

AN ALPHABETICAL LIST OF SHORT DEFINITIONS FOR ALL THE FLOWER ESSENCES ON OUR MAIN LINE UP

- (AW) = Animal Wellness Collection
- (B) = Bermuda Collection
- (C) = Camino Collection
- (HT) = Camino 2 Collection: The Healer's Toolbox
- (CO) = Colorado Collection
- (D) = Desert Collection
- (G) = Green Hope Farm Collection
- (GC) = Green Hope Farm Combination Collection
- (I) = Irish Collection
- (J) = St. John Collection
- (R) = Rose Garden Collection
- (S) = Sicily and Santorini Collection
- (V) = Venus Garden Collection
- (W) = Wildflower Collection
- (P) = Patagonia Collection
- (T) = Taiwan Collection
- (U) = Scotland, United Kingdom

ABANDONMENT & ABUSE- Helpful for any person or animal that has been through an experience of trauma, abuse or abandonment. Helps with posttraumatic stress, terror at being handled, loner behavior, socialization issues, depression, odd phobias, cringing and hiding. Our most important remedy for rescue animals (AW)

AGNES ROSE- Extremely comforting Essence sharing its wisdom, "You and I are not we but one" (R)

AGRIPPINA ROSE- Improves our skills as healers and the efficacy of other healing modalities, helps us heal with precision and finesse (B)

ALBA MAXIMA ROSE- Physically revitalizing because it helps clear out mental and memory clutter so more energy can move into our systems (R)

ALCHYMIST ROSE- For alchemy, spiritual metamorphosis, shows us the way to have this process a pleasure not just another arduous challenge to be navigated (R)

ALEX MACKENZIE ROSE- Helps us find the courage to do what we need to do (R)

THE ALIGNMENT GARDEN- All issues of alignment including physical alignment and alignment with purpose (V)

ALIKA ROSE- Powerful support for those who need to hold the light for others either in public leadership positions or quietly out of view (R)

ALLAMANDA- Helps us heal trauma linked to hearing so we hear better, especially good for hearing our inner guidance better (B)

ALLAMANDA FROM TAIWAN- Healing for those who have internalized fighting from a young age. Helps us trust voice of Divinity above all else and end kowtowing to fear (T)

ALL EGO CONTRACTS NULL AND VOID- Help to release habits, patterns of behavior, personality choices or relationships that no longer serve us (GC)

ALOE CILIARIS- Helps us find harmony on the cellular level (B)

ALOE VERA- Soothes internal and external inflamed tissue, a true physic for all healing situations (B)

ALPINE FORGET-ME-NOT- Discernment about what is our spiritual business and what is not (CO)

ALPINE PENNYCRESS- Experiencing life from a big picture point of view. (CO)

AMARYLLIS- Helps us to translate the messages our bodies give us (G)

AMPHITRITE- Supports a release of old ideas of self to uncover a more authentic one, helps us release fears of this process so we understand it will alter the surface of our lives but not undermine our souls (S)

ANGELICA- Helps us know we can connect to God without an intermediaries, helps us see each other as equally connected to divinity, knits together wounds and divided situations, loves to work with dancers (G)

ANGEL ORCHID- Awakening to find no boundaries between the Divine and ourselves (P)

ANIMAL EMERGENCY CARE- Especially formulated to calm and support the electrical systems of animals during acute healing crises, emergencies, stressful situations as well as long-term illnesses (AW)

ANTHURIUM- Balanced and creative use of masculine life force energy in relationship to feminine energy (B)

ANXIETY- Help to ease and release anxiety and anxiety based behaviors. Our most popular remedy for people and animals (AW)

THE ARBOR GARDEN- An Essence greater than the sum of its parts, helps us feel connected, consoled, in sanctuary, soothed and safe no matter the circumstances (GC)

THE ARCHITECTURE OF BALANCE- Embodied by ribs, this one is for the integration of current and ancient wisdom while also honoring our own internal healing guidance (HT)

ARIZONA LUPINE- Making the most of available resources, finding win-win solutions in situations where a scarcity model has ruled the day (D)

ARRE- Conviction. For trusting our life's pacing and standing by it (C)

ARROWHEAD- Help to find a purity of response in muddy times (W)

ARTICHOKE- Sanctuary to mend our emotional wounds (G)

ARZUA- Vulnerability. Allows us to be taken care of and supported during moments of vulnerability. (C)

ASCLEPIAS- Radical support to unleash our healing gifts and take our relationships and creative talents to a whole new level (B)

ASTRAGALUS- Pulls us out of mucky swamps of temporary pursuits and pleasures to ground in eternal identity (CO)

AUSTRIAN COPPER ROSE- Reawakens passion (R)

AUTOGRAPH TREE AT COOLE PARK- Comfort and solace for dreamers, poets, artists, mystics, rebels, misfits and those who walk the path less traveled (I)

AVOCADO- Helps us process and release strong emotions, like anger and bitterness, generated from challenging interpersonal drama. Helps us physically heal when we've held onto these emotions to the detriment of our third chakra area, especially the liver. (B)

BABY BLUE EYES- For anyone whose wisdom has been disregarded or who feels unseen, especially beloved by children whose wisdom is often discounted (G)

BABIES OF LIGHT- To calm, protect and balance the electrical systems of the children coming to Earth right now, especially Indigo children from the seventh root race, also useful for all sensitive souls (GC)

BACOPA MONNIERI- A happy essence supporting us to be happy especially physically happy no matter the ebbs and flows of our life circumstances (J)

BALANCE IN A BLUE MOON- Support to meet, embrace and assimilate the unusual and extremely precious vibrational energies on offer for our spiritual growth at this particular unique juncture in time (V)

BANANA- A versatile remedy useful in a wide range of situations including overly yang behaviors including male machismo, issues of the teeth, gum, jaw and mouth and problems with sugar cravings (B)

BAY CEDAR- A very wise Essence that gives us the courage and integrity to be who we are especially when a sea change has brought us a new self-definition (J)

BEACH PEA- For anyone put in the role of mediator, helps us find the common strands in groups of people divided from each other, wonderful for fence mending and community building (J)

BEAR'S BREECHES- Stability in the void between the collapse of old structures and the birth of the New Earth (G)

BEAUTIFUL SKIN- Much loved mix for all skins issues (GC)

BEE BALM- Powerful cleanser that clears out deep and forgotten emotional baggage and helps resolve problems that have resisted previous problem solving efforts (G)

BE FEARLESS- Helps us process our fears the release them fully so we can more easily welcome in the higher vibrations (GC)

BEGGAR'S TICK- End kowtowing to expectations and dictates of others so we are free to follow flow of our own path (T)

BELEREPHON OF THE OPEN DOOR- Powerful support to open the door to the next stage of our spiritual journey (V)

BELLS OF IRELAND- Opens the way for healing energy to enter our electrical systems from dimensions higher than those presently grounded on Earth (G)

BELORADO- Faith. For holding faith in the emptiness before the dawning of the next chapter when we will find authentic and supportive community (C)

BEYOND LYME- The Angels combination remedy for those working through the experience of Lyme disease (GC)

BIGNONIA- Life Force!!! Helps us live with more robust enthusiasm, fire energy, joy and vitality (B)

BIRD OF PARADISE- Helps with issues of synthesis and flow in our creative efforts, promotes the combining of unlikely elements into a unified whole (B)

BITING STONECROP- Help to bring our hopes and dreams into manifestation even in inhospitable terrain (I)

BLACKBERRY- Extremely versatile remedy, improves all rhythmic body functions, eases depression as well as any fear of death, helps us feel closer to God (W)

BLACK COHOSH- Helps us balance our male and female energies into sublime use of our wisdom and power (W)

BLACK CURRANT- The family river cleanser, cleanses and purifies us of the energetic detritus of the past seven generations of our family of origin (G)

BLACK EYED SUSAN- Shows us a way to unconditional love by embracing us with its complete love (W)

BLACK MOSS ROSE- Being true to our core self and values even when others oppose our choices (R)

BLEEDING HEART VINE – Support to end kowtowing to constrictions and limits and find fullness when freed from the burdens of carrying other's negativity (T)

BLOOD LILY- Emotional calm during extreme situations (B)

BLOODROOT- Shines a clear beam into even the most murky family river to illuminate the family's divine wisdom, offers unequalled support for reclaiming this divine wisdom so we can use these strengths for good and leave the family's ego detritus behind once and for all (W)

BLUEBERRY- Confident self expression as we shift paths, take the road less traveled, begin a new project or in any way ground our true blue truth (G)

BLUE FLAG IRIS- Encourages artistic creativity, good for any feeling of being creatively blocked (G)

BLUE PENSTEMON- In arguments, helps us be silent when our impulse is to say something to prove we are right. Helps us speak from our common divinity versus from an illusory place of separation and conflict (CO)

BLUE SNAKEWEED- Helps us untangle and release dense energetic knots in our heart chakra resulting from situations of deep grief or unresolved heartaches (J)

'BOFIN UNUSUAL- Support to welcome and assimilate unexpected gifts of people, circumstances and talents arriving out of the blue to help us navigate these times (I)

BOG ASPHODEL- Help to confidently do our own thing even when we get no moral support from others, especially supportive for the black sheep in any clan (I)

BOG COTTON- For hair, especially when circumstances or family genes indicate potential difficulties (I)

BO HE- Supports independence and self actualization, helps us end kowtowing to elders (T)

BONESET- Helpful information about healing broken bones, bone health, how to move more energy through our bones and integrate spiritual shifts that affect our bones and core experience of self (W)

BORAGE- Helps melt even the most tenacious sorrows and depression, restores courage, joy, laughter and happiness, one of the most uplifting Flower Essence we know (G) page

BOTTLEBRUSH- Excellent cleanser that also aligns physical and subtle bodies and increases our physical vitality (B)

BOTTLE GENTIAN- All issues of vision, help to see our situation clearly, hold our power, feel serene amidst chaos and resolve trauma as it affects our eyesight (W)

BOUNDLESS- Release of all limitations to experience our infinite self- a Venus Garden dynamo (V)

BOX BRIAR- Support to untangle tough problems that have resisted previous problem solving efforts (J)

BRAMBLE- Cheerful enjoyment of life circumstances, untangling from depression, help to see the half glass full (I)

BRAMBLE FROM SCOTLAND- Lightening even the darkest situations (U)

BREATHE- Supports the health and well-being of the pulmonary and upper respiratory systems (AW)

BROCCOLI- Helps us feel safe when things fall apart, helps us to integrate traumatic experiences (G)

BROWN EYED EVENING PRIMROSE- For healing from abusive experiences, especially childhood abuse, helps us leave bitterness behind when it no longer serves us (D)

BUDDLEJA- Release from lingering self-judgment and recrimination and help to find a gentler view of ourselves, especially when these harsh attitudes are a holdover from previous lives (I)

BURDOCK- Holds wisdom about the blood including oxygen transport, extremely restorative during any healing crisis, helps with cellular discernment, getting to the bottom of a situation, bringing the core issue to light as well as composing a template for healing (W)

BUTTERFLY GINGER LILY- End kowtowing to the intellectual, procedural and overly serious or heavy, diffuses stress and pressures we feel to balance mind and heart (T)

BUTTERFLY KISSES- Help to feel safe in the necessary unknown of transformation and change (GC)

BUTTON MANGROVE- Support for light workers, especially those who are holding light in challenging locations or in isolation from other light workers (J)

CALABASH- Support to feel nourished and protected by our own inner resources, so we don't feel we have to give too much to get what we need, excellent remedy for women (J)

CALCEOLARIA- Pure knowing in the face of difficulty (P)

CALENDULA- An excellent grounding Essence that fills us with much re-invigorating Earth energy and deepens our connection to the Angels and Elementals of Nature (G)

CALIFORNIA POPPY- Especially useful during spiritual awakenings as it helps us assimilate what we are learning and settle questions of motivation by grounding us in our heart's chalice (W)

CALLIANDRA- For the circulatory system as well as related emotional issues, helps us break up and release emotional and physical blockages resulting from heartbreak, violation or betrayal (B)

CALLIANDRA FROM TAIWAN- Help release past sorrows as well as end our kowtowing to these past tragedies so we can be fully present in the now (T)

CANARY ISLAND BROOM- Works to protect the delicate filter at the crown of our heads. Helps us to align with our spiritual destiny and purpose (G)

CANNA INDICA- A Flower Essence life raft restoring vitality after physical or emotional violence, war or terror (T)

CAPE FUSCHIA 'MOONRAKER'- Keeping calm, cool, collected and focused on our spiritual tasks at hand no matter the disruptions we face (G)

CAPE HYACINTH- Help to receive the blueprints and divine inspiration for this coming age. (G)

CARDINAL DE RICHELIEU ROSE- Support to take back to its rightful course anything that has been misappropriated by human personalities and misused for ego reasons (R)

CARDINAL FLOWER- Essence of consecration, wonderful for when we move into a new house, follow a new calling, begin a new relationship or in any way deepen our commitment to our spiritual path (W)

CARETAKER- Restorative and expansive remedy for anyone or any animal in a caregiving role (AW)

CAROUBY DE MAUSSANE PEA- Help to leave competitiveness and backbiting behind, returns us to a more compassionate view of each other as fellow travelers learning our spiritual lessons as best we can (G)

CARROT- For focus, concentration, a solid grounded sense of ourselves and the experience of rootedness in our life and purpose (G)

CARRY LESS- Help to remove the filters of ideas, opinions, impressions and sanskaras that limit our direct experience of life (GC)

CASSIA ALATA- Helps illuminate any situation in need of light (J)

CAT'S CLAW- Discernment about when to engage and when to disengage from any situation (J)

CEDAR- Strong cleanser of mental and etheric body which in turn opens spiritual "Gate of Remembrance" so we can access information about our divine purpose, a lovely additional benefit is how it improves hair health (B)

CELANDINE- Improved information transfer, better cell to cell connection as well as person to person communication, helps us make a crystal clear, indelible impression as well as improve our health (W)

CELERY- An electrical router bringing the support of specific stars to help us birth the new (G)

CENTERED BIRTH- Much loved combination for before, during and after birth for the mother to be and baby (GC)

CHAMOMILE- Finding our center, stillness and inner calm, support for breath work and meditation (G)

CHAPARRAL- Vibrant new life after dormancy (D)

CHARLES DE MILLS ROSE- Restores and refreshes every part of our electrical field, an extremely invigorating Essence (R)

CHEROKEE TRAIL OF TEARS- The Grandmothers, Native American sacred wisdom keepers, created this combination Essence to support us on our own Cherokee trails. Just as on the original Cherokee Trail of Tears, the suffering of our individual trails takes us on a journey from our minds to our hearts, beyond the mind's ideas of duality towards a greater experience of oneness with our Creator. This Essence is to encourage and comfort us on these difficult journeys and help us harvest the gifts of these journeys (GC)

CHIA- For increased vitality, life force and stamina (D)

CHICORY- Helpful for sustaining momentum on our spiritual path, helps us towards selflessness (W)

CHILEAN FIREBUSH- Breaking free of mental patterns (P)

CHINESE FAN PALM- All palms offer our central nervous system much useful information, with this palm, the information is about healthy nerve ganglion (B)

CHINESE KNOTWEED- Complete trust in the Divine plan and detachment from all else (T)

CHINESE HAT PLANT- Helps us find balance in situations of disequilibrium, imbalance, disorientation or change, good for motion sickness (B)

CHINESE RAIN BELL- Deeply supportive to the respiratory system, promoting hydration and water retention and balance to water element in the body (T)

CHIVES- Finding the balance of male and female energy so we balance inner wisdom with wise action (G)

CHRISTMAS BUSH- For wound healing of all types as well as support for circulatory issues, improves viral and bacterial fighting capabilities (J)

CILANTRO- Deep cleansing of the mental body as well as the physical body (G)

CLARET CUP CACTUS- Heals any divide between body and soul, helps us experience our physical bodies as whole and holy (D)

CLEMATIS- Reconnects us to physical life when we feel withdrawn, helps when we are experiencing too much daydreaming, forgetfulness, a desire to sleep all the time or absent mindedness (G)

CLEOME- Helps each of our chakras expand and welcome in the higher vibrations while also staying in harmony and balance with our whole electrical system (G)

CLIMBING NEW DAWN ROSE- Helps us know the eternal reality of love that is the matrix and evolutionary force within everything (R)

CLITORIA- Helps us manage spiritual awakenings and strong surges of spiritual energy including kundalini energies, helps us move these energies up the charkas to our heart chakra (B)

CLITORIA TERNATEA- Release from sexual guilt, remorse, shame, regret, sorrow or anxiety (J)

CLIVIA- Helps our creativity bear tangible results (B)

CLOSED BLOSSOM MELASTOMA- Helps us experience all we have with calm and a full awareness of the love around us, helps us end kowtowing to ownership and territorialism (T)

COFFEE- Support to cut free from habits and unconstructive patterns of behavior and thought (G)

COLORADO NATIVE ROSE- Trust in where our spiritual path takes us (CO)

COLTSFOOT- Information about bone, muscle and orthopedic health as well spiritual flexibility (W)

COMFREY- Clears the etheric/memory body of painful memories that negatively impact present day physical life, good for healing work with land as well as people (G)

COMMON KNAPWEED- The peace of knowing we are enough, good when we have a niggling feeling that we must do more or think that all is not alright just as it is (I)

COMMON RAGWORT- Helps us find resilience and robust good health in the face of challenges, irritants and change. Excellent for confronting new allergens (I)

COMMON SCURVYGRASS- Support for those betwixt and between to know their own value and feel safe expressing themselves, particularly good for adolescents (I)

COMPANION CONNECTION- More support to deepen our connection with the animals, particularly supportive when taken by both people and animals (GC)

COMTE DE CHAMBORG ROSE- Support to be our most authentic selves without garnering negative attention or ruffling feathers, especially good for those who march to a different drummer (R)

CORAL ALOE- Helps us cool down any heated situation where there has been a lot of drama, heated arguments, burnout, high octane stress or firestorms (B)

CORALITA- Powerhouse for electrical tangles in the spinal column and chakras, good for systems organized in linkages or skeins, unknots and resolves a diverse number of problems (J)

CORAL PINK ROSE- Calms us in situations of death, dying or disasters or when we are anxious that something bad is going to happen (R)

CORN- Unrivaled support for grounding our spiritual wisdom in practical ways (G)

CORNFLOWER- Help for the animals as they work to raise their vibrations to stay in sync with the planet while also doing their service work to us (G)

CORONA DEL INCA- Southern hemisphere wisdom to neutralize northern hemisphere illusions and negativity (G)

COSMOS- Helps us eloquently speak our heartfelt truths, excellent for people who must speak in public, singers or anyone who has not fully said what they need to say (G)

COTTON- The Essence for wisdom about healthy hair (B)

CRAB APPLE- Helps us release self loathing, shame, despair or any attitude of unkindness towards ourselves (G)

CREEPING DAISY- Understanding Spirit's unwavering loyalty to us (T)

CRIMSON CAMPHOR TREE- Awakening the flames of Enlightenment within us (T)

CUCUMBER- Sparks our confidence that we can handle any flood of emotion in a creative and life sustaining way (G)

CYCLAMEN- Cervical health (G)

DAFFODIL- Helps us hear our inner guidance better (G)

DAINTY BESS ROSE- Helps us release our deepest sorrows (R)

DAISY- Focus, heart centered wisdom when we are scattered or unable to understand or appreciate our situation (W)

DANDELION- Wisdom about physical vitality and purpose at all stages of life, helps us go with the flow, release emotional tension in muscles and navigate spiritual transitions with greater ease (W)

DATE PALM- Ancient powerhouse offering wisdom about our DNA (B)

DATURA, SUNLIGHT- Dramatically clears and rebalances our chakras, helps us receive higher energies, helps us get the spiritual game plan for our life situations (G)

DATURA, MOONLIGHT- Tunes us to spiritual frequencies of the Moon and to our own wisdom and that of the feminine. This goddess powerhouse is an especial blessing during menstruation or any rite of female passage (G)

DAYLILY- Wonderful energy for new beginnings, also helps us know when to call it a day and let a project or situation go (G)

DESERT CHICORY- For those who have experienced childhood abuse, helps us to know healing will prevail without us "pushing the river" or trying to scrub our experiences from our energy system, offers deep support to relax and trust that the flow of life will naturally take us towards healing (D)

DESERT FORGET-ME-NOT- Helps us remember ourselves before difficulties left their mark, reclaim our joy and delight in the world and our sense of the world as a gift unfolding before us not a punishment to be endured (D)

DESERT GARDEN- For finding the vast spiritual nourishment available in even the most inhospitable situations and reclaiming our wholeness and holiness (D)

DESERT GOLD- Confidence in the abundant flow of the generous universe even in times of apparent scarcity or lack (D)

DEVIL'S BIT SCABIOSA- Helps us feel whole when our lives have narrowed or we are dealing with physical constraints and limitations (I)

DICLIPTERA SEXANGULARIS- Helps us systematically dismantle and move beyond off balanced appetites (J)

DILL- Help to move out from our reptilian brain and emotional brain loop of reactivity into the more measured response of our outer more logical brain center (G)

DIGESTIVE WOES- All issues of gastrointestinal health and well-being (AW)

DOG ROSE- Improves our understanding and problem solving skills as related to our dogs so we can best handle our dogs' challenges. Increases our understanding of the wisdom of dogs and improves person to dog communication and visa versa. Great to take with your dogs! (R)

DOMBEYA WALLICHII- Sheltering love for those who shelter others as well as those who need comfort for any reason (B)

DON'T WORRY-BEE HAPPY- Support from the honeybees and the Flowers to be happy (V)

DWARF COMMON CENTAURY- Helps sweet people who have taken some knocks for their sweet nature to know their sweetness is a strength not a weakness (I)

EFFORT AND GRACE- The 2014 Venus Garden combination remedy helps us to find clarity about what we must do to create the life we are meant to live and reminds us of the grace in all our situations that means often times our work is to let go and let God (V)

EGGPLANT- Removes pockets of intense localized negativity from anywhere in our energy system (G)

THE EIGHT GARDEN- Enormously transformative remedy in terms of letting go of what we don't need and manifesting what we do (V)

EIGHT SAINTS- Help to feel the light beings that are there with us in steadfast support (T)

ELDERBERRY- Immense support if life calls you to hold the light amidst great darkness (G)

ELECAMPANE- Help to receive the gifts of sunlight, assimilate the higher vibrations coming into areas with thin ozone and resolve seasonal affective disorder (G)

ELEPHANT TRUNK LOOSESTRIFE- Support to be a harmonious part of the planetary herd (G)

EMERGENCY CARE- For electrical support during any situation of stress, illness, emergency, ongoing chronic health challenge or trauma (GC)

EMILIA PRAETERMISSA- Finding balance in a newly healed body, help to reacquaint ourselves with being well (T)

THE EMPATH'S AXIS- Embodied by the muscles, the antithesis of compartmentalizing, this one helps us be both vulnerable and a strong healing pillar of support in our healing work (HT)

ENGLISH STONECROP- Finding a softer view of self and others even if impatience, irritation and restlessness have previously ruled the day (I)

ERUCA- Seeing, being, owning the truth of our situation and who we are, finding strength in being transparent (S)

ESCALLONIA- Help to navigate the inevitable ups and downs of finding a romantic partner or being in a romantic partnership, help to not take things personally (I)

ESCALLONIA FROM PATAGONIA- Gratefulness for the journey

ETERNITY ORCHID- Helps when we feel confused, turned around or lost in time or space, helps bring us back to where we need to be (T)

ETHEREAL FLUIDIUM SUPER GLUE- Help to keep the etheric body and connection between physical and etheric body clear and strong. This positively impacts the movement of life force or prana into the physical body and helps keep degenerative diseases from entering the physical body (GC)

EUPHORBIA OF THE ANCIENTS- Helps us think before we speak and find equanimity and a balanced mind in the face of emotional torrents (T)

THE EVOLUTION OF EVER FORWARD MOTION- Embodied by the eyes, helps us trust in the forward motion of our healing path (HT)

EYEBRIGHT- For all issues of seeing (G)

EYES OF MARY- Shows us the way to love those who are suffering without a desire to fix them, good for when we cannot see beyond the pain of a certain predicament to its potential spiritual gifts, or when, in anyway, we have lost our sense of humor and need to lighten up and reframe our understanding of events and remember only God is real (G)

THE FAIRY ROSE- Increases our delight, joy, laughter, playfulness, dolphin energy and enjoyment of daily life (R)

FAIRY TRUMPET- Support from the Elementals to experience the elemental, grounded, ordered, eternal underpinnings beneath chaotic events (CO)

FALSE DRAGONHEAD- Fearlessly standing in our truth even when in a gale force wind of tumult and change (W)

FAVA BEAN- Seeing clearly when we have been unable to see with focus or clarity (G)

FENDLER GROUNDSEL- Helps us be less reactive to new allergens as well as new ideas or people who push our buttons by firing along the electrical circuits that connect us to each other (CO)

FEVERFEW- Balm for overwrought nerves, restless confusion, worry, despair, nervous habits like hand wringing, argumentativeness (G)

FIREWEED- Spiritual breakthroughs, help to make the connection when static has prevailed (G)

FISTERRA- Birth. For the shifts from one way of being to another, for when a soul is at the end of a long process of laying down a major paradigm from this or many lives (C)

F.J.GROOTENDORST ROSE- Helps us experience that childlike summer feeling of joy, sweetness and sense of expansive freedom (R)

FLAME FLOWER- Spider medicine, balancing past, present and future so we don't get snarled in webs that sidetrack us from our own creative endeavors (T)

FLEE FREE- Focused support to improve the electrical vitality of an animal so that the animal's electrical field rebuffs low vibration pests including fleas and ticks (AW)

FLOSS FLOWER- Protection from emotional burn and other collateral damage when our learning lessons feel harsh (T)

FLOWER FROM LA MARCHESA- Help to appreciate the expansiveness of in-between times in our lives, help to let go of any fear and enjoy the adventure of the unknown (S)

FLOWER FROM THE GARDENS OF TAORMINA- Trusting the plan even when things fall apart (S)

FLOWERING TOBACCO 'HOT CHOCOLATE' - For releasing energetic residue in the 1st, 2nd and 3rd chakra leftover from relationship trial and error (G)

FLOW FREE- For any issue of flow in the nervous system, urinary tract, digestive tract, lymphatic system or circulatory system or any situation of blockage be it emotional, mental or physical (AW)

FODDER VETCH- Helps us find and recognize a true course then move forward in confident alignment (S)

FOXGLOVE FROM PATAGONIA- Helps us get the most from all the Patagonia Essences as it grounds us to the very different vibration of the Antarctic floral kingdom, a grounds us in the healing vibration of this part of the world (P)

FRAGRANT LADIES TRESSES- Support to surrender everything into divinity's hands thus allowing the grace of divinity to arise and bring resolution (W)

FRAGRANT ORCHID- With a deep connection to Archangel Gabriel, this one is for hope (I)

FRANGIPANI- Helps those who live in their feminine energy of knowing to assert themselves in wise action (B)

FREMONT PINCUSHION- For those whose core experience of self is of being unwanted or of no value. Helps us move through traumatic experiences that have degraded our self –esteem to experience once again our infinite unwavering value and place in the world (D)

FRENCH MARIGOLD – As one of the most hybridized Flowers, this Essence supports us to change and mutate as successfully as it mutates while also keeping inharmonious mutations, like viruses, out of our energy fields, also helps when we don't hear things correctly (G)

FUMITORY BELLA- Help to sustain an energy reserve when we are doing the tiring work of self-articulation (S)

GALICIA- Grace. Moving with kindness and grace as we travel alongside souls who are not on a similar intensive internal course (C)

GALLANDIA ROSE- Higher dimensional support to shift our personal electrical grid so that we can hold a different configuration of time and space (R)

GARBANZO BEAN- Help to dissolve tribal enmity (G)

GARDENIA- Intimate friend and ally, a mysterious but powerful Essence that helps us pierce veil of illusion (B)

GIANT'S CAUSEWAY Helps us form a bridge between modern times and ancient wisdom as well as a bridge from present day to the expanding possibilities of the future. This is another Essence specifically brought forward by the Angels to help us make the vibrational leap we must make right now. (I)

GINGER- Helps us release our worldly concerns, avoid overextending ourselves or scatter our energies. "Yoga in a bottle" (B)

GINGER THOMAS Help to see the long view as a wise elder might (J)

GOLDEN ARMOR- Protection from the discordant sound vibrations and electro magnetic dissonance of the modern world, the Angels ask us to take this and give it to the animals every day, also good for other sorts of protection from resistance to viruses to rebuffing negativity of any sort (GC)

GOLDEN HEDGE HYSSOP- Release from shame about what we feel and how much we feel (W)

GOLDENROD- For opening and keeping clear the third eye of the 6th chakra, also helps us have spine and be true to ourselves in the face of peer, family or societal pressure (W)

GOLDENSEAL- Deepening support from the Elementals at this critical juncture for humanity and the Earth (G)

GOLDEN SHRIMP PLANT- Navigating between brain knowledge and spiritual truth so we know spirit is always with us (T)

GOLDEN WINGS ROSE- Holds the relaxing vibration of knowing we are of God and in God and can never get lost or fall from grace (R)

GOLDFINCH ROSE- Balm when our electrical systems are frazzled by too much electrical stimulation (R)

GORSE- An excellent ally when we feel all is lost as Gorse knows all is never lost, brings a flood of optimism and hope (U)

GRAHAM THOMAS ROSE- Support to express and value our unique creative voice in a time when individuals not organizations will bring the paradigm shifts necessary for us all (R)

GRANIANA ROSE- Expands the energy between the fifth and sixth chakras in the neck to support a deeper expression of our aligned purpose (R)

GRAPE- Helps us see the gifts in disillusioning, “grape press” experiences so we don’t feel any sour grapes about our situation (G)

GRAPEFRUIT- For the relief of mental tensions including those that cause headaches (B)

GRATITUDE- The alchemy of gratitude is that it lifts us out of our mind ideas of less than into an experience of life as an immeasurable blessing, this Essence helps us on that journey (V)

THE GRAVITY OF BEAUTY- Embodied by the heart, restores magic, childlike wonder and loving from a nonjudgmental place, for harried healers and hurried children alike (HT)

GREAT WILLOWHERB- Helps us remain optimistic and open hearted amidst despairing times and difficult transitions, a particular solace to healers who must hold necessary paradigm shifts in advance of the rest of humanity (I)

GREEN & TONIC- THE mix for plants (GC)

GRIEF & LOSS- For when a loved one dies, loss of a home or sense of purpose, break up of family, for despair, depression, brokenness, or grief (AW)

GROUNDING- A mix containing many Tree and other deeply rooted Flowering plants that supports us to be fully in our bodies and in the now (GC)

HARDHACK- Enduring complete love for self and others (W)

HAREBELL FROM DOG’S BAY The courage to persevere (I)

HAREBELL FROM SCOTLAND Unwavering courage and clear purpose in thought, word and deed (U)

HARMONY WITH ALL KINGDOMS- Helps us inhabit the vibration of oneness with all creation (GC)

THE HEALER’S KEYSTONE- Embodied by the pelvis, helps us tend to our own creative restorative healing center as part of our practice of nurturing others (HT)

HEALTHY COAT- Addressing all issues of hair, fur or skin in animals or people including hot spots, rashes, skin sensitivities, allergic reactions, wound healing or coat issues, supports the healing process for all raw, inflamed or reactive tissue internally as well as externally (AW)

HEATHER- Confidence and contentment with our place in the cosmos (U)

HEAVENLY BAMBOO Aligns main chakras and keeps us grounded to our divine identity during spiritual growth spurts (B)

HELIOTROPE- Support to surrender deeply held grudges against ourselves and find self forgiveness (G)

HENRY HUDSON ROSE- Offers particular gifts for healers, encourages confidence and clear boundaries especially during healing work (R)

HENRI MARTIN ROSE- Bear medicine (R)

HERITAGE ROSE- Helps animals feel at home in a family of people, helps us all feel connected to our identity as a child of God so that we can detach from the more conventional notions of heritage or better navigate the loss of earth family members (R)

HESPERIDES' GIFT- For healers of every sort to help with burnout and other stresses of their lives and work, help for all of us to reclaim our divinity (GC)

HONEYBEES IN THE WHITE HAWTHORN- General harmonizer that smoothes disturbances in our energy system, good for hormonal issues, problems with sugar or any situation that is radically fluctuating in and out of balance (G)

HONEY LOCUST- Support to move through grief without our physical bodies suffering ill health (G)

HONEYSUCKLE- Creative use of our memories as spiritual fuel, free of nostalgia or regret. For full remembrance of the divine (G)

HONTANAS- Tenderness. For finding the inner kindness to listen to our bodies with compassion (C)

HOPS Very strong support for spiritual and physical growth as well as pituitary function (G)

HORSERADISH- When people do or say outrageous things, this one helps us politely hold our ground and maintain our boundaries (G)

THE HUMMINGBIRD GARDEN- Encourages bold choices and a joyful embrace of what grows when we plant our dreams. Especially supportive for the current generation of twenty-somethings (GC)

HYSSOP- Fine tuned support for the release of guilt and the habit of guilt (G)

ICE PLANT- Helps us warm up and find our sense of joy, humor and bliss, also excellent for all issues of poor circulation such as cold extremities (B)

IMMUNE SUPPORT- dynamic support for the health and vitality of the immune system (AW)

INDIAN PIPE- Elementals peace, the balance of the four winds and four directions, reveals peace as an enduring reality within us, one that permeates all reality (W)

INDIAN RHODODENDRON- Ally for anyone dealing with emotional, physical or spiritual poisoning, support to get out of toxic relationships or situations (T)

INISHBOFIN- For retrieving wisdom and spiritual strengths from our past lives (I)

INKBERRY- Help to bring into form an idea that felt very far out of reach and near impossible to ground, for manifesting new consciousness in indelible form as well (J)

INNER CHILD- To support the healing of our inner child's wounds so that we are more fully present in our daily lives and more cognizant of our power, wisdom, and ability to solve our own problems (GC)

INSPIRE- Part of our Purify, Restore and Inspire trio, this one helps us set a new course for ourselves after we leave an addictive pattern behind (GC)

IRISH HEATHS- Also known as Heather, this one helps us communicate with others from a place of love and appreciation for self and others, without neediness but with inner strength and good cheer (I)

ISPAHAN ROSE- A clear sense of personal direction no matter the tumult or distractions around us (R)

ITALIAN SAINFOIN- helps us contain, validate and balance our experience and emotions when we have suffered violence against us, helps break the cycle of violence by organizing our reaction into something constructive (S)

IXORA- Helps us make life affirming decisions about our sexual choices, boundaries, and partnerships (B)

JADE- Attunes us to the green healing energy of nature, good for people struggling with time crunches, those who have too much to do or those who feel overwhelmed by their circumstances (G)

JAPANESE MOUNTAIN TEA- For all those who have undergone an arduous climb, support to soak in the invigoration of having reached the summit (T)

JASMINE- Centers us in the God flame within our hearts and sparks our flame into increased fire activity, good for colds, lung complaints, too much mucus, damp conditions, too much watery emotions or when we need to feel lifted up into the big picture reality (G)

JEALOUSY- promotes harmony and balance in any community of animals or people, eases sibling rivalry or any situation of jealousy (AW)

JERUSALEM THORN TREE Helps us know what we have learned from our suffering, let go of regrets and feel the grace of our circumstances even amidst great difficulty (J)

JEWELWEED- For all irritations, rashes or poison ivy, helpful when we feel thin skinned or impatient (W)

JOE PYE WEED- Help to lay down our burdens to God so we can feel totally supported by God (W)

JULIA CHILD ROSE- Helps us find an imperishable faith, enthusiasm and a willingness to persist (R)

KANGAROO PAW- Support to heal any injury and inflammation especially explosive orthopedic injuries (G)

KAPHA- Support for balancing the Ayurvedic dosha Kapha (GC)

KIDNEY VETCH- For cleansing, unimpeded flow, robust circulation and renewal in networks and tributaries, restoration of dead zones, a healing powerhouse (I)

KIKINDA SQUASH- Profound support to improve male and female fertility (G)

THE KINDNESS OF UNTANGLING- Embodied by the internal organs and digestive track, supports us to incorporate all the physical systems in the discharge of residue from past suffering (HT)

KING'S MANTLE- Helps us feel sheltered and safe in Divinity's all forgiving love (T)

KIRENGESHIMA- Finding and keeping to our own inner knowing and true path (G)

KONIGIN VON DANEMARK ROSE- Freedom from self- judgments and release from shame spirals, excellent for perfectionists or those who judge themselves harshly (R)

LA BELLE SULTANE- Revivifies and restores, wonderful when we feel groggy or deeply exhausted (R)

LADIES BEDSTRAW- Helps us sleep well as it helps us create a protective cushion around our etheric field so sleep is deep and unchallenged, also helps us assimilate new information as we sleep (W)

LADIES BEDSTRAW FROM IRELAND- Helps us untangle mental knots, anxieties or worries so we can sleep better, good for chronic worriers or anyone restless or full of mental agitation (I)

LADY'S MANTLE- Support for each aspect of a creative project from conception to launch, from sheltering our new beginnings to magnifying our finished creation for all the world to see (G)

LAMB'S EAR- Helps the sensitive to feel what they feel but stay strong (G)

LANTANA INVOLUCRATA- Moderates extremes, will help us modulate strong feelings and our physical responses to these strong feelings. (J)

LARKSPUR Course corrections for when something is off in our overall health and energy system or we feel our health is going in the wrong direction, helps us turn things around (G)

LA RIOJA- Creativity. For discovering and cultivating our unique autonomy and creative strengths to create the life we desire (C)

LAURIANA ROSE- Tremendous clarifying effect especially for the mental body, aligns electro-magnetic fields into balanced polarity (R)

LAVACOLLA- Cleansing. Help to clear our emotional fields of any clutter remaining from past and finished energetic work. (C)

LAVENDER- Helps us know our own wisdom and value and act fearlessly from an empowered place (G)

LEMON- Mental clarity, decisiveness, intellectual acumen, The Mr. Clean of the Flower Essence world, good for breaking up scar tissue (B)

LEMON BALM- Support to alleviate sinus pain, headaches, muddled thinking and any other electrical glitches in the third eye/ sixth chakra area (G)

LEMON VERBENA- Helps us retrieve vital ancient wisdom from our inner data base, a particular friend to herbalists and those who love nature, a Flower of Lemuria (G)

THE LETTING GO FLOWER- Supports us to calmly let go and unburden ourselves of things, circumstances and people that are no longer part of our journey (S)

THE LEY LINES OF TRUST- Embodied by the joints and legs, help for a healer to take her cues about pacing from the person in her care (HT)

LILAC- For the health and well being of our spine, revives and deepens our kinship with Nature and adds its mighty strength to our co-creative endeavors (G)

LIME- Superb cleanser, amplifies other healing modalities, assists healers to know their own strengths and move more healing energy, also assists those working with a healer or healing modality to get the most from this support (B)

LINDEN- Help, particularly for those born before 1978, to rewire our circuit boards so we can work with the new energies entering the planet and flow harmoniously with these new vibrational thresholds (G)

LISIANTHUS- Support to see the wholeness and holiness in ourselves and others, by holding the immaculate concept of each person as an eternal divine being (G)

LITTLE FROG MIX- Our combination remedy for supporting those souls living the experience of autism (GC)

LITTLE IRONWEED- Help with the process of cleansing and letting go of all that we do not need especially the illusion of control (T)

LOCUST AND WILD HONEY- Replenishes us when we are spiritually thirsty and helps us find spiritual community and kindred spirits (B)

LOQUAT- All issues of digestion including the digestion of our life circumstances (B)

LOS ARCOS- Release. Finding the bravery to move ahead on our own, while being open to support from unexpected places (C)

LOUISE ODIER ROSE- Helps us have the pluck and resolve to keep on going with courage and faith, helps us have true grit (R)

LOVE IT AND LEAVE IT- Supports us to give our lives our all yet not take the results so seriously. Helps us experience the happiness that comes when we understand no outcome defines us. Supports us to find the eternal and immutable in the momentary and passing and let go of the rest (V)

LOVE PREVAILS- In difficult times when love does not seem to be much in evidence, this combination remedy supports us to know, feel and be able to surrender to the great truth that love does prevail (V)

LOVING WHAT IS- Release from mind judgments and conflicting opinions to live from our hearts in centered peace, appreciation and delight with what is (V)

MADAGASCAR PERIWINKLE- Star energy that can break up recalcitrant thought forms and stuck energy as well as help us heal from many diseases (J)

MADAME ISAAC PERRIERE ROSE- Mercy (R)

MAGNOLIA- Support for birth, be it the birth of a child or birth of any creative endeavor, helps a newborn to acclimate and ground to new earth experience, also supportive of all transition points in life including passage out of the body at death (G)

MALLOW- All issues of aging (G)

MALLOW LEAVED BINDWEED- Allows us to relish in things that are now in line with a more true sense of our spiritual journey, to feel wide open and willing to take in love and learning as we move forward (S)

MALTESE CROSS- Reveals seamless unity of life and our wholeness when we feel torn apart, especially helpful during extremely wrenching experiences (G)

MANGO- Revitalizes and cleanses energy meridians, improves function of energy pathways (J)

MANJARIN- Discernment. Looking beneath the surface to find the energetic core, breaking down the external worldview to recognize true gifts as well as red herrings (C)

MAPLE- Dynamo of sweet but sturdy support for many issues, good for balancing yin and yang, helps us make peace with our physical bodies and enjoy physical life, helps with issues of worthiness, trust and self confidence, support to find the middle way (G)

MARGARET MERRILL ROSE- Helps us remain serene amidst explosive dramas, overheated situations or when we feel “wired” with systems racing (R)

THE MARY ROSE- Offers a housecleaning from Mother Mary so she can fill us up with more love (R)

MARY QUEEN OF SCOTS ROSE- Support to dissolve long-standing feuds and deep enmity, for internal as well as external conflict (R)

MASTERWORT- For creative souls, this helps with issues of holding your project in form, striking the right balance of activity and rest during creative projects and preventing burnout (G)

MAZARIFE- Joy. For realizing the potential to create oases of color and joy in the bleak stretches of our lives (C)

MEADOWSWEET- Takes us towards a gentle view of self so we know we deserve to receive love (W)

MEDITERRANEAN THISTLE- Supports us to expand outward into new parts of ourselves, unafraid and unedited (S)

MEHERA- Help to deepen our love and devotion to God (V)

MEMORY- All memory issues (GC)

MILKWEED- Helps us bring an inspired idea into form just the way we first envisioned it (W)

MONTBRETIA- Increases the heat, light and sparkle of fire energy within us, particularly helpful for those of Irish descent or those who live in damp places or suffer from a depression of too much water energy (I)

MORNING GLORY- Helps us open to a joyful experience of our life and open to new circumstances with receptivity and delight (G)

MOTHERWORT- Support for the creative wellspring of the feminine, support for mothers to know their pivotal irreplaceable role in the world and to help them stay clear about what they need to do for themselves and their children (W)

MOUNTAIN AVENS- For all issues of time management, helps us find a better relationship with time (I)

MUSK THISTLE- Like the smoothing of ruffled feathers, moves through our subtle bodies to restore order after any big emotional, mental or spiritual release in the physical body (CO)

MUSTARD- For deep seated or long term depression (G)

MUTABILIS ROSE- As we adapt to changes in the planetary vibration, this one helps us mutate harmoniously and without fear (B)

THE NARRATIVE OF RELEASE- Embodied by the skull, helps us see our ghosted patterns and old wounds, hold them with compassion but not let them run the show (HT)

NASTURTIUM- Gets us back into our whole body when we are living only in our heads (G)

NEEDINESS- Supports animals to find right relationship with their human caretakers and within the pack of animals and people they live with (AW)

NEW BEGINNINGS- For animals and people when faced with a new home, new primary relationships, new role or new life situation (AW)

NICKER NUT- A big mover and shaker of an Essence, this one helps us get completely behind the right project then bring it safely into form (J)

NICOTIANA MUTABILIS- A model for authentic self-expression while simultaneously understanding our underlying interconnection. (G)

NIELLA- Cleanses, aligns and balances all chakras. Can reverse chakra direction when appropriate (W)

NODDING LADIES TRESSES- Unknotting of problems, Angels call it the detangler of Flower world (W) page

NUUPHRETIA LAVARISSA- Promotes courage, comfort, and fearlessness by revealing the place beyond opposites (V)

O'CEBREIRO- Strength. For the strength to keep moving forward and leave behind the people and places in our lives that we must leave for the onward growth of our souls (C)

OLD BLUSH CHINA ROSE- Helps us feel safe, especially when things fall apart, the one the Angels suggested after 9/11 (B)

OMEY ISLAND- Solace when our lives have been pared down through illness, losses or changes in circumstance beyond our control, support to find the grace of a simpler life and to find a natural rhythm of giving and receiving that does not deplete us (I)

ORANGE- Helps us de-escalates highly charged emotional situations, explosive interpersonal dramas or polarized debates especially about sexuality (B)

ORANGE HAWKWEED- Constructive management and flow of creative energy, helps children channel their abundant energy in the often stressful challenges of structured situations such as school (W)

ORANGE LANTANA- Harvesting the tumult of groups into balanced wisdom (T)

OSTEOSPERMUM- Spiritual spine, faith in our inner light, support during experiences of betrayal, a very empowering Flower Essence ally (V)

OURISIA POEPIGLI- Helps us more fully inhabit and enjoy our bodies if we have had a mental focus in which we have seen our bodies as a tool, vehicle, bother or mechanism that breaks down (P)

OUTBURST- Animals and children act as sponges absorbing negativity wherever they go. It is easy for them to get electrically overcharged. This remedy helps them release these overcharges in a benign way thus preventing violent outbursts of pent up emotions including skin rashes, fevers, argumentativeness, biting or temper tantrums (AW)

PACK LEADER- Support to anchor in our own inner authority and find within us the calm and confident assertive energy necessary to handle the animals and the people in our life with appropriate boundaries, clear expectations and from a place of emotional balance (GC)

PAINKILLER PLANT- All issues of pain management, transcendence of painful circumstances (J)

PALE PINK ROSE- Helpful during transitional situations such as new job, new home, new baby or the death of a beloved (R)

PALMER'S PENSTEMON- Gift from the fairies to help us dive into happiness (D)

PANSY- Sweet support to make our relationship with our Creator more personal (G)

PAPAYA- Linked to sense of touch, helps bring clarity and peace to issues of sexual identity and partnership. Helps resolve relationship issues when both partners take Papaya (B)

PARTRIDGEBERRY- Helps us experience our partners as spiritual equals and part of a common divinity, illuminates common ground and helps partnerships bear fruit (W)

PASSION FLOWER – Helps us feel the divine safety net that is there as we move towards self-realization, this in turn helps us both relax more deeply into the process and also release any cultural and religious rules of engagement that no longer serve us (B)

PATAGONIUM- Dissolving grudges to make way for light (P)

PAUL NEYRON ROSE- Helps us to glory in life in a body, heal any divide between body and spirit (R)

PAVONIA SPINIFEX- Help to recognize truth, confront falseness with poise, and speak our truth calmly (J)

PEACH- Takes us into a deeper sweeter more abundant experience of love (G)

PEAR- In all group dynamics, it helps us to rise above personality reactions to find our common purposes and a genuine sense of community, deepens our ability to receive healing through sound (G)

PEARLY EVERLASTING- Support for older generations to adapt and stay current with the rising vibrations of the planet (W)

PEBBLE PINCUSHION- Support for the beleaguered and those who bravely shoulder their burdens, helps us quietly and cheerfully bear what we cannot change (D)

PENNYROYAL- Protection from all forms of negativity including psychic attack, helps us rid ourselves of our negative theme songs, helps clear spaces of negativity (G)

PHOENIX RISING- Support to move through firestorms and arrive at a new life built from the ashes (V)

PINE- Creates a feeling of safe harbor especially for those who have experienced a lot of change or who have struggled with self acceptance (G)

PINEAPPLE LILY- Helps us birth a dramatically new and healed paradigm for cooperative co-creation both within our individual lives and collectively (G)

PINK BABY'S BREATH- Excellent support for teething, teeth and gums, cushions the impact change has on our life (G)

PINK FLOWERING ALMOND- Helps us with a cellular remembrance of our divine mother (G)

PINK GROOTENDORST ROSE- Helps us replace bleak pessimism or hopelessness with wonder and confidence that all will be well and only love is real (R)

PINK MAGNOLIA- Supports our cellular awakening and rebirth in alignment with the new higher energies while also helping us feel safe and comforted amidst all the change. (G)

PINK MULLA MULLA- A palpable reminder we're loved more than we can imagine (G)

PINK PILLAR ROSE- Support to transform obsessive, fanatical or unbalanced emotions into balanced, centered and creative love (R)

PINK TECOMA- A favorite comfort Essence bringing a reassuring vibration of love and comfort much like a security blanket does when we are small (B)

PINK WANDS FROM PATAGONIA- Confidence in choosing love (P)

PINK WATER LILY- Unburdens, consoles and restores us when we are in deep grief or brokenhearted (G)

PINK YARROW FROM THE CLIFFS OF MOHER- For confident self-expression in situations that might normally leave us feeling exposed (I)

PITTA- Support for balancing the Ayurvedic dosha Pitta (GC)

PLUM- Helps us find the bead of universality so that we can peacefully navigate tribal gatherings that might otherwise have left us distraught, alienated or exhausted (G)

THE PLUMB LINE OF ENERGY- Embodied by the feet, encourages us to source the land for refueling, cleansing and comfort (HT)

POMEGRANATE- The Essence for female power, vitality, freedom, creativity and choice (B)

POTATO- Helps us trust that our efforts to heal will bear results even when those results are not yet visible, supports a release from despair and doubt through a deeper awareness of life (G)

PRECIOUS BLOOD- A mystical powerhouse of all our red Flowers and all our Flower Essences vibrationally linked to blood or bloodlines (CC)

PSYCHILIS MACCONNELLIAE ORCHID- Support to graft ourselves to a new life in new terrain, helpful for all of us as we ground ourselves to our rapidly changing planet (J)

PUENTE LA REINA- Clarity. For lightening our energetic load, being clear about who supports our growth and whom we want to travel forward with (C)

PUMPKIN- Helps with momentum and follow through, good for procrastination (G)

PURIFY- Part of our Purify, Restore and Inspire trio, this is a cleanser that helps us to leave any addictive pattern behind (GC)

PURPLE FLOWERING RASPBERRY- Passionate Essence that helps us explore life's mysteries and the unexplored wilderness of our soul, excellent for dream work (W)

PURPLEMAT- Help to know less can be more, help to experience contentment with what is (D)

PURPLE ORCHID FROM SCOTLAND- Get up and go energy no matter what needs to be done (U)

PURPLE VIPER'S BUGLOSS- A soft pace to fall when everything is in upheaval (S)

PURPLE TRAILING LANTANA- Help to navigate transitions from birth to young adulthood (T)

PYROLA ELLIPTICA- Dream work, brings unconscious into conscious focus (W)

QUATRE SAISONS ROSE- Grown at the temples of Aphrodite three thousand years ago, this Rose and her Essence help us experience ourselves as an ever replenishing source of restorative love, excellent for those of whom too much is expected or those experiencing burn out (R)

QUEEN ANNE'S LACE- Dismantles illusions of powerlessness, pulls the threads of a divided situation together when we feel scattered or face conflict within or without (W)

QUEEN OF THE NIGHT- Illuminates where we are and helps us navigate forward across any terrain no matter how dark, forbidding or tangled (G)

RABANAL- Empathy. Help to contain other people's stories with compassion and clarity (C)

RAGGED ROBIN- Faith especially during dark night of the soul experiences (I)

RAINCOAT FLOWER- Support to summon the courage to be as selfless as we have ever been (T)

RAIN OF GOLD- A favorite for abundance (B)

RAMPING FUMITORY- For finding the balance of self-protection without defensiveness (S)

RATTLESNAKE MASTER Shows us the way to rebuff negativity willfully directed at us, as well as move through poisonous situations in sanctuary and calm (W)

RECOVERY- Support for recovery from any illness, injury, accident, trauma or surgery, offering a blueprint for a return to dynamic good health (AW)

RED CLOVER- Helps to calm emotional body and defuse reactions of panic, fear or hysteria in times of stress or emergency (W)

RED CURRANT- For the vitality of our blood and circulatory system (G)

RED FLOWER FROM SANTORINI- Helps with fearless adaptation to new circumstances and the ability to thrive after firestorms (S)

RED HIBISCUS- Supports constructive and gentle release of abuse memories, especially sexual abuse, as well as the healing of the emotional scars (B)

RED HIBISCUS FROM THE TEMPLE- By reminding us of the eternal temple of love within which we dwell, this one helps us feel both sheltered and open to love (T)

RED MANGROVE- Help to feel rooted in our eternal identity no matter where our paths take us or how the waves roll over us (J)

RED RUGOSA ROSE- Stability and calm during times of rough seas and stormy turbulence (R)

REDWOOD- Quiets our minds, grounds us to the eternal, comforts and consoles (G)

REINE DES VIOLETTES ROSE- Helps us find the balance between action and restraint (R)

RESTORE- part of our Purify, Restore and Inspire trio, this one helps us to find equilibrium and renewed strength when we leave any addictive pattern behind (GC)

THE RHYTHM OF GROWTH- Embodies by the spine and shoulder girdle, helps us see our growth clearly, especially for the weary healer who needs encouragement to continue on with healing work (HT)

RONCESVALLES- Courage. For finding the strength to begin a journey or to change to a new way of being (C)

ROSA GALLICA- Anchoring to the immutable heart of the Earth (R)

ROSA GLAUCA- Cuts a swath through murk and helps us find our way and see clearly, much as a lighthouse will light the way for ships lost in a fog, excellent for issues of eyesight (R)

ROSA MUNDI- Encouragement for days when our romance with God seems a bit much (R)

ROSE A PARFUM DE L'HAY- Helps us feel content with what is and leave behind any restless desires for more, bigger, better or different (R)

ROSE CAMPION- Helps us bring transforming love to situations that have resisted this healing approach previously (G)

ROSEMARY- Helps us to relish life in a body and sparks a zesty enjoyment of the basic pleasures of community (G)

ROSE OF SHARON- Help to anchor in our hearts (G)

ROUND PLUM RASPBERRY- help to find a rhythmic harmony of action and inaction, work and rest, creativity and stagnation (T)

ROYAL PONCIANA- Calms heated debate, promotes polite and civil dialogue, helps us see the divine in each other (B)

RUBY MOON HYACINTH BEAN- Spiritual freedom (V)

RUN & PLAY- Supports health of bones, joints and muscles as well as the healing process for any orthopedic injury or chronic condition (G)

RUSSIAN SAGE- When internal shifts or external changes have left us disoriented, this one helps us find a new plan of action or get oriented about where we are on the map of our lives (G)

THE SACRED FEMININE- Helps us individually and collectively receive, contain and birth new paradigms, new visions and new life for the transformation of humanity towards an embodiment of our sacred wisdom (GC)

THE SACRED MASCULINE- Support to protect and transform the wisdom of our Sacred Feminine into right action (GC)

SACRED TOBACCO- Helps us let go of counter productive living patterns (G)

SAGE- Sacred Native American Essence, holds vibration of Earth's body wisdom, healer of opposites, master of the four directions, very clarifying when we need a road map, helps us find our way even in the dark (G)

SAGO PALM- Profound, life altering Essence that helps us align with our physical body's divine blueprint (B)

SAHAGUN- Surrender. For breaking down behaviors triggered by fears that cause us to push ourselves out of balance (C)

ST. JOHNS WORT- Helps us be more conscious of our protective golden armor (W)

SANCTUARY- A Flower Essence combination remedy to help us feel in sanctuary no matter the challenge (GC)

SANTIAGO- Integrity. For moments when you experience false endings created by our culture when in truth, the journey is ongoing (C)

SARAH VAN FLEET ROSE- The Rose for overwrought nerves, an incredibly soothing Essence (R)

SCARLET CORDIA For women, offers support for cleansing blockages, strengthening the second chakra and finding optimum female reproductive health (J)

SCARLET PIMPERNEL- For courage and confidence during spiritual awakenings, help to experience all inner and outer events as a perfect spiritual orchestration (I)

SCARLET PIMPERNEL FROM LA ROCCA, BLUE VARIATION- Supports us to know that being one with God means none of the work life calls us to can be bigger than us, we can do the work, we do have the strength (S)

SCARLET PINEAPPLE SAGE- supports us to end kowtowing to earlier versions of self as well as move through jarring learning lessons without regressing to our old behaviors (T)

SCARLET RUNNER BEAN- Helps us face our fears and release them, helps us dismantle our fears about knowing and going forward with our life purposes (G)

SCREW PINE- For healing support during explosive or chronically irritating situations including allergic reactions (B)

SCULLCAP- Enhances our ability to heal and get the most from healing sessions, helps us to ground the new energies in our crown chakra and anchor these higher energies at certain places on earth (W)

SEA ASTER- Keeping a bead on the positive during romantic relationships' inevitable tidal ebbs and flows (I)

SEA BINDWEED- For breathing related cleansings and purifications including breath work, the release of deep grief even the common cold (I)

SEA CAMPION- For the in breath, opening to receive and accepting bounty even in unlikely circumstances (I)

SEA HIBISCUS- Helps us be alone without feeling lonely, filled with a deep sense of friendship even when friendships have been lost or there are not many friends nearby (T)

SEA HOLLY- Strengthens our protective energy field especially if we tend to expect difficulty only from certain directions in our lives, especially helps those on eastern shores as it brings western shore strength (I)

SEA MAYWEED- Support for all third chakra issues of personal power, especially good for women (I)

SEA ROCKET Help people and animals to get the most from whatever nutrition and light energy our environment and diet offer us in order to make necessary vibrational shifts (I)

SEASIDE FLOWER FROM TAORMINA- Support to stay positive in the face of uncertainty and change (S)

SEASIDE HELIOTROPE- Release from guilt and burdensome memories connected to old romances so we can have a new beginning in our romantic lives (J)

SEASIDE MAHOE- Transforming the grief over romantic loss into confidence about what was learned and what new opportunities lie ahead (J)

SEGESTA-help to be our authentic selves in a fluid and complex way, owning different facets of ourselves while remaining true to our core identity (S)

SELF HEAL- Helps us clear out illusions that prevent us from knowing our full healing power (W)

SENIOR CITIZEN- To help maintain emotional equilibrium and good cheer during declines in function associated with aging and to help with the reversal of these declines in whatever way is possible (AW)

SEPARATION- For all issues of separation anxiety (AW)

SHE CHANGES- Support for navigating the changes of menopause and perimenopause (C)

SHOWCATS- First developed for show animals, this remedy encourages balanced self-expression for animals as well as people in and out of the limelight (AW)

SHRIMP PLANT- Help for our bodies to work in an integrated manner, help to feel the unity of our lives and selves instead of experiencing life as a disconnected series of events (B)

SHRUBBY CINQUEFOIL- Clarity, common sense, a sturdy sense of practicality and resolve, even a sense of humor on the spiritual path (CO)

SICILIAN WILD SWEET PEA- Holds a space for us to see the truth of our situation then begin the process of harmonious change (S)

SILVER-ROD- Master Essence for the chakras. Works with the pituitary gland in particular, During electromagnetic shifts in the earth, it helps us make the necessary adjustment in our chakras especially the 6th and 7th chakras and ride out all disturbances in our energy field (W)

SKY FLOWER- End kowtowing to inequality and domination, a balancing of land and sky, wings and roots, heaven and earth (T)

SNAKE'S HEAD FRITILLARY Help to work energetically clean and rise above irrelevant dramas that drain us of energy better spent on spiritual transformation (G)

SNAPDRAGON- Powerful wisdom about the alignment of chakras and spine, the mouth, teeth, jaw and cranial bones. Encourages restraint if we talk too much or too aggressively. Good for animals if they are too aggressive or biting inappropriately (G)

SNEEZEWEED- Helps alleviate sinus related issues, harsh self-judgment, pressure filled expectations (CO)

SNOW CAMELLIA- This is an energetic balm filling us with sweet serenity that the sacred is to be found in every task and every moment (T)

SOLANDRA- Support to lay down our burdens, especially good for those of us who are overachievers, perfectionists, workaholics or those who believe they must be a human doing not a human being (B)

SOUTH AFRICAN FOXGLOVE- Template for new ventures in co-creation with the Elemental kingdom (G)

SOW THISTLE- Support to clear the heart of old hatreds and bitterness, moves us away from lives of extreme drama (W)

SPANISH BAYONET- Information about cellular cleansing (B)

SPANISH SHAWL- End kowtowing to technology, infuses us with confidence that more comes from letting go than holding on (T)

SPIDDAL-Release from the lingering impact any past negative experiences have on our energy systems. In particular, Spiddal supports the release of past life traumas, especially violent deaths, that may be causing energy leaks for us even when we are unconscious that we are holding onto this kind of trauma (I)

SPIDER LILY- For the improvement and discerning use of telepathic skills (B)

SPIDERWORT- Discernment, clarity in situations of confusion or mixed messages, helps to sort wheat from chaff, excellent for all problem solving (G)

SPINELESS PRICKLY PEAR CACTUS- Support to trust and follow through with our divine guidance and inner knowing even when it goes against our basic nature (J)

SPRAYING- helps the animal to resolve their emotional issues and release any resentment, pent up anger, territorial aggression or emotional confusion without spraying (AW)

SPRUCE- For the integration of our physical and etheric bodies when they have fallen out of sync due to continuing stress, surgery or sudden trauma. Solace for animals, plants and people cut off from the natural world, also helps us to integrate information from the chakras above our seven main chakras (G)

SQUARE STEMMED MONKEY FLOWER- Energetic sanctuary and recovery for those who have been abused (W)

STANWELL PERPETUAL ROSE- For spiritual endurance in times when our spiritual path feels more like a string of marathons than a walk in the park (R)

STAR CLOVER- I AM one with God's plan for me (M)

STAR OF BETHLEHEM- Helps us confidently and joyfully let the old order go and give birth to the new (B)

THE STRUCTURE OF ROOTS- Embodied by the bones, helps us ground to our most elemental support system as we tread old pathways with new consciousness (HT)

SUMMER SNOWFLAKE- Promotes adaptation to unexpected or radical changes in fortune, life directions, location or climate, especially good for travel or for uncomfortable extremes of temperature (B)

SUNFLOWER- The one to have when you need to live like a super hero, a powerful reminder of our divinity (G)

SUNFLOWER SPIRAL- Helps us feel grounded in our divine light, helps us know who is there to support us and know whom we are there to support, renews and encourages us when the going gets tough (V)

SWAMP CANDLES- Support during dark night of the soul experiences (W)

SWEET BRIAR ROSE- Healing balm for ancestral wounds (U)

SWEET OLIVE- Help to heal the wounds of old sorrows and griefs (G)

SWEET PEA- Our most beloved Essence for sleep issues, this one calms the emotional body, also helps those who have lost the thread of connection to the human community to find it again (G)

SWEET WILLIAM- Helps us use our will in alignment with our deepest purpose, especially good for kids (G)

TAIWANESE TOADLILY- Helps us maintain a playful attitude of good cheer during sad or trying life events (T)

TASSEL HYACINTH- Help us integrate complexity of experiencing life both as a soul and as a personality immersed in daily life (S)

TEA- Returns us from too much busyness to contented stillness (G)

TEASEL- Seals leaks or weak spots in our chakras, helps keep all inappropriate energies out of our energy field, the best Essence for Lyme disease, a very powerful healing ally (W)

THERESE BUGNET ROSE- Freedom from concern with our appearance (R)

THISTLE- For clarity about boundaries if we tend to have our privacy invaded or are not sure what is or isn't our business (W)

THISTLE FROM OMEY- Help to close down energy leaks caused by our reaction to people passing out of our lives for any reason (I)

THE THREAD OF CHANGE- Embodied by the sternum, finding the courage and willingness to enter the healing dialog (HT)

THE THREE PHACELIA SISTERS- Help to mend the etheric wounds caused when we are repeatedly mistreated by human communities and help to release any mistaken ideas that we deserve this (D)

THROUGH ANGELS' EYES- Helps us see ourselves and our lives with tenderness, hope, faith and clarity (V)

THYME- Healing of all time related issues and illnesses including those related to thyroid function, opens us to receive timely healing (G)

THYME FROM OMEY ISLAND- Information about time's relativity, of particular support for altering speed of healing processes (I)

TITAN- Practical information about owning our own power and living in an evolving light body (W)

TO HEAR THE ANGELS SING- Support to hear our heart's voice more clearly and all the spiritual guidance available to us (GC)

TORENIA WISHBONE FLOWER- Helps us release an inner flood of love for self, Spirit and all creation (T)

TO THINE OWN SELF BE TRUE- Rock solid support for being true to ourselves (GC)

TOMATO- Supports a sometimes noticeable cleansing of blockages (G)

TRABADELO- Truth. For finding the courage to acknowledge and let go of old patterns, even as we are unsure what our lives will look like without them (C)

TRANSITION- Energetic support for all transitions including death (AW)

TREE GERMANDER- Facilitates a retrieval of our unwavering strengths and unique soul qualities so we can express and relish them (S)

TREE LILAC- Shelter for the vulnerable who suffer at the hands of those who work for small self interest instead of big self Oneness, a gift of love for those who persevere in living from their truth (G)

TREE MEDICK- Holding our light when we are bogged down or external forces have made our lives hard or heavy work (S)

TREE PEONY- Help to feel in the swim of a generous universe (G)

TRILLIUM- Echoing the configuration of the Star of David, promotes a balance of learning and grounding and an experience of centered peace (G)

TRUE WOOD SORREL- Support to stay centered and know our own value in the face of excessive emotion, fanaticism, frantic behavior or any extremes that might normally knock us off balance (W)

THE TRUTH OF TOUCH- Embodied by the hands, this one supports healing from a place of wholeness (HT)

TUBEROSE- A crown chakra powerhouse that will kick start your spiritual journey if stalled, better align all your chakras and help the light of God pouring into your system in a coordinated and thorough manner (B)

TURK'S CAP CACTUS- Helps people get us, get what we are saying, thus avoiding much misunderstanding. Helps us feel our right to be in our lives and also helps us to gracefully withdrawal to new terrain when this is what we need to do (J)

TURNERA- Helps improve our daily rhythms about such things as receiving and acting on inner guidance and finding a regular rhythmic sleep pattern (B)

UPWARDS AND ONWARDS- Vibrational support from the Venus Garden to dump our small self baggage so our life choices serve all Divinity and all life (V)

VANDA ORCHID- Help to get to our core healing issues, from this place the turn around can be profound (B)

VATA- Support for balancing the Ayurvedic dosha Vata (GC)

VERBENA BONARIENSIS- Support to find appropriate boundaries in formerly enmeshed relationships or circumstances and then maintain this loving but appropriately detached perspective (G)

VETCH- Helps us follow the spiritual thread in everything that happens to us (W)

VIOLET TRANSMUTING FLAME VIOLET- Transmutation of negativity. Helps tune us to the Violet Transmuting Flame of Forgiveness (G)

VISION- Powerful support for all issues of vision including improved eyesight and increased creativity and healing direction (GC)

VITALITY- A energetic kick in the pants that reminds us to go to our hearts for grounding, strength, direction, connection to God and everything else (GC)

VITEX- Information about assimilating the most of minerals in the foods we eat (B)

THE VOCABULARY OF CLEANSING- Embodies by the ears, energetic field hygiene and finding the experiences that will rejuvenate and clear our fields (HT)

WATCH YOUR BACK- Powerhouse of Palms and all other Green Hope Farm Flower Essences carrying information about the spinal column, the back and the health and well being of the all the chakras. Also offers gifts of protection (GC)

WATER HYACINTH- Going with the flow especially in regards to processing emotions (B)

WATERMELON- Helps to amplify our creativity in a big way, bathes us in a wellspring of creative energy and deepens our creative momentum (G)

THE WAY FORWARD- A combination remedy made from Flowers all down the Camino de Santiago de Compostela, this one shows us the way forward no matter where we are on our spiritual journeys or how lost we feel (C)

WESTERLAND ROSE- Adjustment to the vibrational changes can cause fiery challenges in the in our 1st, 2nd, & 3rd chakras, this a deep orange Rose Essence is a soothing revitalizing energetic model when these chakras have been affected (R)

WEST INDIAN SAGE- Help to go within into the stillness and our core experience of self (J)

WHISKBROOM PARSLEY- Promotes the clear flow of all electrical data throughout our energy systems (CO)

WHITE BANE BERRY- Blood health, especially white blood cells (W)

WHITE CHESTNUT- Contains and supports us when we are called to be a container for others who are suffering and need our support while they regroup from shattering events (G)

WHITE FLOWER FROM DRUID ROCK- Support to find the immense strength needed to birth a new life (D)

WHITE HIBISCUS- Support to heal from experiences of abandonment by making our relationship with our divine inner mother more real to us (B)

WHITE MULBERRY- The freedom to express our unique divine identity (G)

WHITE SWEET CLOVER Support for sweet people to know the strength of their position and be able to express themselves without apology even to cynical audiences (W)

WHITE WATER LILY- Helps us surrender with confidence and joy to the perfect geometry of divinity's unfolding plan for each of us (W)

WHITE YARROW- For energetic protection especially in regards to computers and other technologies involving electro-magnetic fields (W)

WILD FUSCHIA- Sweeps us into a magical playful state of joy (I)

WILD IRIS- Helps us more closely align our creative processes with healing (W)

WILD PHYSIC NUT- This one offers extremely clear healing energy for serious illness (J)

WILD PINK MORNING GLORY- Faith that new love will come when an old love has died or friendships have died on the vine. Support for love to be reborn and thrive even in difficult terrain (J)

WILD PINK WOOD SORREL- Healing for the heart meridian and powerful ally of the heart protector (T)

WILD RED MORNING GLORY- Helps women know their imperishable value (J)

WILD ROSE- Encouragement to express ourselves with wild abandon (R)

WILD THRIFT- For conservation of energy, stamina when under stress, and living cheerfully from the heart in the face of great difficulties or extremes (I)

THE WING SPAN OF THE SENSES- Embodied by the skin, balance of empathy and compassion when supporting others while also retaining our own energetic integrity (HT)

WINTERGREEN- Helps us shine, especially when we've been doormats for others and haven't had much chance to express our inner zest (W)

WOAD- Lifts us from the blues and helps us soak up the light, supports us to find new purpose when a former purpose has been lost (G)

WOOD SAGE FROM THE BURREN A muse for storytellers, musicians, dancers and singers (I)

WOOLLY EASTER BONNETS- Support to find the divine gift of cheerfulness when our daily life is difficult (D)

WOUND HEALING- Healing our wounds completely and for good (GC)

YELLOW LOOSESTRIFE- For gratitude amidst trials and tribulations, finding a bead on the positive during flood times (I)

YELLOW MULLEIN- We deserve the stars and this Essence helps us know it (W)

YELLOW WATER LILY- Helps us feel anchored and sustained by our Creator as all the old security blankets unravel and fall away (W)

ZINNIA- Sturdy exuberant joy and delight (G)

ZUBIRI- Flow. Allowing the momentum of your life to fuel its forward flow, entering a state where you create energy as you go, versus depleting reserves (C)

ZUCCHINI- Renewed vitality when we are worn down, increased productivity and support with fertility issues (G)