; emotionally unavailable due to early childhood trauma and abandonment
Feminine Consciousness	deep wounding to feminine identity transmitted from mother during infancy or while in utero; emotional coldness or sexual unresponsiveness due to disturbed early relationship with mother

Evening Primrose Flower Essence Repertory - Arranged by Essence

Grief	deep soul pain, ability to encounter traumatic abuse in early infancy and childhood, especially rejection and abandonment
Inadequacy	feeling unlovable or unwanted due to childhood rejection or abuse
Inner Child	to accept that one may have been rejected or unwanted in utero or when born, unconscious absorption and identification of mother's or father's negativity; deep feelings of rejection and abandonment
Insecurity	unconscious belief that one is unwanted and unloved, due to toxic emotions absorbed in early childhood
Intimacy	cold or distant behavior; inability to express intimate feelings due to past rejection
Involvement	enhanced emotional presence; ability to make commitment in relationships by resolving childhood trauma, abuse and feelings of rejection
Loneliness	inability to form committed relationships, emotional distancing due to early rejection in childhood
Mother and Mothering	rejection of child in utero, extreme disturbance in mother-child bond, absorption of toxic emotions by child from mother
Personal Relationships	inability to form committed relationships; afflicted relationships due to feelings of abandonment and rejection in childhood
Pregnancy	unconscious or conscious destructive intent to fetus during pregnancy, unwanted child; absorption by child of toxic emotions during pregnancy
Purification	cleansing of toxic psychic emotions absorbed by child in utero or early infancy, especially abuse and rejection
Rejection	rejection or abandonment in utero and in infancy leading to feeling of coldness and emotional distance in the soul; sexual and emotional repression due to profound fear of rejection
Release	releasing toxic emotions absorbed unconsciously in infancy
Repression	repression of core emotions and sexual feelings, due to emotional and sexual abuse in childhood
Self-Esteem	feeling that one is unloved and unwanted due to actual trauma, abuse or neglect in early childhood

Evening Primrose Flower Essence Repertory - Arranged by Essence

Sexuality

repression of sexual feelings, emotional distance in sexual relationships due to profound trauma, rejection or abuse in early childhood

Acceptance	accepting the responsibilities of adulthood
Addiction	addiction as a form of escapism; especially the need to use drugs to escape responsibilities and pressures of adulthood
Adolescence	delayed puberty; irregular or delayed menstruation in girls; overly feminine tendencies or delayed maturity in boys; anorexic tendencies, psychological need to remain childlike
Alienation	fear of facing adulthood; <I>puer eterna<D>, or eternal child
Ambivalence	inner conflict about growing up, emotional conflict between child's feelings and adult responsibilities
Authority	childlike dependence on the authority of others; feigning helplessness or dependency
Avoidance	avoiding full adult identity and responsibilities
Body	desire to stay in prepubescent stage; unable to identify with mature sexuality or adult body type
Children	unresolved issues around childhood, inappropriate clinging to childlike role or identity beyond normal maturation cycle
Co-Dependence	feigning helplessness or over-dependence in relationships; inappropriate need to be seen as a child, or to receive approval for childlike behavior
Confidence	moving forward to next stage of life, no longer clinging to the past; ability to accept adult responsibilities
Eating Disorders	emphasis on thinness or anorexic tendencies so that body will continue to look childlike
Escapism	preferring to live in psycho-emotional matrix of family patterns derived from childhood; avoiding adult responsibility
False Persona	presenting a demeanor of helplessness, dependency; childlike persona
Father and Fathering	difficulty assuming fatherly responsibilities due to arrested emotional development in childhood; resentment of wife's motherly attention to children, wants attention for oneself
Fear	fear of growing up, of adult identity

Fairy Lantern

Flower Essence Repertory - Arranged by Essence

Feminine Consciousness	desire to remain a little girl, helpless and dependent; holding on to childish qualities, limited sexual development; delayed or irregular menstruation
Freedom	confusion of freedom and responsibility; childishness or escapism as an inappropriate expression of freedom
Healing Process	regressive tendencies in therapeutic process; stuck in childlike pattern of dependency; fixation on child rather than adult Self
Hesitation	waiting for others to take responsibility; helplessness
Home and Lifestyle	living with parents or in dependent situation beyond young adult stage, inability to face world or work responsibilities
Inadequacy	feeling that one cannot cope with adult responsibilities; unfinished emotional work with inner child
Individuality	cultivating more individuality, especially as an expression of adult responsibility and initiative
Inner Child	attachment to childlike identity as a way of pleasing elders; unconscious compulsion to repeat childhood; getting stuck in inner child therapeutic work
Insecurity	instability in relationships; unhealthy, immature seeking of security from others as parental substitutes
Life Direction	resolving and releasing the past; to facilitate the maturation process when stuck in any developmental phase
Masculine Consciousness	patterns of immaturity, the <I>puer eterna<D> or eternal child; reluctance to accept adult responsibilities due to unresolved childhood problems; "Peter Pan" syndrome
Menopause	inability to release reproductive function, unresolved feelings from childhood or from motherhood; desire to dress or look much younger than one really is
Mid-Life Crisis	desire to relive youth, unbalanced psychological need to date younger persons, or appear younger than one actually is; irresponsibility toward family, friends or work
Mother and Mothering	tendency to over-mother, need to keep child in overly dependent relationship; emotional immaturity which prevents one from assuming full responsibilities of adult motherhood
Nostalgia	inability to accept maturity; longing to return to childhood, often because of unresolved emotional issues

Fairy Lantern

Flower Essence Repertory - Arranged by Essence

Personal Relationships	relating to others as parental figures, feigning helplessness or dependency
Power	giving away personal power, feigning helplessness or over-dependence
Resistance	not wanting to accept adult responsibilities; stuck in an immature stage of development
Responsibility	inability to accept adult responsibility, inappropriate clinging to childlike role
Self-Effacement	feigning helplessness or dependency, playing childlike role to please others
Self-Esteem	inability to see oneself as full-fledged adult, conflicted feelings about oneself as child
Seriousness	to develop more depth and seriousness; to move from child identity to adult consciousness
Sexuality	tendency in either men or women to stay in prepubescent sexuality
Strength	strength to become fully adult, to move developmental process forward
True to Self	accepting genuine adult Self, rather than childish persona
Work and Career Goals	irresponsible work patterns; inability to accept work as a part of adult maturation

Acceptance	full participation and acceptance of the mundane world, of its imperfection and daily stress, especially when there is a desire within the soul to retreat or hold back
Alienation	for a reclusive soul who suffers in a challenging world, overly needy of perfection and an insulated environment
Aloofness	tendency to hold soul forces back due to fear of contamination or stress
Ambivalence	conflict about how to use soul forces; inner peacefulness versus worldly involvement
Avoidance	not wanting to face stressful or challenging situations
Balance	balance between inner spirituality and outer commitment
Barriers	naturally reclusive, protecting oneself from too much social contact
Body	fragile, delicate temperament, easily fatigued; highly developed spirituality which needs to find greater connection to the physical dimension
Children	unable to experience physical warmth in childhood surroundings, tendency to develop highly articulated inner world, cut off from others
City Life	unable to cope with stress and challenge due to need for perfection and peace
Community Life and Group Experience	difficulty becoming involved in group settings, overly delicate and spiritual, preferring to retreat rather than face conflict or strife
Compassion	unthawing spiritual Self, allowing one's spiritual forces to flow to others
Conflict	inability to cope with conflict, desire to retreat or insulate oneself
Courage	strength to give oneself to the world, despite innate desire to retreat
Daydreaming	tendency to create highly articulated inner life, without ability to integrate daily challenges in work or home
Devitalization	living too much in the spiritual world, inability to draw strength from physical world
Eating Disorders	general lack of interest in food or physical substance, due to overly spiritual lifestyle

Escapism	protecting oneself; preferring a more monastic or reclusive lifestyle; difficulty in sharing one's spirituality with others
Father and Fathering	remaining aloof from family and role as father due to preoccupation with other-worldly spiritual values; bringing more warmth and love into family life
Fear	deep soul fear of contamination by physical world; wanting to stay "spiritual"
Feminine Consciousness	for the "ice princess": profound beauty and aloof spirituality which needs to flow more into the Earth and humanity
Groundedness	bringing spiritual forces more into earthly life, especially when there is a tendency to retreat or hold back
Heart	greater flow of spiritual forces through the heart, especially when there is a tendency to contain or reserve one's spirituality for oneself
Home and Lifestyle	treating home as a retreat; spiritual introversion leading to social isolation
Idealism	strong spiritual ideals that need to be shared with others
Intimacy	to develop intimate and warm contact with others; tendency toward an aloof spirituality
Involvement	inability to share oneself with others due to a reclusive or overly spiritual quality within the soul
Love	ability to translate lofty spirituality into warm, flowing impulses of love
Meditation	prefers quiet and meditative experience, out of balance with worldly involvement
Mother and Mothering	integration of high spiritual ideals with mundane demands of mothering role; to create spiritual presence in home environment; using spiritual forces to protect and nurture others; compassionate sensitivity
Perfectionism	retreating from daily strife; feeling secure in a reclusive setting which is more spiritually perfect
Psychosomatic Illness	tendency toward weakness and fatigue, fragile and delicate temperament, overly spiritual
Self-Concern	overemphasis on spiritual activity which insulates Self from involvement and challenge in the world
Selfishness	spiritual selfishness, need to share spiritual forces with others

Fawn Lily

Flower Essence Repertory - Arranged by Essence

Service	protecting and nurturing others; reclusive spiritual impulses transformed into compassionate service to the world
Sharing	sharing spiritual gifts with others; overcoming tendency to hold back or stay uninvolved
Spiritual Emergency or Opening	craving spiritual and meditation experience as a retreat from daily life
Vitality	vitality which is depleted from overemphasis on spiritual life; tendency to become frail or fragile
Warmth	unthawing spiritual forces, aligning spiritual forces with the heart
Work and Career Goals	highly sensitive and spiritually attuned, but often feeling fatigued or drained by work; feeling one's work is chaotic or stressful, preferring retreat or isolation

Anxiety	worry and concern about trivial problems of daily life
Calm	letting go of worries and anxieties that tend to unnecessarily limit one's free participation in life
Community Life and Group Experience	focusing on petty details or worries, often destroying enthusiasm of group
Concentration and Focus	obsession with details, losing the larger view
Criticism	being overly fastidious, "picky;" obsession with insignificant problems
Detail	excessive worry about details and trivialities without proper perspective
Escapism	focusing on inessential or unimportant concerns which sap true life purpose, not breaking through to major transformation or understanding
Fear	petty worries and anxieties, especially with a tendency to compulsive or obsessive behavior
Home and Lifestyle	attachment to mundane aspects of household, allowing activities such as cleaning to loom out of proportion, depriving one of greater participation in social or worldly life
Manifestation	inability to manifest real life work due to enmeshment in endless details or distractions
Materialism and Money	obsession with money, especially with detailed accounting; losing perspective of importance of money in relationship to other parts of life
Non-Attachment	letting go of common worries or obsessive fastidiousness with trivial things; need for a larger perspective
Obsession	preoccupation with inessentials; compulsive worry
Overview	involvement with too many details; too-narrow interest; obsessive worry
Perfectionism	obsession with details out of proportion to their real importance; draining energy through worry and over-concern
Perspective	seeing petty concerns in the larger context of life destiny
Release	letting go of trivial or petty worries that drain or misdirect the true intentions of the Higher Self

Filaree

Flower Essence Repertory - Arranged by Essence

Self-Concern

compulsive concern about trivial or inconsequential aspects of life; "picky"

Five-Flower Formula

Flower Essence Repertory - Arranged by Essence

Addiction	initial treatment of addiction, to stabilize the body-mind; also helpful in treating drug overdose
Animals and Animal Care	for any form of stress or emergency, or when uncertain of which remedy to give
Body	to help body to stabilize during extreme trauma, surgery or shock
Breakthrough	ability to call on deep inner resources in times of great stress
Calm	immediate calm in accidents or life-threatening situations
Centeredness	immediate centering and clarity during stress or trauma
Challenge	centering and restoring balance when under great stress
Children	accidents, or extreme situations when child is totally out of control, either physically or emotionally
Death and Dying	extreme pain or shock in situations of death and dying, helping the soul to register consciousness
Disorientation	immediate centering when disoriented by extreme stress or trauma
Emergency	for all cases of emergency or first aid, for immediate calming and centering
Energetic Patterns	harmonizing severely disturbed or traumatized energy
Fear	to calm extreme fears when no other remedy can be determined; for immediate benefit
Hysteria	to bring immediate calming
Pregnancy	trauma or accident during pregnancy or birth; for stressful or extremely challenging birth
Relaxation	immediate relaxation before more specific therapy can be initiated
Scatteredness	immediate centering when thrown out of balance by stress or traumatic circumstances
Shock	overall recovery from shock and trauma, especially for immediate use
Stress	bringing balance after extreme stress; especially for temporary situations or as a first step

Forget-Me-Not

Flower Essence Repertory - Arranged by Essence

Acceptance	being at peace about the death of loved one; transforming an earthly relationship into a spiritual one
Awareness	understanding the karmic dimension in personal relationships; recognizing one's connection with those in the spiritual world; deep mindfulness of subtle realms
Brokenheartedness	to open the heart to spiritual realms, especially to transcend personal grief for one who has died; to instill a spiritual recognition of the departed soul
Certainty	acting with greater conviction in relationships, by acknowledging spiritual and karmic factors
Clarity	greater spaciousness and mindfulness; in touch with how spirit permeates the physical world
Communication	connection with spiritual guides; remembering those who live beyond the physical realm
Death and Dying	ability to forge telepathic link with loved one who has died, to hold consciousness of another who lives beyond earthly realm
Denial	denying the reality of life after death and life before birth; strengthening one's awareness of karmic bonds with beings in the spiritual world
Dreams and Sleep	to facilitate communication and connection with spirit guides or departed souls in dreams and sleep
Dullness	lack of awareness of spiritual beings and processes; developing greater mindfulness of the spirit world
Escapism	cutting off awareness of spiritual realms, especially of loved ones who have died or seek to be reborn
Faith	knowing that there is life beyond the physical realm; ability to discern and perceive the activity of spiritual beings, especially those with whom there is a karmic bond
Heart	spiritualizing the love currents of the heart; ability of the heart to understand and accept karmic or eternal aspects within relationships
Listening	connection with spiritual guides and departed souls; remembering those who guide beyond the physical realm
Loneliness	feeling a connection to the Higher Self and to spiritual beings; to counteract feelings of spiritual isolation
Love	understanding the deeper meaning of relationships, especially the karmic or metaphysical qualities

Forget-Me-Not

Flower Essence Repertory - Arranged by Essence

Meditation	enhancing awareness of spiritual guidance or communication with those outside the physical world
Mother and Mothering	making a decision to have a child; to stimulate awareness of karmic connection with the incarnating soul
Nostalgia	strong attachment to the memory of one who has died; to shift consciousness to awareness of the departed soul in spiritual world
Personal Relationships	perceiving deeper karmic bonds within relationships, ability to acknowledge spiritual destiny and intent of relationship
Perspective	ability to include spiritual world and beings in perception of daily events
Pregnancy	contacting the incarnating spirit, remembering one's karmic connections in the spiritual world
Receptivity	openness to spiritual guides or karmic connections beyond earthly dimension
Soulfulness	awareness of spiritual and karmic factors in relationships; soul-based relationships which recognize eternal as well as temporal factors
Spiritual Emergency or Opening	connection with spiritual guides; remembering those who guide beyond the physical realm
Transition	ability to transform relationship with one who has died by following his/her transition to spiritual world
Trust	trusting one's intuition and inner knowing; knowing that one is supported by allies in the spiritual world

Acceptance	acceptance of deep, repressed emotions which need to be honestly expressed
Anger	deep-seated anger that needs to be released, especially when false or hyper-emotionality is expressed
Avoidance	repressing awareness of basic emotions, often covered with superficial emotionality
Awareness	bringing repressed emotions to the surface of consciousness
Body	physical distress due to emotional repression, often manifested as headaches
Breakthrough	bringing repressed emotions to awareness, especially when false emotions have been used to cover deeper feelings; also when emotional repression leads to psychosomatic symptoms
Catharsis	release of repressed emotions, which may be covered by superficial emotionality or psychosomatic symptoms
Energetic Patterns	emotional catharsis; shifting from hyper-emotionality to deeper feelings
Escapism	tendency toward hyper-emotionality or psychosomatic illness; to penetrate to one's core pain and suffering
Grief	contacting grief that may be emotionally repressed
Harmony	bringing repressed emotions to awareness so they can be harmonized with one's conscious awareness
Healing Process	presentation of psychosomatic symptoms that may be masking real pain and suffering
Honesty	expressing basic emotions rather than false emotionality which covers up true feelings
Hysteria	false emotionality; powerful emotions or physical suffering which are psychosomatic expressions of deeper but unrecognized feelings
Inner Child	emotional catharsis, integration of deep-seated emotions held in the body which may have never been fully experienced
Insight	awareness and understanding of emotions which are masked by false emotionality
Lower Self	emotional repression; inability to express genuine deep feelings

Fuchsia

Flower Essence Repertory - Arranged by Essence

Menopause	strong emotional reactions and bodily symptoms such as flushing, or headaches; integration of emotional and bodily awareness, moving energy down and through the body
Psychosomatic Illness	emotional repression of authentic feelings, often manifesting as acute illnesses such as headaches
Release	releasing false or hyper-emotionality which blocks contact with real feelings
Repression	suppression of true emotions, often covered by false emotionality
Resistance	resistance to one's true feelings, often expressed as false emotionality or psychosomatic complaints
Sexuality	genuine sexual feelings often sublimated into other psychosomatic emotions

Garlic

Flower Essence Repertory - Arranged by Essence

Anxiety	chronic anxiety and worry; ghostly countenance
Body	ghostly or pale-looking, drained, poor immune response; tendency to parasites or infections, especially when accompanied by nervous fear
Calm	release of nervous fears and insecurities that weaken life forces
Confidence	overcoming fears and insecurities that drain and weaken; greater resistance and overall strength
Courage	courage to overcome fright or nervousness by developing strength
Devitalization	lack of vitality due to fear, nervousness or parasitic entities
Fear	nervous fear, weakness and devitalization; stage fright
Immune Disturbances	attraction to mediumism, opening oneself physically and psychically to parasitic entities
Influence	increased susceptibility to parasitic influences, both physical and psychic; weakened resistance due to fear and anxiety
Insecurity	psychic fears which drain and weaken the vitality, thus producing feelings of insecurity
Nervousness	emotional fears that drain or plague the psyche, producing nervousness
Protection	protection from psychic parasites which drain one's vitality
Speaking	fear when speaking, often associated with stage fright and a ghostly pale look; feeling drained or paralyzed
Spiritual Emergency or Opening	tendency to be drained by lower entities due to fear of the spiritual world; psychic infestation
Tension	paralysis in solar plexus due to fear; stage fright

Gentian

Flower Essence Repertory - Arranged by Essence

Adolescence	discouragement after academic, athletic or social setback
Aging	overcoming pessimism and despair in the face of setbacks in physical health or loss of physical faculties
Challenge	perseverance in the face of challenge; to counteract despondency and the tendency to give up after a setback
Depression and Despair	doubt and discouragement from setbacks; lack of faith
Discouragement	discouragement after a setback; lacking faith in the unfolding of life events
Escapism	lack of effort due to discouragement over failure
Failure	undue doubt and discouragement from setback or failure
Frustration	disappointment and frustration by setback or delay
Healing Process	to restore one's faith and perseverance when setbacks occur in the healing process
Learning Difficulties	giving up when difficulties are encountered; for the strength to persevere despite setbacks
Life Direction	easily discouraged or pessimistic about one's life direction; to develop confidence and perseverance
Manifestation	discouragement when there are setbacks; need to keep trying
Perfectionism	feeling that lack of success means ultimate failure; inability to keep trying
Perseverance	perseverance despite setbacks; especially when discouraged or depressed
Pessimism	feeling doubt and discouragement, particularly after a setback
Rejection	discouragement due to rejection or failure, inability to recoup and move on

Golden Ear Drops Flower Essence Repertory - Arranged by Essence

Abuse	ability to make emotional contact with prior abuse, to feel pain which may have been numbed or blotted out
Alienation	contacting painful feelings from childhood, which may have been bottled up inside
Awareness	to bring understanding by re-experiencing hidden traumas, usually from childhood
Catharsis	release of painful childhood memories, often expressed in deep crying
Cleansing	release of traumatic childhood memories, especially through tears
Dryness	releasing repressed tears; contacting core emotions
Forgiveness	letting go of and healing childhood trauma
Grief	releasing tears of grief that may have been held back, especially during childhood
Guilt	repressed feelings of guilt associated with early childhood experiences
Healing Process	contacting painful memories, authenticating and deepening emotional experience
Inner Child	contacting and releasing painful childhood memories, often repressed; emotional acceptance and integration of childhood experiences
Masculine Consciousness	overcoming the cultural bias that men do not cry; to contact painful feelings and wounds from the past
Purification	release of toxic childhood memories stored in the heart, often expressed in deep crying
Release	release of childhood emotional pain, especially through tears
Repression	repression of painful childhood memories; hidden traumatic experiences
Resistance	difficulty contacting childhood emotions; brings awareness of painful experiences from the past
Shame	repressed childhood memories associated with shame-producing experiences; cathartic release of painful emotions from the past

Action	ability to be active and outgoing, despite extreme sensitivity and vulnerability to one's environment or to the feelings of others
Addiction	using drugs as a social buffer to dull sensitivity
Adolescence	providing protection for shy or sensitive individuals, encouraging greater social participation
Ambivalence	desire to be a part of social or artistic experiences, but feeling too sensitive
Anxiety	performance anxiety, especially when felt in solar plexus
Body	tension in solar plexus; oversensitive but struggles to be outgoing
Centeredness	ability to set aside personal anxiety or sensitivity when needing to focus on outer activity
Children	to help overly sensitive children, to encourage involvement while providing protection
City Life	ability to perform or create in very intense environments, despite sensitivity
Community Life and Group Experience	ability to work in groups, to express oneself or to take a public stand, despite inherent sensitivity
Competitiveness	for those who are inherently shy and non-competitive, but nevertheless need to put themselves forward
Confidence	confidence that one can perform despite anxiety or oversensitivity
Courage	courage to put oneself forward despite sensitivity
Creativity	especially for performing artists; protection for highly developed sensitivity
Eating Disorders	digestive problems or emotional tension in the solar plexus and stomach, due to conflict between sensitivity and involvement in the world
Emergency	ability to cope and to help others despite one's sensitivity
Fear	performance anxiety; wanting to project oneself but overly anxious and sensitive
Groundedness	staying embodied, especially when energy leaks from solar plexus
Healers	staying receptive and engaged in the healing process without becoming overly vulnerable
Immobility	performance anxiety, wanting to act but too sensitive

Golden Yarrow

Flower Essence Repertory - Arranged by Essence

Inadequacy	feeling that one is not capable of performing; overanxious and oversensitive to others
Insecurity	fear of performance or social contact; hypersensitivity
Intimacy	to develop social contact and rapport with others, while maintaining sensitivity
Involvement	greater involvement in life and in public affairs, despite innate sensitivity
Manifestation	stepping out into the world and making changes despite inner sensitivity
Nervousness	acute sensitivity, desire of soul to be more visible but feeling too vulnerable
Protection	protection when the soul desires more social involvement despite innate sensitivity
Self-Actualization	ability to take soul forces or artistic impulses into the world, despite sensitivity
Sensitivity	seeking more active involvement in life despite acute sensitivity; vulnerable but needing to be visible
Softness	remaining in contact with others, softening without merging
Speaking	providing an emotional buffer, especially for the solar plexus; ability to project one's voice despite anxiety
Strength	strength and centeredness; to be more active in the world despite anxiety or sensitivity
Tension	tension when performing or speaking, due to oversensitivity
True to Self	helping oneself stay connected and receptive to others, despite sensitivity
Vulnerability	coping with extreme sensitivity and vulnerability, especially when in public; ability to remain open to others while still feeling inner protection

Goldenrod

Flower Essence Repertory - Arranged by Essence

Adolescence	false social persona in group; inability to be true to oneself; easily influenced by group pressure
Anxiety	needing social approval; unsure of one's own values
Balance	balance between social "group" consciousness and individual awareness
Barriers	creating barriers to others by antisocial or obnoxious behavior
Centeredness	centeredness in social situations; keeping aware of true identity when there is a tendency to create a false persona
Certainty	knowing the inner Self; finding one's own values despite group pressure
Co-Dependence	dependence on social approval of others; inability to clarify one's own values
Community Life and Group Experience	concern about status or social approval in group; responds more out of peer pressure than true inner values
Eating Disorders	overweight used to hide one's true Self, creating social barriers to others; obnoxious or repulsive eating habits to get negative attention from others
Egotism	false social persona to gain acceptance from others
Envy	comparing oneself with others; over-concern with social position
False Persona	creation of false persona in group situations to win social approval
Greed	wanting material possessions to insure social status
Honesty	conforming to others' patterns of social behavior to win approval, not being true to oneself
Inadequacy	socially insecure, trying to measure up to others' standards
Individuality	sense of true Self in social situations; balance between group identity and individual identity
Inner Child	to individuate from family constellation, establishing one's identity apart from family structure
Insecurity	insecurity with others expressed by false persona in a group or social situation
Non-Attachment	detachment from what others think, from false persona as a social prop

Goldenrod

Flower Essence Repertory - Arranged by Essence

Personal Relationships

assuming false persona in effort to please others or to annoy others for negative attention; to retain individual integrity in relationships and social situations

Prejudice

lack of true individuality or inner strength; following cultural conventions or stereotypes even when wrong or harmful, in order to be accepted by others

Rejection

fear of social censure, developing false persona in order to be accepted by others

Seeking

desiring others' approval in social situations, or negative attention through social disapproval

Self-Esteem

feeling one's own individuality and strength, especially under strong pressure for social conformity

True to Self

remaining true to individual identity in group situations, especially when tending to please or seek approval from others

Gorse

Flower Essence Repertory - Arranged by Essence

Apathy	to encourage hope in those who have given up all hope
Darkness	soul darkness which is characterized by personal despair and hopelessness, including psychic attachment to darkness and suffering
Depression and Despair	hopelessness; expectation of suffering
Discouragement	hopelessness, expectation of suffering; morose disposition
Doubt	lack of faith that things will work out, that there is a meaning to life events
Gloom	despair and hopelessness about one's personal affairs
Healing Process	attachment to suffering, extreme melancholy or depression
Manifestation	pessimistic attitude which impedes ability to see a positive outcome
Motivation	counteracting feelings of hopelessness, especially about personal affairs
Pessimism	pessimism with regard to one's personal affairs; doubt and discouragement
Pregnancy	postpartum depression
Time Relationship	melancholic attachment to past problems which creates pessimistic outlook for future

Heather

Flower Essence Repertory - Arranged by Essence

Adolescence	preoccupation with oneself; tendency to withdraw; excessive masturbation
Aging	preoccupation with problems and worries, over-concern with oneself
Attention	drawing attention to oneself by talking about one's problems
Community Life and Group Experience	turning energy toward oneself, excessive need to draw attention to one's personal problems
Compassion	understanding the sufferings of others; overcoming preoccupation with one's own problems
Healing Process	obsession with one's symptoms, compulsion to talk constantly about one's problems
Listening	remaining quiet so others can be heard; especially when focusing too much on one's own personal problems and needs
Loneliness	seeking social contact by talking excessively about one's problems
Martyrdom	overabsorption in personal problems or trauma
Obsession	preoccupation with one's own problems, excessive need to discuss them with others
Personal Relationships	seeking social contact by talking about one's problems; excessive preoccupation with oneself
Self-Concern	excessive preoccupation with one's problems; needing to talk about them with others
Self-Esteem	tendency to see Self in terms of one's problems; preoccupation with personal suffering
Self-Expression	overly talkative tendencies, especially concerning one's problems
Selfishness	preoccupation with one's own problems
Speaking	self-absorption; talking about one's problems, drawing excessive attention to oneself when speaking

Hibiscus

Flower Essence Repertory - Arranged by Essence

Abuse	inability to feel sexual warmth or vitality, often due to prior abusive or exploitative relationships
Aging	to maintain sexual warmth and responsiveness during aging process
Body	integration of libido and sexuality with soul warmth
Desire	repression of sexual desire; to stimulate sexual warmth and responsiveness
Devitalization	loss of sexual responsiveness; inability to experience sexuality as an expression of soul warmth
Dryness	warm, moist soul forces in sexual expression
Feminine Consciousness	warmth and responsiveness in sexuality; integration of sexuality with heart feelings
Groundedness	experiencing sexuality as a positive expression of the body
Instinctual Self	allowing the vital power of sexuality to be integrated in one's life
Intimacy	fuller intimacy and soulfulness in sexual relationships, physical warmth
Lower Self	integration of soul warmth and sexual passion
Menopause	reduced sexual response; physical or emotional dryness, lack of warmth or sensation in sexual experience; to redefine sexuality in a new context not related to procreation
Rejuvenation	rejuvenation when sexuality is depleted; to bring warmth and vitality in sexual response
Repression	inhibition of sexuality, especially difficulty integrating soul warmth with sexual function
Sexuality	responsiveness in male and female sexuality, especially integration of soul warmth with physical passion; ability to experience love and warmth in sexual relationship with partner
Vitality	sexual vitality and responsiveness
Warmth	integration of soul warmth and physical warmth in sexual expression

Abandonment	feeling unloved and rejected by others; using hostility toward others to mask feelings of emotional abandonment; feeling of isolation or alienation which stifles the heart
Acceptance	to develop compassion and understanding, especially when there is a tendency to be hostile or jealous
Adolescence	pent-up emotions expressed negatively in family and school; feelings of jealousy, envy, rivalry at home and school
Ageing	opening the heart, letting go of hostility; making peace in all relationships which need healing, so that the soul may depart with a sense of completion
Anger	anger when love is thwarted or denied
Animals and Animal Care	jealous pets, especially when jealousy involves another pet vying for the attention of the caretaker
Appreciation	ability to feel joy and happiness for others
Brokenheartedness	opening the heart to true love and acceptance; compassion
Catharsis	release of hostility or anger; often used when not sure of underlying issues
Children	sibling rivalry and jealousy; feeling that there is not enough love to go around
Cleansing	releasing negative emotions such as jealousy, envy, hostility
Community Life and Group Experience	jealousy and envy toward others; developing compassionate acceptance and joy for others
Compassion	recognizing the suffering and needs of others; compassionate presence
Competitiveness	competitiveness as a form of insecurity; working against others; rivalry or envy
Conflict	jealousy or envy of others, not feeling loved
Cooperation	ability to feel loving; inclusion of others
Cynicism	cynical hatred or mistrust of others
Death and Dying	bringing calm and acceptance to the heart, forgiving others, making peace with worldly relationships before death

Holly

Flower Essence Repertory - Arranged by Essence

Destructiveness	strong negative emotions for others; hatred, jealousy or rivalry
Dislike	jealousy, hostility toward others, often out of a feeling of being unloved, or not included in love
Egotism	envy and jealousy toward others due to emotional insecurity; wanting to feel important due to an inner sense of being unloved
Envy	envying the good fortunes of others; jealousy over what others have; feeling left out, unloved
Fear	fear that others will receive more love and attention
Forgiveness	seeing others as part of the human family; ability to drop feelings of separateness
Grace	ability to extend grace and forgiveness to others
Hate	hostility toward others out of a feeling of jealousy; sibling rivalry or other forms of negative competition
Heart	vexations of the heart: jealousy, envy, hatred; feeling lack of love; opening the heart to the universal abundance of love
Hostility	hostility due to feelings of separation or rivalry; actively expressing hostility to others
Inner Child	crippling of the heart's capacity to love unconditionally due to childhood experiences of emotional abuse, conditional love or sibling rivalry
Joy	ability to feel happiness for others, taking joy in others' accomplishments
Love	universal Christ-like love; compassionate understanding of others
Morality	developing compassion and understanding for others; overcoming jealousy and hatred
Negativity	inability to open heart to love for others
Paranoia	tendency to see others as unloving or unaccepting
Personal Relationships	letting go of jealousy and envy in relationships
Prejudice	generally indicated for prejudice of any kind; opening heart to true human compassion; feeling connected to others in human family, inclusive rather than exclusive behavior

Holly

Flower Essence Repertory - Arranged by Essence

Rejection	belief that there is not enough love; feeling unloved, jealous or envious of others who appear to have more
Resentment	resentment due to misperceived favoritism; jealousy and envy
Selfishness	inability to feel love or admiration for others
Sharing	opening heart to receive and give love
Soulfulness	ability to feel one's soul connection with others; soul communion

Honeysuckle

Flower Essence Repertory - Arranged by Essence

Aging	tendency to dwell in the past, excessive nostalgia
Avoidance	escaping the present by dwelling in more pleasant feelings of the past
Brokenheartedness	dwelling on past relationships; living in the past, inability to cope with present reality
Concentration and Focus	being in the present time, rather than dwelling in the past
Daydreaming	escape from the present with thoughts of the past; reliving old memories
Envy	feeling those of a past time had it better; nostalgia
Escapism	preferring to dwell in memory of better times, rather than face the pain and challenge of the present
Grief	letting go of the past, coming into the here-and-now so that life can go on after death or loss
Home and Lifestyle	home filled with nostalgic items or memorabilia to an extreme degree, so that soul is not living in present time
Loneliness	loneliness expressed as nostalgia for the past; living in the "good old days" instead of connecting with others in present time
Mid-Life Crisis	extreme feelings of nostalgia, reliving past experiences, excessive longing for old relationships; believing the past is better than present circumstances
Nostalgia	dwelling in past thoughts and memories which are romanticized as "better times"
Prejudice	inability to accept current social reality; belief that there were better times in the past; wanting to return to an old way of living based on racial, sexual or other social stereotypes
Rejection	dealing with rejection by dwelling in past when times were better, unable to face pain of actual circumstances
Release	releasing nostalgia for the past; coming into present time
Resistance	resistance to being in the present by nostalgia for the past
Time Relationship	dwelling on nostalgic memories of "good old times" as a way of sedating the soul; inability to accept present reality

Hornbeam

Flower Essence Repertory - Arranged by Essence

Action	overcoming resistance to daily responsibilities
Challenge	energy and enthusiasm to meet the challenges of everyday life; involvement in daily work
Cheerfulness	tendency to approach life as a dull routine; need for more cheerful involvement in life's tasks
Depression and Despair	depression when facing the tasks of daily life, such as work
Devitalization	weariness due to lack of interest in work or other daily tasks
Dreams and Sleep	desire to sleep as avoidance of daily tasks and responsibilities
Dullness	experiencing life's tasks as a dull duty
Dutifulness	lack of energy for work, seeing life's tasks as joyless burdens and duties
Energetic Patterns	listless energy, appearing tired for no apparent reason
Exhaustion and Fatigue	feeling too tired to face the tasks of the day, largely due to inner resistance
Involvement	greater involvement in the tasks of life, especially when tired for no apparent reason
Joy	approaching life as a dull routine; to develop joyful involvement in life's tasks
Manifestation	procrastination; feeling that one is too tired to start or continue a project
Overwhelm	intimidated by the tasks of everyday life; feeling a lack of energy to go on
Procrastination	feeling lack of energy due to emotional resistance to one's work
Resistance	inner resistance to facing the daily responsibilities of life, expressed as fatigue and lack of involvement
Seriousness	approaching life as a dull routine; lack of joy
Sluggishness	mental resistance to work or daily affairs
Time Relationship	aversion to present time and tasks, causing depletion of energy
Work and Career Goals	Monday morning blues; often feeling tired when at work; to identify and tap an authentic source of energy and commitment to work

Hound's Tongue Flower Essence Repertory - Arranged by Essence

Body	overweight accompanied by overly materialistic attitude toward life; heavy or dull bodily awareness, need for levity
Creativity	combining thinking and imagination, reason and reverence; creativity which employs both the right and left hemispheres of the brain
Cynicism	cynicism due to inability to contact spiritual realms or activate higher thought
Denial	denial of spiritual beings or processes, resulting in intellectual materialism
Dullness	dullness of thought life through pre-occupation with material awareness; need for more levity
Earth Healing and Nature Awareness	inability to bring spiritual perception to the natural world; tendency to see Nature as an object, or conglomeration of physical forces
Eating Disorders	overweight when due to overly materialistic attitude toward life; need for more levity, upliftment; need to spiritualize relationship to matter
Insight	realizing the higher meaning of intellectual ideas or material phenomena
Inspiration	transforming sense-bound ideas to higher imagination; tendency to materialism or earth-bound thinking
Intellectualism	sense-bound or materialistic ideas; to develop higher imagination and perception
Lightness	feeling too weighed down, or earth-bound; overly materialistic viewpoint
Masculine Consciousness	developing one's inner, imaginative capacities, especially when preoccupied with work, news, computers, spectator sports; developing the soul's capacity for imagination and wonder
Materialism and Money	seeing the world in materialistic or merely physical ways, dulled and deadened in inner life by an over-worldly viewpoint
Meditation	tendency to overly materialistic or sense-bound consciousness, preventing meditative experience
Mental Clarity	raising sense-bound thinking into higher spiritual understanding
Perspective	transforming overly materialistic perspective; ability to contemplate matters in spiritual terms

Hound's Tongue Flower Essence Repertory - Arranged by Essence

Study	to spiritualize thinking; overly analytical, materialistic thinking which is devoid of imagination, wonder and reverence for life
Thinking	receptivity to spiritual thought; interpreting sense-impressions in the light of spiritual reality; to awaken dull and overly materialistic thinking
Transcendence	spiritualizing overly materialistic thinking
Wisdom	spiritualizing the thinking process; ability to see the deeper essence within material reality

Impatiens

Flower Essence Repertory - Arranged by Essence

Abuse	anger and intolerance toward others which is easily aroused, sometimes leading to violence or abuse
Acceptance	allowing others to have their own pace; accepting the unfolding of life events
Aggressiveness	tendency toward impatience and bossiness
Anger	quick to anger
Animals and Animal Care	for nervous, "high-strung," impulsive animals
Children	to help overly hasty, impulsive or restless children, who can become easily frustrated
Community Life and Group Experience	too impatient for group involvement, often becoming a loner because of intolerance for others and for slow process of group work
Competitiveness	tendency to take over for others, especially when feeling they are too slow
Destructiveness	over-impulsive behavior; quick to anger, can throw or break things on impulse
Earth Healing and Nature Awareness	inability to slow down, to sense the natural time cycles and seasonal expressions of Nature; being too busy to relate to Earth as a living being
Eating Disorders	tendency to eat too fast, not chewing, savoring or enjoying food
Erratic Behavior	overly impulsive or impatient behavior
Exhaustion and Fatigue	impatient or overly tense attitude toward life, leading to exhaustion
Frustration	frustration with the slowness of others and of life
Healers	inability to be receptive to client's true needs; tendency to over-schedule clients, to be rushed or impatient with difficult clients
Healing Process	unwilling to accept the slow process of healing journey, wanting to move too quickly without absorbing the inner experience of healing
Heart	frenetic, over-impulsive, or fast-paced lifestyle which places extreme stress on the heart
Home and Lifestyle	performing household tasks quickly or irritably, without real interest or participation of the soul
Impatience	expecting others to go faster, impatience with the seemingly slow pace of life

Impatiens

Flower Essence Repertory - Arranged by Essence

Irritability	irritability directed at others, especially when they are too slow or methodical; general remedy for many forms of irritation or inflammation
Joy	taking time to experience the joy of life; to experience life at an enjoyable pace
Learning Difficulties	difficulty paying attention; nervousness, restlessness, inability to focus; hyperactivity
Listening	tendency to interrupt; impatience with others when they speak
Manifestation	to consider the long view; becoming frustrated and impatient if change is not immediate
Masculine Consciousness	always being in a hurry, inability to be present with others; excessive fiery forces which create tension and irritability
Meditation	resistance to taking the time to cultivate the inner life; feeling too hurried to meditate
Moderation	moderation of overly impulsive actions
Mother and Mothering	does things for the child, rather than allowing child to learn or experience; wants things done quickly
Perfectionism	wanting everything to proceed rapidly, easily irritated or upset by blundering of others
Resistance	not accepting the seemingly slow pace of life or of others; irritation, annoyance at circumstances; not able to flow with life events
Restlessness	restlessness due to impatient, quick temperament
Stress	impatience, frustration, irritation; trying to go too fast
Tension	mental tension and impatience
Thinking	finishing others' thoughts for them; to modulate and harmonize impatient and overhasty thinking
Time Relationship	always wanting things to go faster; irritable and impatient, feeling there is never enough time; inability to be in the present time
Tolerance	accepting the different (slower) rhythms and pace of others
Work and Career Goals	feeling impatient when working with others, preferring to work alone in order to get goals accomplished quickly

Indian Paintbrush

Flower Essence Repertory - Arranged by Essence

Body	ability to use vital forces to energize one's creative and artistic expression
Breakthrough	ability to rouse vital forces for creative work
Catalyst	bringing forces of vitality to the creative process; expressing creative inspiration
Creativity	bringing vitality to creative expression, especially from earthly forces; replenishing the life forces which flow into the creative will
Devitalization	depletion of vital forces from creative expression; dry, overly abstract expression
Dryness	lacking vitality or earthiness in creative expression
Energetic Patterns	blocked creative expression; feeling dull and inexpressive in creative endeavors; having inspiration, but lacking vital, earthy forces
Exhaustion and Fatigue	blockage of vitality in creativity; fatigue and lackluster performance
Frustration	difficulty bringing vitality to creative expression
Groundedness	igniting forces of physical vitality for higher, creative work
Inspiration	to ground inspired or creative activity, especially when the body is overtaxed
Manifestation	lacking vitality to be creative; to develop forces of will to sustain inspired projects and ideas
Rejuvenation	to revive creative expression, especially earthy vitality
Spiritual Emergency or Opening	polarizing spiritual energy currents in the body between Heaven and Earth, especially while doing highly creative work
Vitality	stimulating vitality in creativity; when creative forces are not properly integrated with life forces
Will	bringing greater metabolic forces of will into creative process; earthy vitality

Indian Pink

Flower Essence Repertory - Arranged by Essence

Action	attraction to lifestyle with too much activity; ability to center oneself
Calm	remaining calm and centered in the midst of intense activity
Centeredness	keeping a still center in the midst of intense activity or pressure
City Life	keeping still in the midst of intense activity; centeredness
Concentration and Focus	holding focus when surrounded by intense activity
Disorientation	disorientation when surrounded by intense activity
Emergency	keeping centered amidst intense activity; leadership in crisis
Environment	calm and clarity in the midst of intense outer activity
Erratic Behavior	inability to remain centered; overly nervous response to intense activity
Home and Lifestyle	scattered or disheveled quality in living environment; quick pace of life or whirl of activities that prevent one from feeling centered or calm in one's home
Irritability	feeling upset by frenetic activity around oneself, need for centering
Mother and Mothering	handling simultaneous demands from children and household responsibilities; intense activity which robs one of feeling centered or truly present
Nervousness	maintaining centered attitude amidst confusion
Overwhelm	overwhelmed by the intensity of surrounding activity; need to get centered
Quiet	inner stillness despite intense activity
Scatteredness	taking on many activities at once; frazzled or frenetic energy; need center oneself
Strength	maintaining one's inner center of gravity despite intense activity and demands on oneself
Stress	remaining calm and centered in the midst of intense activity
Time Relationship	feeling overwhelmed by present moment, inability to center or breathe properly due to intensity of life

Iris

Flower Essence Repertory - Arranged by Essence

Action	when creative forces are stagnant; inability to fully express the soul's feeling for beauty
Body	sense of weight or pressure in the neck, unable to experience or receive inspired thoughts
Breakthrough	to overcome creative blocks when lacking inspiration
Children	building and sustaining artistic and soulful sensitivities in child's development; helpful for children whose creativity has been suppressed by parents, school or society
Creativity	creative inspiration, especially from higher realms; artistic expression, transcending feelings of limitation regarding creativity
Dryness	lack of flowing creative expression; developing higher inspiration
Dullness	lack of creativity or imaginative perspective
Earth Healing and Nature Awareness	relating to the natural world as source of joy and inspiration; to see the "iridescence" of Nature, to be sensitive to natural beauty
Eating Disorders	craving for sweets and general hypoglycemic tendencies, especially as a way to deny or repress true creative needs of the soul; using food to feel high or elevated, rather than using forces of inspiration
Environment	ability to bring beauty, artistry, and a sense of soul warmth to home, workplace, and community
Feminine Consciousness	attunement to feminine muses; inspiration; ability to create a chalice or container for soul creativity
Freedom	transcending a sense of limitation or weight; winged creativity
Frustration	frustration in creative expression due to lack of inspiration; feeling limited or "dried up"
Home and Lifestyle	dull, drab or ugly living environment; inattention to color and form, lack of creativity or soul interest in home and environment; excessive use of television or other forms of escapism which stifle creative activity in home and lifestyle
Immobility	feeling weighed down; to develop winged aspects of the soul life, to mobilize artistic and creative impulses
Inadequacy	feeling uncreative; feeling that one is inartistic

Iris

Flower Essence Repertory - Arranged by Essence

Inner Child	contacting creative soul forces, especially artistic impulses which may have been suppressed in childhood
Inspiration	to spark inspired thinking and creative activity; general remedy for inspirational forces
Learning Difficulties	lacking in creative insight or interest, inability to engage imaginative or inspirational forces; engagement of Higher Mind in mental pursuits
Lightness	ability to catalyze inspired thought, creative activity
Manifestation	bringing thoughts from higher realms into creative expression
Materialism and Money	restoring a sense of soul beauty and artistry, for those who calculate and value only what is utilitarian, efficient, or income-producing
Menopause	enabling the soul to become more creative, transfer of creative forces from womb to higher chakras
Mid-Life Crisis	feeling weighed down by the ordinariness or dullness of the world, inability to see one's Self or potential with fresh creative vision; lack of artistic or soulful activity
Mother and Mothering	home and mothering role feels dull or dowdy; for channeling inspired forces of creativity into mothering and homemaking role
Rejuvenation	re-awakening of artistic abilities, especially higher inspiration
Self-Actualization	catalyzing soulful, more artistic aspects of the Self
Self-Expression	soul-imbued forces; artistic impulses in speaking, poetry and drama
Soulfulness	creating a chalice or inner vessel for receiving higher inspiration; active expression of the soul life through creativity
Spiritual Emergency or Opening	bringing more soulful aspects to spiritual identity; integration of artistic expression with spiritual process
Spontaneity	artistic creativity; inspired approach to the commonplace in life
Study	bringing artistic and soulful impulses into study; integration of creativity with learning and study
Tension	tension especially in the neck region; unable to feel inner freedom of the soul

Iris

Flower Essence Repertory - Arranged by Essence

Transcendence

rising above the mundane routine to heightened levels of creativity

Work and Career Goals

feeling bored with work or career, to develop more creative forces; work experienced as dull and lackluster without creative interest

Lady's Slipper

Flower Essence Repertory - Arranged by Essence

Alienation	separation from one's own inner authority and destiny, self-doubt accompanied by nervous depletion and sexual exhaustion
Authority	estrangement from one's inner authority, inability to integrate higher spiritual purpose with real life and work on Earth; imbalances between the crown and root chakras
Community Life and Group Experience	holds back from giving help or sharing talents with others; inability to contact true power and capability
Community Life and Group Experience	for the traveler or wanderer; inability to establish roots in community, or to commit oneself to larger community needs
Conflict	plagued by self-doubt, especially when feeling a higher destiny and calling which one is not able to integrate in daily life
Desire	lack of sexual desire due to nervous exhaustion and depletion
Energetic Patterns	nervous exhaustion and sexual depletion, integration of root and crown chakras
Exhaustion and Fatigue	nervous exhaustion often accompanied by sexual depletion, lack of integration between crown and root chakras
Feminine Consciousness	nervous depletion which interferes with sexual vitality
Groundedness	strong spiritual forces which are not fully grounded and integrated; lacking in focus and clear connection with one's destiny
Leadership	blocked leadership potential, thwarted destiny, often accompanied by nervous exhaustion and self-doubt
Life Direction	to integrate spiritual purpose with daily work, ground and focus spiritual destiny
Manifestation	feeling estranged from true talents and capabilities; inability to integrate higher spiritual purpose with daily work
Nervousness	prone to nervous idiosyncrasies, inability to focus and harness spiritual forces and express them in one's body and work
Power	integration of spiritual power into root chakra; spiritualized sexuality and grounded spirituality

Lady's Slipper

Flower Essence Repertory - Arranged by Essence

Restlessness	restlessness when accompanied by nervous exhaustion and sexual depletion
Self-Actualization	acceptance of one's inner spiritual authority and life destiny, ability to integrate and ground spirituality
Sexuality	depletion of sexual forces often accompanied by nervous exhaustion; energy imbalance between crown and lower chakras
Spiritual Emergency or Opening	integration of inner spiritual authority with real life tasks, harmonization of crown and root chakras
Vitality	nervous exhaustion and sexual depletion
Work and Career Goals	depletion and exhaustion due to inability of soul to contact true life purpose; work which does not reflect real destiny

Larch

Flower Essence Repertory - Arranged by Essence

Adolescence	positive integration of creative forces with sexual forces; associated with voice change in boys; overall confidence
Anxiety	fear of failure, paralyzed by anxiety
Blame	self-blame when making errors, often leading to inability to take risks
Calm	confidence in one's creative ability; for those who are fearful of making a mistake
Children	self-confidence in creative expression and speech; overcoming the fear of ridicule by others; free-flowing spontaneity
Communication	blocked expression due to lack of self-confidence
Confidence	confidence in self-expression or public performance, especially with tendency to doubt abilities
Courage	confidence in one's creativity; overcoming doubt of one's abilities
Creativity	allowing spontaneous creative expression for those who stifle themselves
Discouragement	giving up after failure; lacking inner confidence to try again
Doubt	uncertainty about one's creative expression or ability to perform in front of others
Failure	fear and anticipation of failure due to poor self-image; often giving up even before trying
Father and Fathering	difficulty conveying confidence or authority in father role; doubting own capacities
Fear	fearful anticipation of others' judgment of what one says or does; fear of failure; lack of confidence in one's own ability
Hesitation	uncertainty, lacking in confidence
Immobility	paralysis due to fear of failure; inability to take risks
Inadequacy	self-censorship; fear of failure or being judged as inadequate
Indecision	indecision due to lack of self-confidence
Inner Child	low self-esteem; expectation of failure which results in self-censoring; suppression of childlike spontaneity
Life Direction	confidence to follow one's creative inspiration and life destiny, especially when plagued by self-doubt

Larch

Flower Essence Repertory - Arranged by Essence

Manifestation	greater self-confidence; for those who impose limits on their creative expression rather than break through barriers
Masculine Consciousness	developing true self-confidence despite shyness and low self-esteem; for blockages to self-expression that may manifest as throat afflictions, also for adolescent boys during voice change
Motivation	stronger confidence to carry out one's creative inspiration and intention
Perfectionism	so sure of failure that an effort to try is often curtailed; paralysis due to impossibility of achieving perfection; fear of mistakes
Perseverance	continuing even after mistakes; seeing mistakes as learning lessons
Pessimism	expectation of failure; lack of belief in one's own talents and capacities
Pride	pride and confidence in one's creativity, especially when doubting one's abilities
Procrastination	putting off action out of fear of failure or lack of self-confidence
Rejection	so afraid of failure that creativity is stunted or curtailed; self-censoring; expecting rejection or failure
Repression	blockage of creative expression
Self-Acceptance	confidence in one's inner strength and abilities
Self-Effacement	lack of belief in one's talents or capabilities; lack of confidence; holding back, hesitation due to expectation of failure
Self-Esteem	confidence in one's expressive and creative abilities
Self-Expression	confidence in expression; when there is a tendency to doubt one's abilities
Sexuality	generally indicated for men; feeling that one is inadequate, or cannot measure up to expectations of sexual performance; impotence; to balance creative and procreative forces
Shame	fear of making a mistake, feeling exposed to the ridicule of others; paralyzed by fear of being shamed, self-censoring
Shyness	confidence in one's inner strength and abilities; suppression due to fear of making mistakes

Larch

Flower Essence Repertory - Arranged by Essence

Speaking

confidence in self-expression, especially for low self-esteem

Spontaneity

flowing creative expression; not censoring oneself

Work and Career Goals

poor job performance or lack of promotion despite real abilities; lack of confidence or expectation of failure

Aggressiveness	positive leadership; balancing a tendency toward self-aggrandizement
Altruism	joyful leadership for the good of all
Ambition	self-aggrandizement in leadership roles
Cheerfulness	cheerfulness in leadership, especially when overly dutiful or grim
Community Life and Group Experience	positive leadership and charisma, not feeling burdened or overdutiful
Dutifulness	experiencing leadership as a burdensome duty
Egotism	exaggerated sense of self-importance in leaders
Enthusiasm	charismatic, joyful leadership, especially when there is a tendency toward grim dutifulness
Idealism	positive idealism, altruistic leadership
Influence	influencing others through balanced leadership; positive charisma
Joy	providing leadership with joy, charisma
Leadership	inspiring others by example and through social service; positive charisma
Lightness	joy in leadership; altruistic idealism
Martyrdom	excessive dutifulness, lack of joy; experiencing leadership as a burdensome responsibility
Masculine Consciousness	positive leadership traits; charismatic enthusiasm which is able to engage and inspire others
Materialism and Money	awakening feelings of altruism and balanced leadership; for those who may use leadership skills only for business or profit
Power	exercising the power of leadership through charisma; providing an inspirational example
Responsibility	balanced leadership in the world; counteracts tendency to be either over-dutiful and grim, or "puffed up" with self-importance
Self-Aggrandizement	leadership with selfish motivations; lack of altruism
Service	positive, balanced leadership; joyous service

Larkspur

Flower Essence Repertory - Arranged by Essence

**Work and Career
Goals**

exercising leadership skills in work; joyful service

Lavender

Flower Essence Repertory - Arranged by Essence

Addiction	sedating nerves frayed from drug use, especially stimulants
Aging	calming and soothing when agitated; difficulty in sleeping
Calm	soothing frayed, overstimulated nerves
Dreams and Sleep	nervous disposition, causing difficulty sleeping or sleep which is not restful
Emergency	restoring calm after nervous burnout
Energetic Patterns	keyed-up energy, as though one is in a tight ball; extreme nervous tension, difficulty relaxing
Exhaustion and Fatigue	nervous tension leading to depletion and exhaustion
Harmony	to bring emotional calming; to soothe after overly intense spiritual activity
Healing Process	nervous tension; allows full relaxation in order to receive benefits of healing work
Immune Disturbances	hypersensitivity leading to nervous exhaustion and related stress to immune system
Insomnia	overwrought nerves, especially from extreme spiritual or mental pursuits
Irritability	overstimulation of nerves leading to irritability and hypersensitivity
Massage	relaxing to head, neck, and shoulders; releasing blocked spiritual energy
Meditation	overstriving in meditative work, often leading to nervous exhaustion; nervous conditions resulting from unbalanced meditative life
Menopause	frayed nerves or insomnia, excessive or erratic energetic patterns associated with menopause, needing calming
Moderation	overstimulated; to moderate excessive or extreme spiritual or meditative practices which deplete the nerves
Nervousness	oversensitivity to spiritual and mental activity; tendency to be high-strung; frayed nerves
Overwhelm	overloaded by the influx of too much spiritual energy; nervous overwhelm
Perfectionism	high standards and intense spirituality which lead to oversensitivity and nervous affliction
Pregnancy	nervous stress and oversensitivity

Lavender

Flower Essence Repertory - Arranged by Essence

Protection	soothing when exposed to too much nervous stimulation
Psychosomatic Illness	tendency to headaches and nervous problems due to overstimulation of spiritual forces
Relaxation	calming overstimulated nerves; helping to ground one's energy
Restlessness	highly nervous and sensitive, tendency toward insomnia; high-strung
Sensitivity	oversensitivity to spiritual energy; high-strung
Shock	shock to the nerves from too many spiritual forces coming through the body
Soothing	bringing inner peace, calming nervousness
Spiritual Emergency or Opening	harsh or overly strenuous spiritual practices leading to nervous overload
Stress	nervous overwhelm; soothing and calming
Study	nerves which are depleted from too much study
Tension	high-strung; nervous tension
Time Relationship	experiencing present moment too intensely, needing to relax and ground

Lotus

Flower Essence Repertory - Arranged by Essence

Balance	balanced spirituality; to bring right relationship between crown chakra and other energy centers
Egotism	seeing oneself as spiritually advanced; spiritual pride
False Persona	spiritual egotism; resistance to seeing "lower" or shadow aspects of one's character
Grace	spiritual harmony, feeling of wholeness
Harmony	harmonizing and enhancing meditative experience; integrating spiritual identity with the personality
Lower Self	spiritual pride which disowns lower energy centers
Meditation	enhancing spiritual awareness; deepening meditative experience
Perfectionism	viewing oneself as spiritually advanced; difficulty in recognizing the pitfall of spiritual pride
Pride	spiritual pride, ungrounded spirituality; crown chakra overdeveloped in relationship to other energy centers
Receptivity	openness to higher spiritual awareness
Self- Aggrandizement	exaggerated sense of one's spirituality; inflated belief that one is especially spiritually evolved
Self-Esteem	ability to feel Self as an expression of spirituality; contact with Higher Self; for spiritual pride if spirituality is unbalanced
Spiritual Emergency or Opening	enhancing and opening spiritual consciousness; balancing overdeveloped spirituality which is not integrated with other aspects of Self
Synthesis	integration of all soul forces into a harmonious spirituality
Toner	general spiritual enhancer for many combinations
Wisdom	spiritual wisdom from opening of the crown chakra; balancing spiritual knowledge with feeling from the heart

Love-Lies-Bleeding

Flower Essence Repertory - Arranged by Essence

Acceptance	acceptance of profound pain or suffering; ability of the soul to follow the path of suffering to spiritual transformation or self-sacrifice
Animals and Animal Care	wounded or deeply suffering animal which may not live
Attachment	over-personalization of one's pain or suffering; to develop a more transpersonal level of understanding
Awareness	extending awareness of one's suffering; seeing one's personal experience within a larger human and cosmic context
Body	intense physical suffering through wounding or disease; finding inner meaning and acceptance of intense pain; to stimulate the immune system
Brokenheartedness	physical or emotional pain which stretches the boundaries of the heart; ability to learn compassion through personal suffering
Catharsis	intense pain or suffering which impels the soul toward transcendence and spiritual insight
Challenge	ability to endure suffering or pain, especially to discover deeper meaning in the experience
Community Life and Group Experience	personal suffering or pain which drives soul inward; finding a bridge from personal experience to shared human experience; ability to receive therapeutic support through group work
Compassion	moving beyond personal experience to more universal compassion; especially when pain or suffering is involved
Death and Dying	profound pain or suffering which moves one beyond the limits of self-identity; soul and spiritual transcendence
Depression and Despair	pain and suffering which drives soul too deeply inward; to experience one's pain within a larger human context
Emergency	wounded, bleeding or dying; extreme pain which pushes soul beyond its limits
Escapism	using one's handicap or suffering as a crutch or excuse; finding social connection or shared human experience
Feminine Consciousness	unusual or heavy bleeding during menses, especially when accompanied by intense physical suffering or mental anguish

Love-Lies-Bleeding

Flower Essence Repertory - Arranged by Essence

Grief	profound feelings of melancholia and anguish, especially when the soul suffers privately and is cut off from others
Healing Process	finding meaning in one's suffering; to move beyond personal to transpersonal level of understanding about one's pain; to stimulate the immune system
Heart	to allow and to understand intense and deep feelings of suffering, leading the heart to greater compassion and understanding
Immune Disturbances	to increase immune response by finding meaning in one's illness or disease; to shift from victim to participant in healing process
Loneliness	pain and suffering which tends to isolate; to share and to learn from one's pain and suffering
Love	to come to a greater understanding of love and compassion through suffering and sacrifice
Martyrdom	tendency to internalize suffering and pain; to move beyond the weight of personal suffering to transpersonal understanding
Non-Attachment	intense attachment to one's personal pain and suffering, thus excluding involvement of others; to move to a higher level of understanding about one's suffering
Release	to understand and release intense pain and suffering which may be overly personalized; transcendence
Self-Concern	intense physical suffering or other psychic pain which overwhelms the consciousness and isolates the soul from involvement with others
Sensitivity	tendency toward melancholia or intense personal suffering due to extreme sensitivity; to enable the soul to expand its sensitivity to compassionate awareness of others
Spiritual Emergency or Opening	seeing larger spiritual purpose or meaning when suffering intense physical pain or mental anguish
Surrender	ability to accept and endure physical or emotional pain; to find meaning and purpose in one's suffering
Transcendence	profound pain and suffering which moves soul beyond its personal limits; transpersonal awareness
Vulnerability	easily wounded, or suffering greatly; to find meaning in one's suffering within a larger human context

Aging	inability to concentrate or focus on details
Attention	to focus attention and concentration
Awareness	mental clarity and concentration
Clarity	focus and clarity of thought; overcoming distractions
Concentration and Focus	attention to detail, focus on a single aspect; overcoming tendency to be distracted
Daydreaming	tendency to distraction; lack of concentration
Decisiveness	clarity of purpose; ability to focus intentions
Detail	focusing attention to detail, especially when there is a tendency to become distracted or sidetracked
Disorientation	inability to focus thoughts, becoming distracted or scattered
Environment	scattered and confused environment; inability to organize or focus
Home and Lifestyle	inability to complete simple household tasks, easily distracted; chaotic living quarters due to inability to focus attention
Learning Difficulties	short attention span, flits from one activity to another
Manifestation	staying focused on a goal, especially for those who tend to get sidetracked or lose interest
Mental Clarity	focus and concentration
Quiet	inner silence and concentration; letting go of scattered thoughts and inner chatter; focus
Scatteredness	inability to focus on one thing, tendency to be distracted by inessentials
Speaking	scattered, unfocused talking
Study	developing concentration and focus; overcoming distractions
Time Relationship	inability to focus on present moment's tasks; getting easily sidetracked, dispersing energy

Mallow

Flower Essence Repertory - Arranged by Essence

Abandonment	difficulty making social contact with others, leading to feelings of abandonment
Adolescence	feelings of social insecurity and group pressures; trouble making and keeping friends
Aloofness	opening to others, overcoming self-created barriers to friendship or lack of social warmth
Awkwardness	discomfort in social situations, fear of reaching out to others
Barriers	creating barriers to friendships with others; increasing warmth and trust in social contacts
Children	to develop social impulses, warmth and sharing
Community Life and Group Experience	ability to develop friendships, to bring soul warmth to group settings; to form bonds rather than barriers in relationships
Compassion	ability to feel warm and caring with others; ability to form social bonds
Healers	conveying qualities of personal warmth and nurturing in healing practice
Insecurity	social insecurities that hinder ability to make friends; developing social trust
Intimacy	greater social warmth, ability to sustain soulful relationships with others, especially friendship
Involvement	involvement with others, developing warmth in friendship
Loneliness	overcoming social barriers; developing trust and warmth
Personal Relationships	ease in developing friendships; warmth and trust; overcoming rejection complex and other social barriers
Receptivity	receiving the warmth and love of others
Rejection	difficulty in initiating and sustaining friendships, inability to generate soul warmth
Self-Esteem	confidence in social situations
Sharing	developing friendship and social warmth
Shyness	social insecurity; tendency to create barriers to friendships due to lack of trust
Trust	learning to trust as the basis of friendship; difficulty making friends due to lack of trust

Mallow

Flower Essence Repertory - Arranged by Essence

Warmth

creating warmth in contact with others; fostering
friendship

Adolescence	dis-identification with the body; obsessive dieting; anorexia nervosa or bulimia
Alienation	aversion to the physical body and physical world
Ambivalence	aversion to the physical body and physical world; ambivalence about being incarnated in a body
Appreciation	knowing the value of the physical body and world; deep appreciation for the body as the "temple of the spirit"
Awareness	embodiment, awareness of the physical body and world
Awkwardness	alienation from the physical body and physical world; not feeling at home in the body
Body	appreciation of the body as the "Temple of the Spirit;" tendency to bodily abuse or denial (e.g. anorexia nervosa or bulimia)
Children	to help the young child to incarnate, to come more fully into the body, especially with disturbed birth or birth trauma
Desire	denial of physical desire due to estrangement from physical body and physical world
Destructiveness	lack of connection or respect for physical body, resulting in self-destructive behavior
Dislike	aversion to the physical body; viewing the body as "unspiritual"
Earth Healing and Nature Awareness	estrangement from the earthly world and from the physical body; to help the soul develop reverence and respect for physical experience
Eating Disorders	inability to love physical body; tendency to starve or abuse the body as in anorexia nervosa and bulimia
Groundedness	feeling at home in the physical body and earthly world; feeling the body as a source of emotional nourishment
Healing Process	difficulty integrating bodily component into healing work, favoring mental or cognitive approach
Instinctual Self	aversion to the physical body; ignoring and rejecting basic survival instincts such as hunger and need for sleep
Massage	embodiment; greater awareness brought to the massage and the part of the body being massaged; good for both the practitioner and the massage client
Mid-Life Crisis	reclaiming connection with body, especially if body is overweight or devitalized

Manzanita

Flower Essence Repertory - Arranged by Essence

Perfectionism	feeling disgusted by one's physical body; seeing perfection only in what is spiritual
Pregnancy	acceptance of physical body during pregnancy, offsetting feeling of ugliness or awkwardness in the body; experiencing the body as the spiritual temple of the incarnating soul
Resistance	difficulty being in the body; resistance to healing processes because of deep aversion to physical incarnation
Sexuality	accepting the body, feeling good about one's physical nature

Abandonment	feeling abandoned due to lack of bonding with one's mother; promotes connection with divine feminine principal; ability to nurture and feel nurtured
Abuse	abuse and abandonment from mother, leading to childhood trauma and emotional wounding
Adolescence	stormy periods with mother or other female figures; too-early onset of puberty in girls or boys, hardening of childhood forces
Alienation	estrangement from one's mother or from the feminine; feeling unloved and unwanted
Animals and Animal Care	assisting mother-infant bonding, especially if the animal is being introduced to a surrogate mother; also good for young animals in a new home
Children	lack of parental bonding, especially with the mother; nurturing and bonding; instills warmth and positive childhood forces; abuse, abandonment, divorce, birth trauma
Co-Dependence	feeling of abandonment and insecurity from childhood which distorts current relationships
Compassion	nurturing with warmth; mothering
Death and Dying	resolving conflicts with one's mother or other female figures; attunement with the Divine Feminine as a loving force
Eating Disorders	lack of feeling nurtured as a child, overeating or denying food as a result; using food as an emotional crutch or "mother" substitute
Feminine Consciousness	receptivity to human love, maternal nurturing; ability to mother and be mothered
Forgiveness	making peace with one's childhood, especially with one's mother
Healers	imparting feminine forces of nurturing and care; positive mother archetype
Healing Process	contacting core feelings from childhood; providing a mantle of protection when doing difficult work with childhood or mother issues
Heart	feeling the warmth and nurturing quality of one's heart; mothering as a heart force
Home and Lifestyle	to bring maternal warmth and nurturing presence to home

Inner Child	healing core relationship with one's mother, finding spiritual archetype of mother and mothering despite personal trauma or affliction
Intimacy	deprived of mother or parenting resulting in coldness in the soul, inability to make contact with others
Involvement	emotional connection with others; when feeling separate and unloved
Love	receptivity to human love, maternal nurturing
Menopause	to resolve issues around conception and mothering; to transform identification with mother role; to examine own mother's attitude toward menopause
Mother and Mothering	bonding in childhood with mother; building rapport between mother and child; general remedy for instilling positive mother archetype
Personal Relationships	healing mother-child bonding; developing nurturing aspect of all relationships
Pregnancy	bonding with the incoming child; confidence about mothering; general remedy for positive mothering forces during pregnancy and birth
Protection	protection of child from harmful influences; mothering mantle of warmth and sensitivity
Receptivity	receptivity to human love; mother-child bonding
Rejection	estrangement from mother or other early childhood trauma which leads to patterns of feeling unwanted and unloved
Self-Acceptance	warm and loving acceptance of oneself; ability to feel maternal nurturing
Service	developing mothering forces, serving children; also to develop the positive mother archetype in any kind of service
Sexuality	healing sexual abuse from childhood; healing premature exposure to adult sexuality which destroys innocence and wonder of childhood
Softness	opening to the maternal, nurturing part of the Self; ability to impart soft, comforting qualities
Soothing	bringing mother forces of protection and comfort
Trust	trusting the bonding relationship between mother and child; feeling the nurturing aspect of all relationships

Maríposa Lily

Flower Essence Repertory - Arranged by Essence

Warmth

maternal, nurturing qualities; feeling surrounded by a mantle of warmth and love

Milkweed

Flower Essence Repertory - Arranged by Essence

Addiction	using drugs which stupefy or sedate the consciousness (opiates and sedatives); inability of soul to cope with ego or individuated Self
Alienation	separation or estrangement from core Self, inability to cope with core identity
Awakeness	inability to cope with awake states of consciousness, desire of soul to return to unconsciousness
Co-Dependence	extreme dependence; lack of ego strength; needing to be cared for
Community Life and Group Experience	over-dependence on family care or institutionalized care; needing to have another direct and decide for oneself
Denial	blotting out pain with drugs, alcohol, food, sleep, or other consciousness-numbing experiences
Depression and Despair	deeply depressed state, inability to cope with daily affairs, desire to obliterate consciousness
Desire	craving for experiences which dull consciousness, such as drugs, alcohol, excessive food
Disorientation	tendency to blot out consciousness through drugs, accidents, illness or inappropriate spiritual practices
Dreams and Sleep	profound desire to sleep as a way of escape; dependence on sedatives, sleeping pills
Eating Disorders	blotting out consciousness with food, often eating to the point of stupefaction
Escapism	escaping core identity and ego awareness, often through soporific drugs
Healing Process	extreme dependency; illness which obliterates one's conscious awareness; a need for healers who act as surrogate parents
Inadequacy	feeling unable to cope with life or normal ego demands; extreme feelings of dependency
Individuality	poorly integrated individuality; difficulty in coping with normal demands and responsibilities of adult ego; wanting to blot out or obliterate ego
Inner Child	unconscious desire to merge with parents, inability to cope with individualized identity, compulsion to obliterate consciousness and repress ego function; over-dependence on mother or family support

Milkweed

Flower Essence Repertory - Arranged by Essence

Learning
Difficulties

lack of ego strength; emotional immaturity, leading to learning difficulties; retarded development

Meditation

use of meditation techniques to blot out or stupefy consciousness; inappropriate suppression of healthy ego forces

Mental Clarity

mental impairment, reduced ego forces, need to re-awaken core identity

Mother and
Mothering

unconscious regression and merging with mother or mother figure beyond normal developmental stage

Self-Actualization

profound estrangement from core Self, difficulty in coping with normal demands and responsibilities of adult ego

Spiritual
Emergency or
Opening

unbalanced spiritual practices which blot out or obliterate healthy ego structure; over-dependence on spiritual leaders or dogma

Strength

ego strength to cope with one's core identity; to develop the individuated Self, especially when tendency is to blot out or annihilate Self

True to Self

developing one's core ego identity, especially when there is an unconscious desire to regress or obliterate ego

Mimulus

Flower Essence Repertory - Arranged by Essence

Aging	numerous small fears related to daily living; for the "shut-in" who does not take risks
Animals and Animal Care	nervous conditions in animals; good for jittery horses or shy animals who hide from people
Anxiety	excessive anxiety and nervousness about daily life; everyday fears; fretful, timid attitude
Calm	calming when nervous, fretful, or overly anxious about small events of daily life
Children	timidity, shyness; everyday fears such as fear of the dark
Confidence	confidence to face daily challenges and fears, for those with a phobic personality
Courage	ability to face the challenges of daily life, especially everyday fears and worries
Escapism	avoiding or escaping real challenges in daily life due to fear; pronounced timidity
Faith	faith that one can meet the small challenges of everyday life; overcoming timidity
Fear	worries of daily life; specific and known fears; timidity
Hesitation	holding back due to fears of everyday life
Home and Lifestyle	being housebound or shut-in; not venturing out of home due to various "everyday" fears or phobias
Insecurity	feeling overly fearful, timid, fretful
Nervousness	nervousness due to everyday fears and worries
Self-Concern	personal fears and worries about everyday problems; fretful nature
Self-Effacement	fretful and fearful, seeing oneself as weak and vulnerable
Shyness	various fears in social situations; specific phobias which lead to withdrawal or introversion
Speaking	shyness, timidity; swallowing words, nervousness when speaking
Time Relationship	fear there will not be enough time for daily tasks of life

Morning Glory

Flower Essence Repertory - Arranged by Essence

Addiction	breaking free of addictive habits, especially the need for stimulants
Attachment	holding on to destructive habit patterns, addictions
Awakeness	vitality and freshness; overcoming energy-sapping addictive habits; awakening life energy without the need for stimulants
Balance	balance and regularity in daily habits and life-style
Breakthrough	overcoming depleting habit patterns, catalyzing fresh forces of vitality
Destructiveness	harmful personal habits and erratic lifestyle; drug abuse
Devitalization	low energy from destructive or abusive habits; addiction
Dreams and Sleep	disturbed rhythms in sleep, poor dream recall, difficulty awakening in morning
Dullness	dull and unresponsive in the morning; difficulty waking up or feeling refreshed from sleep
Earth Healing and Nature Awareness	being out of rhythm with natural cycles; inability to feel that eating, sleeping and daily habits are connected to larger rhythms within Nature
Eating Disorders	addiction to junk food, erratic eating patterns; late night bingeing; desire for stimulants such as caffeine
Energetic Patterns	erratic energy patterns, especially dull and unresponsive in the morning, hyperactive in evening; using stimulants to increase energy
Erratic Behavior	irregular habits and life energy; erratic sleep patterns, relying on stimulants
Escapism	escaping through drugs and stimulants, cutting off connection to feeling life within body and within Nature
Exhaustion and Fatigue	overreliance on stimulants; erratic sleeping and eating patterns which destroy natural vitality; difficulty arising in the morning
Freedom	freedom from erratic or devitalizing habit patterns or addictions
Habit Patterns	to overcome destructive habits; to develop lifestyle patterns based upon healthy rhythms
Hardness	harsh lifestyle; habits which are hard on the body; out of touch with gentle and subtle energy levels

Morning Glory

Flower Essence Repertory - Arranged by Essence

Home and Lifestyle	lack of rhythm in living habits such as eating and sleeping, chaotic lifestyle or living environment due to erratic habits
Immobility	erratic habits, addictions
Immune Disturbances	compromised immunity due to damaged etheric body; need to rebuild rhythmic connection to Nature and etheric body
Inertia	getting stuck in destructive, addictive habit patterns
Moderation	erratic lifestyle and habits which deplete vital energy
Nervousness	nervous problems from overstimulation or chaotic lifestyle; drug and alcohol abuse
Rejuvenation	awakening of fresh "morning" forces when depleted by erratic sleep patterns or drug use
Relaxation	nervousness due to erratic life patterns or addictions
Resistance	difficulty facing the day due to depletion of vitality; need for fresh, etheric forces to greet the morning
Restlessness	nervous problems due to erratic lifestyle and chaotic living habits
Sluggishness	inability to incarnate into the body in the morning; difficulty arising from bed
Time Relationship	inability to live rhythmically in time, erratic eating and sleeping patterns which rob one's body of vitality
Toner	smoothing erratic habit patterns which affect the life energy
Transition	gaining a fresh perspective; breaking destructive habit patterns
Vitality	reawakening life energy, and sparkle of life

Mountain Pennyroyal

Flower Essence Repertory - Arranged by Essence

Addiction	drug or alcohol use which makes one susceptible to psychic aberration or contamination from astral entities
Clarity	strength and clarity of thoughts; especially the need to purge negative or foreign thought-forms
Cleansing	clearing the mind of negative thoughts taken on from others
Healing Process	cleansing toxic thoughts; to clear states of negativity or psychic contamination which impede the healing process
Home and Lifestyle	to purify home or environment, especially when contaminated by psychic or astral debris such as disturbed thoughts or negative energies of others
Influence	clearing the mind of negative thoughts taken on from others
Mental Clarity	insight into negative thoughts and thinking patterns taken on from others
Negativity	purging the mind of negative thoughts or entities which are already within the psyche; clearing out negativity taken on from others
Protection	to expel negative psychic entities or forces that have become attached to the aura
Purification	to cleanse psychic infestation; to revitalize the auric field
Release	expulsion of negative thoughts, particularly those taken on from others
Sensitivity	absorbing or receiving negative thoughts from others; psychic and mental toxicity
Spiritual Emergency or Opening	invaded or taken over by other entities; psychic toxicity, often due to harmful occult or meditative techniques
Strength	strength and clarity of thought; distinguishing and clarifying own thoughts from other influences
Thinking	strength and clarity of thought, clearing the mind of negativity
Vitality	clear, vital thinking, especially when threatened by thoughts and energies absorbed from others

Mountain Pride

Flower Essence Repertory - Arranged by Essence

Action	courageous action; taking a stand for one's beliefs
Aggressiveness	positive strength and assertiveness in the face of adversary forces; warrior-like qualities
Breakthrough	ability to rally courage and strength when faced with overwhelming challenges
Challenge	strength to meet the challenges from adverse forces; the spiritual warrior
Community Life and Group Experience	ability to take a stand, to be assertive, to make changes in community; political risk-taking
Competitiveness	courage and strength to challenge adversaries; positive aspects of being a spiritual warrior
Confidence	confidence in one's power to challenge or confront adversity
Courage	confronting darkness or evil in the world; becoming a dynamic spiritual warrior
Cynicism	transforming feelings of dissatisfaction into positive energy for change
Death and Dying	courage to fight negative thought-forms about death; seeing death or terminal illness as a challenge or initiation for the soul
Decisiveness	taking a decided public stand for one's beliefs
Dutifulness	transforming dutifulness to passionate commitment and involvement in life's challenges
Earth Healing and Nature Awareness	warrior-like courage to take a stand for the Earth, and for values greater than one's own self-interest, despite opposition or controversy
Escapism	inability to take a personal stand in worldly or community affairs, escaping from risk-taking or confrontation
Fear	fear of the adverse forces of our time; developing a positive sense of spiritual warriorship
Idealism	ability to speak out for one's ideals; active commitment
Leadership	warrior-like courageous leadership, ability to face adversity
Manifestation	courage to take risks; to stand out or speak up, to make bold steps for change

Mountain Pride

Flower Essence Repertory - Arranged by Essence

Masculine Consciousness	warrior-like courage, masculine archetype of strength; confronting and transforming adversity in a positive manner
Morality	becoming a spiritual warrior to combat evil or injustice in the world; to act upon one's convictions
Motivation	warrior-like stamina in the face of adversity and challenge
Perseverance	strength and perseverance to fight worldly ills; spiritual warrior
Power	inner power to fight for what one knows to be true in one's heart
Prejudice	taking a stand for truth or social justice, despite opposition; warrior-like courage in the face of prejudice
Responsibility	spiritual warriorship in adverse times; social responsibility
Self-Expression	taking risks in communication, including healthy confrontation, speaking one's truth
Service	strength to speak out, to make changes despite societal inertia or opposition
Strength	warrior-like strength in the face of obstacles and adversity; courage to confront evil or wrongdoing
Will	will to confront and challenge despite opposition; ability to take risks

Mugwort

Flower Essence Repertory - Arranged by Essence

Awareness	awareness during dreaming and experiences of the spiritual threshold; greater psychic sensitivity
Balance	to balance the psychic life, especially harmonizing transitions between daytime and nighttime consciousness
Daydreaming	to develop more awareness of moving between different states of consciousness; greater psychic sensitivity
Dreams and Sleep	awareness across the threshold; greater activity and consciousness in dreams; integration of dream life and psychic awareness with ordinary reality
Feminine Consciousness	enhancing and balancing moon-like, receptive qualities of the psyche; to assist all flowing processes in the body, such as menstruation
Hysteria	overemphasis on psychic life which leads to emotional imbalance
Insight	greater clarity about dream life or events outside rational consciousness
Insomnia	disturbed sleep due to overactive dream life
Inspiration	to balance or integrate psychic forces with inspired thought; practical ordering of inspired thought
Massage	to stimulate warmth and circulation, especially female flows such as menstruation, birthing, or nursing; use with Mugwort herbal oil
Meditation	awareness of dreams; conscious control of psychic life
Pregnancy	overdue pregnancy, to release "moon" or "flowing" forces; to assist in drawing child out of mother's body during labor
Receptivity	keeping psychic balance as intuitive faculties are opening
Sensitivity	sensitivity to threshold experiences, especially dreaming
Spiritual Emergency or Opening	sensitivity to threshold experiences, especially dreaming; ability to integrate psychic life with ordinary consciousness
Toner	balancing overall psychic life

Mullein

Flower Essence Repertory - Arranged by Essence

Certainty	finding inner conviction, sorting out moral values
Choice	listening and following inner guidance when in conflict about moral values
Decisiveness	acting on moral values; following inner guidance
Denial	tendency to self-deception; inability to be honest with oneself and others
Escapism	inability to follow inner guidance or to discriminate and adhere to moral values
Guilt	listening to the voice of conscience; developing moral sense of right and wrong
Honesty	acknowledging inner guidance, conscience; tendency to lie, lack of truthfulness with oneself or others; shutting off one's inner voice
Indecision	inability to connect with one's inner guidance, or to find inner values for decision-making
Individuality	fulfillment of one's true potential, being true to one's inner knowing of what is right
Judgment	developing inner values and moral choices
Listening	hearing inner spiritual guidance, especially in moral decision-making, values clarification
Morality	developing a sense of conscience; overcoming deceitfulness toward oneself and others
Pregnancy	deciding whether to carry a child, getting in touch with one's moral values, listening to guidance from Higher Self
Prejudice	developing own internal sense of right and wrong; independent moral conscience able to make judgments and develop values apart from social prejudice
Receptivity	hearing the voice of conscience
Self-Actualization	fulfillment of one's true potential, especially when there is a moral conflict about values and goals
True to Self	following voice of conscience; ability to identify Self with higher truth, to activate moral life

Mustard

Flower Essence Repertory - Arranged by Essence

Acceptance	accepting dark, painful emotions; working through depression and darkness
Adolescence	deep despair suffered in silence, often a precursor to suicide; depressed mood which can overwhelm the adolescent soul
Anxiety	free-floating anxiety, especially when accompanied by depression
Cheerfulness	moving through darkness to awareness of light and inner joy
Courage	courage to confront darkness, to go through depression
Darkness	depressive states, or experience of darkness characterized by isolation and despair; when depression descends suddenly and for unknown reasons
Depression and Despair	feeling overwhelmed by a "black cloud" for unknown reasons; wide mood swings
Destructiveness	self-destructive behavior when feeling depressed (e.g. not eating or sleeping properly)
Discouragement	feeling overcome by a mood of hopelessness and helplessness
Gloom	gloom in the form of a personal black cloud; sudden and unexpected feeling of gloom
Healing Process	accepting the dark as well as the light; having the courage to work through painful emotions and bouts of depression
Joy	transforming depression into quiet, balanced joy
Lightness	uplifting heavy, depressive emotions into joyful balance
Loneliness	loneliness and isolation which result from depression and withdrawal
Martyrdom	feeling sorry for oneself because of deep depression

Nasturtium

Flower Essence Repertory - Arranged by Essence

Balance	to bring intellectual forces into balance and integration with metabolic processes; to renew life forces which are drained due to overworry and intense mental activity
Body	lack of physical and etheric vitality due to excessive study and other intellectual activities
Creativity	bringing more vitality; for those who tend to be too intellectual or dry
Devitalization	tendency toward dry intellectualism; lack of life-force
Dryness	overly dry intellectualism, not integrated with life forces
Earth Healing and Nature Awareness	preponderance of intellectual activity which estranges one from Earth; disconnection from physical body and larger physical body of Earth
Energetic Patterns	lacking in vitality, dry and drained; depletion of metabolic forces through overly intellectual activity
Exhaustion and Fatigue	hyperactivity of mental forces leading to extreme fatigue
Immune Disturbances	lowered vitality and immunity due to overly intellectual lifestyle
Intellectualism	dry intellect which suppresses vitality
Massage	rejuvenating and refreshing, awakening and vitalizing
Rejuvenation	to awaken body and revive feelings, when dry or depleted from too much intellectual work
Seriousness	overintellectualization, lacking vitality
Study	devitalization due to mental activity; stimulating depleted life forces
Thinking	overuse of thinking forces; need to be more in touch with life experience
Vitality	overly dry intellectualism; needing more earthy vitality
Warmth	greater connection with life; when the thinking forces are too cool and detached from life experience

Nicotiana

Flower Essence Repertory - Arranged by Essence

Addiction	addiction to smoking tobacco, or use of any drugs which numb the sensitivity and sever one from true feelings of the heart
Aggressiveness	physical toughness or "macho" qualities, numbing the feeling life in order to appear strong
Aloofness	for the "loner" who is emotionally unavailable or distant
Anxiety	coping with anxiety by anesthetizing emotions; showing a "cool" exterior
Avoidance	avoidance of real feelings by developing a false persona of strength or toughness, especially through a numbing or deadening of the soul life
Balance	to balance the heart forces, especially to integrate the feeling life with bodily strength; to feel earthly forces of strength in consonance with the inner life of the soul
Body	false grounding of the body by numbing or deadening the feeling life; appearance of strength or toughness, devoid of feelings
Calm	false appearance of calm when in reality the emotions are numb and unresponsive; using tobacco addiction to calm nerves
City Life	mechanization and hardening of the body due to urban stress; numbing of finer sensibilities, especially when accompanied by attraction to addictive substances
Cynicism	tough "macho" stance which hides or blunts deeper feelings
Denial	denial of real feelings, especially those of the heart; blunting of raw emotional experience, often accompanied by addiction to tobacco or related substances
Devitalization	mechanization of the body, tendency to see one's body as a machine; suppression of emotions, leading to reduced life forces or vitality
Earth Healing and Nature Awareness	integration of the finer etheric sensibilities of heart with the etheric sheaths of the Earth; shift of consciousness from exploiting or striving against the Earth, to feeling nurtured and sustained by earthly forces
Eating Disorders	craving for food when in withdrawal from tobacco or related substances; desire to eat as a way of numbing the intensity of emotional experience

Nicotiana

Flower Essence Repertory - Arranged by Essence

Energetic Patterns	rousing the heart through tobacco or other stimulants; to awaken the heart through authentic feelings rather than physical substances
Escapism	appearing "in control," especially over one's feeling life; escaping from the raw pain of the feelings
False Persona	macho personality, appearing grounded and in control by numbing or suppressing real feelings
Hardness	appearance of hard exterior or tough posture; bodily strength at the expense of the emotional life
Heart	to counteract the use of stimulants or other physical measures to rouse the heart; energizing the heart by activating the soul life and contacting real feelings
Loneliness	appearing solitary or independent but unable to express or share real feelings with others; emotional numbness
Lower Self	excessive need to ground or armor oneself; to acquire strength at the expense of the feeling life
Masculine Consciousness	tough exterior achieved through numbing of emotions; seeming not to care or appearing to be "cool;" needing to contact real feelings in the heart
Nervousness	using smoking or similar addictive substances to calm or numb the nervous system; to develop greater awareness of underlying feelings which contribute to nervousness
Power	appearance of being powerful and in control which is achieved through numbing or suppressing one's more sensitive and subtle feelings
Repression	repression of feeling life in the heart, especially when accompanied by addiction to tobacco or other substances
Sensitivity	inability to cope with sensitivity, compulsion to numb or deaden the soul's experience
Strength	false persona of strength or toughness; to integrate emotional awareness and sensitivity with real strength
Tension	coping with tension by using addictive substances, especially tobacco
Vulnerability	becoming more vulnerable, more in touch with real feelings of the heart

Oak

Flower Essence Repertory - Arranged by Essence

Acceptance	knowing one's limits; knowing when to let go of the struggle
Ambition	strong forces of will and achievement goals, which press the body to the limits of endurance
Attachment	holding on to struggle, not knowing when to let go; identified with a heroic struggle
Competitiveness	pushing oneself hard for success; high achievement goals which need balance and limits
Egotism	inability to surrender or yield; compulsion to be the hero
Exhaustion and Fatigue	pushing oneself even when exhausted
Failure	resistance to failure; attachment to "hero" role
Flexibility	developing more flexibility in struggle, knowing one's limits, knowing when to let go of the struggle
Hardness	strong, unyielding will in struggle, not knowing when to surrender
Healers	taking on the role of healer as hero; needing to learn when to set limits
Leadership	never-ceasing effort in spite of poor health or reduced forces
Martyrdom	balancing desire to be a hero with realistic expectations of one's strength
Masculine Consciousness	provider and protector of others; balancing strength and struggle within one's limits and letting go when necessary; the Hero archetype
Mid-Life Crisis	learning to surrender and accept limits, especially for one who has strongly identified with the role of provider or hero
Overwhelm	going beyond one's natural limits; innate strength which is pushed too far
Perseverance	strong forces of perseverance; Mars-like fortitude, but with a need to know when to let go
Release	knowing when to let go of struggle; ability to yield
Responsibility	easily accepting responsibility due to strong abilities, but overextending and pushing beyond real limits
Strength	fortitude during long struggle; endurance; realizing the limits of one's endurance
Surrender	struggling beyond limits, not knowing when to surrender

Oak

Flower Essence Repertory - Arranged by Essence

Will

will forces which may be too strong; tendency to overdo;
hero complex

Work and Career Goals

pressing to the limits of endurance in work and
responsibilities; learning how to receive help from others

Olive

Flower Essence Repertory - Arranged by Essence

Addiction	depletion of mind and body from long-term use of drugs and other stimulants
Body	extreme fatigue and exhaustion, especially after a long-term illness or stressful situation
Depression and Despair	depression stemming from physical exhaustion
Devitalization	depletion of physical vitality after a long illness or struggle
Energetic Patterns	profound fatigue and exhaustion after a taxing ordeal or illness
Exhaustion and Fatigue	complete depletion of mind and body; fatigue from overwork, physical stress, or illness
Healing Process	physical renewal after exhaustive illness; recuperation from major surgery or trauma
Immune Disturbances	extreme fatigue and exhaustion; depletion of one's defenses, both physical and psychic
Massage	bringing renewal when there is extreme fatigue
Menopause	extreme physical exhaustion and fatigue due to difficult menopausal transition
Pregnancy	fatigue from missed sleep; exhaustion from long labor
Rejuvenation	re-invigoration of strength and energy after a long struggle or physical exhaustion

Oregon Grape

Flower Essence Repertory - Arranged by Essence

Abandonment	expecting rejection, abandonment from others; paranoia
Aggressiveness	meeting others with hostility; expecting aggression from others
Appreciation	ability to see the goodhearted intentions of others
Blame	expecting blame or negativity from others
City Life	expecting hostility from others; mistrust and fear of others; feeling a need to protect oneself by taking a hostile or aggressive stance
Community Life and Group Experience	social paranoia, expecting hostility from others or misperceiving others' intentions
Cynicism	expecting the worst from others; projecting hostility
Dislike	views others with distrust; suspicious
Faith	accepting the goodwill of others, especially when there is a tendency toward mistrust
Fear	prone to expecting emotional hostility from others; paranoia
Hate	expecting hate from others; acting according to the lowest, rather than the highest, potential in others
Hostility	expectation of hostility from others; paranoia
Inner Child	overcoming childhood conditioning which expects the worst from others; mistrust and suspicion; fear of strangers, ethnic or racial prejudice learned as a child
Loneliness	feeling cut off from others due to paranoid feelings about the intentions of others
Masculine Consciousness	fear and hostility toward others which can often erupt in violence; particularly helpful for group animosities such as in adolescent gangs and ethnic conflicts
Negativity	projection of negativity onto others, imagining hostile intentions of others; paranoia
Paranoia	expecting hostility from others; profound paranoia
Personal Relationships	acknowledging the good will of others; ability to perceive that others are loving and caring; to counteract paranoid tendencies
Pessimism	misperceiving the intentions of others as hostile; having a "chip on the shoulder"

Oregon Grape

Flower Essence Repertory - Arranged by Essence

Prejudice	seeing other groups of people or communities as violent or undesirable, expecting the worst from such groups; primary feelings of hostility and mistrust which fuel prejudice
Rejection	projection of hostility and assumption of negative judgments from others, leading to rejection both real and imagined
Resentment	resentment of others; seeing other people's actions in negative light; expecting the worst from others
Trust	trusting the good will of others, especially when tending to misperceive others' intentions

Penstemon

Flower Essence Repertory - Arranged by Essence

Acceptance	inner strength to accept adverse or difficult personal circumstances
Adolescence	feelings of being "not good enough," challenges in athletic or scholastic events
Ageing	courage to face obstacles, impediments, and physical handicaps
Animals and Animal Care	illness or trauma; gives inner strength during adverse circumstances
Barriers	strength and courage to overcome obstacles
Body	ability to endure and accept physical hardships or handicaps
Challenge	inner strength to meet adversity, especially harsh and extreme circumstances in the physical world
Children	difficulty in experiencing the body; especially for challenges to physical development such as injury, weakness or deformity
Competitiveness	inner competitiveness; strength to meet challenges despite setbacks
Confidence	strength in the face of adversity or misfortune; knowing one is able to sustain and endure
Courage	inner strength to face personal adversity
Death and Dying	extreme physical hardship and suffering associated with terminal illness; courage to accept and endure suffering
Discouragement	discouragement because of handicap or other personal misfortune; need to persevere
Doubt	questioning one's ability to meet difficulties
Failure	overcoming failure with increased strength and determination
Frustration	frustration with adversity, unexpected challenges
Healing Process	courage to continue improving Self despite challenges, especially physical pain or handicap
Learning Difficulties	physical or mental handicaps which make learning difficult; strength to persevere through long and difficult training or rehabilitation program
Manifestation	persevering even when challenging or adverse situations come up; inner strength and fortitude
Martyrdom	perseverance despite hardships such as a physical handicap or challenging life circumstances

Penstemon

Flower Essence Repertory - Arranged by Essence

Masculine Consciousness Perseverance	inner masculine strength in the face of grave challenges of life, such as injury, economic or physical adversity ability to catalyze inner strength, despite obvious handicaps and obstacles
Personal Relationships Pessimism	strength and perseverance despite difficulties in relationships counteracting pessimism by actively facing adversity and setbacks with fortitude and courage
Pregnancy	strength to persevere during challenging and difficult pregnancies, especially when there is much physical stress
Prejudice	ability to persevere, to believe in oneself despite social challenges or prejudice; transforming feelings of persecution through inner strength and determination
Self-Acceptance	accepting handicaps or afflictions; making the best of difficult situations
Strength	inner strength in the face of adversity; the ability to meet extreme challenges
Will	healthy use of will forces to confront obstacles and impediments

Peppermint

Flower Essence Repertory - Arranged by Essence

Addiction	promoting a more awake state without stimulant drugs
Aging	brings mental alertness when the mind is foggy; energizes thinking faculties
Apathy	apathetic thinking; mental sluggishness
Awakeness	stimulates healthy mental alertness; overcoming mental sluggishness and lethargy
Body	when bodily processes overwhelm the thinking function
Clarity	mental alertness; able to activate mental forces
Concentration and Focus	greater mental attention and wakefulness
Dullness	developing greater mental alertness when thinking is dull
Eating Disorders	sleepiness after eating, inability to use mental forces; lack of integration of metabolism with thinking forces
Energetic Patterns	mental sluggishness especially after eating; metabolic imbalance which drains mental-thinking forces
Exhaustion and Fatigue	mental fatigue; lethargy in the thinking process
Learning Difficulties	stimulating mental capacities, especially when basic temperament is dull or sluggish
Lightness	lightness in one's thinking; mental alertness
Mental Clarity	overcoming mental lethargy, increasing alertness
Sluggishness	mental lethargy; inability to catalyze mental faculties
Study	increasing mental alertness
Thinking	awake thinking, overcoming mental sluggishness
Vitality	developing awake and alert thinking

Pine

Flower Essence Repertory - Arranged by Essence

Abuse	emotional self-abuse or neglect, due to prior guilt, shaming or abusive circumstances
Acceptance	self-acceptance; releasing guilt and self-blame
Blame	self-blame; being hard on oneself; filled with guilt feelings
Co-Dependence	internalizing guilt; taking on blame or accepting responsibility for others' faults
Criticism	self-criticism which includes self-blame and guilt
Depression and Despair	despair and anxiety about one's own faults and mistakes
Destructiveness	hard on oneself; condemning of one's past; emotionally self-destructive
Father and Fathering	internalizing much guilt and self-blame due to overly strict or harsh father; self-deprecation which prevents full realization of own fathering capacities
Forgiveness	self-forgiveness for one's own errors and faults, for not being perfect
Grace	ability to forgive oneself; to feel grace as a spiritual gift
Guilt	self-blame; being hard on oneself; assuming guilt out of proportion to actual circumstances
Hardness	hard attitude toward oneself; extreme self-judgment and blame
Hate	undue blame and hatred of oneself; inability to accept one's mistakes
Healing Process	being hard on oneself in the healing process; internalizing guilt, inability to forgive oneself and move forward
Inadequacy	never feeling that one is good enough; being hard on oneself
Inner Child	blaming oneself for family dysfunction; feeling guilt out of proportion to real circumstances
Judgment	severe self-judgment; guilt and self-blame
Lower Self	releasing guilt and self-blame; over-identification with negative parts of oneself
Manifestation	loss of energy and momentum by self-blame, disparaging and self-deprecating attitudes and behavior

Pine

Flower Essence Repertory - Arranged by Essence

Morality	extreme moral standards applied to oneself in a punishing way; regret over past actions which paralyzes the soul
Perfectionism	inability to forgive oneself for errors; self-deprecation when one's performance is less than perfect
Prejudice	self-blame, feeling that one is bad or unworthy; counteracting paralysis and dysfunction due to self-deprecation and stereotypes of inferiority
Rejection	being hard on oneself, self-deprecation; being one's own worst enemy
Self-Acceptance	release of guilt and self-blame; ability to forgive oneself for not being perfect
Self-Effacement	hard on oneself, dwelling on past mistakes; extreme feelings of guilt
Shame	self-blame and criticism; feeling that one's life is a failure
Softness	overly hard attitude toward oneself, unable to forgive oneself
Time Relationship	difficulty letting go of past events; dwelling on one's past mistakes and failures; extreme feelings of guilt and remorse

Pink Monkeyflower

Flower Essence Repertory - Arranged by Essence

Abandonment	fearing abandonment and rejection, accompanied by a deep feeling of shame
Abuse	abuse or exploitation as a child or as sex partner; shame and guilt feelings
Acceptance	fear that others will not accept one's deepest feelings or soul qualities
Addiction	using drugs to anesthetize intolerable emotional pain or sensitivity; drug addiction as a mask to cover soul shame and pain
Adolescence	fear of expressing or exposing true feelings, extreme sense of vulnerability
Aloofness	holding back from emotional participation due to fear that deepest Self will be rejected
Anxiety	inability to trust that others will accept one; shame or guilt
Attention	avoiding social attention, wanting to hide or cover up
Avoidance	fear of one's deepest feelings and of sharing these with others; profound feelings of shame
Awkwardness	social insecurity due to feelings of shame, fear of exposure
Barriers	creating barriers out of feelings of shame, unworthiness or vulnerability; highly sensitive and not wanting exposure
Body	shame about sexual organs, often due to prior abuse or exploitation
Brokenheartedness	to retain trust and vulnerability despite previous heartbreak or trauma
Children	abuse or exploitation as a child, extreme shame and fear of exposure, emotional introversion
Co-Dependence	masking inner feelings, especially feelings of vulnerability; unable to be emotionally authentic
Communication	fear of expressing real feelings; fear of censure or judgment
Community Life and Group Experience	holding back from sharing; profound reserve and inner anguish, guilt and shame about sharing real feelings
Courage	willingness to let others see one's true feelings, to overcome shame and guilt

Pink Monkeyflower

Flower Essence Repertory - Arranged by Essence

Cynicism	cutting off true feelings; emotional coldness or distance as a mask to hide deeper, more vulnerable feelings
Eating Disorders	obesity as a way of masking and protecting the body, as a shield for shame; fear that others will see body as it really is
Escapism	avoidance of intimate relationships; fear of revealing true feelings for fear of rejection; hiding or veiling feelings
False Persona	fear of exposing true feelings, inability to open up
Father and Fathering	unresolved psychological wounds or abuse from own childhood which prevents emotional expression or vulnerability; emotionally unavailable in father role
Fear	concern about exposing and expressing true feelings; fear of being exposed by others
Feminine Consciousness	feelings of extreme vulnerability and shame, often from sexual exploitation or abuse
Freedom	emotional freedom to express true feelings, when emotions are imprisoned due to shame and fear
Guilt	covering up, fear of exposure, not trusting that others will understand; profound shame
Hardness	inability to be vulnerable due to feelings of shame or fear of rejection
Healers	fear of self-exposure or vulnerability in role as healer
Healing Process	difficulty letting down barriers, or allowing others to help by sharing one's true feelings and suffering
Heart	allowing feelings to flow through the heart more easily; contacting authentic feelings despite fear or shame
Honesty	showing true feelings despite fear of exposure or censure
Inadequacy	sense of shame; core feeling of unworthiness
Inner Child	profound shame within the soul; inability of soul to express true feelings and emotions, usually due to emotional, physical or sexual abuse in childhood
Insecurity	insecurity characterized by shame or defensiveness; emotional masking

Pink Monkeyflower

Flower Essence Repertory - Arranged by Essence

Intimacy	creating emotional distance out of profound sense of shame and guilt, inability to show others true feelings; fear of unmasking or exposing true Self to others; fear of rejection
Loneliness	holding back from expressing intimate feelings due to fear of rejection
Love	inability to express genuine feelings of love and warmth; inhibition due to fear and shame
Masculine Consciousness	fear of intimacy and vulnerability, often due to shaming or abuse as child; inability to express deep emotions, or woundedness; fear of touching or being touched by other men; fear of being judged as effeminate if vulnerability is shown
Massage	direct application on the body for those who feel bodily shame, especially about sexuality
Obsession	obsessive-compulsive behaviors stemming from sexual abuse or shaming
Personal Relationships	shame and emotional masking, inability to express true feelings or make emotional contact
Psychosomatic Illness	sexual or other bodily dysfunction brought about by profound sense of soul shame, or violation of core self
Rejection	holding deep feelings inside; not feeling that others will accept or understand; profound shame
Release	release of emotional fears and shame, especially rejection from others
Repression	holding back true feelings of intimacy and love out of fear of exposure, shame
Resistance	fear of exposing feelings when opening up to inner work
Self-Effacement	emotional masking, unable to express true feelings due to shame
Sensitivity	extreme sensitivity, characterized by shame and emotional masking; inability to show real feelings
Sexuality	ability to express feelings of love and intimacy, fear of exposure; shame of sexual organs, often due to past violation or abuse
Shame	fear of exposure, that others will discover something terrible about oneself; profound shame

Pink Monkeyflower

Flower Essence Repertory - Arranged by Essence

Sharing	feeling safe exposing oneself to others, opening up to others despite fear
Shock	violation or abuse which leads to emotional closure and profound soul shame
Softness	showing one's softer, more vulnerable emotions without fear of rejection or shame
Toner	to keep the heart open in all therapeutic work, to allow the inmost Self to be seen and heard by others
Vulnerability	becoming more vulnerable and open to others, when hiding essential parts of the Self

Abuse	absorbing emotional violence of others, psychic toxicity and congestion
Animals and Animal Care	pets who take on or mirror the emotions of their human caretakers
Blame	tendency to absorb others' feelings of blame; emotional projection
Calm	tendency to be an emotional sponge; absorbing emotional qualities of others, leading to emotional oversensitivity
Children	oversensitivity in family situations; internalizing family trauma-drama
City Life	tendency to absorb the feelings of crowds; too-porous aura; oversensitive
Co-Dependence	enmeshed in others' feelings; inability to identify the source of one's own emotions; inappropriate merging with others
Community Life and Group Experience	absorbing emotions and feelings of others in group; no longer in touch with one's own feelings or boundaries; overly sympathetic
Compassion	to distinguish compassion from overly sympathetic identification; learning objective love for others
Concentration and Focus	losing focus due to emotional blurring and merging with others
Death and Dying	oversensitivity to the thoughts and fears of others around the issues of death
Devitalization	feeling drained of energy from absorbing the negative emotions of others
Eating Disorders	using food as a buffer for emotional oversensitivity; stuffing oneself to "dull out" or numb feelings
Energetic Patterns	absorbing too much energy from others, leading to negativity and sense of overwhelm
Environment	over-dependence on the "perfect" environment as an emotional buffer; emotional oversensitivity to social and psychic environment; for those who are a "psychic sponge"
Feminine Consciousness	overly feminine merging; sympathetic forces confused with compassion; to develop emotional objectivity and appropriate boundaries

Guilt	undue guilt; emotional merging with others which results in misplaced feelings of guilt
Healers	tendency toward emotional merging with others; unconscious emotional identification which results in a loss of objectivity and inner strength
Healing Process	hypersensitive to the healing process, adverse reaction to medication or to the therapeutic process because feelings seem magnified and intense
Heart	to distinguish true heart forces of compassion from overly sympathetic or dysfunctional merging with others
Home and Lifestyle	easily absorbing emotional environment of one's home; oversensitivity to or merging with one's surroundings without appropriate ego boundaries
Hysteria	pathological merging with others' emotions, resulting in hysteria or other extreme displays of emotion
Influence	absorbing or acting out thoughts and feelings of others; emotional merging
Inner Child	feeling psychically sensitive and overly absorbent, learned to cope as child by becoming a container for emotional refuse of family members
Intimacy	confusion about intimacy, between sympathetic and empathetic soul qualities; learning to establish intimacy without inappropriate merging
Irritability	easily upset by emotional disturbances in others; absorbing feelings of irritation from others
Love	ability to distinguish loving and compassionate behavior from overly sympathetic merging
Massage	emotional oversensitivity and merging by the client or massage practitioner
Menopause	excessive emotions during menopause; erratic or profuse bleeding patterns; hypersensitivity
Negativity	sensitivity to negative emotional influences; "psychic sponge" type
Nervousness	oversensitivity due to emotional absorption; feeling and internalizing disturbances from the environment and from others
Overwhelm	taking on too much emotional intensity from others
Paranoia	tendency to absorb emotions of others; uneasiness in crowds

Pink Yarrow

Flower Essence Repertory - Arranged by Essence

Personal Relationships	oversensitivity to others, lack of appropriate emotional boundaries
Power	giving personal power away by "bleeding" into others' energy fields
Pregnancy	oversensitivity to the emotions of others; cries easily; emotional vulnerability to influences in the home or workplace when pregnant
Protection	emotional vulnerability; promoting emotional centering and strength
Sensitivity	oversensitivity to the emotions of others; internalizing others' problems as one's own
Strength	emotional strength; for those who compromise their vitality by absorbing the emotional toxicity of others
Stress	picking up emotional and psychic negativity from others; psychic "sponge" qualities which lead to nervous overwhelm
True to Self	inability to distinguish one's true feelings from others' emotions
Vulnerability	susceptibility to emotional influences; excessive personal identification with the emotions of others

Poison Oak

Flower Essence Repertory - Arranged by Essence

Aggressiveness	tendency to "fight" rather than "flight," coping with sensitivity by warding off others
Alienation	discomfort with others, needs distance and space
Anger	easily irritated, coping with hypersensitivity by showing anger or hostility
Avoidance	creating distance from others by erecting barriers which are hostile or offensive
Barriers	fear of intimate contact with others, coping with sensitivity by not allowing contact, especially through hostility or anger; needing to understand the meaning of boundaries or limits
Compassion	fear of being seen as compassionate; fear of merging, especially when expressed as a hostile warrior-like stance
Earth Healing and Nature Awareness	relating to Nature through sports or other activities that conquer or subdue; unconsciously creating barriers to real experience of Nature; perception of Nature as an engulfing or annihilating force
Environment	to learn boundaries and limits between Self and Nature, as well as with others; erecting negative boundaries through hostility
Escapism	avoidance of intimacy by projecting a hostile barrier
Fear	fear of intimate contact with others, of being vulnerable; protecting against fear by developing an angry or hostile persona
Feminine Consciousness	fear of being engulfed in feminine, fear of intimacy
Hardness	creating a hard exterior; inability to show vulnerability; projecting anger or other hostile emotions; fear of intimacy
Hostility	projecting hostility as a way of avoiding intimacy; hostile behavior which keeps others from making contact
Impatience	susceptible to irritation or anger; antipathetic rather than sympathetic tendencies
Intimacy	fear of making contact with others, especially of being touched; fear of being enmeshed or engulfed, leading to hostile or offensive behavior
Irritability	inability to form sympathetic bond with others due to irritation and impatience; projecting hostility to keep others away

Poison Oak

Flower Essence Repertory - Arranged by Essence

Masculine Consciousness	manifesting overly Martian qualities, inability to be vulnerable; creating barriers and showing hostility rather than real feelings; fear of being engulfed in the feminine
Materialism and Money Negativity	wanting to conquer the world; aggressive Mars-like qualities which overcompensate for a fear of intimacy tendency to be angry or hostile to others as a way of warding off intimacy
Personal Relationships Protection	difficulty in yielding or showing a soft side; fear of vulnerability; creating barriers, displaying hostility overly defensive and self-protective; for those who guard vulnerable feelings by showing a hard exterior
Resistance	fear of having one's boundaries violated, thus resisting social and intimate contact
Sensitivity	fear of one's feelings, inward sensitivity; coping by projecting a hostile or aggressive exterior, avoiding intimacy
Softness	fear of one's soft or feminine side, projecting overly Mars-like exterior
Vulnerability	fear of vulnerability, coping by projecting a hard exterior

Pomegranate

Flower Essence Repertory - Arranged by Essence

Adolescence	balanced development of creative forces in teenage girls; promoting a healthy attitude toward onset of menstruation
Ambivalence	confused about choice of career and/or family life
Balance	to balance female creativity, both inner and outer, creative and procreative
Body	conflict about creative and procreative forces in women, leading to PMS or other reproductive disorders
Choice	conflict between choosing family or career as an expression of feminine creativity
Conflict	conflict between career and family, particularly in women
Creativity	conflicting creative desires, especially in the expression of the feminine part of Self; conflict whether to create biologically through the body, or through artistic or career expression
Decisiveness	making a decision when torn between feminine ideals of personal mothering and world-creative mother
Feminine Consciousness	creative expression of the feminine aspect of the Self, both in procreation and in worldly creativity; often an underlying emotional cause of PMS symptoms
Instinctual Self	conflicts about the feminine procreative instinct; conflicts between raising a family and having a career
Life Direction	for women: conflict between family and career goals
Menopause	feeling that time is running out on the "biological clock;" desire for conception near time of menopause; to resolve issues regarding conception and career goals
Mother and Mothering	conflict about use of feminine creative forces, sometimes absorbed from the mother; conflict between personal mother role and "world mother" role
Pregnancy	conflicts between career and home life; positive direction of feminine creative forces
Psychosomatic Illness	PMS and other women's complaints from unresolved feelings about female creativity and reproduction
Sexuality	expression of feminine forces through procreation and through creativity in the world; the integration of these polarities
Work and Career Goals	conflict between work and home, especially for women who are mothers; uncertainty about one's creative priorities

Pretty Face

Flower Essence Repertory - Arranged by Essence

Abuse	for those beaten, violated, shamed or made to feel ugly or unwanted
Adolescence	feelings of ugliness or rejection; wanting to be seen as beautiful as a form of social acceptance
Agíng	over-identification with youthful appearance; helps in accepting aging process and allowing inner beauty to radiate
Alienation	feeling cut off from one's own inner sense of what is beautiful and harmonious; alienated from the physical Self
Anxiety	anxiety about personal appearance; wanting to be acceptable to others by appearing physically pleasing
Awkwardness	feeling awkward due to concern about physical appearance
Body	over-identification with outer image of body or cosmetic or health image; inability to radiate true inner beauty; also a hidden feeling that the body is inherently ugly and must be decorated or masked in order to appear beautiful
Communication	holding back from being too visible; to allow one's real Self to shine
Confidence	confidence in one's inner beauty, especially when tormented by concerns about one's personal appearance
Darkness	to bring more inner radiance when the countenance or body seems darkened or masked
Eating Disorders	seeing oneself as ugly, creating image of extreme fatness or thinness because of inability to find true source of inner beauty
Envy	envious of the physical appearance of others; making unfavorable comparisons with others with regard to physical beauty
False Persona	obsessive personal grooming in order to appear outwardly beautiful or handsome
Feminine Consciousness	excessive preoccupation with external standards of beauty; inability to contact inner feminine qualities of beauty and grace
Healing Process	willingness to go through a period of ugliness or discomfort; desire for beauty and perfection which inhibits one from staying with the intensity of the healing process

Pretty Face

Flower Essence Repertory - Arranged by Essence

Home and Lifestyle	desire for home to appear beautiful in conformance to others' standards; being out of touch with inner sense of what pleases or satisfies the soul
Inadequacy	never feeling beautiful enough
Inner Child	ugly duckling or black sheep in family system, internalized feeling that one is different and unattractive
Insecurity	inability to radiate inner sense of beauty; social insecurity due to over-concern about personal appearance
Lightness	bringing more light and radiance into the body, especially the face
Menopause	feelings of physical ugliness or low self-esteem due to cultural emphasis on youthful beauty; to find inner beauty and appropriate grooming and cosmetic measures which enhance rather than mask the true Self
Mid-Life Crisis	imbalanced or obsessive concern about one's physical aging; contacting inner beauty within the soul rather than simply through physical artifice
Perfectionism	impossibly high standards of beauty; never feeling beautiful enough
Prejudice	inability to see unique racial or other physical characteristics as inherently beautiful; internalized image of ugliness due to social stereotypes; finding one's own inner radiance
Pride	healthy pride in one's appearance; inner beauty which illumines physical features
Rejection	feeling ugly, feeling judged by outer standards of beauty; needing to let own soul radiance shine forth
Self-Acceptance	acceptance of one's physical features with their imperfections
Self-Effacement	feeling physically ugly, ashamed of appearance; excessive concern with cosmetic grooming
Self-Esteem	poor personal grooming or excessive grooming and cosmetic masking due to internal image of oneself as ugly; ability to bring forward inner beauty from the soul
Shame	feelings of shame associated with one's appearance; feeling ugly and unlovable

Purple Monkeyflower

Flower Essence Repertory - Arranged by Essence

Abuse	occult or ritual abuse which predisposes the soul to fear of the spiritual world
Ageing	feeling uneasy or afraid due to out-of-body states or other spiritual experiences; accepting aging as a process of spiritualization
Authority	fear of spiritual authority or those in positions of spiritual power
Body	physical symptoms arising from extreme tension and fear of spiritual experiences below the level of conscious understanding; also, feeling of intense pressure in crown or brow due to fearful psychic experiences
Calm	to bring calm objectivity to spiritual experiences, especially when there is fear of the occult
Children	for children who are subjected to ritual abuse; exposure to spiritual experiences which create fear and rob the child of feeling protected and nurtured
Community Life and Group Experience	healing the soul of coercive, threatening or exploitative experiences in religious groups, often leading to fear or distrust of anything spiritual
Confidence	following one's own spiritual guidance, especially when fear or repression may have stymied soul's inner sense of spiritual truth
Death and Dying	extreme fear of dying due to inability to trust oneself as a purely spiritual being; fear-based religious beliefs which impede the dying process
Emergency	extreme fear or hysteria of a psychic or occult origin
False Persona	false religious identity or allegiance, due to fear of censure or criticism
Freedom	creating own spiritual identity and values, especially if conforming to false values due to fear
Hysteria	profound fear or panic, especially as a negative state of spiritual consciousness, overwrought psychic imagination or projection due to fear
Individuality	developing authentic spiritual identity, especially if fear has stifled true expression
Inner Child	overemphasis on "fearing God" in childhood religious upbringing, which has stifled childlike sense of wonder, reverence and trust

Purple Monkeyflower

Flower Essence Repertory - Arranged by Essence

Meditation	inability to sustain meditative or spiritual practices due to fear of spiritual world
Morality	fear-based moral values; courage to develop one's own sense of truth
Nervousness	extreme fear or apprehension related to spiritual or occult phenomena
Obsession	obsessive-compulsive behavior due to ritual or occult abuse; extreme superstition or ritual behavior conducted out of fear
Paranoia	unbalanced religious beliefs or spiritual practices that lead to fear and paranoia; inability to experience spiritual phenomena in a calm and objective manner
Protection	feeling more protection and trust regarding one's spiritual experience, especially if characterized by fear
Repression	unconscious fear of the occult; especially if brought about by intense and unbalanced involvement in spiritual or cultic group
Self-Esteem	inability to contact core spiritual identity due to ritual abuse or other fear-based religious experience
Sensitivity	extreme sensitivity characterized by fear of spiritual phenomena in particular; hypersensitivity and fear leading to unbalanced psychic experiences
Sexuality	ritual sexual abuse involving cultic beliefs which distorts the soul's experience of sexuality
Shame	shame stemming from occult or ritual abuse, leading to fear and submission to the power of others
Spiritual Emergency or Opening	profound fear of spiritual opening, often due to fear-based religious beliefs or occult ritual abuse; to develop calm and objective relationship to spiritual phenomena
Tension	extreme tension or fear, especially of spiritual experiences
Trust	developing deep trust in one's own spiritual identity and experience, especially when fearful or paranoid

Quaking Grass

Flower Essence Repertory - Arranged by Essence

Animals and Animal Care	helping animals living together in a group or herd to adjust; especially important when a new animal has been introduced
Appreciation	appreciation for the worth of others in group work
Communication	ability to listen and work with others in group situations
Community Life and Group Experience	ability to harmonize with group, to see self-identity within larger matrix of group identity
Conflict	personality conflict in group situations; harmonizing of individuals in a group
Cooperation	bending and blending of individual egos for a common purpose
Desire	altruistic sacrifice of individual desires and preferences for the good of the larger group
Egotism	insensitivity to the needs of others in a group situation
Flexibility	flexibility in group situations; seeing all sides of an issue, all points of view
Harmony	creating harmony within a group; blending of individual egos
Listening	listening to the needs of others in group work
Overview	seeing the working of the whole group and all individuals within a group
Personal Relationships	cooperation with others in group work
Prejudice	ability for neighborhoods, communities and other groups to work in harmony; resolution of individual differences or prejudices for the greater wholeness of the group
Resistance	difficulty working with group process; need to yield to or consider the needs of others
Tolerance	ability to work with the ideas of others in a group
Work and Career Goals	finding right relationship to work group, especially when in conflict about personal feelings and group values or responsibilities; difficulty working in groups; harmonizing individual personalities to accomplish group tasks

Queen Anne's Lace

Flower Essence Repertory - Arranged by Essence

Aging	blurred vision, especially when the soul is seeking to change from physical to metaphysical vision
Attention	to focus and clarify psychic forces, especially as they relate to vision and perception
Awareness	balanced psychic awareness, especially when sexual or emotional feelings distort clarity
Balance	to harmonize emerging psychic faculties, especially when distorted by lower emotional or sexual projections
Body	distortions of physical sight; emergent psychic vision which needs integration
Clarity	distinguishing psychic impressions from subjective emotions; objective clairvoyance
Concentration and Focus	focus of psychic forces, when confused or blurred; concentration of "third eye"
Creativity	to balance and harmonize emerging clairvoyance or psychic abilities; especially when they may distort or harm the creative process
Denial	suppression of one's inner sight to avoid seeing what is uncomfortable and painful
Disorientation	foggy or blurred vision, confused psychic impressions
Emergency	for blows to the head, especially when vision is distorted
Groundedness	distortion of psychic forces due to emotional instability or sexual feelings; for balanced and grounded psychic opening
Insight	blockages related to seeing, both physically and metaphysically; integration of sight with expanded sensitivity and clairvoyance
Instinctual Self	integration of psychic and sexual energies
Judgment	clarity in psychic perception and judgment
Lightness	uplifted vision, fine-tuned perception
Lower Self	to integrate emotions and sexuality with psychic life; distorted or subjective clairvoyance
Meditation	balanced opening of third eye; integration of psychic life with emotional life
Perspective	objective clairvoyance, ability to receive psychic impressions without emotional distortion

Queen Anne's Lace

Flower Essence Repertory - Arranged by Essence

Psychosomatic Illness	distortions in vision, especially when masking emergent clairvoyance
Sensitivity	distorted psychic impressions due to disturbances in emotional life; to promote balanced clairvoyance
Sexuality	integration of sexuality with psychic forces; balance between lower chakras and third eye function
Spiritual Emergency or Opening	integration of sexuality with psychic awareness, especially when distorted or unbalanced in either direction; developing objective clairvoyance
True to Self	ability to separate personal emotions or projections from objective psychic information

Quince

Flower Essence Repertory - Arranged by Essence

Balance	balancing the soul's need to express both power and love; to integrate nurturing feelings within a role which also requires authority and responsibility
Co-Dependence	to balance polarities of love and power; integration of receptive and assertive qualities
Conflict	conflict between showing strength and emotional warmth and nurturing
Father and Fathering	internal conflict about role of father, especially in balancing strength and love; vacillating between strict disciplinarian or permissive father
Feminine Consciousness	developing the strength of love, feminine power; especially when strength and love are seen as polarities
Hardness	integrating the softer, feminine aspect when also needing to be strong and self-directed
Mother and Mothering	conflicts between power and love in feminine forces; need to integrate power with feminine softness; vacillating between being overly strict or overly permissive as a mother; often used for single and/or working mothers
Power	conflicts about power, especially for women; need to integrate power with love
Pregnancy	for women who must balance strength and nurturing, who must be competent and strong in the world and receptive and nurturing at home
Self-Actualization	balancing love forces with power and strength
Softness	conflict about softness or femininity in relation to power
Strength	developing the strength of love, especially to balance the need for power with feminine receptivity

Rabbitbrush

Flower Essence Repertory - Arranged by Essence

Attention	attention to many details while maintaining an overview of the "big picture"
Awakeness	ability to handle many diverse activities with clear attention
Awareness	seeing the big picture, an overview of the details of a situation
Concentration and Focus	ability to handle many different details or activities at one time; mental flexibility and alertness
Detail	active grasp of detail; alert awareness; coordinating different activities simultaneously
Flexibility	ability to maintain multifaceted consciousness; assimilation of simultaneous events
Mental Clarity	ability to stay aware of many different details simultaneously; mental flexibility
Overview	mastery of many details, consciousness which effectively embraces the big picture
Overwhelm	confusion by too many details; inability to hold many aspects in simultaneous awareness
Perspective	gaining an overview of many details; to see the big picture
Scatteredness	bringing awareness to several simultaneous activities
Study	mastering many details at one time
Synthesis	overview of many details of a situation, assimilating simultaneous realities
Thinking	ability to master many details at one time; alert attention and presence of mind
Work and Career Goals	stress or overwhelm due to demanding nature of job, especially when many details require simultaneous attention and awareness

Red Chestnut

Flower Essence Repertory - Arranged by Essence

Attachment	bringing calm but caring detachment when others are in need; counteracting over-concern and obsessive worry for others
Calm	sending positive, healing thoughts to others; releasing worry or over-concern for others
Co-Dependence	over-identification with the problems of others; excessive worry and concern for others
Doubt	questioning the ability of others to handle a crisis; negative concern for others
Fear	concern and worry for others; excessive fear for safety of others
Healers	excessive worry and anxiety about the well-being of one's clients; to develop the ability to project healing, comforting thoughts
Insomnia	insomnia due to excessive worry and concern about others
Mother and Mothering	over-fretful concern about child; over-identification with child instead of being in touch with one's own self
Obsession	fixation on fears for others; fantasized worries about what might happen to loved ones
Perfectionism	wanting no harm to befall others; over-concerned and overprotective of others
Pregnancy	worry and concern about pregnancy or for new child; overanxious
Relaxation	tension due to excessive anxiety and worry about others
Responsibility	feeling responsible for the problems of others; worry and anxiety on their behalf
Sensitivity	over-concern about the problems of others; fear and worry

Red Clover

Flower Essence Repertory - Arranged by Essence

Animals and Animal Care	calming to hysterical animals, particularly cats; can be used effectively when taking an animal to a veterinarian for treatment
Calm	to bring calm to situations of panic and group hysteria; keeping one's individual awareness and clarity
Centeredness	keeping calm and centered in the midst of group hysteria and panic
Challenge	keeping calm and centered in the midst of challenging circumstances, especially when others are emotionally upset and unbalanced
Co-Dependence	living in psychic aura of family blood ties; unable to act for oneself
Death and Dying	dealing with charged family situations at times of death or terminal illness; group hysteria and other emotional extremes
Disorientation	tendency to hysteria and panic, especially in a group situation
Emergency	calm and centered despite group panic; dispels hysteria; promotes leadership in crisis situations
Gloom	easily influenced by projections of gloom and doom, group panic
Hysteria	fear and panic in group situations; easily influenced by mass media or thought-forms
Inner Child	reacts rather than acts in family crisis, prone to emotional hysteria and group panic, unable to think or act for oneself
Leadership	leadership in crisis situations; keeping a calm center when others are in panic
Overwhelm	influenced by group emotions; crowd hysteria or panic
Prejudice	susceptibility to mass hysteria or other forms of group thought; developing calm, self-aware behavior
Protection	insulation from group panic and hysteria; ability to think for oneself
Speaking	speech which is full of fear and anxiety absorbed from others
Vulnerability	susceptibility to group panic and hysteria

Rock Rose

Flower Essence Repertory - Arranged by Essence

Challenge	self-transcending courage when faced with a severe or life-threatening test
Children	terrifying nightmares and deep-set fears
Courage	self-transcending courage, especially in terrifying situations
Death and Dying	fear of death, especially the fear that the ego will be utterly annihilated or destroyed
Emergency	profound fear of imminent death, destruction or annihilation
Fear	terror at possible loss of Self, death or ego-death
Hysteria	panic and hysteria in extreme situations, when facing death or destruction; fear of ego death
Immobility	paralyzed by fear of death or destruction
Non-Attachment	shifting identification from the physical body and ego to the Higher Self, particularly when facing threat of death
Spiritual Emergency or Opening	identification with the Higher Self when facing threat of death or death-like initiation experience
Surrender	surrender and trust when facing threat of death or initiation experience
Transcendence	going beyond individual identity; great courage when facing life-threatening or other extreme challenges

Rock Water

Flower Essence Repertory - Arranged by Essence

Barriers	extreme rigidity, self-discipline or asceticism that creates barriers to flowing contact
Criticism	being extremely hard on oneself, with overly strict standards
Desire	repression of desires out of a too-strict sense of discipline, asceticism
Dutifulness	too narrow a sense of duty, leading to self-denial or rigidity
Eating Disorders	excessive strictness in diet, ascetic approach; harsh physical regimen; views body as a machine
Flexibility	developing a flowing attitude toward life; easing overly strict self-imposed standards
Habit Patterns	holding overly strict and unyielding habit patterns based upon extreme ideals of discipline and control
Hardness	being hard on oneself by creating overly strict standards or personal regimens
Idealism	overly strict ideals for oneself and others; inflexible idealism
Martyrdom	being overly strict with oneself; self-denial
Masculine Consciousness	strict disciplinarian for oneself or others; stone-like qualities of the soul which need to become more organic, flexible and yielding
Morality	overly rigid sense of morality; confusing strict ascetic rules with moral behavior
Obsession	obsession with strict standards for oneself; extreme asceticism
Perfectionism	harsh ascetic standards which deny the soul pleasurable involvement in life
Repression	self-repression through over-strictness
Resistance	rigidity, inflexibility; difficulty opening up to feelings
Seriousness	being overly strict with oneself
Spiritual Emergency or Opening	overly strict approach to spiritual life; asceticism or other forms of rigidity which deny the joy of true spiritual experience
Spontaneity	flowing attitude toward life; letting go of perfectionist and overly rigid behavior

Rock Water

Flower Essence Repertory - Arranged by Essence

Tolerance

overly rigid standards of perfection in diet or lifestyle which inhibit the true flow of life; needing more tolerance and inner flexibility

Rosemary

Flower Essence Repertory - Arranged by Essence

Abuse	physical abuse which leads to disconnection with the physical body; inability to feel warm and secure in one's physical body
Addiction	using drugs to sever connection with the body; insecure in physical body
Agíng	difficulty inhabiting the body; forgetful, tendency toward drowsiness, cold in extremities
Awakeness	inability to be fully present in one's body, or to receive information through one's physical vehicle; tendency to drowsiness or forgetfulness
Body	for those who feel incompletely incarnated in their body; insecurity in physical expression of the body; poor circulation and cold extremities
Centeredness	inability to center in body or feel body as a physical anchor
Concentration and Focus	poor memory; inability of thinking function to work through physical vehicle
Devitalization	lack of physical warmth and presence; cold extremities and poor circulation
Disorientation	feelings of sleepiness and memory loss; not feeling fully anchored in physical body
Dreams and Sleep	sleepiness and forgetfulness in daytime due to poor incarnation in body, developing greater wakefulness and vitality
Eating Disorders	poor metabolic response to food, stagnant digestion, inability to transform physical matter due to poor relationship of soul to the body
Energetic Patterns	lack of warmth, cold extremities and lowered vitality; lack of body awareness
Groundedness	tending to overly discriminate states; reduced ego forces that cannot properly come into the body; forgetfulness, memory loss
Healing Process	unable to be present in physical body, to bring physical healing all the way into the body, to feel safe during body work or massage
Inner Child	for those who learned to disembodify when physically or emotionally abused; difficulty for soul to incarnate fully or warmly inhabit body
Insecurity	not feeling safe in the physical body

Rosemary

Flower Essence Repertory - Arranged by Essence

Massage	fully engaging the physical body, bringing healing all the way into physical body to warm and enliven physical presence
Menopause	to balance heat regulation in body; alternately hot or cold; ability to incarnate fully into the body and integrate bodily warmth with soul warmth
Mental Clarity	feeling foggy or forgetful, when spiritual consciousness cannot penetrate through body
Nervousness	feeling ill at ease in physical body, cold extremities
Spiritual Emergency or Opening	inability to integrate spiritual experiences with body; body becomes cold and stiff while in meditation or prayer
Stress	inability to incarnate properly into body; feeling cold and depleted when under stress
Warmth	inability to fully contact or experience soul warmth, often with poor circulation or coldness in the physical body

Sage

Flower Essence Repertory - Arranged by Essence

Acceptance	understanding and acceptance of life experience; reflecting and learning from experience
Aging	discovering the inner wisdom of life experiences; insight and peace about the meaning of one's life; inner serenity
Appreciation	appreciating the lessons of life, learning and growing from life experience
Attachment	appropriate detachment as part of aging process, ability to gain larger soul perspective
Authority	elder wisdom, using life wisdom to guide and help others, inner authority based on actual experience
Awareness	inner wisdom of life experiences, understanding the meaning of life
Blame	blaming others or circumstances for life destiny; gaining a higher perspective
Community Life and Group Experience	to bring a more detached perspective to group decision-making, seeing the larger view and long-term needs; also, cultivation of respect for the wisdom of elders in community
Cynicism	tendency to see life as ill-fated or undeserved; inability to perceive higher purpose and meaning in life events
Death and Dying	surveying life experience, realizing lessons learned, reflecting and accepting life and death as a larger soul-process of evolution
Faith	faith in the meaning and working of destiny; able to see and learn from the unfolding events of one's life
Father and Fathering	realizing elder wisdom in one's father or other important male figures; ability to reflect and learn from own experience as a father
Forgiveness	making peace with life, especially as part of aging process; accepting and learning from life events, letting go of emotional attachment
Insight	insight into the meaning of life; wisdom and acceptance
Leadership	calm, wise leadership; letting go of personal ambition and importance
Life Direction	especially for advanced stages in life biography, ability to absorb life experience and impart wisdom of soul
Masculine Consciousness	relating to elders or to one's own higher wisdom; reflecting and learning from life experience; the Wise Man archetype

Sage

Flower Essence Repertory - Arranged by Essence

Materialism and Money	bringing deeper forces of wisdom and consideration; for those who tend to think in terms of short-term profit and private gain
Menopause	Wise Woman archetype, to move to new aspects of the Self; ability to bless and value life experience
Mid-Life Crisis	reviewing or reassessing one's life direction; to gain a higher perspective or to glimpse the right direction for one's destiny
Non-Attachment	non-attachment to achievement or recognition, ability to contact inner wisdom, equanimity and peace
Overview	ability to perceive life events with greater perspective and detachment
Perspective	widened perspective based on life wisdom, ability to rise above daily affairs and concerns; detachment and reflection
Quiet	inner peace and equanimity, especially as a result of life experience and reflection
Self-Esteem	taking a more detached view of life and life experiences; ability to view the Self within a larger panorama of events
Time Relationship	seeing large sweeps of time, making sense of life biography and destiny
Wisdom	discovering the inner wisdom of life experiences; inner contentment and peace about the meaning of one's life

Addiction	letting go of old habit patterns and lifestyles which may contribute to drug use; also, feelings of emptiness or anxiety during drug withdrawal
Adolescence	breaking free of old habits and personality traits which are no longer appropriate; emotional maturation; positive acceptance of feelings of aloneness and individuation
Attachment	holding on to false identity and life circumstances which are no longer appropriate
Breakthrough	letting go of old "baggage," of identifications and attachments which no longer serve one; able to take the next step
Cleansing	shedding of false identity; letting go of old lifestyles or personal identity that is no longer needed; emptying
Creativity	to cleanse the perception; stereotypical or fixed concepts which prevent truly fresh or original perception
Death and Dying	ability to let go, to experience inner emptiness and nothingness as a pre-condition of spiritual birth
Depression and Despair	feelings of personal devastation, a feeling that one has reached rock bottom; ability to accept emptiness and loss
Desire	release of desires and cravings which hinder one's growth
Egotism	letting go of previously held images of oneself, experiencing "no-Self" as a precondition of change and transition
False Persona	false or dysfunctional self-image; finding essential Self and letting go of unnecessary identifications; inner purification
Freedom	letting go, emptying and freeing oneself from excess attachment in life and surroundings
Greed	holding on too tightly, over-identification with possessions or lifestyle as a psychological prop; encouraging one to let go of what is inessential
Grief	accepting the pain and emptiness of any kind of loss
Habit Patterns	breaking free of old identities and habits which are no longer appropriate; finding what is essential or true for oneself
Healing Process	willingness to go through a stage of aloneness and emptiness as a prerequisite to change

Home and Lifestyle	purifying and simplifying one's lifestyle, especially when home and surroundings are congested and disorderly; overly materialistic accumulation of objects in home
Honesty	inappropriate identity or self-image which needs to be released; internal purification; to develop greater integrity and clarity
Individuality	ability to reflect about and observe the Self, to experience the emptiness of "not-Self;" to distinguish personality from essential spiritual identity
Life Direction	periods of inactivity or setback; ability to accept emptiness as a time of transition and inner growth
Materialism and Money	learning to live more sparingly, to discern what is essential and to let go of excess
Menopause	feelings of emptiness or loss due to cessation of menses; ability of psyche to let go of old identity
Mid-Life Crisis	letting go of outer attachments or material possessions, to empty and purify in order to experience clarity; especially when the soul feels encumbered or entangled in present circumstances
Non-Attachment	letting go of the inessential aspects of the Self; experiencing emptiness as a positive state
Purification	shedding of false identity; releasing what is no longer essential to one's destiny
Quiet	deep emptiness, pregnant silence as a way of stilling the soul
Receptivity	experiencing emptiness as a precondition to change and transformation
Release	to shed false identity, old lifestyle or personal identity that is no longer appropriate; to release excess baggage in body or psyche
Self-Esteem	lack or loss of fame and fortune, considered as a blow to the Self; accepting personal loss; shedding parts of the Self which are no longer appropriate for true destiny
Soulfulness	experiencing inner space within the soul, apparent emptiness as a precondition for self-awareness
Time Relationship	releasing past identifications and identities which are no longer appropriate; ability to accept the naked possibility of the present moment
Transcendence	cultivating inner emptiness as a catalyst for change, to go through the soul's experience of the abyss

Sagebrush

Flower Essence Repertory - Arranged by Essence

Transition

letting go of inessentials that no longer serve a purpose;
inner purification

True to Self

shedding past identity which is no longer appropriate

Saguaro

Flower Essence Repertory - Arranged by Essence

Acceptance	openness to the value of legitimate authority or the wisdom of elders
Adolescence	extreme feelings of rebelliousness; resistance to authority figures
Alienation	hostility toward authority figures; rebelliousness
Ambivalence	conflict regarding authority figures; rebellion
Authority	conflict or rebellion against authority; respect for true spiritual authority
Blame	blaming authority figures for personal and world problems
Conflict	conflict about authority or in relation to male power
Criticism	excessive criticism of authority figures out of a spirit of rebellion
Destructiveness	delinquent or destructive behavior motivated by rebellion against authority
Father and Fathering	conflict with or abuse from father, grandfather or other males in family lineage, resulting in alienation from father role; healing one's relationship with ancestral family and elders
Feminine Consciousness	to address issues of wounding or abuse in ancestral history; extreme alienation or rebellion to persons in authority, especially men; finding positive archetypes of elder or wise person
Prejudice	to examine beliefs and traditions imparted from ancestral family; to cultivate positive connection with cultural roots and overcome prejudicial beliefs or superstitions
Resistance	resistance to authority; alienation and conflict with authority figures
Will	willful rebellion against authority
Wisdom	openness to ancient wisdom, the knowledge of elders

Saint John's Wort Flower Essence Repertory - Arranged by Essence

Aging	grounding and protection as one begins losing connection with the physical body and losing control of bodily functions; disturbed sleep and dreams
Awakeness	for those who are overly expanded into a dream-like consciousness, inability to come properly into body consciousness
Certainty	knowing the power of one's inner light, of divine protection; especially for fears related to psychic vulnerability
Children	fear of the dark and other sleep-related traumas (e.g. bedwetting); for children who are fair-skinned and sensitive
Confidence	facing the world by the strength and protection of one's inner light
Darkness	fear of physical darkness; disturbed sleep and dream states; depression related to seasonal darkness
Daydreaming	feeling lost in the world of dreams, or in out-of-body states
Death and Dying	fear of out-of-body states; anchoring inner light and awareness as the soul expands beyond the physical world
Devitalization	living too much at the periphery of consciousness; expanded state of consciousness which drains vital forces
Dreams and Sleep	disturbed, fearful dreams; fear of the dark or of going to sleep, traumatic nightmares; out-of-body experiences
Emergency	spiritual protection in injury or life-threatening situations; to restore inner light; protection during out-of-body states
Fear	fear during dreams or out-of-body traumas; fear of spiritual adversaries
Groundedness	protection when feeling one's consciousness is too open and expanded
Insecurity	insecure sleeping alone or going to sleep (for both children and adults)
Insomnia	dream disturbances, especially when connected with fear or psychic stress of any kind
Lightness	feeling the strength and protection of one's inner light; particularly when consciousness is diffuse and overexpanded

Saint John's Wort Flower Essence Repertory - Arranged by Essence

Massage	psychic oversensitivity, and oversensitivity to light; use with herbal oil of Saint John's Wort
Protection	protection during dreaming and from adverse astral influences; trust in divine protection
Sensitivity	overexpanded psyche; vulnerability to harmful influences
Shock	out-of-body or other psychic experiences, especially leading to nerve depletion
Spiritual Emergency or Opening	protection while outside the body, especially during dreams, or from overly expanded or psychic states of mind; generally indicated for all stages of spiritual opening
Trust	trust in divine protection in the world and in all that surrounds us; to integrate spiritual forces with bodily awareness
Vulnerability	extreme vulnerability to psychic influences or fear-producing experiences, especially in dreams

Scarlet Monkeyflower

Flower Essence Repertory - Arranged by Essence

Addiction	use of drugs to blot out true feelings, especially anger and powerlessness
Anger	fear of anger; recognizing and transforming anger
Avoidance	fear of dealing with or experiencing anger and strong emotions
Awareness	integrating the "shadow," awareness of powerful emotions, anger
Breakthrough	to bring repressed emotions to awareness, especially when there has been a fear of powerful emotions such as anger
Catharsis	release of powerful emotions, especially anger; overcoming fear of strong emotions
Communication	to communicate true feelings, especially powerful emotions
Courage	courage to face negative or powerful emotions
Death and Dying	anger about death; for the encounter with the double or shadow side at death
Denial	emotional repression out of fear of powerful emotions
Destructiveness	tendency to sudden or blind rage, extreme anger, often held back and then suddenly released
Escapism	fear of raw emotions or powerful expressions; lack of contact with core levels of anger or rage
Father and Fathering	episodes of rage or power battles with child; feeling powerless as father due to own unresolved issues about anger and power
Fear	fear of powerful emotions, especially anger
Freedom	freedom to express one's powerful emotions openly and honestly
Hate	explosive emotions, especially anger, due to feeling of powerlessness or repressed rage
Honesty	recognition and appropriate expression of powerful emotions such as anger or rage
Inner Child	need to contact and acknowledge feelings of anger and upset about childhood experiences; tendency to apologize for or repress powerful feelings about childhood

Scarlet Monkeyflower

Flower Essence Repertory - Arranged by Essence

Instinctual Self	fear of instincts relating to power, survival and anger; healthy integration of these energies into one's personality
Lower Self	transforming anger and deep, powerful emotions; facing the shadow side of the personality
Masculine Consciousness	becoming aware of repressed rage, particularly for men who feel a sense of powerlessness or impotence
Menopause	intense feelings and emotions, especially anger, sometimes producing bodily symptoms such as rashes or flushes
Mother and Mothering	episodes of uncontrolled rage or power plays with child; facing one's own feelings of repressed anger
Negativity	strong anger or power plays, often unacknowledged
Perfectionism	stuffing core levels of anger and rage in order to appear "nice"
Personal Relationships	power and anger issues in relationships
Power	fear and conflict about owning one's emotional power, especially anger or rage
Rejection	belief that one will be rejected if strong feelings are expressed, especially anger; trying to be the "nice" person
Repression	holding back or denying anger and strong emotions out of fear; over-control of one's emotions to appear "nice"
Resistance	difficulty accepting and working with strong emotions such as anger or power issues
Shadow Consciousness	awareness and transformation of "darker" emotions, especially anger and power
Shame	nonacceptance of powerful emotions such as anger; feeling that one's emotional shadow must be hidden and repressed, that it is "lower," shameful and dangerous

Scleranthus

Flower Essence Repertory - Arranged by Essence

Ambivalence	difficulty in decision-making, wavering between choices
Balance	extreme instability and imbalance; restlessness and confusion, especially when unable to make clear, firm decisions
Breakthrough	to come to a decision after wavering between alternatives
Certainty	acting from the certainty of inner knowing; decisiveness
Choice	to act decisively from inner knowingness, rather than vacillating between alternatives
Confidence	confident decision-making, especially when there has been a tendency to vacillate
Conflict	inner conflict when making decisions; wavering between alternatives
Decisiveness	feeling torn between two choices; generally restless and indecisive
Desire	confusion about what one wants, leading to indecision
Doubt	confusion about one's feelings and thoughts; indecision
Erratic Behavior	inconsistent thoughts and actions; tendency to vacillate from one choice to another
Escapism	avoidance of making choices in life; compromising integrity by trying to be all things to all people
Hesitation	fluctuating between two possibilities when making decisions
Immobility	inability to make a decision, thus preventing forward movement
Indecision	fluctuating between two possibilities, "back and forth" deliberation
Judgment	forming clear judgments instead of vacillating between alternatives
Life Direction	vacillating between two choices; life destiny paralyzed by indecision
Manifestation	inability to make choices, vacillating; compromising one's potential through hesitation and indecision
Morality	inner knowingness to distinguish right from wrong; making ethical decisions; to overcome hesitation and indecisive wavering
Pregnancy	doubts and indecision during the many life changes brought about by pregnancy; bringing inner equanimity

Scleranthus

Flower Essence Repertory - Arranged by Essence

Psychosomatic
Illness

shifting symptoms, constant energetic changes; difficulty
determining true illness

Restlessness

indecisiveness, constant alternation between one choice
and another

Scatteredness

switching from one idea to another; scattered due to
indecision

Acceptance	accepting obstacles as opportunities for growth and service; especially helpful when there is a sense of world doom
Challenge	seeing challenges as opportunities for growth and service
Darkness	feelings of overwhelm and burden which darken the psyche, especially the feeling of impending doom or apocalypse which paralyzes the positive forces of the soul
Depression and Despair	discouragement in the face of obstacles, especially feelings of world doom
Discouragement	discouragement particularly about the world situation; feeling "What's the use?"
Doubt	questioning one's ability to meet difficulties, with a sense of world doom
Earth Healing and Nature Awareness	pessimism or despair about the fate of the Earth which stymies one's ability to serve; to move beyond personal despair to greater vision and hope
Faith	seeing societal obstacles or global problems as opportunities for growth and service in the world
Gloom	depression about disasters and tragedies in the world
Manifestation	overcoming negative or hopeless images of the world; developing the capacity for positive, selfless service
Motivation	seeing opportunity for service in spite of difficulties; maintaining motivation to serve
Perseverance	maintaining faith despite obstacles and difficulties in the outer world, especially with a tendency to depression
Perspective	seeing difficulties as opportunities for service in a challenging world
Pessimism	pessimism in the face of obstacles imposed by world situation; rallying one's positive forces for higher service
Service	seeing world difficulties as opportunities for service
Strength	tenacity of purpose in spite of obstacles, especially with tendency to despair about the world

Self-Heal

Flower Essence Repertory - Arranged by Essence

Addiction	overall healing support for addiction therapy; confidence in one's inner resources to overcome addiction
Aging	instilling confidence in one's own healing forces, counteracting over-dependence on medical staff or family
Ambivalence	uncertainty about one's power to get well
Animals and Animal Care	add to almost any combination to stimulate inner healing forces of an animal, awaken vitality and will to live
Body	to arouse recuperative powers of the body; integrating body and mind in healing process
Children	self-confidence and self-reliance; helping child to draw on his/her own forces to become well
Cleansing	overall balance and regeneration during cleansing and healing process
Confidence	trusting one's self-healing abilities, especially with tendency to seek many outer modes of healing
Conflict	confusion about wellness or health program; unable to contact inner source of healing
Denial	not recognizing one's own inner healing power
Doubt	denying one's own self-healing abilities, relying solely on outside support
Eating Disorders	confidence in body's ability to digest and assimilate food; being nourished and energized by what one eats
Emergency	recuperation and rejuvenation; wholeness of etheric forces to counteract physical stress
Energetic Patterns	full energetic engagement; ability to tap inner reserves of strength and healing potential
Escapism	not confronting healing from inner level; escaping responsibility for own healing by dependence on therapists and therapies
Exhaustion and Fatigue	inability to contact inner healing forces
Faith	trusting one's own self-healing powers
Healers	contacting true inner healing capacities; shifting focus from personality of healer to the healing process

Self-Heal

Flower Essence Repertory - Arranged by Essence

Healing Process	core remedy to ignite self-responsibility in the healing process, especially to encourage the belief that one can be healed; to break over-dependence on therapist or therapies
Immune Disturbances	strengthening one's own health-creating forces; self-responsibility as a pathway to self-healing
Individuality	contacting inner resources, self-reliance
Inner Child	to take responsibility for own healing, moving beyond victim role, believing that healing and recovery are possible
Learning Difficulties	confidence in one's abilities when faced with learning difficulties from accident, injury or illness
Massage	bringing new life forces; promoting overall health
Menopause	viewing menopause as a healthy transition; taking inner responsibility for wellness; to transform negative medical model of menopause as illness or misfortune
Mid-Life Crisis	physical or psychological healing crisis; awakening the Self to its own responsibility and purpose for living
Psychosomatic Illness	contacting the true source of healing in any illness; self-responsibility
Rejuvenation	to catalyze inner recuperative powers in all healing situations
Resistance	inner resistance to taking responsibility for one's own healing process; over-dependence on outside help, not helping oneself
Seeking	continual seeking of various healing regimens without inner willingness to be healed
Self-Acceptance	knowing the inner power of self-healing; accepting that the Self is capable of transformation
Self-Actualization	taking responsibility for one's own well-being, facing one's karma
Shock	recuperative healing from shock
Toner	balancing other powerful essences and therapies; bringing self-confidence in one's own healing ability
Trust	trust in one's own self-healing powers, in the ability to be well
Vitality	awakening the inner self-healing power; integration of etheric vitality with spiritual consciousness

Shasta Daisy

Flower Essence Repertory - Arranged by Essence

Awareness	synthesizing many diverse ideas into a unified whole; awareness of underlying relationships or patterns
Children	integration of the emerging identity of the child; rebuilding a sense of wholeness after traumatic experiences
Community Life and Group Experience	ability to unify and synthesize many ideas and contributions in group setting; to bring all parts together into a greater wholeness
Concentration and Focus	ability to bring many diverse ideas into a whole; seeing an integrated picture uniting various parts
Creativity	ability to synthesize; creative thinking which allows parts to form a meaningful whole
Detail	ability to combine or synthesize many different details into a large picture; imaginative perception
Harmony	creating harmonious patterns in work and thinking; the harmony of integrative thinking
Healers	ability to think holistically about a client's condition, to integrate the many different parts of the symptom picture into a meaningful portrait
Healing Process	to integrate different therapeutic approaches or information received about healing
Home and Lifestyle	bringing parts of living environment into greater wholeness and relatedness; bringing harmony to chaotic or disorderly home
Insight	synthesis of many ideas into one whole; seeing the pattern of the whole within the many parts
Inspiration	synthesis of many ideas into a living whole
Intellectualism	to balance analytic thinking with holistic overview; synthetic thinking
Manifestation	integrating many facets of a project, bringing coherence, organization, and order
Mental Clarity	synthesizing ideas into a meaningful whole; archetypal thinking
Overview	bringing diverse ideas into wholeness; archetypal insight
Perspective	understanding how diverse ideas form a meaningful whole; ability to see patterns and relationships in mental and emotional life
Scatteredness	scattered thinking; need for integration and meaning

Shasta Daisy

Flower Essence Repertory - Arranged by Essence

Study	integrating information into a whole; able to see overall meaning in details; analysis balanced by archetypal thinking
Synthesis	gathering together of many ideas into a living picture; to see the overall meaning; archetypal insight
Thinking	archetypal, holistic thinking; able to synthesize many ideas into whole thoughts and concepts
Toner	synthesizing and integrating other therapies; helping all issues and illnesses to be seen within the larger wholeness
Wisdom	synthesis in thinking life; able to integrate many ideas into a coherent philosophy and world view

Alienation	profound alienation; not feeling at home on Earth
Ambivalence	not fully accepting being on Earth or being a part of humanity
Awkwardness	feeling alien and out of place; not fully in touch with one's humanity
Body	deep-set alienation from the Earth or human life; disassociated from the physical world
Children	for children who feel alien, that they do not belong; often associated with trauma at birth, difficulty incarnating
Choice	to accept life on the Earth; for those who feel alien, who don't fit in
Earth Healing and Nature Awareness	unbalanced interest in other-worldly or extraterrestrial phenomena; profound sense of alienation from Earth, need for soul to understand why it is incarnated on Earth
Environment	not feeling at home in one's environment; profound alienation, or sense of being "out of place"
Escapism	not being fully present for human life and human community; fascination for extraterrestrial or out-of-body experiences
Groundedness	feeling at home on the Earth and in human life; overcoming deep-seated alienation
Inner Child	traumatic or extremely disturbed birthing situation; when one's soul has never fully incarnated or accepted its humanity
Intimacy	profound alienation from human contact and human warmth; feeling that one is not fully human or fully incarnated in physical body; sense that one does not "belong" with others
Involvement	feeling a part of life on Earth; for those who feel alienated from Earth existence; to accept being a part of humanity
Life Direction	for people who do not feel a part of humanity; enhancing the commitment to life purpose on Earth
Personal Relationships	feeling alien; profound sense of not fitting into human society, of being a stranger to Earth
Pregnancy	helping the soul come rightly into Earth; for possible miscarriage, premature birth or traumatic labor
Rejection	feeling rejected by human community; feeling alien, as though not fitting in

Snapdragon

Flower Essence Repertory - Arranged by Essence

Abuse	tendency to be verbally abusive, with biting or derogatory comments
Aggressiveness	aggressiveness in the use of the spoken word, verbal abuse and angry outpouring of energy
Anger	inappropriate expressions of anger, especially directed as verbal abuse
Animals and Animal Care	for animals who bite; especially indicated for aggressive tendencies in horses such as biting and sucking
Authority	verbal bullying and threatening behavior, controlling others especially through verbal abuse
Blame	verbal criticism and abuse of others
Body	extreme tension in jaw and mouth, TMJ symptoms, grinding teeth, disturbed metabolic function, need to direct energy to lower metabolism when misplaced as anger and verbal abuse
Communication	tendency to be angry and argumentative in communications with others
Community Life and Group Experience	tendency to make biting or sarcastic comments, verbally aggressive
Creativity	re-channeling power and creative energy which may be misdirected into aggression
Criticism	verbal criticism and abuse, misplaced aggression
Destructiveness	destructive tendencies, especially verbal abuse and biting sarcasm
Eating Disorders	desire to experience oral activity; continuous biting, crunching and chewing as a sublimation for feelings of misplaced libido or unexpressed anger
Feminine Consciousness	powerful forces of libido or sexual energy which have been culturally repressed due to feminine stereotype, especially with tendency of these to manifest as verbal anger, criticism or jaw and mouth tension
Hate	verbal expressions of criticism and hostility toward others; tendency to lash out verbally at others
Honesty	to contact core feelings of anger and sexuality, especially when misplaced as aggression toward others
Hostility	hostility expressed by biting words and other verbal criticism

Snapdragon

Flower Essence Repertory - Arranged by Essence

Instinctual Self	contacting core emotions, especially when misplaced as verbal aggression and hostility
Irritability	extreme reactivity; easily "set off" to make verbal attacks, to "snap back" when one feels challenged or attacked
Lower Self	to harmonize lower energy centers, especially when libido is misplaced as verbal hostility and aggression
Negativity	verbal negativity and hostility directed toward others
Personal Relationships	improper expression of emotions through verbal aggression and hostility
Power	strong vital power and magnetism which can turn to verbal abuse when misdirected
Repression	repressed metabolic and libido energy, often misdirected as verbal anger toward others
Self- Aggrandizement	use of personal power to intimidate others, especially through verbal abuse
Self-Expression	overly aggressive energy which manifests as verbal abuse or biting comments
Sexuality	lack of integration of libido, misplaced as aggression and verbal hostility toward others
Shadow Consciousness	inability to recognize authentic feelings of libido, masked as anger and aggression toward others
Speaking	lashing out, using cutting or biting words
Strength	for those with strong personal power, often misdirected as aggression
Tension	holding tension in jaw and mouth, grinding teeth; tense and terse manner of speaking
Will	misplaced forces of will, aggression and verbal abuse

Star of Bethlehem

Flower Essence Repertory - Arranged by Essence

Abuse	to soothe the trauma of abuse; can also be used when memories of past abuse are brought to one's awareness
Addiction	physical and psychic burnout from drug abuse
Animals and Animal Care	abused animals, or any animal who has suffered injury or trauma
Body	to release trauma from particular parts of the body, often stored from the past; can be applied topically to the appropriate area
Calm	to soothe and harmonize the effects of shock or trauma
Children	deep shock or trauma such as divorce, death of a family member, accident, severe illness
Death and Dying	to soothe shock resulting from hearing of death or learning of an impending death
Emergency	soothing and balancing in cases of shock and extreme trauma; restores harmony and peace
Grief	calming and soothing after the shock of death or other tragedy
Psychosomatic Illness	clearing the effects of past trauma; soothing and reorienting the body to its soul-spiritual Self
Sensitivity	soothing acute sensitivity and trauma
Shock	soothing, maintaining inner peace after trauma; healing effects of past trauma, often repressed at the time
Soothing	soothing when suffering from shock or trauma; restores inner peace
Stress	soothing trauma after severe stress

Star Thistle

Flower Essence Repertory - Arranged by Essence

Community Life and Group Experience	difficulty giving of oneself, or of one's time or money to group; difficulty in sharing due to fear of lack
Cynicism	tendency to hold back from sharing; inability to open oneself to others due to fear of lack, or feeling that others want too much
Fear	worry about lack, leading to stinginess
Greed	lack of generosity; clinging to material possessions as a form of security
Insecurity	lack of feeling secure in Self, with a tendency to accumulate material possessions as a way of feeling secure
Materialism and Money	for those who find it hard to be generous, who count their possessions and regard personal security in terms of material wealth
Morality	generosity and sharing; overcoming stinginess born of fear of lack
Mother and Mothering	disturbances in the bond to the mother which predispose the child to seek excessive material rewards as a form of security
Personal Relationships	sharing and generosity, giving of oneself; tendency to be miserly or stingy
Possessiveness	stinginess, inability to share oneself or possessions
Resistance	holding on to material possessions out of fear of lack; resistance to sharing with others
Selfishness	stinginess, feeling of lack, holding on to what one has rather than sharing
Sharing	giving of oneself to others, especially when there is a tendency to stinginess

Addiction	for true connection to spiritual Self, especially when drugs are used to stimulate false psychic states
Aging	failing eyesight and hearing; helping transition from physical sight and sound to spiritual listening and perception; stimulating the shift from physical to spiritual awareness as a natural process of aging
Awareness	greater receptivity to subtle states of awareness, especially in meditation and dreams
Barriers	feeling a barrier in relation to the Higher Self; building more receptivity in listening
Clarity	ability to contact higher realms
Creativity	to become sensitive and receptive, to allow oneself to become a container for higher expression
Death and Dying	to increase receptive awareness of subtle states of consciousness; to shift awareness from physical to metaphysical seeing and hearing
Denial	rejection of the reality of one's inner life; denial of inner guidance, of the spiritual realm
Dreams and Sleep	greater receptivity and awareness of dream symbolism and dream recall; more awareness of subtle realms
Dullness	lack of awareness of spiritual realms; to develop psychic receptivity
Environment	increasing awareness of more subtle influences and energies in the environment
Feminine Consciousness	spiritual receptivity, opening the feminine aspect of the Self to higher worlds; inner listening or telepathic attunement, especially meditation or dreams
Grace	being in touch with the anima, the more gentle feminine aspects of Self
Hardness	lack of receptivity to the inner voice or to the spiritual realm; softening of soul forces
Harmony	harmony in the relationship of the soul to the spiritual world; feeling attunement to higher realms; developing inner listening
Home and Lifestyle	developing quiet inner presence in one's home; allowing home to become a source of soul experience
Insight	inner knowing from one's own meditative attunement
Inspiration	receptivity to spiritual information; chalice-like soul qualities which serve as a container for spiritual activity

Intimacy	softness and receptivity; soul gentleness as a gateway to intimacy
Listening	hearing one's inner voice; receptivity to spiritual influences, particularly in meditation and dreaming
Masculine Consciousness	softening overly masculine qualities, bringing forth the anima, or inner feminine aspect of the man; deepening the ability to feel emotions; enhancing dreams, contemplative life, poetry and art
Massage	opening and sensitizing both client and practitioner to the massage
Meditation	overcoming blockages to spiritual receptivity; inner listening ability
Mother and Mothering	developing receptivity as a mother, trusting one's own guidance and intuition in mothering role; ability to contact the spiritual identity and true needs of the child
Pregnancy	to build trust in one's own mother instincts; to encourage inner receptivity and listening forces
Purification	spiritual purification; becoming more open and receptive in meditation and dream life
Quiet	inner peace and receptivity; inner listening
Receptivity	receptivity to spiritual worlds; especially listening to one's inner voice
Resistance	lack of spiritual receptivity; resistance to inner work, meditation; blockage of awareness of dreams, spiritual guidance
Sensitivity	openness to spiritual realms; inner receptivity
Softness	spiritual openness; listening and receptivity through the feminine forces
Soulfulness	receptive awareness; contacting higher worlds of thought
Spiritual Emergency or Opening	softening any resistance to the spiritual realm; ability to feel soul communion with higher spiritual forces
Toner	softening and sensitizing the soul; creating greater receptivity
Wisdom	receptivity to spiritual wisdom through meditation and dreams

Sticky Monkeyflower

Flower Essence Repertory - Arranged by Essence

Adolescence	awkwardness of sexual feelings; fears of intimacy which lead to sexual aggression or extreme inhibition and isolation
Awkwardness	unease or awkwardness regarding one's sexuality, leading to avoidance or aggression
Desire	repression or inappropriate acting out of sexual desire; split between heart feelings and sexual desire
Escapism	fear of intimacy; escaping vulnerability and commitment, especially in sexual relationships
Fear	conflict and fear about intimacy, especially sexual; fear of being vulnerable in relationships
Inadequacy	feelings of sexual inadequacy or awkwardness
Instinctual Self	difficulty integrating sexual instincts with one's heart feelings; fear of intimacy which leads either to suppression of sexuality or heartless promiscuity
Intimacy	fear of intimate contact, especially sexual contact; integration of feelings of sexuality with human warmth and intimacy
Loneliness	awkward with intimate expressions; fear of emotional or sexual intimacy due to past hurts
Masculine Consciousness	fear of intimacy in sexuality; excessive or repressed sexuality as a way of avoiding true intimacy
Menopause	developing new patterns of intimacy; transforming sexual identity as part of menopausal transition
Obsession	compulsive or obsessive sexuality due to fear of real intimacy
Personal Relationships	dealing with issues of intimacy and sexuality; overcoming fear of intimacy; integrating sexuality with heart feelings
Rejection	fear of intimacy and rejection, especially in sexual relationships
Repression	inhibition of sexual feelings due to fear of intimacy
Sexuality	fear of intimacy, of dealing with sexual energy; unbalanced sexual expression manifesting either as repressed or overactive sexuality
Warmth	creating warmth and intimacy in relationships; overcoming fear of being vulnerable or rejected

Sunflower

Flower Essence Repertory - Arranged by Essence

Action	removing blockages to positive action resulting from a damaged masculine self-image or damaged relationship with one's father
Addiction	low self-esteem associated with drug usage; to develop a healthy self-image
Adolescence	conflict with one's father; development of the masculine Self, positive individuality in boys or girls
Aggressiveness	balancing aggressive traits by developing positive masculine identity; counteracting excessive egotism
Alienation	disturbed relationship with one's father or father archetype in others
Authority	conflict involving feelings about father or father figures
Balance	imbalanced ego identity, vacillating between self-effacement and self-aggrandizement
Children	to develop a healthy sense of Self, especially when relationship to one's father is disturbed
Co-Dependence	developing a healthy sense of ego; ability to feel more radiant and assertive
Compassion	warm sun-like forces; radiant compassion
Confidence	radiant expression of individuality; positive, confident ego
Conflict	inner conflict about father image, or relation to masculine aspect of oneself
Death and Dying	resolving conflicts with one's father, making peace with one's inner masculine Self
Egotism	lack of true self-esteem expressed as bombastic egotism; overcompensating expression of individuality; to develop balanced ego awareness
False Persona	false or unbalanced egotism; false desire to appear important to others
Father and Fathering	general remedy for healing relationship with one's father and self-image internalized from father
Feminine Consciousness	integrating positive masculine animus; healing relationship with father and other male figures; radiant individuality and self-esteem
Healers	ability to convey warm radiance from within; compassionate presence of Self; positive father archetype
Healing Process	balancing ego forces, between positive self-image and honest self-examination

Sunflower

Flower Essence Repertory - Arranged by Essence

Inadequacy	self-effacement; lack of balanced ego forces
Individuality	balanced expression of ego identity; general remedy to stimulate positive individuality
Inner Child	healing relationship to masculine principle, especially when relationship to father has been disturbed; low self-esteem
Leadership	radiant individuality, positive influence on others
Masculine Consciousness	helping to express one's own unique sun-like radiant individuality; for low self-esteem manifesting either as puffed up egotism or a self-effacing attitude
Materialism and Money	ego aggrandizement, for those who pursue fame and fortune as exterior forms of recognition
Personal Relationships	healing father relationship; afflicted masculine aspect or animus, which distorts relationships
Power	balanced power and ego strength; radiant individuality
Pride	egotistical sense of self-importance; overbearing individuality
Self-Acceptance	ability to shine, to emanate true Self, to believe in oneself
Self-Actualization	radiant expression of individuality; positive selfhood
Self-Aggrandizement	unbalanced egotism; feeling need to receive adulation from others
Self-Effacement	suppression of individuality; not feeling strong sense of Self
Self-Esteem	sun-like, radiant individuality; owning the "I" or Self
Self-Expression	boastful, drawing attention to oneself and accomplishments
Speaking	projecting positive self-image when speaking
Strength	healthy ego strength; strong, radiant individuality
Transcendence	raising the lower ego to the "Sun Self"

Sweet Chestnut

Flower Essence Repertory - Arranged by Essence

Abandonment	despair of the soul, feeling abandoned by God
Abuse	abuse which is so severe, one feels life is no longer worth living; deepest despair and anguish
Brokenheartedness	feeling that one's heart is being split open; great and intense anguish that is often transpersonal or spiritual; "dark night of the soul"
Challenge	ultimate spiritual test, subjecting the soul to deep anguish and loneliness
Darkness	for "the dark night of the soul" -- intense personal anguish and suffering which presses the soul to the breaking point; suicidal tendencies
Death and Dying	extreme mental anguish and sense of isolation within the soul; a feeling that one is cut off from God
Depression and Despair	extreme anguish; the "dark night of the soul"
Faith	restoring faith when stretched beyond all limits; extreme mental isolation and anguish
Loneliness	feeling cut off from spiritual source when severely tested; existential loneliness and despair
Martyrdom	extreme soul anguish; feeling as if one is being punished by God
Mid-Life Crisis	profound periods of suffering during mid-life; especially when the soul feels cut off from spiritual guidance; feelings of anguish or existential loneliness
Rejection	feeling abandoned, even by God; feeling hopeless and alone
Spiritual Emergency or Opening	faith when facing the "dark night of the soul;" meeting a severe spiritual test that stretches the soul to the limit
Surrender	extreme anguish and despair when severely tested, requiring the soul to surrender to a Higher Power
Transcendence	transcendence of Self when stretched beyond all limits; intense anguish which leads to spiritual breakthrough

Sweet Pea

Flower Essence Repertory - Arranged by Essence

Abandonment	social alienation and isolation; not feeling at home or finding social roots
Adolescence	social alienation, conflicts with family, feeling disconnected from community; seeking social roots and bonds; helps those with destructive social ties (such as gangs) to find a healthier sense of community
Alienation	not feeling connected with family, community or land; fear of social commitment
Conflict	conflict with others in community or family
Earth Healing and Nature Awareness	inability to feel rooted, lacking a sense of place on Earth; urban and suburban living conditions which have denied the soul's interest and connection to the Earth and Earth-centered community
Environment	inability to bond with physical environment or social community; wanderer
Escapism	being the endless wanderer and traveler; inability to establish roots in a community, to find sense of place
Father and Fathering	difficulty in making a commitment to family, community and living environment; fathers who are absent, travel often, or frequently relocate or uproot family
Fear	fear of social commitment in family and community
Groundedness	finding roots in community life; developing a sense of place
Home and Lifestyle	homelessness or social isolation; moving frequently, inability to feel home as connected to a place on Earth and part of larger social community
Involvement	participation in community or family life; social rootedness
Life Direction	for the constant wanderer or traveler who is unable to commit; not feeling at home in any community or place on Earth
Loneliness	feeling cut off from community or family ties; not able to find soul feeling for "home" or one's place on Earth
Personal Relationships	relating with others, finding community and social bonding; developing a sense of belonging to a community
Rejection	not feeling one fits into community, or geographic location; feeling homeless

Sweet Pea

Flower Essence Repertory - Arranged by Essence

Scatteredness

for the wanderer unable to establish roots, homeless or vagabond

Seeking

lack of social connectedness and roots; perpetual seeker

Tansy

Flower Essence Repertory - Arranged by Essence

Action	taking decisive action; cutting through lethargy
Aloofness	appearing aloof or nonchalant, especially when accompanied by lack of vitality
Apathy	apparent laziness, stagnant energy, overly phlegmatic
Body	tendency to be lethargic, heavysset
Breakthrough	decisive action; overcoming lethargy and procrastination
Catalyst	overcoming sluggishness or indecisiveness, especially when vitality has been suppressed
Co-Dependence	suppressing energetic response; holding back real capacities out of desire to placate family system
Decisiveness	tendency to procrastination and lethargy
Desire	catalyzing a stagnant will; acting on one's desires
Eating Disorders	tendency to create a heavy-set body or overweight due to sluggishness, lethargy
Energetic Patterns	acting slow, lethargic and sluggish; procrastinating; avoiding energetic involvement
Hesitation	difficulty being decisive; tendency to lethargy, "sitting on" one's energy
Home and Lifestyle	inability to complete household tasks; unfinished projects due to lethargy and procrastination
Immobility	sluggish, lethargic, overly phlegmatic, indecisive
Indecision	delaying decisions, not acting when action is called for; procrastination
Inertia	hesitation, indecisiveness, or lethargy due to suppression of natural vitality
Manifestation	feeling strong inertia; overly phlegmatic forces which impede true self-expression and manifestation
Motivation	low motivation, lethargy, procrastination; to develop true self-interest and motivation for work and other tasks
Procrastination	acting on what one knows needs to be done; overcoming lethargy and deep emotional blockages to one's true energy
Repression	suppression of one's energy and feelings in order to keep the peace, or to deal with emotional overwhelm
Resistance	inertia, difficulty getting moving, lethargy; resistance to true expression of one's energy

Tansy

Flower Essence Repertory - Arranged by Essence

Self-Actualization	contacting true source of one's energy; moving beyond procrastination and lethargy
Sluggishness	physical lethargy due to indecisiveness or procrastination; paralysis of energies
Time Relationship	avoidance of living in present by overly slow and phlegmatic response, inertia
Will	will forces which are too sluggish, procrastination; need to bring conscious awareness to dysfunctional will qualities
Work and Career Goals	procrastination or lethargy with regard to work and responsibilities; unconscious repression of real energy source for work

Tiger Lily

Flower Essence Repertory - Arranged by Essence

Aggressiveness	tendency toward over-assertiveness, forced masculinity; bringing feminine balance
Altruism	overcoming aggressiveness in work with others
Ambition	overly masculine striving; strong competitive attitude
Animals and Animal Care	for hostile or aggressive cats or dogs
City Life	tendency toward aggressive behavior
Community Life and Group Experience	combativeness which overrides ability to work cooperatively
Competitiveness	overly aggressive competition, transformed into positive social action
Cooperation	working with others cooperatively; overcoming aggressive tendencies
Earth Healing and Nature Awareness	aggressive tendencies which can lead to exploitation of the Earth or natural resources
Feminine Consciousness	balance of the feminine forces when tending toward overly masculine assertiveness; also for transition to menopause, re-orienting feminine forces
Hostility	transmuting hostile or aggressive tendencies; developing feminine balance and inclusiveness
Instinctual Self	for those who act out aggressive, competitive instinctual drives
Leadership	sense of receptivity and cooperation, balancing an overly aggressive nature
Lower Self	transmuting hostility and aggressiveness
Masculine Consciousness	tendency to overly masculine traits, especially aggression; bringing more feminine balance
Materialism and Money	overly competitive business drive; learning cooperation and trust
Menopause	eruption of strong animus forces, need for "soul estrogen" to balance and re-align feminine and masculine parts of the Self and develop a positive relationship to one's masculine side
Personal Relationships	cooperation with others; to balance aggressive or egotistic tendencies
Power	aggression and overstriving; need to bring feminine balance

Tiger Lily

Flower Essence Repertory - Arranged by Essence

Service

**feminine impulses balancing masculine assertiveness in
business life**

Trillium

Flower Essence Repertory - Arranged by Essence

Aggressiveness	overcoming greed or lust for power
Altruism	overcoming selfishness or greed; working for the common good
Ambition	over-concern with acquiring power and possessions
Attachment	greedy attachment to possessions and/or power
Competitiveness	overcoming aggressive greed and acquisitiveness
Cooperation	ability to work for the common good; overcoming greed and unbalanced desire for personal power
Desire	greed and lust for possessions and power; inability to sacrifice personal desire for the common good
Envy	coveting the power or possessions of others; greed
Greed	greed and lust for power and possessions
Instinctual Self	transforming lower instincts of greed or lust for power
Involvement	involvement with others for the greater social good; overcoming lower emotions of greed
Lower Self	overcoming greed or lust for power
Masculine Consciousness	for overly ambitious men who desire power and wealth at any cost; forsaking relationships in pursuit of soulless materialism
Materialism and Money	greed for material power and status; desire to accumulate possessions, often leading to emotional and physical congestion; purifying the root or survival chakra
Mid-Life Crisis	excessive drive for power or possessions, which has left the soul congested or burdened; transforming personal desires into higher social values
Morality	altruistic sacrifice of personal ambition or desire for the common good; overcoming greed and lust for power and possessions
Non-Attachment	non-attachment to power and wealth; social altruism
Overview	working for the greater whole, collective consciousness which overrides personal gain
Personal Relationships	working for the common good; transforming personal survival impulses to social values
Possessiveness	greed and lust for power and possessions; possessiveness due to personal ambition
Power	greed for power; drive to accumulate material wealth

Trillium

Flower Essence Repertory - Arranged by Essence

Self-
Aggrandizement

lust for power and greed for material wealth

Selfishness

seeking personal gain and power

Service

developing cooperation with others for mutual support

Sharing

overcoming "survival" instincts which prevent true sharing and cooperation with others

Will

greed or striving for power; will forces devoted to survival or materialistic goals

Work and Career
Goals

desire to work motivated largely by survival, or by need to accumulate material security; finding higher ideals in work

Trumpet Vine

Flower Essence Repertory - Arranged by Essence

Aggressiveness	healthy assertiveness, especially when speaking
Anxiety	speaking with greater expressiveness, despite fears; anxiety which blocks natural soul warmth and color
Children	shyness in speech; instills vitality and strength in verbal expression
Communication	to give vitality and dynamism to verbal expression
Confidence	self-confidence when speaking, being able to project oneself, greater vitality
Creativity	bringing greater liveliness to verbal expression, especially for dramatic artists; stage presence, dramatic flair
Dryness	expressing more color and soul vitality when speaking
Freedom	freedom to speak clearly and forcefully without holding back
Leadership	ability to speak out vigorously to the public; using the voice as a powerful instrument of leadership
Learning Difficulties	problems with speech such as stuttering
Manifestation	healthy self-assertion, especially for speaking up and projecting oneself
Self-Esteem	strong, vital speaking and self-expression, out of inner self-confidence
Self-Expression	vitality in speaking and other forms of expression, especially when blocked or lacking in force
Speaking	clarity and vitality in verbal expression; dramatic stage presence
Vitality	lively creative expression, ability to energetically project one's voice and actions

Vervain

Flower Essence Repertory - Arranged by Essence

Animals and Animal Care	for hyperactive, overly tense animals
Balance	to bring inner equanimity and moderation; extreme intensity or passionate idealism which often leads to nervous depletion
Body	pronounced tension from overenthusiasm, tendency to fanaticism or extremism; uses nerves and will to push the body
Certainty	rigid certainty about one's beliefs; fanaticism
Enthusiasm	extreme idealism which leads to nervous tension; an overbearing and fanatical attitude
Exhaustion and Fatigue	nervous exhaustion from extreme or fanatical lifestyle
Fanaticism	trying to convert others to one's beliefs; intense enthusiasm of the true believer
Grace	extreme intensity, fervency of feelings which rob one of grace and ease
Groundedness	zealous or fanatic activity which overrides body awareness
Idealism	strongly held ideals and beliefs which can lead to fanaticism; overly intense in promotion of one's ideas to others
Influence	intense and overbearing influence on others; to develop moderation and inner balance
Leadership	strong leadership which can become imbalanced by overintensity or fanaticism
Moderation	following the middle way, moderation in feelings and actions; counterbalancing overenthusiasm or fanaticism
Nervousness	overly enthusiastic; frayed nerves from overstriving
Obsession	strong attachment to one's point of view; overzealous need to convert others
Perfectionism	fanatical, overstriving; wanting others to become perfect by adopting one's standards and beliefs
Prejudice	fanatical belief in one's one ideology or political program; inability to recognize the beliefs of others
Relaxation	moderation, de-stressing; letting go of overstriving and excessive zeal
Seriousness	being overly fanatical about one's ideas; political or social agenda which overwhelms social relationships

Vervain

Flower Essence Repertory - Arranged by Essence

Speaking

forceful or compelling speech which does not recognize others' free will; intense beliefs which are imposed on others

Stress

overenthusiasm and extremism, leading to nervous breakdown or depletion

Tension

fanatical straining for a cause or ideal; extreme intensity leading to physical tension

Tolerance

allowing others to have their own beliefs, even if different than one's own strongly held beliefs

Will

using personal will to convert others to one's view; pushing with the will beyond reasonable limits; overzealousness to the point of fanaticism

Vine

Flower Essence Repertory - Arranged by Essence

Abuse	compulsion to control or exploit others, often through emotional or physical abuse
Aggressiveness	putting one's own wishes before those of others; compulsion to be in control
Ambition	obsession with wielding power over others
Animals and Animal Care	for animals which dominate younger or weaker animals
Authority	overly imposing one's authority on others
Children	strong-willed children, the "bully"
Community Life and Group Experience	controlling others; using personal will to adversely influence will of others
Earth Healing and Nature Awareness	compulsion to control animals and other living beings of Earth; seeing oneself as hierarchically dominant and superior to other species
Egotism	overpowering the will of others with one's own will
Fanaticism	imposing one's will on others; tyrannical disregard for the autonomy of others
Father and Fathering	exerting harsh or extreme control over children; feeling a need to be dominant in father role
Greed	wanting leadership power for selfish ends
Influence	influencing others adversely; strong-willed; limiting others' free will
Leadership	developing leadership which respects the freedom and autonomy of others, where there is a tendency to authoritarian, despotic leadership
Lower Self	tendency to use will to control others; developing inner obedience to higher spiritual Self
Masculine Consciousness	showing excessive masculine power and control; seeing masculine as dominant and feminine as submissive
Materialism and Money	for those who use money and power as a way of exerting control over others
Morality	tyrannical domination of others; to encourage respect for the individuality of others
Perfectionism	expecting perfection from others; using one's will to enforce obedience from others

Vine

Flower Essence Repertory - Arranged by Essence

Power	domination of others; personal power achieved through control of others
Prejudice	to transform the belief that social relationships are based on dominance and submission, or that one group should be submissive to other
Repression	trying to repress the free will of others
Self- Aggrandizement	tendency to control others; desire for power over others
Service	transforming tyrannical tendencies to positive service for others
Shadow Consciousness	darkened forces of will which control others; to spiritualize the will by making a conscious connection with the Higher Self
Tolerance	respecting the free will of others; letting others express themselves freely
Will	imposing one's will on others
Work and Career Goals	compulsion to be in control or dominant when working with others; learning receptivity and social leadership skills

Violet

Flower Essence Repertory - Arranged by Essence

Alienation	feeling as if one is an outsider or a stranger to others; helpful when moving to a new area
Aloofness	openness to others, especially in groups
Ambivalence	wanting to join with others but afraid of losing oneself in the group; shy, yet seeking social warmth
Awkwardness	feeling uncomfortable in group situations; fear of submerging one's individual identity in a group
Children	painful shyness, learning how to share oneself with others
Communication	tendency to hold back in communication; shyness
Community Life and Group Experience	holding back from sharing with others; shy, fear of losing oneself in group
Escapism	holding back from participation in group life or community affairs; fear of losing one's identity in social situations
Fear	fear of losing one's individuality in a group situation; tendency to shyness or retreat
Individuality	to maintain self-identity in a group situation, especially when shy or nonassertive
Intimacy	inability to share one's essential Self in group situations; shyness and reserve; fear of losing one's identity if too close to others
Involvement	connection with others; overcoming shyness or fear that one's identity will be submerged in the group
Loneliness	feeling shy about opening to others in a group
Personal Relationships	shyness, holding back in a group out of fear of being absorbed by others
Receptivity	openness to the warmth of others in a group
Self-Effacement	holding back in groups out of fear of losing identity; shyness
Self-Expression	to share warmth with others, especially when there is a tendency to retreat or hold back
Sharing	keeping a sense of individuality when sharing with a group, especially when there is fear that one will be submerged in the group
Shyness	fear of losing oneself in a group; genuinely shy

Walnut

Flower Essence Repertory - Arranged by Essence

Adolescence	having the courage to follow one's own convictions despite peer pressures or societal judgments
Animals and Animal Care	before and after a major move; to help break links to old places of residence; also good for animals giving birth
Authority	independence from the authority of others; charting one's own path in life free from the hindering influences of others
Barriers	breaking through limits from past associations and influences
Breakthrough	freedom from the influences of the past, from the ideas of others; setting out on one's own path
Co-Dependence	dysfunctional ties to family system or social standards which prevent full actualization of goals and life destiny
Concentration and Focus	focusing on life goals in spite of social or family expectations; ability to abide by one's convictions
Death and Dying	making transitions; breaking links, especially when others may hold on too tightly and not allow the release of the departing soul
Desire	courage to follow one's heart despite the judgments of others
Dutifulness	dutifulness to family values or societal standards; inability to break free from a limiting sense of duty
Eating Disorders	to break habitual ties to old patterns of eating and develop new relationship to nourishing foods; moving away from social or cultural ties to food or food rituals
Escapism	feeling bound by current influences and standards; inability to make a transition toward one's true destiny
Freedom	breaking free of limiting influences, especially from past circumstances
Habit Patterns	letting go of habits or lifestyle patterns taken on from the influence of others
Healing Process	making major transitions in the healing process; supporting profound transformation and re-ordering of life
Home and Lifestyle	to move out of or change current living situation, to establish new home or lifestyle rhythms
Immune Disturbances	following one's own convictions; creating inner strength and integrity of Self

Walnut

Flower Essence Repertory - Arranged by Essence

Influence	to break free from cultural or family influences or other past circumstances; freedom to follow one's own direction
Life Direction	finding one's own direction free of the influences of others, especially family or friends
Manifestation	breaking old ties that hinder, setting change in motion without being hampered by past influences
Mid-Life Crisis	for individuals in mid-life crisis who must make a clear and definite break with current circumstances in order to continue to evolve; courage to follow one's destiny
Pregnancy	transition in each stage of pregnancy, especially in releasing the child at birth; to accept new role as mother
Prejudice	breaking from unhealthy family ties or cultural traditions which are prejudicial; the strength to find one's own path
Protection	freedom from outside ideas and influences that stymie or subvert one's direction in life
Sensitivity	overcoming susceptibility to old ideas and influences, especially when ready to break with the past
Strength	courage to follow one's own path despite outer influences
Transition	breaking free of old ties and habits; inner strengthener
True to Self	remaining true to one's unique life destiny, rather than being influenced by the ideas or beliefs of others; breaking unhealthy links

Alienation	distancing oneself from others; seeing others as unworthy of one's attention
Aloofness	feeling separate from others, especially with a sense of disdain or pride
Avoidance	refraining from social contact out of a feeling of superiority; aloofness
Barriers	feeling distant and aloof from others, especially when due to pride
Communication	aloofness, not wanting to share thoughts with others
Community Life and Group Experience	avoiding working with others; feelings of superiority or disdain; tendency to classism or racism
Compassion	difficulty showing compassion for others; remaining aloof
Egotism	keeping one's distance from others; feelings of disdain, elitism, classism, racism or cultural bias
Escapism	feeling disdain for others; holding back involvement out of a sense of superiority
Intimacy	inability to establish intimate contact, due to a sense of disdain or social superiority
Involvement	sharing with others; overcoming aloofness or pride
Perfectionism	drawing back from involvement with others; feeling disdain for others
Personal Relationships	overcoming aloofness with others, especially the feeling of disdain or pride
Prejudice	belief that one is better or superior by virtue of culture, class or race; staying aloof and not wanting to be contaminated
Pride	excessive pride; keeping one's distance from others; feeling better than others
Resistance	aversion to social involvement, difficulty getting socially involved
Selfishness	seeing oneself as better or higher; holding back out of disdain for others
Service	increasing interaction with others; overcoming aloofness or haughtiness
Sharing	opening to others; overcoming aloofness; sharing oneself through social service to others
Shyness	aloofness, social reserve; holding back from social contact

White Chestnut

Flower Essence Repertory - Arranged by Essence

Aging	calming the chattering mind; breaking the hold of obsessive thinking and worrying
Calm	constant churning and overactivity of the mind
Children	insomnia, when the mind is full of concerns from the day
Clarity	to achieve mental clarity by cultivating inner quiet
Concentration and Focus	stilling the thoughts of an overactive mind
Dreams and Sleep	restless, fitful sleep due to anxious feelings or repetitive mental chatter
Exhaustion and Fatigue	repetitive, circular thoughts; worries which drain energies and deprive one of sleep
Inertia	thinking which is stuck in a mental rut, a "broken record" of repeating thoughts
Insomnia	insomnia caused by repetitive, obsessive thoughts; unable to quiet the mind
Meditation	quieting repetitive or obsessive thoughts; stilling the mind
Obsession	recurring thoughts and worries; mind stuck in a rut
Quiet	mental repose; ability to empty and still the mind when agitated
Relaxation	letting go of obsessive, repetitive thoughts and worries directed inward
Release	to quiet and release obsessive, repetitive thoughts and worries
Restlessness	mental restlessness; constant chatter of thoughts
Speaking	repetitive chattering; going over and over the same thoughts
Thinking	repetitive and obsessive thoughts; need for mental quietude

Wild Oat

Flower Essence Repertory - Arranged by Essence

Adolescence	confusion about goals in life; to find life direction and purpose
Certainty	knowing one's life purpose and vocation
Choice	clarity about life direction, life work; having a strong inner sense of purpose and life destiny
Clarity	clarity about one's life purpose and vocation
Concentration and Focus	clarity in life direction and vocation; choosing and committing to a life goal
Conflict	confusion about life purpose, career choices
Decisiveness	decisiveness about career and service in the world
Depression and Despair	dissatisfaction with one's work, despair over finding life's work or direction
Desire	confusion about what one wants to do in life; lack of a consuming passion or vocation; developing a desire to do world service
Escapism	endless seeking or experimentation, avoiding commitment to life purpose or work goals
Freedom	overattachment to freedom, leading to lack of direction or purpose in life
Immobility	inability to choose career or life direction; being stuck in unfulfilling work
Indecision	wavering about life purpose and vocation; lack of life direction, the chronic "seeker"
Life Direction	confusion about vocation and life destiny; trying many kinds of work, none of which satisfy; finding an outer expression of inner purpose
Manifestation	scattered talents and interests; lack of passion and commitment for long-term goals or career; ability to choose vocational opportunities which reflect life purpose
Masculine Consciousness	difficulty in finding a vocation, or avoiding a career choice by doing many odd jobs; finding the inner calling to a line of work
Restlessness	for the "jack of all trades," trying many vocations but unable to find true life purpose
Scatteredness	inability to find life direction, wandering from one job or activity to another
Seeking	searching for true vocation in life, with a tendency to try many different jobs

Wild Oat

Flower Essence Repertory - Arranged by Essence

Self-Actualization	finding one's true vocation, especially for those who have tried many different kinds of work and are still dissatisfied
Seriousness	becoming more serious and directed about life and vocation
Work and Career Goals	lack of life direction, many different work experiences without cohesive meaning or purpose; general remedy for finding sense of vocation and meaning in one's work

Wild Rose

Flower Essence Repertory - Arranged by Essence

Animals and Animal Care	for apathetic, listless animals
Apathy	lacking motivation to get well, especially with lingering illness
Challenge	tendency to give up; apathetic when faced with a challenge to one's health
Children	listlessness or apathy, especially after a lingering illness
Depression and Despair	apathy and resignation when faced with illness or other challenges in life
Exhaustion and Fatigue	resignation due to a long, lingering illness
Grief	not accepting the tragic events of life; withdrawal or numbing due to grief
Healing Process	engaging oneself in the recovery process when there has been a long, lingering illness, with a tendency toward apathy and withdrawal
Psychosomatic Illness	sickness which lingers or lasts longer than expected; loss of interest in life
Surrender	giving up too easily in illness; overly resigned to illness
Vitality	rallying life forces to fight a long illness; overcoming a tendency to apathy and resignation
Will	rallying the will to face a health crisis, overcoming a tendency to apathy and resignation

Willow

Flower Essence Repertory - Arranged by Essence

Adolescence	resentment and bitterness; a feeling that life is "not fair," blaming parents, authority figures, society
Aging	feelings of blame or bitterness about life; tendency toward stiffness or hardening as in arthritis
Anger	deeply held anger leading to bitterness and resentment
Blame	finding fault with others or with one's situation; deeply held feelings of resentment, toxic bitterness
Catharsis	release of anger, blame, resentment
Co-Dependence	seeing oneself as a victim; not taking responsibility for emotions
Community Life and Group Experience	blaming others for hurts real or imagined; finding it difficult to forgive and let go
Cynicism	bitter and resentful about life events; inability to forgive and forget
Death and Dying	releasing bitterness and resentment toward family, friends or others; taking responsibility for the events of one's life; ability to forgive
Denial	not taking responsibility for one's actions; blaming others, resentment
Dislike	dislike of others, feeling bitter and resentful
Feminine Consciousness	victim consciousness, toxic levels of resentment and anger, blaming others for unpleasant or exploitative life experiences
Flexibility	accepting and forgiving others; letting go of resentment
Forgiveness	forgiving the errors of others; overcoming tendency to bitterness, resentment or blame
Hate	resentment, blame of others; hatred which continues over time, turning to bitterness
Inner Child	releasing blame and bitterness for childhood pain; ability to forgive parents, other family members or teachers
Irritability	resentful lashing out at others; prone to blaming others
Martyrdom	seeing oneself as the victim; blaming others for one's situation
Negativity	bitter and resentful, unable to forgive
Perfectionism	blaming others for adverse situations; inability to accept and let go

Willow

Flower Essence Repertory - Arranged by Essence

Rejection	dwelling in feelings of rejection, letting them turn into bitterness and blame; lacking forgiveness
Resentment	blaming others or one's situation, bitterness
Responsibility	taking responsibility for life experiences rather than blaming others; counteracts bitterness
Tolerance	releasing blame and resentment toward others; forgiveness

Yarrow

Flower Essence Repertory - Arranged by Essence

Children	for very psychic and sensitive children, who need extra protection in their etheric sheaths
City Life	depletion due to oversensitivity to the frenetic pace of city life, to the cacophony of sensory and psychic forces
Devitalization	feeling drained of energy due to harsh environment or negative/hostile thoughts of others
Eating Disorders	using body weight as a shield or armor of protection from psychic oversensitivity
Emergency	protecting against physical or psychic negativity in the environment
Energetic Patterns	drained and depleted from absorbing negative thoughts of others, or by one's social or physical environment
Environment	oversensitivity to negativity, disharmony, pollution, noxious influences; often manifest as allergic reactions
Healers	overabsorption of others' suffering, resulting in feelings of depletion; need for more psychic detachment
Immune Disturbances	oversensitivity to one's social or physical environment; absorption of psychic or physical toxins, leading to fatigue and depletion
Irritability	vulnerability to disturbances in the environment
Learning Difficulties	hypersensitivity due to environmental stress which prevents full concentration and focus; expanded psychic forces that overwhelm the mental capacities
Lightness	bringing more light and strength in the aura to overcome feelings of vulnerability
Massage	for body workers who merge with or absorb too much psychic tension from their clients; for clients who are oversensitive to their environment
Negativity	vulnerability to negative influences, especially of mental or psychic nature; needing a protective psychic shield
Pregnancy	holding in the forces of pregnancy, overcoming tendency to premature birth, bleeding or spotting; for oversensitivity to the environment which may develop during pregnancy
Protection	protection from negative thoughts or environmental influences through the strengthening of one's inner light
Sensitivity	sensitivity to negative influences in physical or psychic environment

Yarrow

Flower Essence Repertory - Arranged by Essence

Spiritual
Emergency or
Opening

overexpansion of spiritual Self leading to acute sensitivity; need for protection; overly porous auric field

Strength

integrity of the aura, especially when too open to environmental or psychic influences

Stress

stress due to negative thoughts and intentions of others

Toner

providing overall strength, to make the Self more whole and vital; knitting together the aura

True to Self

protecting integrity of Self when it is too porous or too easily penetrated by the environment

Vulnerability

being easily affected by the negative attitudes and intentions of others

Yarrow Environmental Solution

Flower Essence Repertory - Arranged by Essence

City Life	protection from environmental pollution and disharmony
Devitalization	loss of energy from disharmonious environmental energies such as radiation, electrical fields, allergens
Emergency	resistance to radiation or other environmental toxins; geopathic stress
Energetic Patterns	vital energy depleted by radiation or other environmental toxins
Environment	susceptibility to negative energies in the environment, such as radiation, electrical fields, allergens, pollution
Immune Disturbances	vulnerability to negative energies and substances in the environment, such as radiation, electromagnetic fields, allergens, pollution
Negativity	negativity in environment due to chaos, geopathic or technological imbalance; sensitivity to environmental toxicity such as pollution and radiation
Pregnancy	added protection against radiation, pollution or other harmful environmental toxins
Protection	energetic protection from radiation and other noxious environmental influences
Sensitivity	vulnerability to environmental toxins; susceptible to allergies, environmental sensitivity
Strength	strengthening the body and mind when physically assaulted by environmental toxins, chaos or radiation
Stress	allergic or oversensitive responses to the environment; stress due to frequent exposure to computer terminals, low level radiation, or electromagnetic fields
Study	depletion due to spending many hours working in front of a video display terminal (computer screen)
Vulnerability	susceptibility to negative or harmful influences in the physical environment

Yellow Star Tulip Flower Essence Repertory - Arranged by Essence

Community Life and Group Experience	developing empathy for others; receptivity to the feelings and experiences of others
Compassion	developing perceptive and empathetic capacities; sensitivity to suffering of others
Creativity	stimulating forces of empathy and compassion; allowing artistic expressions to represent the real feelings of others
Dullness	oblivious to the needs of others; dull or numb awareness; to develop greater social sensitivity
Earth Healing and Nature Awareness Environment	to develop empathic forces; to experience other living beings of the Earth in a soulful, compassionate manner sensitive awareness of subtle forces in Nature and in other living beings
Feminine Consciousness Healers	developing feminine forces of listening and attunement in social situations; greater sensitivity to others, empathy intuiting client's Higher Self; acting on one's inner sense of what is needed for client's true healing; compassionate presence
Insight	insight through social interaction with others, listening skills
Intimacy	to develop the ability to establish empathetic contact, to sense what another is really feeling
Listening	sensing the deeper meaning or message of others, receptivity to the feelings of others; empathy
Love	to develop compassionate understanding for the needs of others; empathic presence
Materialism and Money	sensitivity to the sufferings of others and the Earth, balancing business life with social and moral awareness
Morality	moral sense born of an awareness of the consequences of one's actions; sensitivity to the suffering of others
Mother and Mothering	compassionate attunement to one's child; ability of mother to sense real feelings and needs of child
Personal Relationships	empathy for the feelings of others; compassionate presence and insight
Pregnancy	developing telepathic communication with child; sensitive awareness of child's needs
Receptivity	emotional receptivity, empathy; ability to listen and feel the experience of others

Yellow Star Tulip Flower Essence Repertory - Arranged by Essence

Selfishness	lack of awareness of what others are feeling; empathetic attunement
Sensitivity	understanding and intuiting deeper feelings and spiritual essence of others; compassionate sensitivity
Service	empathetic consciousness; understanding the needs of others
Softness	empathy and compassion for others; enveloping and nurturing sensitivity
Soulfulness	perceiving the inner soul life of others; deep feeling for others
Warmth	warm and compassionate attention for others; empathic concern

Yerba Santa

Flower Essence Repertory - Arranged by Essence

Awareness	recognition of deeply repressed emotions, especially emotional pain within the heart
Body	deterioration, wasting away, especially with symptoms involving congestion of the chest, heart and lungs
Brokenheartedness	accumulation of psychic toxins within the heart; deep-seated pain and trauma which blocks the heart from full expression
Children	gentle release of internalized trauma, especially with tendency to respiratory disturbance; melancholia or wistfulness; often associated with family stress such as divorce or death
Cleansing	release of deep and hidden emotional toxins, especially those emotions which cloud the heart and breathing
Depression and Despair	internalized sadness, especially when held in the chest region; emotional pain
Exhaustion and Fatigue	deep melancholia which invades the body, feeling of wasting away; deterioration
Grief	internalized sadness due to past trauma, melancholy; deeply internalized pain stored in the heart and chest
Healing Process	releasing emotional congestion in the heart; restoring ability of the heart to breathe out deep pain and grief
Heart	release of constriction in the heart region, especially feelings of sadness; release of accumulated psychic toxins caused by deep-seated emotional repression
Inner Child	unclaimed grief, especially when deep sadness or trauma from childhood is stored in the heart
Massage	release of emotional tension stored in chest region, often experienced as respiratory symptoms
Psychosomatic Illness	tendency toward respiratory illness from deep-seated melancholy
Release	release of past emotional traumas stored within the psyche, felt especially in the chest region and in the breathing; ability to breathe out emotional tension
Repression	constriction of emotions, especially sadness and grief held in the chest and lungs
Soulfulness	sense of internal space which feels toxic and congested; restoring sanctity of the heart center
Strength	wasting away of strength; tendency to melancholia and introversion

Yerba Santa

Flower Essence Repertory - Arranged by Essence

Tensión

releasing emotional tension held in the chest region

Toner

heart balancing for emotionally cathartic essences;
providing a gentle release

Zinnia

Flower Essence Repertory - Arranged by Essence

Cheerfulness	to encourage childlike humor, lightness of heart
Creativity	bringing greater spontaneity, especially childlike originality and inventiveness
Devitalization	tendency toward overseriousness; feeling dull and lifeless
Dryness	lack of humor, overseriousness
Dullness	overwork or serious approach which dulls the consciousness
Dutifulness	bringing a more playful attitude in one's activities, especially when burdened by a joyless sense of duty in work and family life
Earth Healing and Nature Awareness	childlike joy and interest in Nature; to contact a sense of wonder and joy for Earth and all living things
Enthusiasm	to encourage exuberance; joyful involvement in life
Father and Fathering	relating to children in a playful way by contacting one's own childlike nature; to counterbalance workaholism or other ways of avoiding children and one's inner child
Healers	becoming overly somber and serious when exposed to the daily suffering of others; bringing humor and light-heartedness to one's healing approach
Home and Lifestyle	finding joy and interest even in mundane tasks; childlike wonder and pleasure in daily living
Inner Child	reclaiming authentic inner child, laughter, playfulness, and light-heartedness
Intellectualism	overly serious or intellectual; need to lighten up
Joy	playfulness, childlike sense of humor
Lightness	childlike humor when overly somber or leaden
Masculine Consciousness	burying oneself in work, being out of touch with childlike or joyful parts of oneself; allowing time for play and adventure
Materialism and Money	ability to lighten up, especially for workaholics who take money and business affairs too seriously and need to enjoy life
Menopause	viewing menopause as positive and freeing, celebrating and experiencing soul joy as part of menopausal transition; integration of Inner Child and Wise Woman archetypes

Zinnia

Flower Essence Repertory - Arranged by Essence

Mother and Mothering	seeing motherhood as a grim responsibility; lack of joy or spontaneity in mothering; to play with and enjoy child's world; to contact one's own inner child
Seriousness	overly serious, lacking humor; somber and severe approach to life
Spontaneity	childlike laughter and delight; ability to break free from overly planned schedules and routines
Study	too much study; overly serious and somber personality
Time Relationship	feeling burdened and pressured by time; needing to restore spontaneity and humor
Work and Career Goals	workaholism, inability to play or relax, overwork which leads to a dulling of the soul life