

Flower Essences

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

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

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

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

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

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

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

Aconite (A. Bakeri) – **Insight**

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

Agave Yaquiana - **Internal Viewpoint**

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

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

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

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

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

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

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

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

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

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

This essence can be especially helpful in closing etheric holes. These are not so much of a physical origin, due to an individual's own experiences, but due to those of other entities. After severing an association with a negative entity, this can be a soothing tonic.

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

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

Alyogyne Huegelli - **Cosmic Assimilation**

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

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

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

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

Amaryllis Belladonna - **Crown Chakra**

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

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

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

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

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

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

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

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

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

Arnica Mollis - **First aid**

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

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

Asparagus (A. officinalis) - Hidden Fears

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

Aspen (Populus tremuloides) - Fear

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

Aster – Pink (Aster) - Heart/Mind

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

Astrophytum ornatum (Yellow) - Understanding Relationship

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

Avocado (Persea americana) - Emotional Maturity

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

Bachelor's Button (Centaurea Cyanus) - Conscious Expression

Use this elixir for bringing into form a sense of gentleness and quiet and, at the same time, a clear ability to express ideas. It can be useful for writers by bringing into form ideas that might be controversial and for having those ideas more easily accepted. This remedy will assist someone in understanding the truth about something.

Balm of Gilead (Cedronella canariensis) - Develops Caring Nature

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

Bamboo, Sacred (Nandina domestica) - Opens Sushumna

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

Banana (Musa Paradisiaca) - Male Sexuality

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

Banksia Baxtena - Enhances Yang Energy

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

Banksia Laricina - Enhances Yang Energy

The properties are similar to Banksia Baxtena.

Banksia Marginata - **Masculine Identity**

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

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

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

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

This remedy can stimulate the base chakra and past life memories. It can alleviate deeply aggravated past-life issues. Use this elixir in past-life therapy. It can be a strong cleanser and balancer for the meridians. There can be an easing during times of sharp moodiness, such as hypoglycemia. Use this remedy to alleviate anger, aggression, and instability. It is very grounding.

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

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

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

Bayberry (Myrica californica) - **Clairaudience**

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

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

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

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

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

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

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

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

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

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

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

Belinda Rose - No Info

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

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

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

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

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

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

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

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

Bistort (*Polygonum Bistorta*) - **Emotional Balance**

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

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

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

Blackberry (*Rubus Villosus*) - **Fear of Death**

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

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

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

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

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

Bleeding Heart (*Dicentra chrysantha*) - **Peace and Harmony**

This is a remedy that stimulates the heart chakra. Using it can help to harmonize affairs of the heart and attachments to individuals. A sense of peace is experienced after using it.

Blessed Thistle (*Enicus benedictus*) - **Emotional Infertility**

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

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

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

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

This essence is slightly more effective than Sierra Iris.

Blue Witch (*Solanum umbelliferum*)

See Blazing Star

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

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

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

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

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

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

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

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

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

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

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

This is a powerful tool in any kind of counseling, but particularly for couples -- especially when trying to have children when there is stress. It releases tension related specifically to sexual dysfunction, especially when pregnancy is desired. For psychological balance,

use this elixir during preconception, conception, and up to the first six months after birth. It also opens the sexual chakra, stimulating joy and creativity.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

California Bay Laurel (*Laurus nobilis californica*) -

Flexibility/Wisdom

This flower opens the mind and gives a feeling of flexibility to both mind and nervous system. It can help one overcome rigid mindsets,

ideas, and body armor in order to bring wisdom. It will soothe and relieve.

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

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

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

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

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

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

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

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

Calothamnus Validus - **Astral Projection**

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

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

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

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

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

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

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

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

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

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

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

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

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

Carrot (*Daucus Carota* var. *sativus*) Same as Queen Anne's Lace - **Spiritual Mental Clarity**

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

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

Castilian Rose - **Appropriate Use of Power**

Engenders a greater sense of inner energy, fire, and power that is perfectly mated to the heart. Aids in the use of power, with more compassion, more love, and a greater understanding of its appropriateness.

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

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

Caterpillar Plant (*Phacelia mutabilis*) - **Psychic Abilities**

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

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

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

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

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

Cayenne (*Capsicum annum*) - **Consciousness**

It activates the consciousness stored in the two base chakras.

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

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

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

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

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

This elixir enhances one's ability and one's willingness to be seen and to stand out. This flower resembles the comb of a rooster, thus part of its signature is the ability to crow. It will assist in allowing one

to receive the love of others. A greater understanding and balancing of ego states can be accelerated by its use.

Chaulmoogra Hydnocarpus (Taraktogenos Kurzii) - Animal Nature

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

Centauray (Centaurium Erythraea) - Assertiveness

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

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

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

Cerato (Ceratostigma willmottianum) - Self-Reliance

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

Cereus Cactus (C. jusberti) - Breakthrough

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

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

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

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

Chamomile, Dye - Harmony/Higher Wisdom

Chaparral (Chaparro amargosa) - Astral Projection

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

Chaulmoogra Hydrocarpus (Taraktogenos Kurzii) - Karmic Relief

A release of karma from a human will be sensed, felt, and known consciously when the flower essence of this tree is taken. This is a much more spiritualized effect than anything of an herbal nature, but it is primarily then to relieve karma. Now this is difficult to explain for the laws of karma are immutable and the ways in which one is able to balance it comes often through realization within the individuals. So the individual may have then greater tendency towards deeper realization and release of unconscious messages around animals, and past life interactions may come clear in memories, and so on. But more deeply and more importantly, what will be felt is the inner kinship to one's inner animals, to the understanding of one's connection to the animal kingdom, and to the ultimate forgiveness of one's self for one's animal desires, animal nature, and ways of simply reacting in the world as animals are so prone to do. This essence may also liberate in individuals deeper awareness of all past lives as in many cases throughout history you have had intimate reactions and working with animals, and so it is useful also in most forms of past life regression.

Cherry (Prunus avium) - Stimulates Vitality

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

Cherry Plum (Prunus cerasifera) - Centered and Calm

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

Chervil (Anthriscus Cerefolium) - Spiritual Identity

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

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

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

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

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

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

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

Chin Cactus (*Gymnocalycum Pflanzii albipulpa*) - **Spiritual Loneliness**

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

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

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

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

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

an energy associated with a deep sense of welcoming, loving, as if somehow you know that in spite of how you have seen yourself or judged yourself in the past, or imagine that you were judged by others, you are loved, you are welcomed in the larger community of spiritual beings. You are then seen in your perfection as lovable, even with weaknesses or aspects that you would self-judge.

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

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

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

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

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

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

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

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

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

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

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

This flower can affect many aspects of one's personality. Clove can reduce depression by balancing bacterial actions in the body. Neurological response is enhanced. One can learn from one's

mistakes and see their positive side. Clove will help in the release of subconscious ideas, bringing them into focus and making them conscious. This elixir can bring a sense of higher purpose to one's spiritual journey, as one learns to recognize why one was attracted to a certain spiritual path. Clove helps one to remember or work with dreams. Clove also helps one attune to the strengthening energies constantly flowing from the center of our galaxy.

Clover, Red (Trifolium pratense) - Emotional Excess

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

Coconut (Cocos nucifera) - Male Sexuality

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

Coffee (Coffea Arabica) - Decisiveness

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

Cohosh (Black) - Old Thought Forms

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

Colchicum (C. autumnal) - Inner Female

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

Coleus - Dream Recall

Coleus stimulates dreams, especially from 3 a.m. to waking and is useful for astral projection or lucid dreaming at those times. Coleus strengthens the 6th and 7th chakras, as well as increasing energy in

the 1st and 2nd chakras. There is an enhanced ability to integrate many disparate ideas by seeing how they all fit together in a larger sense. This elixir can be used to assist SAD, bringing a sense of awakening, joy, or purpose.

Coltsfoot (Tussilago Farfara) - New/Old Abilities

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

Columbine (Aquilegia caerulea) - Mental Agility

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

Comfrey (Symphytum officinale) - Telepathy/Yoga

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

Coralroot (Corallorhiza maculata) - Disease Attunement

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

Coriander (Coriandrum sativum) - Emotional Evolution

Coriander can help one make bold leaps forward, allowing inner transformation at the most powerful level, and allows the energies at the highest spiritual level to draw oneself and others to higher levels

of spiritual achievement. Personality traits can be transformed; for example, hatred is transformed into passion, or arguing is transformed into analysis. Coriander also can bring a clearer communication between people and the insect kingdom by means of working with the devas involved. There is also some relief for those dealing with heavy metal toxicity.

Corn, Hopi - **Urban Dwellers**

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

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

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

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

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

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

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

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

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

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

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

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

Can produce tendrils of light and energy from the 7th chakra. This can temporarily cause a blending or bridging of new energies in many different forms and directions. From this chakra, it is then possible to make a bridge from the 7th, to the heart, to the root

chakra. This will usually present a clear internal healing energy to the physical body and step up vibrational transference from other subtler levels into the physical. This can be a joyful process for some.

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

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

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

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

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

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

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

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

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

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

Daisy, English (Bellis perennis) - **Intellect Spiritualized**

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

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

Daisy spiritualizes the intellect; scattered information is brought into a crystal-clear focus. It can assist someone in the understanding of what their feelings are in diverse areas, particularly on spiritual

topics. This is useful for those who move from one spiritual group to another without finding what they are seeking.

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

This essence creates a sense of relaxation throughout the musculature, especially when used as a liniment. It can influence the mental body and reduces stress. Tensions throughout the entire body are alleviated.

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

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

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

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

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

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

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

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

Desert Barrel Cactus (*Ferocactus alamosanus* var. *pottsii*) -

Releasing Boundaries

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

individual and their soul family, humanity, and God. May combine nicely with El Nath starlight elixir.

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

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

Dog Rose (*Rosa canina*) - **Enthusiasm**

Especially helpful to individuals who need a change and more interest in life. They are resigned to their lot in life and have lost the spark to help them positively change it.

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

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

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

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

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

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

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

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

Easter Lily Cactus (*Echinopsis multiplex*) - **Expressive Movement**
A deeper attunement to chaos and the balance of perfect symmetry is noted. Improved communication through the medium of gesture or movement. Better understanding of chaos theory and fractal geometries. May assist in coordination of dance or group movement.

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

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

Elecampane (*Inula helenium*) - **Eases Extreme Stress**
Eases extreme stress, hypochondria, and mood fluctuations such as hypoglycemia. It eases cravings such as those experienced when pregnant.

Elephant's Head (*Pedicularis groenlandica*) - **Wisdom**
A vibrational link to the energies of the angelic kingdom that are deeply associated with humanity's own development. Deeper attunement and awareness of angelic helpers or guides. A strengthened ability to perceive and work with Earth energy.

Elm, English (*Ulmus procera*) - **Strength and Confidence**
Responsible, capable people who feel temporarily inadequate for their responsibilities will benefit. Helps in strengthening, upliftment, and sense of capability. Increases confidence.

Endive (*Cichorium endive*) - **Accepting Health**
This elixir is utilized in allowing individuals insight and permission for the health process to begin. Accelerates many psychological growth techniques. Addictive processes and relationship issues are more easily understood when using this essence.

Eucalyptus (*Globulus*) - **Breath/Grief**
Alleviates extreme emotional states. It becomes easier to breathe in the life force that helps shape the body, mind, and spirit. Eases grief, hostilities, and difficulties in partnerships.

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

Everlasting (*Antennaria Rosea*) - **Positive Energy**
Helps to moderate a shift in the consciousness of people with repressed memories from childhood or past lives. Increases self esteem and self recognition of spiritual progress achieved.

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

Fennel (Foeniculum vulgare) - **Decisiveness**

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

Ferocactus latispinus - **Spiritual Healing**

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

Feverfew (Chrysanthemum partheium) - **Magnetics**

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

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

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

Figwort (Scrophularia nodosa) - **Jumpiness**

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

Fireweed (Epilobium angustifolium) - **Forgiveness**

This is a key flower essence to help transmute karma and remove anger. It is excellent for war veterans. Fireweed dramatically supports the choice towards forgiveness. This greater perspective shows one the many possibilities that could have been, and why one

chose the path that one is on. Useful in first-aid remedies, especially external ones for the skin.

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

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

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

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

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

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

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

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

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

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

Forsythia - **Abundance**

The Forsythia elixir has the capacity to energize many aspects of the loving nature in people, bringing them to more easily accept this in themselves. Sometimes this will make it easier to tolerate and accept others; to really see people of completely different cultural, ethnic, religious, even class backgrounds, and be able to more easily love them. The emotional body is significantly cleansed with Forsythia, especially where it is connected to any other person, and

most people will find themselves more energized. Use of this flower helps one to see abundance in all things, let go of the concepts of short supply, and recognize abundance in oneself and in others.

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

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

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

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

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

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

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

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

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

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

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

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

Garlic, Chives (*Allium Tuberosa*) - No Info

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

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

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

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

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

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

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

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

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

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

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

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

Gladiola (Gladiolus gandavensis) - Increased Sensitivity

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

Golden Rod (Solidago Virgaurea) - Spiritual Inspiration

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

Goldenseal (Hydrastis canadensis) - Emotional Cleansing

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

Gooseberry (Physalis peruviana) - Eases Depression

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

Gorse (Ulex europaeus) - Mental Optimism

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

Gotu Kola (Hydrocotyle asiatica) - Future Memory

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

Grape (Vitis vinefera) - Playfulness

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

Grapefruit (Citrus paradisi) - Mental Clarity

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

Green Gentian (Frasera Speciosa) - Thought Projection

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

Green Rein Orchid (Habenaria sparsiflora) - Emotional Perspective

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

Green Rose (Rosa chinensis viridiflora) - Psychic Balance/Channeling

Enhances all psychic abilities. Develops spiritual healing. One can become a conscious or trance channel. Improves emotional stability, especially for psychics.

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

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

Hardenbergia Comptonia - **Polarity Balance**

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

There is an opening of the crown chakra, with a greater willingness to work with a Christ-energy connection. It will allow a deeper attunement to any particular spiritual avenue to which one wishes to attune. It is best to have a specific in mind when you take Holy Thorn. When you have a deep consciousness upon a particular deity, planet, star, the Sun, or with some aspect of Christ consciousness, taking Holy Thorn allows a fusion of the essential energy behind the spiritual idea or ideal. It may be best to use this by itself with the above attunements in mind.

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

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

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

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

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

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

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

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

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

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

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

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

Hound's Tongue (*Cynoglossum*) - No Info

Houseleek (Hens and Chickens) (*Sempervivum tectorum*) - **Wisdom**

There is an important characteristic of the aetheric to physical connection that relates to ones development of belief patterns,

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

This plant allows people to harmonize with society yet maintain their individuality. A greater ability to meditate with stars can result from this flower. Understanding astrology and working with the healing energies of the cosmos can be benefited with jasmine elixir. An

improved sense of self-esteem with a sense of practicality and mental clarity can result from this flower. A stimulation of the permanent atom, or the soul's original God spark that resides within through all incarnations, is of great benefit from this elixir.

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

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

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

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

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

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

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

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

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

This can influence integration of clairvoyance, particularly relating to the shift between the third and fourth dimension. This can increase

one's ability to accept and work with many psychic abilities. At the highest level, there can be a greater sense of God-energy with the root chakra.

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

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

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

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

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

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

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

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

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

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

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

Kiwi is good for treating fear, lack of a loving nature, stress, and general moodiness. It can stimulate most digestive enzymes, with an emphasis on those manufactured in the pancreas. Brings about a sense of peace and inner purposefulness. This elixir can help people welcome life by bringing a sense of the sweetness and

beauty inherent in all life. It will assist the 4th and 5th chakras, enabling a better sense of expression and an ability to understand emotions.

Koenign Van Daenmark (*Rosa alba*) - **Left/Right Brain**

The etheric, mental, and spiritual bodies are aligned, thus making it easier to make decisions and to recognize destructive elements within the physical body. The left brain is stimulated so that mathematical, computer, and language skills are activated. Excellent for use with color therapy.

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

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

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

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

Ladies Purse - No Info

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

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

Larkspur (Delphinium) - Attitude Adjustment

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

Lavender, English (Lavendula angustifolia) - Spiritual Progress

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

Lavender, French - Spiritual Progress

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Lemmon's Paintbrush (Castilleja Lemmonii) - Societal Interaction

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

Lemon (Citrus limon) - Mental Activity

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

Lemon Balm (Melissa officinalis) - Calming

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

Lemon Mint (Monarda citriodora) - Emotional Release

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

Leopard Lily (Lilium parvum) - Light Workers

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

Lettuce (Lactuca sativa) - Understanding Wellness

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

Licorice (Glycyrrhiza glabra) - Calm

There can be much benefit in the reduction of stress with Licorice elixir. There will be a greater awareness of the energies of one's own body, as well as a shift in consciousness. Theta waves are significantly enhanced with Licorice. For children, Licorice offers an ability to understand and cope with the stresses involved in growing older and the energies that pull on them in several directions. Coping mechanisms are developed more easily with Licorice. It helps develop a deeper, calmer state of mind.

Lilac (Syringa vulgaris) - Alignment

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

Lily Of The Valley (Convallaria majalis) - Transition Stress

This plant was created to help people decide when it was best to leave the planet through a death experience. This essence eases the physical transition, opens the psychic centers, and eases depression. The elixir helps you reach a greater understanding of

why you are in existence. This elixir will also benefit those that are experiencing deep states of fatigue from grief or terminal illness.

Lima Bean (Phaseolus multiflorus) - Grounding

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

Lime (Citrus aurantifolia) - Mental Alertness

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

Lion's Tail (Leonurus cardiaca) - Courage

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

Litchi (Litchi chinensis) - Soul Essence

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

Live Forever (Dudleya farinosa) - Higher Guidance

This essence coordinates spirit guides and teachers into a single unit. Thus, information can be received in a more organized fashion. This can be used for assistance in trance and/or conscious channeling.

Lobelia (L. inflata) - Psychic Development

For psychic development and the ability to better perceive details.

Lobivia Cactus (L. arcananthus) - Divine Intimacy

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

Loosestrife (Lythrum Salicaria) - Harmony

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

Loquat (Eriobotrya japonica) - Digestion

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

Lotus (Nelumbo nucifera) - Emotional-Spiritual Harmony

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

Lovage (Levisticum officinale) - Divine Feminine

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

Love In A Mist (Nigellia damascena) - Collective Consciousness

Assists in allowing free association of thoughts, feelings, and ideas. Useful in hypnosis or other trance work. For individuals who have

difficulty with the air element; helps one to achieve oneness with one's soul family.

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

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

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

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

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

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

Macartney Rose (*Rosa bracteata*, light pink) - **Telepathy**

This essence balances the right and left hemispheres of the brain and increases telepathic abilities. There can be a greater sense of self in comprehending one's total being. An introverted person or someone who feels separated from their community would benefit from this essence.

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

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

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

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

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

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

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

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

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

This flower essence makes it much easier to shift vibration into one's higher self. This can bring about a deeper attunement to the energies of one's soul purpose. As these energies are better received, a rapid shift may occur for some individuals. It is easier to manifest a new ego if the old ego is impeding an individual's willingness to see things in a whole new way. Energies assisted by Mandrake will be nourishing and supportive. A transfer of knowledge from the soul will increase the awareness of new possibilities or opportunities.

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

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

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

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

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

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

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

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

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

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

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

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

Melaleuca Elliptica - **Group Karma**

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

Mesquite (*Prosopis juliflora*) - **Fear of Open Spaces**

Reduces stress and the fear of being in open spaces. General tonic.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Mountain Ash [European Mountain Ash, Rowan, Quickbeam]

(*Sorbus Aucuparia*) – **Appreciation**

This elixir can bring all individuals a much deeper appreciation for themselves, life, and the sweetness and understanding of life. It tends to allow a sense of wonderful sweetness, with a deepened capacity for connectivity between many species, which can allow individuals a greater degree of love, on many levels, between each other. It can be particularly helpful as a flower essence in easing tensions of an interracial nature, by allowing interracial marriage or marriage that spans generations. Various other differences can also be more easily resolved. In addition, there can be with this plant, a

development of love to a much higher, finer degree in which one begins to appreciate differences at a powerful level. This deeper appreciation allows the individual far more energy and greater inner strength. This is very important in the healing process associated with the pancreas. Mountain Ash will usually give, with repeated use, a higher spiritual perspective on many aspects of life.

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

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

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

This plant has the capacity as a flower essence to increase various levels of intelligence in people, open the potential to shift their priorities, and awaken a deeper sense of purpose across lifetimes. Additionally, an awareness of other matters of importance for the survival of humanity may also be increased. Group consciousness is gradually shifted as one becomes more aware of their place in the group, as well as the capacity that they may have for working with others and sharing energy. This energy sharing can move in many different arenas. One can gain an awareness of a spiritual reality in which a sense of unity will come to many people, as if they are part of a much larger cosmic whole; as if their training, attunement or connection is to eventually be part of a larger group than they are fully aware in this life. This is important not just for sense of purpose, but something much larger; it is the sense of belonging to a group or of being home, without a sense of territory. Use this flower essence to receive messages more clearly and consciously from your soul group, and from the beings who guide and assist you.

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

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

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

There can be enhanced communication within the brain. This may increase one's IQ and one's ability to enter the alpha state. Using Mugwort can open certain psychic abilities, such as telepathy. Very

frustrated people or those who feel that life is structured against them can benefit from this elixir.

Mulberry, Red (Morus rubra) - Sense of Purpose

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

Mullein (Verbascum Thapsus) - Group Persistence

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

Mushroom (Agaricus campestris) - Nervous Behavior

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

Mustard (Brassica Kaber) - Cheerfulness

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

Myrtlewood Tree (Umbellularia californica) - Remote Healing

This elixir offers properties to improve the energies felt in the throat, the third eye and in the hands. It can be quite helpful to those who wish to project healing abilities. This can extend over quite long distances, even across stellar distances. This flower essence can provide a sense of deeper connection through the Earth, and thus the Earth herself can be contacted by some individuals who are particularly interested in remote healing of the Earth. There can be benefit transferred to individuals who have great compassion or love for certain aspects of nature, not so much for the devas or the natural kingdoms themselves as for the subtler levels from which energy is transferred, and can have real healing capacity. This can be more easily expressed or shared, and teachers in particular, who wish to share healing capacities or ideas may find this useful in transferring information, be it writing it or sharing it through their teaching.

Nasturtium (Trapaeolum majus) - Compulsive/Obsessive

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

Nectarine (Prunus persica v. nucipersica) - Psychospiritual Balance

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

Neoporteria Cactus (N. paucicostata) - Motivation

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

Noble Star Flower Cactus (Stapelia nobilis) - Vegetarianism

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

Nodding Onion (Allium cernuum) - Preserving Ideas

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

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

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

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

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

Ohi'a Lehua (*Metrosideros* sp.) - **Stillness**

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

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

For stress, meditation, and integrating group dynamics. Very grounding.

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

A greater understanding of what is truly important in one's life can be made more clear. At a deeper level, there is a beautiful acceptance -- almost closeness and forgiveness -- of one's parents, or of older patterns that have plagued oneself. For working with the inner child. Can increase one's connection to all things in a manner that is Buddha-like.

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

The cactus is well named as it is frequently observed to have some of these characteristics of the woman who is perhaps separate and wise. This wise woman offers a nurturing wisdom that is bestowed upon those who would open to her energy. Simply taking the essence will not necessarily provide this. One must reach out a bit to the wise old one in yourself, to the one you have been in the past or to a guide or helper. With such a willingness to climb the mountain, then this loving, nurturing energy is made that much more available.

What one may receive from this is love-wisdom, a combination of energies relating very much to the heart and to the mind, and a way in which these are combined easily for the person in their daily waking life. This works especially to establish a bond between that person and others, as if to establish a reduction of loneliness so that the individual has an awareness of the love-wisdom in other people, as if they become aware of not only what they know, but what they don't know and others do know. As a result of this, what is usually created is a sense of comradeship, of friendship, of loving, which is transcendent of time and space. This can be especially helpful with people that you are somewhat familiar with, people you have some intrinsic bond with but you don't quite understand it, in other words there is some degree of positive karma or some nature of deeper connection between you and these others. If the people involved would use this essence and deliberately reach out in some way to each other or in themselves to contact more of this love-wisdom, many gifts can be bestowed if there can be a deeper awareness not just of the individual's connection to each other but this as an important symbol or metaphor for life, for the way in which people must come to understand and appreciate each other's wisdom, awareness, and light.

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

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

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

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

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

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

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

Opuntia facilitates a deeper awareness of the entire skeletal structure, especially opening the concept of maximizing flexibility. It expands the ability to see new perspectives and share new

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

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

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

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

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

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

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

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

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

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

Brings out joy and appreciation of artistic expression and talent and endeavors to develop self-expression, especially through the dream

state. Brings optimism to persons out of touch with, depressed about, or lacking confidence in artistic expression.

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

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

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

Pansy has considerable anti-viral capacities. It can be used wisely as a preventative measure. Tiredness during meditation is one indicator of its use. It can stimulate the mental body by magnifying the nature of thought-forms.

Papaya (Carica Papaya) - **Higher Self Assimilation**

Increase of memory retention and assimilation of data obtained on higher planes. Eases emotional tension and sexual identity crisis.

Papyrus (Cyperus Papyrus) - **Negotiation/Communication**

Use when flexibility is needed in pursuit of higher goals. Negotiation skills are sharpened. All communication skills improve. Good for leaders. The plant was used in ancient Egypt for writing communications.

Parsley (Petroselinum crispum) - **Meridians Balanced**

It is a powerful balancer for the meridians.

Pasque Flower (Anemone Pulsatilla vulgaris) - **Empathy**

This plant is able to assist individuals in forming family relationships, finding a way to cooperate better, and having greater patience and forgiveness for each other's difficulties. There will be a better understanding of human needs. This will bring more ability to interact with others, to understand others, and to meet the other's needs at an emotional level. This elixir also helps alleviate thirst.

Passion Flower (Passiflora incarnata) - **Christ Consciousness**

Creates equanimity in highly charged charismatic states. One becomes stabilized and has easier access to higher levels of consciousness without becoming nervous or jittery. Although it works mainly on the etheric level, it has a profound spiritual effect on people.

Paw Paw (Asimina tribola) - **Fasting, Self-Esteem**

This can be a catalyst for assimilating all nutrients into the system, so it is useful during a fast or in periods of dehydration, over-

exposure, or starvation. Use it for those with poor self-esteem, a fear of eating, or an inability to be outgoing.

Peach (*Prunus Persica*) - **Amplifier**

This is a universal amplifier for all forms of healing. It is an excellent catalyst to use in combination with other remedies. Peach activates the etheric body and etheric fluidium, aligning them with all the subtle bodies. Any difficulty associated with stress can be alleviated with Peach. The essence enhances a sense of joy, greater lightness, and ease in sleep.

Peanut (*Prunus Persica*) - **Stress**

For high stress, hidden kidney-type fears, and paranoia.

Pear (*Pyrus communis*) - **Musical Creativity**

Its main impact is to bring harmony to groups involved in conscious and spiritual endeavors. It can greatly expand mental flexibility, and that often results in greater elasticity in the physical body.

Pecan (*Carya illinoensis*) - **Eases Self-Consciousness**

Eases stress such as being self-conscious from being too tall, short, or fat. Excellent for children and basketball players. It is more for height. Signature: a very tall tree. The emotional body is balanced.

Pegasus Orchid Cactus (*Epiphyllum*) - **Future Relationship**

Can assist in the way in which new creation of destiny and purpose evolves for an individual in the way in which it affects not only this life, but future lifetimes. There may also be a shift in the way one creates new forms of relationship that allow other people the chance to create deeper connection and intimacy with themselves and the user of this cactus elixir.

Pennyroyal (*Hedeoma pulegioides*) - **Psychic Protection**

Repels negative thought forms and psychic attack. Alleviates obsession. Improves telepathy and mental clarity. Cleanses quartz crystals and other minerals.

Pennyroyal, Mountain (*Monardella lanceolata*) - **Psychic Protection**

Repels negative thought forms and psychic attack. Alleviates obsession. Improves telepathy and mental clarity. Cleanses quartz crystals and other minerals.

Penstemon (*P. Digitalis*) - **Removes Inhibition**

Overcomes problems in a relationship by developing persistence and the patience to smooth things over. Person may want to withdraw into solitude from a reaction because of poor confidence and too many obstacles. Aids in removing sexual shyness and inhibitions. Heart and sex chakras open.

Peony (*Paeonia officinalis*) - **Achievement**

This helps one perceive subtle energies. One is able to feel another's true nature. After repeated use, there is enhanced awareness of what one is here to do in this life, increasing one's desire to bring this program more fully into the world. Good for teenagers and people leaving a group. One can face things more realistically.

Pepper (*Piper nigrum*) - **Relationships**

For base fears, general anxiety, and improving relationships.

Peppermint (*Mentha piperita*) - **Soul Attunement**

This elixir helps to reduce the energies that block soul lessons; these lessons can then begin to pour through a person, thus achieving more purpose in one's life. Some of the lessons held deep within a soul are revealed rapidly. Therefore, this elixir can greatly benefit counseling -- to listen clearly to another person's problems and receive instantaneous answers.

Perilla (*P. frutescens*) - **Hands-On Energy**

Increases the ability in people to pour energy out from the hands. Can serve to replenish energies for someone who is involved in healing work, or for those whose work involves using their hands.

Periwinkle, White (*Vinca Alba*, Moorea, Tahiti) - **God Attunement**

Can enhance many capacities of the third eye center. In most people, it can allow a deeper attunement to one's own essence or original intent for incarnation. It can attune one to one's soul group. May also provide a greater patience for one to understand their purpose and abilities.

Periwinkle (*Vinca minor*) - **Higher Spiritual Concepts**

Integrates one's personal philosophy and ideals with higher spiritual concepts. The conscious, subconscious, and superconscious minds are linked. Subconscious impulses may conflict with ideals. Person may be restless with current status and be looking for a deeper meaning in life.

Persimmon Female/ Male (*Diospyros virginiana*) - **Improves Sexuality**

Extremely potent aphrodisiac. For both sexes, but more for women. Use for tantra, sexual imbalances, and improving sexual sensitivity and creativity. For low self-esteem, sexual inhibitions, lack of proper sexual identity. Excellent in marriage counseling. It works best when men take the male essence and women take the female essence.

Persimmon, Female (*Diospyros virginiana*) - **Improves Sexuality**

Persimmon, Male (*Diospyros virginiana*) - **Improves Sexuality**

Petunia (Petunia Hybrid) - **Balanced Perspective**

This flower can help reestablish proper psychological behavioral patterns by bringing in the activities of the higher self. It puts one in the proper mental state to examine priorities. This essence eases mischievous behavior in children or in the elderly. Proper mental attitude and spiritual courage can be a result of this remedy.

Phlox (*P. paniculata*) - **Inner Peace**

Phlox helps people recognize an inner love and a sense of peace. To welcome this inner awareness takes a certain level of non-attachment, which Phlox can provide. By helping to release preconceived ideas, Phlox can speed up the process of bringing in new energies. Phlox helps change internal negative energies with patience, love, and caring. At the highest vibrational level, Phlox is able to attune individuals to the love of all devas. The 4th chakra is more powerfully connected to the 11th chakra.

Phytollaca Dioica - **Fear of Aging**

For confidence and fear of aging, especially menopause.

Pimpernel, Scarlet or Red (*Anagallis arvensis*) - **Kundalini Energy**

This can assist by helping to penetrate and activate each chakra as the awakened kundalini travels up the spine. This process releases stored spiritual information and elevated emotions. Emotional blocks may dissipate through the use of this remedy. A very good essence for those involved with meditative practices.

Pineapple (*Ananas comosus*) - **Amplification/Assimilation**

This flower essence stimulates digestion and enzyme activity. When combined with other vibrational remedies that powerfully open various chakras, Pineapple essence improves their effectiveness. This essence allows people to work with energies of many different

forms. One can better perceive the purpose behind a blockage, the universal law that is out of balance, or the miasm that needs assistance. People on a spiritual path who are seeking to understand themselves and what they have already developed, can develop this much further. Past-life connections will be brought up more easily.

Pineapple Guava (*Feijoa Sellowiana*) - **Polarity**

Balances crown, feet, and hand chakras, which balance the general polarity, nadis, meridians, meditation, and hatha yoga processes.

Pine Drops (*Pterospora andromedea*) - **Law of Reflection**

Combines well with alternatives to the use of antibiotics. Allows a clear perspective on the entire nature of difficult relationships. Helps to realize the highest aspects within any relationship. Increased understanding of the genetic structure and code for individuals.

Pine-Monterey (*Pinus radiata*) - **Psychic Clarity**

Allowing the penetration of wisdom into the third eye, providing a sense of clarity, oneness, and deep relaxation. Increases ability to utilize the third eye information and psychic gifts in a way that is beneficial for development, soul purpose, and the ability to know others.

Pine, Scotch (*Pinus sylvestris*) - **Self-Esteem**

This remedy is for those who blame themselves, even when successful. They feel that they always could have done better. Self-forgiveness and greater self-worth will result from using this elixir.

Pink Powder Puff (*Calliandra surinamensis*) - **Heart Awakening**

Can significantly improve one's ability to shift vibration and attune to subtler energies. This can be especially helpful in the healing process. There can be development of heart chakra energy all the way to the causal level. This flower can significantly aid when seeking to bridge to other people in a universally loving way. Can awaken the third eye center as it relates to heart energy.

Pistachio (*Pistacia vera*) - **Promiscuity**

Especially useful for men who want a monogamous relationship, with a genuine desire to curb sexual appetite.

Pitcher Plant (*Scarrancenina purpurea*) - **Vegetarianism**

Assists people in the transition to a vegetarian diet. Releases people from the karmic burden of discharging negative thought forms into the bodies of insects.

Plantain, Psyllium (*Plantango Psyllium*) - **Self-Esteem**

May be problems with mother image and low self-esteem or a need to criticize others. Balances feminine identity in both sexes. There may be difficulty assimilating information.

Pleurisy Root (*Asclepias tuberosa*) - **Emotional Balance**

For stress and anxiety that may cause ulcers. Suppresses rage, and grief is alleviated. The 3rd chakra and emotional body are balanced. There may be problems dealing with the mother image.

Plumeria (*P. Obtusa*) - **Bonding**

Brings people into a deep awareness of their roots, connection to the human family, and attunement to one's ancestors. Aids in commitment to creating new communities. Useful in group meditation across great distances, e.g., world peace meditations.

Plum Tree (*Prunus domestica*) - **Inspiration/New Ideas**

It manifests inspiration and new ideas. Makes one balanced and objective with spiritual and emotional realities. It allows one to emotionally examine spiritual concepts and vice versa. May be good for people subject to emotional fervor of a religious or pseudo-religious nature who tend to become imbalanced in an attempt to lose themselves in their beliefs. For low self-esteem in such people. Crown chakra is opened.

Poinsettia (*Euphorbia pulcherrima*) - **Perceiving Truth**

This essence works with the thought forms of hope, focusing them more into a collective hope for humanity, rather than on personal hopes and fears. One can better find his or her place within society, thus aiding in the forming of community or working with others. This flower can encourage energies from the 1st, 2nd, and 3rd chakras to blend and strengthen one's love for others, for nature, and for one's own consciousness. This elixir helps one move from a personal love to a group consciousness love. This is a great elixir to use when two people wish to get to know each other better, in order to move past any false images and to get to the heart of their relationship.

Poison Ivy (*Rhus Toxicodendron*) - **Etheric Strengthenener**

Etheric body strengthened. Signature: plant irritates skin.

Poke Weed (*Phytolacca americana*) - **Kundalini/Depression**

For people who wallow in the depths of their emotions. Especially for the sad, depressed, and mournful. Balances the base chakra, releasing emotions and spirituality stored therein. Strong opening and enhancing effect on kundalini, affecting the seven chakras along the spine and relevant etheric fluidium. It also binds the nadis to the meridians.

Pomegranate (*Punica Granatum*) - **Nurturing**

Helps men develop a more maternal aspect. Particularly useful for women. Creates a sense of nurturing or allowing to be nurtured.

Potato (*Solanum tuberosum*) - **Psychic Function**

This essence enhances clairvoyance, clairaudience, and other psychic abilities. With potato, one can develop the ability to see into all the dimensions. It aids in drawing energy from many sources and then helps in combining them, working with them, and putting these energies to practical use. There is stimulation of the 6th chakra, as well as the 8th, 9th, and 10th. The astral body is awakened. The emotional body is cleansed.

Potato, Purple (*Solanum tuberosum*) - **Clairvoyance**

This potato like all potatoes has many eyes, and the opportunity to receive clairvoyant information on many levels is present. Individuals who are seeking to rebalance, but without the utilization of drugs, and better awaken to the opportunities presented to them by various psychological difficulties is enhanced by the use of purple potato. Individuals who have difficulty with hallucinations and various schizophrenic forms of this will also benefit as they become more aware of their own gifts, talents, and capabilities. It does seem purple potato at times can bring a deeper awareness of ones ability to self-create higher vibrational states. There can be much enhancement of the clairvoyant process. A natural awakening of this process however in its ability to connect between the sixth chakra and the seventh. Most focalization of ordinary potato is on the sixth chakra, awakening energies there for clairvoyance and related issues, but this opening to the seventh can be of some value for some individuals who wish a deeper spiritual attunement at the same time as the awakening of various forms of clairvoyance and psychic abilities.

Pot of Gold (*Winteria aurispina*) - **Re- Alignment**

This cactus appears to have the ability, when made into a flower essence, to improve the connection of the physical and the subtler

levels as they move through the spine of the physical person, particularly in the disk spaces between the vertebra in the back. At a higher spiritual level it allows deep connection between these vertebra and the chakras themselves, allowing much easier interchange of energy, and provoking in the mind of the person new ideas about their connection to all of humanity. Oftentimes this will give rise to an easier time of bridging in unconsciousness when one is asleep or meditating or simply not paying great attention to the matter. And it can be of great benefit in establishing bonds across time and space to beings that you feel close to. In addition to all of this, one could imagine that there is a golden, loving heart-light moving through the spine, moving through the physical body, this affecting especially the spaces between the vertebra.

Prayer Plant (*Maranta leuconeuria*) - **Develops Intuition**
It develops internal dialogue and intuition.

Prickly Pear Cactus (*Opuntia vulgaris*) - **Self-Confidence**
This essence relaxes the emotional body, easing hidden fear and anxiety. If a couple use this essence at the same time, emotional compatibility and objectivity between them increases. This essence is connected to the Kachina devas.

Prickly Poppy (*Argemone polyanthemus*) - **Forgiveness**
An increased ability to love in the face of various obstacles. For creating a love bond that can transcend time and space. It can easily allow past-life recall for those consciously seeking this. Can significantly increase forgiveness for one's past-life actions as well as other's. Will also assist in seeking a deeper bridge of forgiveness to those who are creating war, famine, disease, etc.

Protea (Pink Mink) (*P. neriifolia*) - **Peacefulness**
Helps to focus energy into one particular direction. Aids in receiving information from past lives, particularly concepts and ideas, and integrating them into current ways of thinking. Increases telepathy.

Pumpkin, Female/Male (*Cucurbita Pepo*) - **Fear of Aging**
For the stress of the birthing process and the fear of aging. It has properties similar to squash. Men should take male and females should take female varieties.

Pumpkin, Female (*Cucurbita Pepo*) - **Fear of Aging**

Pumpkin, Male (*Cucurbita Pepo*) - **Fear of Aging**

Purple Nightshade (*Atropa purpurata*) - **Soothing Calm**
Calms, soothes, and relieves irritation, especially from trying too hard or spinning the wheels without support of the higher self or right brain. Soothes jangled, burned-out nervous states and relieves emotional irritation from coffee, cocaine, or speed.

Pussy's Paw (*Antennaria*) - **Reversing Judgment**
Greater compassion and understanding of compassion can be strengthened for individuals. In meditation, can be utilized to become at-one with people, plants, animals, or places.

Puya (*P. coerulea*) - **Soul Purpose**
With this elixir, there is an attunement to the mental connection to guides, helpers, and many levels of subtle energy. These energies need a degree of consciousness in order to come into form. Puya can assist one in the understanding of interactions, relationships, and organizations at deep energetic levels. One then learns how one fits into these larger patterns, what one's role or purpose is.

Pyrethrum (*Anacyclus pyrethrum*) - **Psychic Abilities**
For hidden fears and anxiety, especially causing paranoia and blocks in psychic growth. Use when one is afraid of or does not understand psychic gifts.

Quaking Grass (*Briza minor*) - **Improves Relationship**
Helps people work better together in a group, creating flexibility in the group ego. Negotiating skills improve. Also good for people confined or for those working in a small place like a prison, office, or hospital.

Queen Anne's Lace (*Daucus Carota*) - **Spiritual/Mental Clarity**
It helps develop inner sight so that the auras can be seen and telepathic abilities can be developed. There can be benefit to the eyes -- both physical and etheric. This essence temporarily suppresses or calms the mental body, which can be useful for those who over-intellectualize.

Quinoa (*Chenopodium Quinoa*) - **Deeper Balance**
This essence can bring in powerful energies of self-acceptance, opening one to compassion for other people. Quinoa provides an understanding of the blending between the human and mineral kingdoms. There can be a profound opening of the heart. This can promote a sense of balance between the upper and lower chakras. Quinoa enhances the body's ability to work with gold in any form.

Rabbitbrush (*Chrysothamnus nauseosus*) - **City Living/Inner Discipline**

For people who need to work in close quarters with others. It eases related tension. There may be paranoia and antisocial behavior; the person who does not want to communicate with people. The heart chakra is opened.

Radish (*Raphanus sativas*) - **Stabilizes Consciousness**

It stabilizes the subconscious and the dream state. It increases the life force, yang energy, and opens the two lower chakras.

Ragweed, Ambrosia - **Self-Awareness**

Relaxes a person to have more balance in the emotions or intellect, as is needed. The dry intellectual becomes more emotional, and the overly emotional more intellectual. There is more self-awareness.

Raspberry (*Rubus idaeus*) - **Self-Expression/Confidence**

For people who cannot express themselves. There may be stage fright, low self-esteem. The throat chakra is opened.

Rattail Cactus (*Aprocactus flagelliformis*) - **Cultural Bridges**

Capacity to reach into multi-dimensions, across time and space, and extract information, including new knowledge relating to an individual's cultural heritage. Deeper attunement in bridging across many generations and into history. This may also assist in the transcendence of time and provide a deeper connections to time flows in the future.

Rattlesnake Plantain Orchid (*Goodyera oblongifolia*) - **New Woman**

Some issues relating to aggressive or male-oriented tendencies are assisted. For men in coping with anger and aggression issues, this can be done within two weeks of working with this elixir. For women who are seeking a greater balance between male/female in matters of speech, the ways in which they approach men, the ways they are seen in the world, and the way they see themselves. Can be useful for any female to take.

Red Chestnut (*Aesculus carnea*) - **Reduces Worry**

This is to be utilized for people who worry about others excessively. When used, this elixir establishes the ability to care for others without anxiety but with compassion and empathy.

Red Ginger (*Alpinia purpurata*) - **Male/Female Union**

Ability to spiritualize many physical characteristics. Useful for martial arts and dance. Sexuality, tantra, and Taoist sexuality enhanced. Highest aspects of union. Opens the root chakra to spiritual energy. Deepens understanding and acceptance of the male/female balance within. Union of both (male/female) with the one (Earth).

Red Mountain Heather (*Phyllodoce Breweri*) - **Divine Word**

Can improve ability to perceive and work with different forms of sound, including music. Greater attunement to the inner voice. Greater capacities for loving across large networks, unconsciously. An enhanced capacity to recognize oneself in all things. Deeper attunement to vibration of all types.

Redwood (*Sequoia sempervirens*) - **Firmness**

This is to be used to engender greater patience. It can be used for cellular regeneration and increased longevity. The etheric body is aligned more closely to the emotional body, creating more emotional balance and increased life force within the physical body. Consider using Redwood for general stress, inflexibility, and a difficulty in taking a firm stand on anything.

Rhododendron (*R. arboreum*) - **New Beginnings**

For initiating anything, and to relieve fear of travel. It opens the brow chakra, and psychic abilities expand.

Rhubarb (*Rheum Rhabarbarum*) - **Heart Energy**

There is a greater coordination between the left and right brain hemispheres, creating greater harmony of thought by balancing the analytical and the intuitive aspects. Rhubarb can help clear one's relationship to self, thus opening up the possibilities of more loving relationships with others. There can be a greater ability to see things from another's point of view. The heart chakra is opened on a deep level, so one can understand love on more than just a physical level, perhaps even on a multi-dimensional level.

Rice (*Oryza sativa*) - **Cooperation**

This elixir helps people to cooperate with each other in a harmonious and productive way. This elixir will reduce stress from interaction with others, as one learns to give voice to hidden fears about relationship and then release them. This elixir helps create a useful collective energy of mutual cooperation and emotional understanding.

Robina (Pseudoacacia) - **Vitality**
For the overly lethargic individual.

Rock Rose (Helianthemum nummularium) - **Inner Calm**
This is to be used in emergencies where there can be terror or strong fear. This elixir brings inner calm and courage in all situations.

Rock Rose (Cistus) - **Belonging**
Allows individuals a greater sense of the interaction between the smallest and the largest, from the big picture to the tiniest details. Creates a greater sense of belonging in interacting with others or organizations. Visions are stimulated, and one becomes more comfortable with their spiritual philosophy and understanding of God. Spiritual body is opened.

Rosa Alba(Maiden's Blush, Blush Pink) - **Releasing Shame**
Maiden's Blush has some interesting qualities relating to a deep sense of self, and ability to allow the energies of what might be termed the current of being or the essence of existence itself to make their way into the human consciousness, and allow people to sense this, and to feel it. Many times as this occurs, there are some big changes, people resisting this energy, primarily because of mistakes; some aspect of something they decided, but were unable to accomplish; or an energy that in some way was difficult, and some aspect of this unresolved. After repeated use, a realization comes suggesting that in the past indeed these energies of mistake or judgment were temporary, were there in order to help you understand the need for a midcourse correction or a change, but they do not inherently create a comment as to the basis of your being; those aspects are not to limit the energy that you manifest. There may be a feeling you do not deserve. This rose strongly stimulates the astral body; and past life connections to blocks may come up, relating to shame and other aspects that may have prevented this deeper awareness of subtler energies being available. With repeated use of this flower essence, the rose gradually confers a deep sense of lovability, of acceptance of this as the universal nature, of a willingness to know this sense of love within consciousness. It is extremely helpful to take this flower essence just before going to sleep, and invite a dream in which you might feel and sense God's true nature in relation to you personally; this isn't the same thing as asking God to do something, it is rather to help you understand your own beingness through God's eyes.

This is difficult for most people to ask for, so even just taking this flower essence before asking can be helpful.

Rosa Arkansana(Bright Red) - **Acceptance**
Rosa Arkansana does seem to provide for many individuals a newfound ability to love where love previously was denied. But gradually Rosa Arkansana allows an individual to accept that the love is there, that it is deeply within the person: that it has always been there, that it is something the person can draw on or accept more deeply. Typically, the reason an individual has not accepted or worked with some more conscious and available level of love is because of a past life experience. An obvious application for Rosa Arkansana in this time period is the inner city, places where there is little in the way of nature. When people use this essence, they may find themselves more easily inspired to bring more nature into city or urban environments, and find ways in which this most naturally and easily can be introduced, rather than those that are entirely separate places. In addition, as one begins to open this degree of more conscious love, one may begin to feel a deeper sadness where the love can be truly, deeply healing. Thus a good ritual with Rosa Arkansana is to cry, to allow the sense of love and sadness at the same time; leading one eventually to a place of much greater clarity, as if the tears have cleared ones vision and ones understanding of the entire process of accepting deeper love.

Rosa Banksia Lutescens (yellow) - **Divine Intellect**
Opens the intellect to the divine. Activates the solar plexus chakra and enhances mental faculties.

Rosa Beggeriana (white, N. Persia) - - **Increased Intuition**
Stimulates intuition and psychic sight. Increased insight into personal issues.

Rosa Beauty Secret - **Urban Stress**
This rose essence helps to ease stress and stimulates balance in city environments.

Rosa Brunoni(Himalayan Musk Rose, White) - **Higher Purpose**
This was a rose that was early in the development of the whole rose project by Cha -a- Ra and many others working in ancient times across several worlds, and especially interacting more consciously with the devic orders. The intent was to bring a capacity of spiritual wisdom, the capacity to enhance this in anyone, human or animal, that could approach it and work with it. This capacity was seen as

very important, but also that which could be easily resisted: that some aspect of an enticing nature such as a wonderful scent, would then draw the person into the conscious awareness of the need for deeper spiritual connection, for deeper contemplation of important attributes of spiritual teaching or spiritual wisdom. This rose will always bring the individual a sort of dogged persistence, and a willingness over and over to look at these issues and find some aspect of one's own emotion to bring them most consciously into form. As these energies shift for people, the gradual awareness of higher purpose of being here on Earth naturally comes through; but at the same time there is this wonderful positive joyful enticing aspect, almost seductive, it is as if God is letting you know on some level that the loving capacity of joy and pleasure is an inherent aspect of the universe. As the individual surrenders to divine purpose, it is not only for the awareness of one's place in the universe or the answer to complex philosophical questions, but it is also for the sheer joy of being.

Rosa Buff Beauty - **Urban Living**

Stimulates intellect to better deal with city pressure. Opens the heart, allowing people to adjust to urban living on the heart level.

Rosa Californica (pink, California)- **Outgoing and Friendly**

This elixir can be very useful for introverted personalities, helping to overcome problems and phobias around small, enclosed places.

Rosa Carolina(Pasture Rose, Rosy Pink) - **Family Forgiveness**

Rosa Carolina does seem to have interesting capability to allow individuals a deeper sense of self-forgiveness, particularly where it relates to family matters. There is an ability here to relieve the soul family of need for revenge, retribution, or change, and so deeper acceptance of the soul family can result. Families tend to travel across the karmic landscape in groups, frequently reincarnating to work on issues, to heal them, to change them; and many of these issues will be brought into greater clarity and be easier for people to receive and work with when using Rosa Carolina. The ability to allow this in a sense of deeper patience, allowing the energies naturally to unfold as needed, and so on, will be enhanced. The essence itself will tend to bring a sense of forgiveness for all of the aspects in one's family that one has buried, thus one may better remember earlier childhood incidents.

Rosa Centifolia Cristata(Pink) - **Enhanced Love**

This variety has the capacity to combine emotion and the understanding of universal love, primarily for the increase of consciousness. Deeper states of meditation are likely to result, with better ability to understand religious concepts. As one may work with this essence over time, not only will some emotional difficulties tend to dissipate, but also the inner energy as if blocked by the feelings involved is likely to emerge. This is likely to give individuals far greater ability to love, as if then they may feel this in new ways. After using this essence, one may experience a natural release of emotional blockages, and then a tendency to open the astral body. This can open, when it is fully cleansed, so powerfully that individuals will have understanding of the future. This will not always be conscious, but as if at a feeling level, using love.

Rosa Centifolia Parvifolia (pink, violet, Europe) - **Divine Purpose**

This remedy helps to open the crown chakra to assist one in understanding one's divine purpose. It also stimulates the dream state in a positive manner.

Rosa Chinensis Minima(Fairy Rose, Rosy pink) - **Devic Perception**

This flower tends to bring many energies of the devic orders associated with the fairy kingdom, and many aspects of the devas working with very small plants, even into small animals, plants, fungi, bacteria, and so on. It allows individuals a deeper sense of the joy in the smaller realms. The understanding of the devas can often be provided as an open door with Fairy Rose, as if a deeper understanding of all aspects of consciousness is more easily accepted and understood by all beings. Many times what will be perceived is simply points of light or energy focus of excessive brightness, of color, or a kinesthetic sense like a tingling energy. If the individual can more easily attune to this energy and welcome it, the body may need some release; finding the way to this will be enhanced by Fairy Rose because the individual will be able to recognize the pattern that the devas are using, and feel that energy themselves moving through their own body. It will also be noted that this can engage the childlike self: the heart of the child, seeing with the eyes of the child, recognizing energy in a more fluid, open sense, can generally be enhanced.

Rosa Chinensis Mutabilis (flowers opening yellow inside, orange outside, becoming coppery-salmon on the second day, then crimson) - **Higher Creative Force**

This rose has many interesting higher spiritual capabilities, tending to cause an integration of higher subtle bodies; this can be across the mental into the astral, even to some extent into the emotional. However, there is a higher component, sometimes found in the astral body, sometimes in the mental body, that is directly stimulated: this is the capacity to project an aspect of your consciousness that does not hold within it any physical body representation. Mental functioning may be strengthened, but the primary way this energy is utilized, is by its ability to blend, to work in the many realms of it's signature, turning many colors simultaneously, working with these energies in a shared and beautiful way. This is a difficult task for many because it involves effort; this is the secret that the rose tends to help with, the release of effort, the ability simply to allow the energy itself to manifest in it's strongest and clearest way. This is difficult because most people are used to having to work hard to do things that are difficult, rather than relaxing into them. Some sense of deep relaxation may be felt in the neck and shoulders, tensions eased there, and this may transfer in many people into the gall bladder and bladder meridians.

Rosa Cinnomomea (Pinkish-purple) - **Multiple Perspectives**

Cinnamon rose has many different benefits. It helps people to integrate aspects of the subconscious, bringing deeply rooted issues and belief patterns to the surface, where they are then able to blend and make their way into one's consciousness. But at a higher vibrational level, the rose encourages multiple points of view simultaneously. For assistance with channeling, we see some benefit in combining this with Potato flower essence. Cinnamon rose does appear to strengthen people's ability to draw bits and pieces from here and there. Its devas have had the ability to journey, seeing things from many different points of view, learning things about many different species of plant, people, other devas, animals, all over your planet. Their learning of this tends to be extremely integrated, brought down to a very pure, almost essence-like form; and this to some extent would be transmitted to anybody utilizing cinnamon rose elixir. The result of this would be a natural encouragement to integrate and work with any abilities; but the ability to receive energy that you have previously shut out or blocked, would naturally be encouraged. In addition, at a higher vibrational level, there would be greater religious tolerance, an understanding of the ability to reach others, who through their own

religious belief patterns would consider you as an enemy or infidel or somebody who needs to be enlightened or in some way changed or saved.

Rosa Complicata (Hybrid gallica, similar to R. canina, Brilliant pink with a white center) - **Easing Fear**

Rosa Complicata has important characteristics in easing fears that may come up in people unconsciously, helping them to receive them and know them, but also to be able to define them, to be able to more consciously work with them in ways that had been previously unknown. These will often relate to one's self image, the way in which one may have ideas about oneself that make one vulnerable to fears of others, that is, the ways in which other people's fears are transferred. This often takes place unconsciously in childhood, and it is natural that children will tend to receive the fears of their parents. In addition though, Rosa Complicata tends to help people in expanding this consciousness to bring love and assistance to others. It is particularly valuable when you become more aware of your own fears or habit patterns relating to fear, and see of how these energies may be unconsciously transferred to your children. Ways to solve this become easier, the sense of how to explain this, not necessarily to deny it or to change it, but to help the children understand that these energies are transferred. Other aspects of the willingness to love oneself and bring forth this love in working out childlike states with others, or appreciating deeply held beliefs in oneself is greatly aided by this elixir.

Rosa Coriifolia Froebelii (white) - **Manifestation**

This can be a fairly stimulating flower essence to open the crown chakra and allow energies that have sometimes been long stored—childhood energies, energies brought by one's guides into your consciousness but not received by you. Even energies of angels or masters or beings of great light and assistance from Earth. Energies that have not been previously received - and allow these through to be received by the individual at the appropriate chakra level, and the appropriate energy frequency, in the appropriate way in their lives. If you have the sense that you are being communicated with from subtle levels and are unable to bring this through easily, utilize this essence. It can relieve stress that may develop as a result of the sense of this communication not made clear enough. At a higher spiritual level it can encourage deeper states of channeling and allow individuals who work with it to come into greater understanding of the entire channeling process. The strengthening that may occur as a result may allow individuals a reverse process in which then

they are able to project beautiful light as if imagined pouring like a fountain out of the top of the head. This light may be quite powerful in the way in which you imagine it, and usually takes several days before it will manifest in any direct form. But this means that for individuals on a spiritual path who also need assistance with manifestation of form, of money, of relationship, of getting things done in the world and all of that, this essence can be valuable if the energies that one wishes to manifest may be then imagined pouring out the top of the head in a fountain and this energy and light then simply spreading in all directions easily; with no particular form then given to it, it will find its own way easily then into the Earth.

Rosa Corymbifera(white or pink) - **Calm/Peace**

This elixir has the ability at a physical level to release stress stored in the head, neck, and shoulders and can be beneficial for relieving tension that may develop in this area. At the spiritual level, as there is then release of this energy, there may be felt by these individuals a better coordination at the physical level. Internal philosophies, religion, ideas of spirituality, may tend to sort themselves out better after the use of this flower. For most people there will be a significant reshuffling effect as if then they are able to reprioritize the ways in which they wish to understand spirituality, the form in which they come into the world, and the ways in which they put this into action. At the highest level, there can be in utilizing this flower essence a deep sense of calm and peace that has within it building and strengthening energy, as if then in this reprioritization, in this re-understanding not based on the conscious mind, but energies then as if drawn from the soul. Through inhalation one can imagine a beautiful white light pouring into the body, and on exhalation this returning out the top of the head to the soul, which can be imagined to be infinitely upwards, this visualization will assist.

Rosa Damascena Bifera(Autumn Damask, pink) - **Addictive Personality**

Often with use of this rose is a sense in an individual of a deep appreciation of their own physical form, a willingness just to let go of every thought form that has interfered, every energy that has pushed them away from an underlying sense of purpose, an underlying sense of themselves; and the result is that an underlying energy at a much deeper level begins to emerge. This can be the sense of love, of caring for others, of being cared for, but deeper, the sense of God's love; this can manifest for individuals and gradually become an energy that is intensely physical. There is the opportunity to release sexual energies that may be difficult. Energies

that might be seen as somehow judged by society, and the result of this, with no need to judge oneself, is no need then for addictive acting out behavior or behaviors that are harmful to the individual. Gradually as addictions shift, new talents and capabilities will begin to emerge. The opportunity to ease shock is also one in which this rose allows. It offers the individual the opportunity to transform the energy of trauma, suddenness, shifted aspects, into something that provides the individual new energy for change, for benefit, for doing things that are ultimately helpful to others.

Rosa Damascena Versicolor(white-pink) - **Thought Addiction**

This particular flower essence also has the ability here to assist people with the highest addiction that most individuals are likely to encounter in this life, and that is the addiction to thought. Thought is a process that is valuable and useful for expression, for bringing certain capacities into form for others. But to utilize it for evaluation, consideration, the gathering of various forms of knowledge, even to use it for logic, compared to the action of the heart (the individual's own intuitive natural abilities), the use of thought would appear to be very inefficient, and in many cases, inappropriate. For it simply gives the wrong result. Therefore as individuals come to understand this deeper addiction, the use of this rose as flower essence may be quite valuable. Their ability to sense the presence within them of the energies that go before thought, the energies that can guide and strengthen them in their willingness to share information in the world may be enhanced, and in this way the thought process used appropriately without the necessity to become an addict to it (to utilize it in place of the other things that are the natural gifts of so many). At the highest spiritual level here, this flower essence can be valuable for teaching about telepathy, allowing individuals to make deeper contact with themselves in the telepathic process so that it is not frightening.

Rosa Ecae(Intense Yellow) - **Emotional Release**

This rose produces a number of helpful effects when one is seeking to cleanse and clear out the interface between the emotional and mental bodies; this cleansing or clearing reactivates buried energies in the mental body, and can be very helpful at releasing all kinds of stored stuck energies. These can be energies of past lives or future lives, but generally will relate to specific preconceived ideas that have been difficult for the individual to grapple with. This is a difficult matter to clear from many people's consciousness because of the weight, be it of guilt, remorse, shame, or other negative emotions that the individual may be burying. This is where the emotional

clearing is of some benefit as a result of Rosa Ecae. Though there are many emotional components to this, such as forgiveness or release of buried emotions of negative quality, it is more a mental attitude that shifts, a willingness to see things in a whole new context, a willingness to truly recognize that you did the best you could in a given circumstance.

Rosa Eglantheria(Bright Pink) - **Opens Heart**

There is a specific focus here on an awakening of the heart energy in its connection to higher spiritual wisdom. This spiritual wisdom that comes through is that which will usually continue opening the heart. Sometimes people will be pushed to states of despair as they feel a powerful love inside that has no easy way to anchor in the world. Using Eglantheria as an essence should be of benefit to most people if they can recognize that as love increases, wells up, or is in any way stronger, that it needs to have a focus, needs to be placed somewhere in the world in which you recognize for you personally that it is useful or valuable. Gradually what comes from such is a deeper appreciation or awe of many aspects of life, yet this again focalizing in the heart to awaken deeper levels of acceptance of God's energy in all things. At the specific levels relating to this, there can be a deeper sense of forgiveness for mistakes one has made in life or for other people. But generally the forgiveness will relate more to the way in which a person has utilized habit patterns: to break these patterns, to see them in ways that they were fulfilling a particular energy, to understand them, and then to be able to find new ways, new ways to fulfill the energies that were needed, new ways to fulfill what was missing. This will usually be enhanced with eglantheria, along with the sense that you are not in any way less for struggling with your habits, that you are in some ways to be admired or accepted for working with those habits in a more conscious fashion. At the higher vibrational level, eglantheria tends to provide a sense in individuals of deep appreciation of many aspects of the world, a sense of sweetness or benefit to life.

Rosa Elegantula (R. farrerii persetosa) (Buds are coral pink, flower is white to salmon pink) - **Artistic Awareness**

Rosa Elagantula has interesting effects at awakening deeply held aesthetic understanding, awareness of the perfect match in time and space of many different elements. This can contribute to mathematical understanding, but would typically relate to aesthetic artistic awareness. It is as if an artistic awareness within the emotions is presented, a feeling sense that can be properly blended. The elixir can increase the opportunity to bring many elements

together in large projects, or share energy in a positive, helpful, loving way with many people. As this awakens for people, a deeper understanding of their own ability to blend purposeful energy is achieved. This can of course combine very nicely, when ones artistic visions are grand and large, with Polaris elixir.

Rosa Foetida Bicolor (yellow/orange) - **New Aesthetic Sensibilities**

The sense of beauty in art that shifts in consciousness bring comes because you have new eyes, because you see things upside-down, backwards, inside out, you see them in ways that you had not previously before, you make new associations. It is quite stimulating to the brain to do this. At times it can be over-stimulating. Rosa Foetida also is helpful when one finds a sense of fatigue in the brain or some difficulty with assimilation of new knowledge. This can be particularly applicable when one is seeking to develop a new aesthetic sense, or come to a deeper understanding of how to see, how to use the seeing principle. However the other side to this has to do with the whole understanding of what is accepted in your world and what is rejected, judgment itself shifted within consciousness using Rosa Foetida, ability to re-evaluate, reprioritize at times, and more importantly, let go of your judgments. Sometimes this can allow the individual to perceive a beauty or art or magnificence in anything, things that had previously been rejected. Taking the elixir is also helpful in various musical forms, dance forms, and of course in all of the graphic arts, as individuals come to deeper awareness of this, but particularly helpful where one wishes to transform landscape, urban or rural, change various aspects of ones living conditions by working with feng shui or other matters, recognizing higher level senses of balance than had previously been present.

Rosa Forrestiana(Pink) - **Creative Imagination**

Rosa Forrestiana has capacity to engage imagination, allowing people to see things in ways they had not before, and in this way explore new areas. Usually imagination is without constraint, and can be inherently available typically to influences of malevolent non-physical beings to be utilized for various nefarious purposes. Imagination can be wonderful, it can be a source of inspiration and creativity, but it is not in its basic sense guarded. A certain guarding with Forrestiana tends to emerge as the energies associated with imagination in this regard would be generally helpful uplifting energies, energies of creativity that could be valuable and useful for people. The effect of this elixir can allow an individual to feel more excited about life, to feel the sense of accomplishment or benefit. Somehow leading to new ideas, new places to be, new ways of

relating to others. One can find this quite enjoyable and essentially light hearted as one can move into a realm of greater play.

Rosa Gallica Officinalis (Red, France) - **Spiritual Rejuvenation**
Promotes mental and emotional balance. Powerful opening of the heart chakra. Stimulates joy and spiritual rejuvenation.

R. Gallica Versicolor (Striped white, pink, red) - **Love Wisdom**
At higher vibrational levels, Rosa Gallica allows the understanding of the interaction, to an extent that it becomes quite helpful, quite loving, quite receptive, as if wisdom is made into love, as if some sense of higher knowledge is somehow transformed into joy, as if some sense of where one is going, higher purpose, higher functionality, is transferred at a higher vibrational level into some sense of higher, joyful, explosion of energy, purpose, and the enjoyment of this. These are difficult energies to describe because they are feeling sense energies, kinesthetic energies; and various ways to bring these into form with Rosa Gallica's assistance, will often be helpful--such as creative effort, drawing, painting, but especially dancing, to move the body in any way and receive this. Thus yoga and simple tai chi movements, where there isn't a lot of thinking involved, can benefit by the use of this elixir. In addition, it will be seen that there are powerful helpful loving influences associated with the love nature of a person: the intrinsic need to love and be loved. The fourth chakra is directly stimulated. It is excellent for counselors and for people needing counseling.

Rosa Gymnocarpa (Little Woods Rose, Pink) - **Psychic Function**
This rose has useful capabilities for individuals to blend different parts of their personalities, to accept them in a loving way, and allow this to produce important psychic abilities. After continued use many paranormal abilities naturally tend to blossom and strengthen; most typically will be those relating to clairvoyance, or the feeling sense, or the energies associated with psychometry, or other ways of feeling the energies of objects and beings around one; not because this is inherently connected to Rosa Gymnocarpa, but rather because these are the energies that many individuals have to some extent suppressed, and thus the energies associated with the more feeling or kinesthetic psychic side of an individual begin to emerge. Gradually an individual becomes more accepting of the buried hidden abilities, the shadow self, the willingness to blend these aspects with other parts of one's life, and as a result they are able to accept more aspects of themselves, accepting the loving self, accepting the judgmental self, accepting those parts of one's

personality that have been perhaps troubling, fear producing, or creating disharmony or stress. Thus as one is able to accept this, one can then more easily change these qualities, or shift them in some way that would be helpful to others.

Rosa Hardii - (yellow, Europe) - **Inner Joy**
Can attune individuals to their own inner awareness, light, and energy. A greater connectedness to life, the sun, and the fairy kingdom. A greater understanding of the need for joy, and an awareness of the light and joy around and within.

Rosa x Harrisonii (Harrison's Yellow Rose, Yellow Rose of Texas) - **Honest Communication**
This rose has been widely accepted by many individuals, and certainly deserves looking into, even though its development is so relatively recent, because it has a significance very much associated with America, many ideals of pioneering, finding of freedom, accepting of personal responsibility, and a willingness to repeatedly share this with others. In the revelation of truth, the flower essence can be quite helpful as individuals find ways to be more honest with themselves, and to share with others, even if this causes some temporary disharmony. This yellow rose flower essence can encourage individuals to look very consciously and clearly in themselves, finding those areas that they have in some ways denied or lied to themselves, and find a way of deeper honesty that can be revealed. There is a certain level of warmth often conferred, as the devas associated with this rose have gradually come to share some of their loving energies with people, this encouraging people to find a way of being clear in their communications with each other.

Rosa Helenae (White) - **Higher Truth**
Devas associated with this plant have been significantly changed over the last hundred years. They are very adaptable; they have been programmed with information from Lemurian times with the capacity to adapt to many circumstances of energy. At the subtle level, it is very important at this time for humanity to be able to draw in new concepts, to hold them for a long time, to work with them as need be, and then once one has gained sufficient knowledge, to release them completely, finding the next level, the next awareness. Rosa Helenae helps one understand absolute truth and relative truth, understand the difference, and be able to laugh at the necessity within one's consciousness for absolute truth, for some reference in the universe, some aspect that is somehow not relative. This essence will help one to ascertain the specific aspects of truth

in your life that are helpful, that help you understand and grow, and let go of past-held belief patterns that you just somehow “knew” were the truth.

Rosa Hemispherica - **Energy Generation**

It integrates the androgynous nature and increases the healers ability to generate energy.

Rosa Honorine de Brabant - **Stress Free**

For elimination of stress, hysteria, and anxiety.

Rosa Horrida - (White) - **Universal Love**

This rose is beneficial in cleansing what we would term spiritual sadness. This is the way in which as one begins to contact higher and higher levels of spiritual evolution, one must then as if retrace the paths of the masters. Each of these master beings, Buddha, Confucius, Jesus, healers and other Earth Guardians in their own paths have had to contact some aspect of humanity where there was struggle. They have had to understand this in their own way, and usually what results is at first a deep acknowledgement of humanity's own struggle. As if then there is an acknowledgement of the power within humanity to find the answers to this pursuit of love, of happiness, of the understanding of God in the material realm by the use of whatever it takes. The use of this essence can be helpful therefore of course at a physical level for a depressed state or for people who are experiencing sadness or anxiety at levels that they do not understand and are having some difficulty attuning to. Many times there is a powerful spiritual component as a result of this. This is sometimes not acknowledged or it is somehow denied in the individual, and this essence will assist in releasing that denial and letting the individual understand it more deeply.

Rosa Hugonis (Yellow) - **Practical Visions**

This rose appears to stimulate some of the solar aspects and bring some sense of sunlight energy as it is transferred naturally into people, as is to some extent present in all yellow plants. But Rosa Hugonis appears to bring this sense of solar vision, the awareness of the sun's ability to see the far-reaching aspects of humanity, of Earth, of the solar system, of many aspects of its interaction. Brought down to a more material level, that which is more practical, such energies would naturally relate to anything having to do with communication and the ability to take these larger visions and put them into a form in which they can be expressed. In addition, Rosa Hugonis appears to be repeatedly able to give people a very

sophisticated point of view of things, seeing things from many levels and being patient at letting all of the energy come in, until finally it is crystallized, strengthened, and able to be shared more consciously. Rosa Hugonis will stimulate any gem elixir, making it a little easier to absorb and work with any gem. It also is quite helpful for individual's learning how to express where they had not before, even for children learning writing or bringing some of the solar energies of expression and clarity more easily into focus for themselves.

Rosa Kamchatka (red, Siberia) - **Perseverance**

It activates the ability to focus, the will, and perseverance.

Rosa Laevigata (Cherokee Rose, White) - **Enhanced Healing Ability**

Cherokee rose has capacity here to encourage and strengthen the sixth chakra, opening the third eye fairly profoundly, bringing a deeper sense of clarity, but at the same time an awareness of an inner silence, a capacity to receive energy from many levels. Any form of hands on healing or energy work that brings healing capacity more consciously to people would be accelerated and assisted by Cherokee rose. With repeated use however, one can have a deeper sense of connectedness to all peoples, a deeper acceptance of the powerful nature of what humanity is about here on this Earth. And with repeated use, adaptability naturally increases: the capacity to fit into other societies, to learn other languages, to adapt other customs, to understand other people; this sort of energy is certainly very positive and helpful, and can assist anyone who is seeking multicultural bridging or capacity to expand their own horizons.

Rosa Longicuspis (White flowers with scent of bananas) - **Deepens Meditation**

There are many interesting attributes from Rosa Longicuspis, this rose can produce some shifts all along the chakras, making a sort of sequential or domino effect of a lining up of energies. It can be quite helpful for those studying and working with body-centered or body-associated forms of meditation such as yoga, in particular kundalini yoga. This rose has the capacity to allow individuals a deeper sense of perseverance and awareness of their own awakening process, to be able to stay with it for long periods of time, to allow them deeper sense of the physical merged in a very positive and helpful way with subtle energies. Many times during the process of awakening or strengthening, the higher chakras are unduly stressed, and energy must be provided from other places. Rosa Longicuspis enhances appreciation, a deeper awareness of God's love for all beings, as

can be manifested in the human form: a moment of stillness or a place of deep peace may awaken for individuals, that can allow them to anchor or strengthen the loving sense with the energy of spiritual awakening or God-unfoldment.

Rosa Macrantha (light pink, Europe) - **Energy Blocks**
Use it to release blockages in the meridians and nadis.

Rosa Macrophylla (Red, The most powerful rose essence on the planet for the heart chakra) - **Greater Love**

An important attribute of Rosa Macrophylla is to help people know themselves, to feel that love more, and to know this energy more clearly in oneself as a source, as a connecting energy to the entire kingdom of roses, to entire kingdoms of different beings, is a wonderful way of using and knowing this energy. As one feels this sense of love, one may also recognize that it has a higher component: love of and from God, understanding of love of and from Earth—that the love is not just a personal one. Personal love is that which may be felt initially in using this flower essence. As one feels this, it makes sense to train it, to ask of ways to transfer that love to others, to play with it in different ways, to appreciate it, to share it; and in this way one will gradually understand more of that energy, as it is in itself, rather than judged through the eyes of society or your own experiences. The fourth chakra is of course stimulated; there is, however, a connection to other chakras. Fourth chakra acts as a moderator, and there may be times when first, second, and third chakra becomes energized, others when fifth, sixth, and seventh become awakened. We see a more permanent connection gradually established between eleventh and twelfth chakras, and the fourth chakra, with repeated use of this rose.

Rosa Maximowicziana (White flowers) - **Shifting Boundaries**

This rose has capability of blending energies across any of the aetheric, mental, emotional, causal, and physical bodies, allowing individuals a deeper merging. It is usually best used initially to focalize such energies from two subtle bodies specifically, seeking the particular characteristics to blend between them; one will usually become much more aware of the characteristics of the subtle bodies as a result, and recognize a natural gratefulness, loving energy, receptiveness, accepting energy, willingness energy, in working with these energies of the blending of the subtle bodies. As boundaries are to be shifted within an individual's consciousness, the acceptance of these in the physical world, in relationship with others, is made clearer. In addition to this is another part that is difficult for most people to understand as they approach boundaries; for this, the rose has a marvelous lesson to teach people: it has to do with a

loving side, an accepting side or a heart opening side to boundaries. Using this rose can assist individuals in understanding themselves better, where they have walled off or allowed various aspects of their own personality, consciousness, or things that they are interested in to become segmented, to become in some sense denied or unavailable. To make such an energy more available in a loving, welcoming, accepting fashion is likely to be enhanced for nearly everyone using this flower essence.

Rosa Moschata (Musk Rose, White) - **Improving Relationships**

This rose has capacity to engage higher consciousness as it is aware of a principle of compassion, caring, and love that many people may feel for their own highest self: a deeper welcoming of the higher self energies as they then can be absorbed and utilized as a loving principle within the individual. This willingness to blame others can be a very important keynote that would be indicative of using Rosa Moschata as flower essence for much benefit. In addition however can be self-blame, in which an individual is unaware of how they are allowing deeper separation simply be such powerfully held judgmental beliefs. As Moschata is used further, the heart begins to open in new ways, ways that can incorporate a loving not just of one's higher self and spiritual side, but of mistakes, of pastlife energies that have not been placed perhaps as well as one would have liked.

Rosa Moyesii - **Life Purpose**

This flower can energize one's love of the whole process of what people have elected for themselves. This could be termed the evolutionary process, the process of reincarnation, or the process of successive levels of self-awakening that a soul goes through. This flower can give one the concentration to overcome many Earthly distractions to the accomplishment of one's life purpose. This elixir can re-awaken a sense of joy in being of the Earth, having the capacity to do much good in the world. It can combine nicely with the elixir Polaris, to provide extra encouragement for those already aware of their life purpose.

Rosa Multibractea (Light Pink) - **Life Purpose**

Rosa Multibractea has useful ability to produce a sense of one's own sacred work for many individuals, and bring the awareness of this into consciousness in a loving, helpful way. Many times as people begin to appreciate what they are here for, what they can do best, ways in which such work can be of maximum utility and value to other people, they also experience emotional difficulty, as if

recognizing that that ability is somehow not accepted by the world or ones spouse or the capacities that one has expectation about, might perhaps be something that does not provide money or the things that one may have come to value in life. Typical flashes and awareness of this higher or aware purpose for individuals will tend to occur early in life, perhaps at age three or so; then as a more defined purpose, focalizing around age 28. If Rosa Multibractea can be provided at these ages, much benefit can accrue to the individual who has a deeper sense of this energy being properly placed, properly used, properly balanced. Sometimes this means that a deep sense of forgiveness and love must be felt. If the individual has moved into areas that were clearly fulfilling the expectations of others but not allowing this sense of sacred work, of using their time here best, then various emotional energies will crowd in; then this rose can be especially helpful as it allows them to be loved through, released, shifted; one may experience the emotion, but at the same time a deeper sense, a joyful sense.

Rosa Multiflora(White) - **Earth Sensitivity**

This is a plant that has a powerful connection to Mother Earth, transferring many of Earth's highest most loving wishes, Earth's ability to assist an individual's own life path through help, through deep love of oneself and of the physical--a willingness to receive this energy is profound in this rose. At a higher vibrational level however, as the heart is opened in working with these energies, there is a deep sense of peace or calm that can come to many individuals, as if the sense of timelessness, as if the awareness of Earth's great patience in waiting, seeing how things will unfold, helping in her way generally, is that which is felt deep in the core of many individuals. There can be with such attunement, naturally, the development of psychic abilities relating to the Earth. Thus the ability to enhance the properties of plants and animals, or the psychic awareness of Earth changes, attunement to Mother Earth's moods, ability to affect the weather, and also to perceive the weather before it manifests. In addition, this rose may produce a healing effect that can be transmitted to others. Thus Rosa Multiflora can stimulate healing abilities where individuals wish to use sound in any form--it can be technological, it can be working with sound from the human voice.

Rosa Multiflora Carnea(Pale pink variety) - **Unconditional Love**

The Lemurians developed and worked with this, but it was El Nath energy, the working through various beings, and Cha-ah-Ra's ability to influence this, that eventually gave rise to an energy that is only now becoming stronger. This has to do with a certain sense of totally

unconditional love that is a resonance or manifestation principle of Earth's energy, as if a person coming into resonance with the sense of Earth's unconditional love, awakens his or her own unconditional love.

Rosa Nitida(Shining Rose, Pink) - **Self-Forgiveness**

Rosa Nitida allows individuals a sense of persistent self-forgiveness. This can be a troubling and difficult sense to create in oneself, because most typically one will self-blame or move into states of recognizing problems, and then only gradually come to a place of forgiveness, sometimes even waiting years after a particular incident or difficulty to recognize from the beginning that this was present. To discover this immediately can be extremely energizing and helpful as one wishes to contend with a problem in life. Imbalances of the pancreas and 2nd chakra can be assisted with this essence by releasing stuck energy and achieving greater alignment between the 2nd and 4th chakras.

Rosa Nutkana(Pink) - **Inter-generational Harmony**

This rose has a stimulating capacity to bring forth the admission in individuals of the denied emotions, and allow these in their own way to naturally form themselves into much greater loving aspects with other people. It can be quite valuable also in relieving psychological stress due to difficulty of making decisions in relationships. It can also be extremely helpful in easing tension between the generations, in particular when illness or disease is involved. This can be extremely helpful in making decisions as to how to deal with parents or elders that one must hold responsibility for, govern over, or assist in some way. The highest use of this rose is for deep emotional and spiritual bonding between individuals of widely differing ages. This can be with parents and children but is usually with those who are much older.

Rosa Odorata(White, Pink, or Yellow) - **Integration**

This rose brings an awakening of the root chakra as an energy that bubbles up through the rest of the body. But over and over and over it shows you how you can integrate: how you can bring energies from many different sources, things learned from past lives, energies from this life, and integrate it into the problem at hand. Integrating these energies will often give rise to new possibilities that you did not see before; and these energies will then arise as a new application, something that will ultimately be helpful. This can be very helpful in group activity, in corporations, or people finding something in the physical world that they wish to change, but that

which is clearly based in the physical world. Thus when you are struggling with bureaucracies, seeking to understand systems as they are, Rosa Odorata can be so helpful at engaging your patience, your ability to see things from other peoples point of view, to find the right steps to take in order to deal with the situation. This essence can be utilized to bring joy and strength to gardeners, to those who wish to work with roses, through an attunement to this deva.

Rosa Paulii (White, clove scented, R. arvensis x R. rugosa) -

Shifting Ego

Rosa Paulii has an important use for individuals in allowing a deeper sense of love and humility combined. This can be particularly helpful for individuals who wish to help others, but do not wish to be in such a position of obligation or addiction or a constant interaction. This flower essence may be used for individuals to release the desire or need for appreciation. As a result, those with significant accumulations of planets or energies in the birth chart associated with Cancer or Taurus may benefit especially from Rosa Paulii as they gradually let go of this need to be appreciated. But at the deeper level what it eventually yields for individuals is a deep understanding or appreciation of God's energy as ultimately then so humble, not asking anything in return, allowing opportunities on many levels for all beings; and ways in which these opportunities can at times lead to all kinds of deeply pleasurable wonderful aspects in life.

Rosa Pendulina [Rosa Alpina](Pink to Purple) - **Risk Taking**

This rose tends to allow people opportunity to take risks more easily, to share energies with each other in ways they might not have previously, and with this to open to new ways of loving, feeling love, and working with love as a result. Risk taking can be pathological in some individuals, with the addiction to dangerous sports or activities that risk life and limb. This rose can be particularly helpful for such people to modify these practices, see them in a different perspective, or find ways of achieving the same ends of sense of thrill or life-awakening, without having to put themselves in bodily danger. However most individuals as they work with this rose will recognize in themselves a willingness to share energies in ways they had not previously, to do so in ways that may produce some fear; but the fear would be short-lived, and the use of the rose to help the individual move through that fear, recognize its real truth, and in this way bring forth energies that have been buried, hidden, or in some way denied.

Rosa Primula(Pale yellow) - **Spiritual Healing**

Rosa Primula is very helpful at accelerating the development of spiritual wisdom as it can be applied to healing, and especially the capacity of counseling from the heart, a place where a deeper loving energy may be established; this gradually shifts consciousness to awaken Christ-like principles in many people. It is as if discovering an inner Christ-knowledge or inner Christ-love, depending on people's own particular bent or the aspects that they have previously developed. With repeated use, Rosa Primula awakens the crown chakra; this energy connects right through the body into the heart, and allows a deeper fueling of heart energy based on such incoming energy through the crown chakra. But this energy must have some point of focus, therefore it makes sense whenever utilizing Rosa Primula to focus your energy on some particular quality of assistance, some way to assist or help anyone, anything. In addition, there is certainly an increase of healing energy, if it is sincere, if the individual truly has some capacity of caring or love for whatever is the object being healed, as this will tend to increase the natural energy flows.

Rosa Pterogonis (Rosa Hugonis X Rosa Sericea) - **Group Healing**

Its primary activity now is conferring a deeper sense of group identity to many individuals to understand and perfect a sense of that group, as it can be loving and helpful to others. It is therefore very useful to teams of individuals who seek healing or assistance to others, be it in esoteric healing or practical healing: a hospital staff or a group of hands-on healers. Those who are studying and working with healing energy of any kind may find that there is a certain level, typically unconscious, of competition between the members. And Rosa Pterogonis has opportunity here to help relieve this, bringing people to a state of easier harmony as they work together. This elixir may provide at the more gross physical level rapid healing from surgery, various interventions in the body, and ways in which the healing would be speeded up.

Rosa Roxburghi(Chestnut Rose, Pink) - **New Awareness**

The capacity of the flower essence to affect states of consciousness relates to various important blocks that are more easily lifted away and released; these blocks will be present in both left and right hemispheres, but are generally easily grappled with and understood through relatively logical processes associated with left brain activity. This rose, apparently at first, brings a questioning, the opportunity to shift belief pattern; but at the deeper level, it actually peels them away; it releases these belief patterns and allows new

consciousness, new ideas, new potential to come more powerfully into focus. For some individuals this can be a profound experience, as if then when using Rosa Roxburghi there is a sense of a whole new being emerging, a new awareness of various spiritual energies that have previously seemed impossible or hidden.

Rosa Rubrifolia (Pink flowers, red foliage) - Manifesting Love

Its primary purpose is to impart to individuals greater conscious will in the way in which they interact with unconditional love, with their ability to manifest love, and with their unconscious love. It can then assist individuals in making the choices easily to manifest a form of love within them that they feel is to their highest, to their best, to that which would assist them on a soul level. At the highest level of spiritual interaction with others, it appears to stimulate the aetheric component of the physical heart, and as a result of this can create very powerful energies from an individual if their will is involved. A good way to utilize this essence is if you are regularly concentrating or focusing love energy outward somewhere in the world.

Rosa Rugosa (Mauve) - Self Reliance

The ability for an individual to perceive their own inner strengths, to truly feel them, to sense them as part of ones being, and to come to rely on them, can be enhanced by the flower essence of Rugosa. This may lead to enhancement of psychic abilities, but there appears to be an especially focused inner intuition, an intuitive sense strengthened for most people. At the higher vibrational level the flower essence provides an inner reliance that individuals can come to for their own ability to love, to love in the face of great difficult circumstances, to love even when there is no hope, no chance of that love being returned. The highest use of Rosa Rugosa is spiritualized will; that as one discovers this inner strength, this inner ability to love, there is an enhanced capacity to direct it more appropriately, to bring it into a form that can truly be helpful.

Rosa Rugosa Alba (white, China) - Isolation

This is to be used for getting through periods of isolation, such as when in retreat with fasting or meditation.

Rosa Sericea (white, Himalayas) - Spiritualizes Intellect

This elixir will open up the kundalini, crown, heart, and base chakras. It also clears blockages from the meridians. The intellect is spiritualized, and there is more communication with one's higher self and guides.

Rosa Sinowilsonii (White) - Clairaudience

Use of this elixir will tend to bring various levels of higher vibrational energy more consciously into ones awareness of subtle sound, activating hairy structures in the ear and various aetheric equivalents to this that exist throughout the brain and various other centers in the body to help with receiving and working with these energies. Gradually with repeated use of this rose, there is a strengthening of ones trust in clairaudient phenomena; this will, as always, tend to be enhanced or strengthened with any other paranormal phenomena also exercised or utilized: clairaudience, clairvoyance, various forms of clairsentience, all tend to work together because they use similar para-brain centers. Energy moves from the physical level to higher vibrational levels of attunement to receive messages from guides and helpers, to perceive various cosmic sounds, to become aware of musical expression of angelic realms, or higher vibrational attunements to positive and useful energies, all of these naturally take place. Utilization of this rose on a regular basis will shift musical capabilities, thus improving them for those at beginner level, or shifting them for those who are more advanced and involved in music, to attune to energies of a higher vibration.

Rosa Spinossima Altaica (White) - Interconnection

This elixir can be utilized in assisting individuals with a deeper transformation of their own ability to connect to other people, to feel a sense of commonality or bridging at a heart level. People who find themselves isolated, separate, alone, perhaps in darkness or in places of struggle, would be encouraged to make contact with this deva, come to understand it better or receive its energy. As the flower essence itself became of some value for this in Atlantis and perhaps into the present day, this energy has been gradually increasing, allowing people a sense of camaraderie, shared oneness, a sort of inner loving between each other. What it is really doing is working with the issue of aloneness, to help the individual to understand that they are inherently connected, that they are not alone.

Rosa Stellata (Mauve) - Vibrational Reception

This rose has capacity to encourage communication with guides and helpers, to allow new sources of coherent well-integrated information to be better transmitted, as if one's antennae are strengthened. There is some release of inherent belief patterns blocking some of these energies. Fears will be eased, and for some individuals, better understood. Some of these fears may relate to

others getting too close; fear of intimacy, in particular, is relieved by Rosa Stellata. Gradually, an individual will be better able to speak a personal truth regardless of the consequences; and the result of this is profound, enhancing telepathy, enhancing contact with other beings, but most importantly, with guides and helpers. In addition, Rosa Stellata allows an individual to see through the eyes of ones guides, to see things from a higher point of view; sometimes this will have profound effects on an individual, helping an individual to see things they had previously held back.

Rosa Sweginzowii(Bright Pink) - **Higher Group Interaction**

This rose has some interesting capabilities in shifting the nature of love that people experience, making it simultaneously more physicalized, felt particularly in the belly area for most people. At the same time, there is awareness of interaction with higher guide beings. Where this becomes particularly helpful is where one is in relationship, and a guide has been selected, established, or allowed to work with those two in relationship. This is a fairly common occurrence for people who have been in relationship of any type—business, personal, family—for more than five years. But as another guide is established, an energy of three becomes clearer for most individuals as their personal guidance and assistance across this relationship is intermixed with that of the new guide or helper.

Rosa Villosa (Rosa Pomifera, Apple Rose, Pink) - **Emotional Release**

Rosa Villosa loosens the connection between the subtle bodies, especially focalizing these energies in the connection between the astral body and the emotional body. This loosening can encourage all kinds of interesting aspects of dream, astral travel, and other capacities, because strong emotions will often pull the individual back into their body. The devas associated with Rosa Villosa tend to bring a sense of lightness, play, and other high vibrational energies into many aspects of life, finding a way to release various things that might be seen as perhaps exceptionally serious or emotional in nature.

Rosa Virginia(Pink) - **Inner Calm**

Rosa Virginia brings a powerful energy closer to a person, it never pushes it into the person, but it is as if the vibrations will momentarily align so that the person can better receive an energy that is based in the center of the soul, a sort of pivot point or nucleus of soul energy, a place of infinite powerful calm, but at the same time, with a strong survival force—the force to become, to be aware, to know, to grow,

to do. For the individual to know this better can be quite empowering, providing a natural cleansing of the third chakra. There can be a sense that the individual is able to accomplish much more than they previously had. This rose is valuable in creating inner states of deeper solemnity or calm, as if the still waters are felt; inner knowledge created as a result of this will gradually manifest into physical form in the world. The rose essence will assist individuals when they are feeling anxiety or stage fright, and may be useful for individuals involved in theater, television, motion pictures, politics, etc.—anywhere you must be in the public eye. It assists individuals in projecting this inner sense of stillness and calm into their words as they speak them. And as a result, those around them may much more easily feel the inner feelings that they may have contacted in meditation or in any sort of inner contemplative work. Gradually with repeated use of this essence the charismatic state, that state to which other individuals are naturally attracted will be encouraged and amplified in most individuals.

Rosa Webbiana (pink, Himalayas) - **Earth/Angelic Attunement**

Use this major essence to attune to the Earth's crown chakra. Stimulates the superconscious and rapport with spiritual masters and angelic realms. It will open the heart chakra and psychic abilities, especially channeling faculties.

Rosa Woodsii(Mountain Rose, Pink) - **Energetic Connection**

This rose has helpful characteristics for enabling better person-to-person contact, communication, and awareness. For most individuals, there is an outreach, as if a subtle energy connection that reaches out to others for whom you have any degree of awareness—as soon as you know about the person, as soon as you become aware of them, this subtle tendril of energy extends. For most individuals, the energy extends from the naval area, integrating energies from the second and third chakra. These will relate to emotional connection, specific connections with relationship to business or pleasure, and an ability to see your self in someone else. Rosa Woodsii tends to bring this into consciousness for the individual: “Why am I interested in that person? What is there about that person that can reflect some aspect of my being? How may I learn from this relationship?” Many who are very introverted are also very sensitive; they are tuning into a higher energy, an energy of similarity or of oneness between that person and the other, and here this rose will help one understand this and welcome it is a strength. At a higher vibrational level, one can perceive the God-nature in another being, and see of its intrinsic lovability. This helps you so

much with negotiation, because you see somebody else's point of view, you understand their consciousness, their desires, their needs; and you are then able to meet them halfway, or even a place where all of the parties negotiating can get out of it what they really want. Perceiving this deeper level sometimes involves letting go of aspects of yourself to truly see the other person as deeply lovable, and then yourself as lovable too. Feeling this unconditional lovability is the highest and most beautiful use of Rosa Woodsii.

Rosa Xanthina (Yellow) - **Heart Chakra**

Rosa Xanthina has many interesting capabilities to allow a connection between the heart, the fourth chakra especially, the etheric body, and the causal plane, allowing these to transfer information back and forth. This tends to be filtered in various ways by the heart energy so that it is of a loving nature. Gradually as one becomes used to this energy, one is able to turn off, reduce, or completely eliminate mental chatter, the interference of thought patterns, or even the mental body at any level. This is unusual, as mental body interaction is of some value in so many different processes, responses, and aspects of vibrational work. Yet with Rosa Xanthina what gradually occurs is a melding or blending of the etheric energies with the heart energy and an awakening to causal information, an awareness of one's purpose, a sense of energy unfolding in a positive and helpful way, and a deeper sense of peace, calm, and quiet. Another important aspect of Rosa Xanthina is to help individuals reawaken hidden healing abilities, however this is always in a loving, compassionate way.

Rose Campion (Lychnis Coronaria) - **Group Psyche**

This plant has value in awakening a sense of group purpose and an ability to focus psychic energy as a group. This can be helpful when doing group healing and also in developing better teamwork. This often involves a higher psychic connection to excel among a group of teammates. To better express their higher goals, members of a group can use the elixir when creating a mission statement. With longtime use, the plant brings about a sense of confidence and comfort within a group.

Rose of Sharon (Hibiscus syriacus) - **Flexibility and Grace**

This elixir gives one greater flexibility to grow in many new directions. One may even be inspired to attempt new acts of physical grace, dance, and movement, not previously seen as possible. Clairvoyance is enhanced. Overall body flexibility is enhanced. There is a greater ability to assimilate and manufacture

Vitamin C. Helps to bridge the communication gap of one fixed reality to another. Creates a greater awareness of the "Christ-self" within.

Rosemary (Rosemarinus officinalis) - **Inner Peace**

Brings out a person's creativity. A good remedy for a philosopher. Good for negotiations. Promotes outgoingness and a gracious manner. Happiness, sensitivity, and sentiment.

Rubber Tree (Ficus elastica) - **Concentration**

For lack of concentration, lethargy, and spaciness.

Rue (Ruta graveolens) - **Beyond Beliefs**

Rue has the capacity to shift vibration, to bring up hidden emotions from a deep level within people. As deep beliefs are released, new ones can be properly installed. The ultimate use of this flower is to get to a place of non-judgment, of openness where there is no need for any belief structure. This is an enlightened attitude of love and acceptance that is often found outside society's norm. Deep fears can be shifted, and a sense of being-ness can emerge. Rue is useful in dealing with all miasms, particularly the psora miasm.

Rye (Secale cereale) - **Mood Balancer**

For the moodiness of hypoglycemia. Cleanses and balances meridians.

Sage (Salvia officinalis) - **Spiritual Wisdom**

Sage aligns the mental and spiritual bodies. People can then become philosophically more active, with a greater interest in spiritual matters. Psychic faculties, especially mediumistic abilities, may be awakened with sage. Laughter can be stimulated, thus releasing tensions from the body. Attunement to future lives may also develop.

Sagebrush – **Transition, Letting Go**

Saguaro (Carnegiea gigantea) - **Self-Confidence**

This can be used to develop self-confidence. It can remove confusion from the emotional body, creating clarity of thought. It will balance difficulties associated with the father image.

Sandalwood (Santalum album) - **Aromatherapy**

Essence stimulates aromatics and promotes healing with aromatics. It is a major essential oil. For fear of heights, insomnia, depression, and stress. It also improves breathing during meditation.

Sand Lily (Leucocrinum montanum) - **Persistence**

This essence will help people in bringing aspects of time compression more consciously into their lives, thus becoming able to stretch time and accomplish more in their lives. Over time, one can experience a blending of the three lower chakras with the 6th, 7th, and 8th chakras.

Sassafras (S. albidum) - **Perseverance**

This flower can bring about a remembrance of past lifetimes, particularly from Atlantis. The mental body is brought into a state of alignment with the astral and emotional bodies. There can be a deeper state of relaxation and of accepting and seeing things as they are. It is to be used in planning, initiating, or carrying out any activities, as it brings greater confidence for continuing and finishing an endeavor.

Scarlet Fritillary (Fritillaria Recurva) - **Movement Therapy**

This plant has abilities to assist individuals in understanding dance and movement from within. As one begins to move, greater self-understanding will arise with this elixir. A gradual letting go of thinking or thought will occur as one allows the body to move. This aspect of dance therapy can bring about an examination of past-life memories, often around the deaths that have occurred in other times. A sense of movement from the inside out can be realized.

This elixir can serve one who wishes to share new philosophies with the world, offering others a sense of encouragement to awaken and understand themselves.

Scarlet Mimulus (Mimulus Cardinalis) - See Monkeyflower

Scarlet Runner Bean (Phaseolus coccineus) - **Easing Fear**

This plant has the capacity to allay fear. Oftentimes, when a new belief pattern or way of being does not solidify itself, it is due to an underlying fear. So this elixir can be applied after a major breakthrough to ensure that the underlying revelations and lessons stick. Reserve energy to deal with the fears as they pop up will often be noted in utilizing this beautiful flower. Deeply ingrained patterns are more easily unstuck with this plant, such as addictions to physical substances. It is often a fear of the coming change in

personality that would result in the new behavior pattern that keeps people stuck in one place. Scarlet Runner Bean allows those fears of personality change to dissipate.

Scleranthus (S. annus) - **Decisiveness**

This remedy is for those that cannot choose between two things. When utilized, a person can achieve an inner balance, with the ability to be decisive in all things.

Scotch Broom – **Overcoming Depression**

Sea Lettuce - **Intra-Cellular Communication**

Can bring about a reduction of free radical damage in the body and an attunement to higher forces of energy in meditation. There can be an improved ability of the cells to manage the drawing in and releasing of water, or inner hydration. Can also provide a deeper connection with the consciousness of humanity to a level of commonly-shared identity with God.

Self Heal (Prunella vulgaris) - **Fasting Assistance**

This elixir is especially useful when fasting for spiritual purpose. Several times a day, put this essence in the mineral or distilled water you are drinking when fasting. The body gradually adjusts to a more evolved state. Eases self-doubt and confusions.

Sensitive Plant (Mimosa pudica) - **Shyness**

For the extremely shy and withdrawn or introverted. It eases stress. Signature: leaves fold when touched.

Shasta Lily (Lilium Washingtonianum) - **Revelation**

Helps attune people to Mt. Shasta and its magic. Significantly speeds up etheric bodies in people. One can better understand and utilize energies available in different power spots, such as Joshua Tree and Sedona. These energies can provide revelation from many Masters. Promotes a greater awareness in people of their role in serving to heal the Earth.

Shepherd's Purse (Capsella Bursa-Pastoris) - **Talent Activation**

Can draw in new talents and capabilities and bring them into one's life. This is especially true when one is open to using these talents in a selfless fashion, such as in healing work. A group project may be assisted by the use of this flower essence.

Shooting Star (Dodecatheon Meadia) - **Astrological Awareness**
Excellent to take if you are studying astrology. Also helpful in the study of astronomy. Heightens consciousness and the body's frequencies to become more sensitive to the celestial positions and the movements of different planets.

Shrimp Plant (Belperone guttata) - **Nature's Cycles**
This can allow an attunement between the shared lunar aspects between many animals and people. This can be useful for working with lunar cycles, for girls coming into menstruation in the early teenage years, or that of a menopause in the later years. There can be a greater understanding of the tide-like qualities within all fluid systems in the body. This elixir can provide a direct connection to the angelic realms. There can be a greater awareness of the angelic component in many sea creatures, particularly whales and dolphins.

Sierra Iris (Iris Hartwegii) - **Artistic Creativity**
These plants activate inspiration and creativity that originate in the right brain. Especially affected are dance, music, sculpture, and painting. There can be an additional benefit of dealing with the various moods associated with artists. This includes a sense of frustration from being alone, a feeling of being inadequate, or feeling uninspired in one's work. Iris opens the heart chakra and unblocks the 2nd chakra, freeing up creative energies.

Sierra Rein Orchid (Habenaria dilatata) - **Deep Denial**
Some excellent capacities for transmuting emotion, bringing deeply buried or denied feelings to the surface. This motion is relatively quick. Works especially well for relieving states of depression or sadness.

Silk Tree (Albizia Julibrissin) - **Inspiration**
It promotes a transcendental perspective, inspiration, and self-integration. Use for extreme emotional imbalance, such as schizophrenia.

Silversword (Argyroxiphium sandwicense) - **Spiritual Awakening**
Silversword can bring powerful shifts in consciousness, increasing the means of communication available through the higher chakras. Chakras 8 through 12 are of great importance for spiritual awareness and deeper understanding. With repeated use of this elixir, the capacity to shift vibration is enhanced. In addition to aligning and working with all the chakras, Silversword will allow a higher capacity of healing to be more available to people. The

chakras in the palms of the hands are strongly stimulated. One can put aside one's own needs and work with the needs of others. This plant retains a powerful link to bridges built between the Lemurians and extraterrestrials concerning issues of transformation and spiritual knowledge.

Skullcap (Scutellaria Lateriflora) - **Massage/Psychic Healing**
For massage practitioners, psychic healers, and their clients. Creates a deeper bond between healer and client. Merges the emotions and spiritual forces. Activates the crown chakra.

Snapdragon (Antirrhinum majus) - **Expression**
This can be used for any difficulties around the face, jaw, neck, or throat chakra. It will align the mental, emotional, and causal bodies to facilitate the ability of speech. When there is an inability to speak or express feelings, this essence should be considered. A release of suppressed emotions may occur, with an improvement in logic.

Snowplant (Sarcodes sanguinea) - **Strengthens Aura**
Deeper understanding of incoming light and energy; especially useful for hands-on healers. Strengthens the aura and subtle bodies. Supports change in one's life -- new job, new home, new relationships.

Soaproot (Chlorogalum pomeridianum) - **Tolerance**
This can assist people to be flexible in their ways of relating to the environment and each other. It brings a greater energy to do things in a holistic or helpful manner. One can find new belief patterns that support whole new ways of exercise, sport, or doing physical things in the world. Thus, it can help one develop new capabilities and talents. It can assist groups in enabling individuals to have greater flexibility in relationships within the group. This flower can be useful in releasing self-criticism.

Solomon's Seal (Polygonatum multiflorum) - **Self-Forgiveness**
This elixir can help one develop the ability to appropriately assimilate life's experiences, to better release one's mistakes, and to then allow deeper forgiveness of oneself. As a result, consciousness can be accelerated dramatically. Greater self-awareness, psychic functioning, and spiritual attunement can arise from the use of Solomon's Seal.

Sorrel (*Rumex Acetosella*) - **Emotional Depletion**

Keeps a person from getting emotionally depleted in stressful situations. Aids in meditation and activates natural pyramid shapes in esoteric anatomy – a clue to the value of the lotus position. Seals in nutrients during drying of food. Spiritual and emotional bodies aligned, mental body calmed.

Sourgrass – **Softening**

Spice Bush (*Calycanthus occidentalis*) - **Color Healing**

This may strengthen the etheric body surrounding neurological tissues, thus increasing or decreasing physical sensitivity. There can be benefit in using this flower for color therapy, acupuncture, creative visualization, and hypnosis.

Spider Lily (Red) (*Lycoris radiata*) - **Energy Transfer**

Increases the ability of the nadis to reach into other dimensional areas. This is especially helpful for the nadis in the base of the spine and the ability to transform and transfer energy from interdimensional regions, especially from the etheric body.

Individuals seeking greater strength in the physical body (the digestive organs, sexual reproductive organs, kidneys, and the skin in this area of the body) can benefit from Red Spider Lily. There is also an improved ability to open and close the chakras at will, taking on what's useful and rejecting what is not beneficial.

Spiderwort (*Tradescantia virginica*) - **Positive Attitude**

This can be a general enhancer to remove psychological toxins from the system. It can be used to reverse negative attitudes. It helps people to experience their true identity. There can be a merging of mind, body, and spirit.

Spikenard (*Aurelia Racemosa*) - **Psychic Stretch**

May increase various telepathic projective qualities in people. This is to send them further distances for remote viewing or distance healing. There can be an increased ability to visualize, with greater perspective. It also may assist those in the writing process to bring in new ideas. Spikenard can be a boost to any involved in the transmission of new ideas where there may be some blocks in the receivers of this information. So it can be quite valuable to teachers or anyone who is looking to project energies from a small to a planetary level.

Spring Beauty (*Claytonia virginica*) - **Emotional Release**

Spring Beauty can help people who are altering their patterns or changing direction in their lives. By re-examining and working with an inner guide or helper, one can see things from a larger perspective. This flower essence is useful for releasing stuck energies or denial. Sometimes, encountering great difficulty or overcoming deeply entrenched issues can lead to destructive behaviors that are frequently addictive. So combining Spring Beauty with the star elixir, Fomalhaut can provide greater success in releasing addictive behavior.

Spruce (*Picea pungens*) - **Life Purpose**

This will enhance the ethereal fluidium, thus bonding the etheric and physical body closer together. Spruce is good to use for a detoxification program. It can be used as a preventative treatment for various conditions. It is indicated when there is a general disorientation or a lack of direction in a person.

Squash (available in male, female, or male and female combined versions) **Youthfulness**

This is to be used for any issues surrounding sexuality, fertility, pregnancy, and birthing. The aging process is slowed, with an easing of an identity crisis concerning sexuality. It will increase sensitivity, especially for men. It may release frustration and anger by balancing yin and yang qualities. There is a slightly greater impact when men use the male flowers and women use the female flowers.

Squash, Acorn F/M(*Cucurbita Marima*) - **Youthfulness**

Squash, Acorn, Female (*Cucurbita Marima*) - **Youthfulness**

Squash, Acorn Male (*Cucurbita Marima*) - **Youthfulness**

Squash, Crookneck F/M (*Cucurbita Moschata*) - **Youthfulness**

Squash, Crookneck Female (*Cucurbita Moschata*) - **Youthfulness**

Squash, Crookneck Male (*Cucurbita Moschata*) - **Youthfulness**

Squash, Zucchini F/M (*Cucurbita Pepo*) - **Youthfulness**

Squash, Zucchini Female (*Cucurbita Pepo*) - **Youthfulness**

Squash, Zucchini Male (Cucurbita Pepo) - **Youthfulness**

Squaw Vine (Mitchella repens) - **Higher Spiritual Powers**

Gives birth to and promotes higher spiritual, not philosophical, principles. For example, use when studying God, karma, and religious beliefs.

Starflower (Trientalis latifolia) - **Crop Circles**

Assists those working with others to better understand the truth, even when it is blocked in their consciousness. May also enhance greater understanding and attunement to crop circles around the world. Greater stimulation of the brow chakra.

Star Jasmine (Trachelospermum jasminoides) - **Practicality/Self-Esteem**

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

Star Of Bethlehem (Ornithogalum umbellatum) - **Comfort and Consolation**

Taking this essence dissolves the effects of shock, both short and long term, and helps one to be calm in an emergency.

Star Thistle -Yellow (Centaurea Solstititalis) - **Spiritual Awakening**

Assists individuals in radiating energy. This is obviously useful for health practitioners in working with their clients. This affords the client and practitioner a higher spiritual awakening. Energies of the 9th and 10th chakras are activated (especially with the visualization of gold and silver colors).

Star Tulip (Calochortus Tolmei) - **Spiritual Sensitivity**

This can stimulate spiritual or psychic sensitivity so a more direct contact with one's spirit guides may occur. This may manifest in vivid dreams. A general activation of the 6th chakra will be likely, with an influence on the hair and its properties, which are generally anti-bacterial.

Stephanotis (S. floribunda) - **Dimensional Transfer**

This can be helpful in allowing transference between dimensions. It is also useful for greater awareness of subtle dimensions. There is a greater skin sensitivity, so one's absorption of sunlight energy is improved. There can be an improved ability to channel higher dimensional energy through art, poetry, or music. Combines nicely with Vega starlight elixir.

Stevia (Stevia rebaudiana) - **Increases Enjoyment**

Stevia offers an important opportunity at this time for people to have an entirely different viewpoint about the sweetness of life, about the understanding of life's joys, about the capacity of bringing transformation and conscious change to their own ability to enjoy life, find joy in life, and recreate it in themselves. The flower essence works with the higher significance of this energy; an opportunity for individuals to find a sense of joy in movement, in their step, in the awareness of the world around them, in God's loving energy associated with them in the opportunity to partake in life and to find ways in which this can be ultimately nourishing and helpful. Some individuals engaging already in such a life shift or life crisis would do well to utilize stevia flower essence to help them with the journey, and make it easier for them as they create the new identity for themselves, one that is not based so much on outside accomplishment or how others see you, but rather on an inner joy, on an awareness of ones own inner consciousness, and the opportunity to find joy in every situation in life.

Stinging Nettles (Urtica dioica) - **Family Calm**

It eases all emotional stress associated with a broken home. This essence is good for adopted children or parents who have adopted children, and divorced people. Sibling rivalries and other problems in an existing family unit can be treated with this plant.

St. John's Wort (Hypericum perforatum) - **Visions**

This essence is a tonic to aid in the release of any hidden or obvious fear or paranoia, including fears from past-life experiences. It is to be used in all forms of psychoanalysis. It is a great help to those involved with astral travel beyond the lower astral realms, bringing visionary states.

Stoneroot (Colinzenia canadensis) - **Multiple Perspective**

This has the capacity to bring a greater sense of connection to Earth and the devic orders. It is especially helpful in building greater family relationships, enabling individuals to better understand each other's

point of view. This can be particularly helpful when the individuals of your family seem quite different from each other and from you. At the higher vibrational level, one would find greater forgiveness for oneself, for others, and even for society and the entire human family. Stoneroot can increase levels of patience and energetically assist the emotional body in healing and cleansing.

Strawberry (*Fragaria vesca*) - **Hopefulness and Cheer**

This flower essence can allow a deep sense of patience and a gradual increase of life-force energy. Strawberry can bring about a greater brightness, hopefulness, sense of purpose, and strength in one's body. The elixir can strengthen the connection between the 7th and root chakras, thus allowing a sense of divine joy or strength of purpose. Movement arts and dance will be energized by Strawberry. There is a particular emphasis on athletic improvement in winter sports, and a reduction of SAD. At the higher vibrational level, Strawberry flower essence gives individuals more energy for spiritual purpose and a willingness to hold on to that purpose.

Sugar Beet (*Beta vulgaris*) - **Energizes Etheric Body**

This essence can allow an understanding of the sweetness, strength, and gentleness of the Earth as it sustains physical energy in people. Mood swings, especially depression associated with blood sugar imbalance, can be treated with sugar beet.

Sugar Bowls, Vase Flower [*Clematis hirsutis*] – **Spiritual Connector**

This is an interesting flower with the property of assisting the receiving of cosmic or higher vibrational information in a direct fashion, as if a sort of tunnel or conduit opens between the causal body and the seventh chakra. As the seventh chakra is repeatedly stimulated, there is some depletion of manganese, it is recommended for nuts and seeds to be eaten at some time in the week or so before using this essence, in order to receive the full benefit. The seventh chakra, as it awakens to receive this information, begins to come into a greater ability to translate and share this with sixth and fifth chakras. Gradually, the information that comes through begins to make sense. Dowsing and psychic abilities may be increased for many people. More importantly, a sense of belonging, or reduction of the foreigner syndrome (feeling like a stranger in a strange land) may take place for many people. It is possible that the capacity of an individual to receive talents, ideas, or new ways of doing things, will naturally increase with the use of Sugar Bowls, as the ability to receive information is naturally

enhanced. Memory can also be enhanced through the use of this elixir.

Sugar Cane (*Saccharum officinarum*) - **Optimism**

For sharp mood swings, lethargy, and general depression.

Sulcorebutia Cactus (*S. arenacea*) - **Vortex Movement**

May create a vortex of energy within an individual, thus increasing one's focus and alignment with individualized capacities -- those associated with their soul, the center of the universe, with God-purpose, or with Earthly manifestation. Helps to remove obstacles from one's path. May prove useful for individuals who respond poorly to certain holistic treatments.

Suncup (*Onicera ovata*) - **Inner Strength**

With an increase in inner strength, Suncup can help people make appropriate decisions in life and release different aspects of unconscious denial. These can be the little lies that people tell themselves and each other. There can also be a quieting of the mind in order to achieve an inner peace. This state can be helpful in meditation and in lucid dreaming and out-of-body work. A greater self-awareness can be achieved in reflecting upon "mistakes" in one's life in order to reach a deeper level of self-forgiveness.

Sunflower (*Helianthus annuus*) - **Spiritualizes Ego**

Sunflower tempers and spiritualizes the male ego. By lessening the impact of the overbearing male ego, this can awaken the male's maternal instinct and desire to have children. There can be an alignment of the super-conscious mind's spiritual values with the heart chakra, thus cleansing the heart chakra.

Swamp Onion (*Allium validum*) - **Cleansing**

Here there can be a powerful cleansing, usually beginning in the top of the body and working its way down and out of the body, from head to toe. Can create the awareness of the higher energies associated with such cleansing -- almost an awareness of a powerful God-energy, loving and pouring through the person. Especially useful for the subtle bodies' cleansing of accumulated psychic debris and other stuff that stands in the way of greater evolution.

Sweet Alyssum (*Lobularia maritima*) - **Christ-Self**

For those interested in understanding certain aspects of Christ-consciousness as it affects Earthly life. For those who are seeking to

transcend dogmatic religious states. Can create a stronger resonance between oneself and other members of one's soul group.

Sweet Chestnut (*Castanea sativa*) - **Relieves Anguish**

For those who feel that they are in a place of no hope, no light at the end of the tunnel, and great despair. This essence will relieve that state and help one to move forward with the confidence and faith that they will be supported.

Sweet Flag (*Acorus Calamus*) - **Integrates**

This essence primarily integrates the mind, body, and spirit by merging the mental, emotional, and etheric bodies. Consider using this essence for extreme anxiety, stress, or fear, as with some cases of grief. Excellent for those involved with hospices or homes for the elderly.

Sweet Pea (*Lathyrus Latifolius*) - **Social Responsibility**

This can create a sense of social responsibility, so certain adolescents can be greatly benefited with its use. It can be useful for anyone exhibiting antisocial behavior. Sweet Pea draws people out of their fantasies and can offer a more social commitment to life. This essence can help to create emotional stability by calming the emotional body. This can be a remedy to greatly boost inspiration.

Sweet Woodruff (*Galium odoratum*) - **Compromise, Clarity**

Develops an ability to compromise, rather than the development of negotiating skills. Introverts learn to communicate. It restores clarity to the conscious mind when there is too much information from the subconscious or the higher self. There may be an inability to socialize and a strong ego.

Sycamore (*Ficus sycamorus*) - **Discipline**

Eases stress and overcomes problems concerning discipline, either because one is too disciplined or not disciplined enough. Gives one a handle on life, so one knows when to let go.

Tagua (*Phytelephas macrocarpa*) - **Guardian Angels**

Has the ability to impart some of the most beautiful aspects associated with ivory - the sense of great power, longevity, and increased memory. The strength of purpose, but also a kindness, and a certain sense of deep awareness. There is a direct connection to the angelic realm, especially to guardian angels. There is an increased awareness of form change -- how one can release the old ways and come to new ones. This is a plant substitute for ivory and

a way for the angels associated with elephants to grant them a time of peace and awareness on Earth.

Tamarind (*Tamarindus indica*) - **Angelic Attunement**

Has the power to shift people's understanding of the larger processes of Earth: how to form community, how to work appropriately in politics, how to blend energies that have been separated in the past. There can be a stronger connection made to the angelic kingdom with the use of this elixir. Tamarind has an ability to stimulate the 3rd, 6th and 7th chakras. This creates an ability to manifest higher visions and put them into action. There is a deep connection with this tree and the primate family; therefore, it is helpful to those working with these beautiful beings.

Tansy (*Tanacetum vulgare*) - **Insight/Understanding**

Can repel negative thought forms and, at the same time, attune individuals to the purpose behind them. Eliminates or changes the effects of psychic attack.

Tarragon - French (*Artemisia draconculis*) - **Sense of Touch**

This elixir imparts a deeper sense of touch and a capacity to expand the aetheric body. The result is a natural ability to feel what others are feeling and to express it through the feeling sense, not just the emotions. It is the kinesthetic sense that is particularly enhanced. This can encourage many to learn through touching as a way to receive energy and information. Some issues of denial one may have around touch can be relieved. This may also benefit those who wish to regulate their appetite.

Tea Plant (*Camelia sinensis*) - **Spiritual Purpose**

As a flower essence, Tea Plant brings new energy into the individual to help them cleanse and clear out any old blocks and to discard or jettison old belief patterns. There is a greater opportunity to do new work, to bring new positive energy into one's life. This can awaken all the chakras above the head. Artists and musicians can tap into greater inspiration. It offers some relief of addiction to stimulants such as caffeine, with a lessening of depression.

Tea Tree, Australian (*Leptospermum leavigatum*) - **Opens the Heart Chakra**

Opens heart chakra and meridians. Use with acupuncture.

Thyme (Thymus vulgaris) - **Time Flow**

It is primarily used to amplify the effects of other essences. It helps one to attune to future lives and can also be used in past-life therapies. Stored tensions and traumas from these past lives can be released.

Tiare (Gardenia taitensis) - **Lemurian Attunement**

This is an important flower for attunement to the energies of Lemuria. There will be a natural attunement to Earth and, in a way, a vocal communication can be utilized. This is also very valuable for deep relaxation. This is the national flower of Tahiti.

Tiger Lily (Lilium Bubiferum) - **Opens Brow Chakra**

Opens the brow chakra, hara, yang energy, and meridians. Removes fear.

Tobacco (Nicotiana Tabacum) - **Cleanses Meridians**

Major cleanser of blocks in meridians. Can improve the effectiveness of acupuncture and acupressure by thirty percent. Creates emotional calm in the dying state.

Tomato (Lycopersicon Lycopersicum) - **Inner Masculine Awareness**

This elixir brings a sense of inter-connectivity. Tomato builds up energy in the root chakra, which slowly and steadily adds strength throughout the body. One may feel a surge of deep relaxation that allows a meditative state, along with a great deal of energy. With repeated use, all creative endeavors are enhanced, there is a greater ability to share energy with others, and sexual functioning is enhanced.

Tree of Life (Lignum vital) - **Earth Connection**

This elixir can greatly aid young children who are having difficulty relating to Earth energy or gravity, easing any difficulties in maintaining movement. For most people, there can be greater attunement to the changing conditions of Earth and her various cycles. This elixir can give rise to a higher level of happiness and peacefulness. Tree of Life can ease depression. The aetheric body is energized and strengthened, and digestion is improved. Signature: wood is heaviest on the planet.

Tree Opuntia (O. Consolea Falcata) - **Evolutionary Process**

Can assist in the maintaining of a willingness to change, even when one has grown quite comfortable at certain levels of existence. This

cactus has certain properties to remind people to shift and to offer the physical energy for rapid change that is quite necessary at the present time.

Tree Tobacco (Nicotiana glauca) - **Smoke-Free**

A wonderful help in easing emotional craving and psychological withdrawal from tobacco and marijuana use.

Trillium, Red (Trillium rubrum) - **Nurturing/Sustaining**

Can assist people in amplifying and grounding their own natural healing abilities. There is a greater ability to understand another's life lesson, what might be beneficial for them to change, and how that might be a learning experience for oneself. For individuals who are feeling bored with their jobs, this essence can assist them in bringing new ideas into form.

Trumpet Vine (Thunbergia grandiflora) - **Strengthens Meridians**

Strong strengthener for the entire meridian system. Strengthens the electromagnetic field through which vibrational remedies work. There may be difficulty in the dream state or nervous habits such as tics or twitching. Can be used to stop smoking when it is associated with emotionalism.

Tuberose (Polianthes tuberosa) - **Stimulates Crown**

This flower can stimulate the crown chakra and helps with the proper distribution of energies from all the chakras. This essence can greatly impact the spiritual body to better align the emotional body, which creates increased sensitivity in the emotions and in the physical body.

Tulip (Tulipa Gesnerana) - **Promotes Progressiveness**

It overcomes conservatism, stagnant thoughts, breaks up prejudices, and promotes progressiveness.

Turk's Cap (Lilium superbum) - **Conscious Transition**

This lily has some useful capabilities in understanding and drawing energy from the death/dying process, the transition process, and in some cases, the birth process. This will energize the higher chakras, especially the 6th, 7th, and 8th in preparation for death. It will bring one a deeper sense of peace and strength. Emotions of fear and attachment to the physical body will be released. This is often helpful for the one in relationship with the person in transition, as well. In the birth process, one can more easily attune to the spirit yet

also to incarnation. The elixir can be profoundly helpful for those involved with counseling around these issues of transition.

Valerian (Valerianaceae) - Stress Relief

For overcoming insomnia and great stress.

Vanilla (Vanilla fragrans) - Higher Guidance

Vanilla enables individuals to attune to the larger thought form of the planet, which provides a great boost of energy to many psychic abilities. Hearing is improved, including hearing inner messages. Food cravings may reveal significant information, due to vanilla's ability to help one tune into the animal aspect of one's being; thus one can tune into the foods the body needs. The flower essence can allow one to make a connection to highly evolved beings, which can bring much higher guidance and wisdom.

Venus Fly Trap (Dionaea muscipula) - Instinctive Eating

Can assist people in relating to their own carnivorous nature, their instinctive nature. There can be assistance for quick decision-making, the ability to decide in a moment which food to eat. There can also be a letting go of past thought forms that have stood in the way of proper food choices. These thoughts can be from successive lifetimes. This elixir can help shift the way we receive energy in the world. Another benefit may be in the shifting of patterns where we have been unconsciously taking energy from another person.

Vervain (Verbena officinalis) - Relaxed Attitudes

People who need this remedy think that they are right and always try to convert others to their point of view. They push themselves hard and find it difficult to relax. This elixir can help to calm their minds, assisting relaxation with an attitude of equally sharing a point of view.

Viburnum (V. prunifolium) - Higher Communication

Viburnum appears to have some capacities to increase a telepathic link to some of the non-physical beings that have a direct association with extraterrestrials. These are beings acting as a bridge, assisting to enhance various communicative abilities of people and these higher levels of energy. There is also a strengthening of an internal communication; one can ask the deeper question about a higher truth within oneself. With this elixir, there is an opportunity of extraterrestrial communion with little chance of negative or harmful influence.

Vine (Vitis vinifera) - Wise Leadership

Those needing Vine elixir know they are right and feel they have no need to listen to anyone else. Taking this remedy brings out aspects of calm, wise leadership and authority, with an ability to bring out the best in others without over-controlling them.

Waikiki Rainbow Cactus (Epiphyllum) - Self Worth

Allows someone to see their own self-expression act as a deeper connection to others. Can combine with Apophyllite gem elixir to create joy and a sense of confidence and connection to higher wisdom.

Wake Robin (Trillium pendulum) - Charisma

Strengthens the throat chakra, bringing greater vibrancy to one's voice and improving communication in general. Allows greater insight into oneself. The ability to make intuitive decisions is enhanced.

Wallflower (Cheiranthus Cheiri) - Develops Individuality

Develops a sense of individuality. Stimulates joy and optimism. There may be lethargy. Universal enhancer. Good in many combinations, aids in all subtle bodies, is a good tonic. Put several drops anywhere on the body to enhance a test point for any other vibrational preparations.

Walnut, English (Juglans regia) - Inner Change

This remedy offers constancy and protection from outside influences. There will be greater freedom for new ideas, with less input of old ideas and patterns. This remedy helps one to stay on the path, moving confidently into new situations.

Washington Lily (Lilium Washingtonianum) - Spiritual Perseverance

Can increase one's underlying ability to love unconsciously and universally. Can also be used by those approaching difficult spiritual change in their life. Can create a deeper understanding and acceptance of spirituality as it is expressed in many different forms within the universe. The etheric, astral, and Buddhic bodies are all strengthened.

Watermelon F/M(Citrullus lanatus) - Conception

This elixir helps to balance the emotional body during pregnancy, so there is less emotional stress. This is vitally important in the creation of the etheric body of the fetus. Universally applicable in all

psychological and emotional aspects of the birthing process. It helps develop a proper attitude before, during and after conception. It stimulates fertility in the female and potency in the male. Men should take the male version and women should take the female version for best results.

Watermelon, Female (*Citrullus lanatus*) - **Conception**

Watermelon, Male (*Citrullus lanatus*) - **Conception**

Water Violet (*Hottonia palustris*) - **Self-Forgiveness**

Connects the crown chakra and the heart chakras, thus creating a greater spiritual understanding of emotional conflict or difficulty. Attunement to the universal consciousness of forgiveness.

Wheat (*Triticum aestivum*) - **Past-Life Therapy**

This remedy can stimulate the base chakra and past life memories. It can alleviate deeply aggravated past-life issues. Use this elixir in past-life therapy. It can be a strong cleanser and balancer for the meridians. There can be an easing during times of sharp moodiness, such as hypoglycemia. Use this remedy to alleviate anger, aggression, and instability. It is very grounding.

White Chestnut Flower (*Aesculus Hippocastanum*) - **Mental Clarity**

This remedy helps to allay persistent unwanted thoughts. This incessant mental chatter can lead to disturbed sleep and lack of mental clarity. Calm and peace result from the use of this essence, with a more positive mental outlook.

Wild Currant (*Ribes cereum*) – **Grounded Love**

This essence brings a greater awareness of the quality of tenacity. Wild Currant fosters deeper connections to nature, animals, and to each other. At a deeper level, there is an enhanced spiritual connection to the entire plant kingdom. It deepens the ability to understand it, be drawn to it, and work with it, by helping one discover the real connection and attraction that has always been there. This is about love, as if to awaken one's own inner tenacity of love, the ability to keep loving. With the use of this flower essence, one can more easily discover and know a much deeper love, a love that has always been there, a love that relates as much to your acceptance of your relationships, yourself, and other things, as it does the acknowledgment of the very existence of these things. Wild Currant strengthens an awareness of a grounded underlying basic

love, thereby allowing one to see and heal the negative emotions that naturally arise in life's various relationship situations.

Wild Licorice (*Glycyrrhiza lepidota*) - **Life Purpose**

This elixir helps to cleanse and fortify the astral body. In addition, it realigns the emotional body and strengthens the connection between the emotional and astral bodies. This can assist with projection, but its more important characteristic has to do with the understanding of karmic vector: the capacity to understand the thrust of your lives in regards to where they are heading, the in-the-body/out-of-body experience, the ability to make death transition easier, and to eventually manifest some important characteristics about the true meaning or summary of your life lessons. Wild licorice can help facilitate an acceptance of the positive value of negative experiences from recent past lives, and any latent difficulty with the assimilation and understanding these prior to this incarnation. It is as if the wild licorice allows a certain positive, sweet, loving part of any aspect of one's own personal experience to come forth, making it easier to review our karmic vector objectively, and see where we need to go.

Willow, Weeping (*Salix alba*) - **Greater Joy**

This remedy helps to reverse a feeling of bitterness and resentment. A sense of optimism and personal power are restored. Grief and sadness are brought to the surface to be released.

Wintergreen (*Gaultheria procumbens*) - **Higher Self Attunement**

It cleanses past-life negativity from the aura. It stimulates data from the higher self and aura cleansing through dreams. This may be in many symbolic dreams, but not negative ones. It opens the crown chakra; and the astral, spiritual, and soul bodies are enhanced.

Wisteria, Chinese (*W. sinensis*) - **Vitality**

This elixir can strengthen the meridians, thus improving vitality. Wisteria supports the etheric body in its role of feeding nutrients into portions of the subtle body. This is an excellent remedy for acupuncturists or for those using massage.

Witch Hazel (*Hamamelis virginiana*) - **Aetheric Strengtheners**

This essence can open a direct conduit of higher energies into the aetheric body. This can provide much energy to share for healing, especially where there is a sense of selflessness and love present. This essence will assist in knowing the right place and the right way to send energy. The Witch Hazel devas will help you strengthen

your aetheric body, as this is necessary to channel these energies. There is a great stimulation of the 9th chakra, allowing one to receive energy directly from the sun and other sources.

Wood Betony (Stachys officinalis) - Spiritual Celibacy

This essence can enhance the process of balancing attitudes in the conflict between sexual energy and the desire for higher principles. This can duplicate a state of inner calm, without suppressing sexual appetite. A person embracing tantric practices in which the sexual energies are channeled into higher philosophies could use wood betony. It helps oversexed people exert more self-control.

Wooly Sunflower (Eriophyllum lanatum) - Solar Attunement

There will be benefit for those working with the energy of the sun. Represents some of the more gentle, subtle, female-related aspects of the solar principle. Combines well with Helios starlight elixir. Strengthens the 3rd chakra.
Wormwood (Artemisia) -

Yarrow, Pink (Achillea Millefolium) - Protection

Offers protection from negative influences and thoughts. Enhances the aura, and balances the upper and lower poles of the body. Useful for people working with emotionally disturbed individuals. For 2nd chakra vulnerability. Available in pink, yellow, white and red to correlate with the chakras

Yarrow, Red (Achillea Millefolium) - Protection

For first chakra vulnerability

Yarrow, Yellow (Achillea Millefolium) - Protection

for third chakra vulnerability

Yarrow, White (Achillea Millefolium) - Protection

For higher chakras vulnerability

Yerba Buena (Satureja douglasii) - Crown Chakra

Useful in meditation, concentrating energies from the crown chakra into people's awareness. There is also a greater awareness of the energies of the crown chakra moving upward to contribute to the whole. A greater acceptance of the nature of God.

Yerba Mate (Ilex Paraguariensis) - Mental Imbalance

This can increase memory, visualization, and development of the attention span. This can be used in easing unwanted telepathic communication links with people from present or past lives.

Yerba Santa (Eriodictyon californicum) - Emotional Extremes

This essence brings into the system information from the higher self to resolve emotional issues. It can be used to quickly end hysteria. It strengthens the life force and distributes information throughout the anatomy, easing stress and calming the emotional body.

Ylang Ylang (Cananga odorata) - Vibrational Cleanse

This flower essence can help one make a vibrational attunement to a place. This is good for when one is changing localities, traveling, or visiting a noxious environment. After taking Ylang Ylang, many individuals will note a loosening of intrusive or difficult energies, thus allowing more energy to be made available on many levels. Some aspects of fear or worry about our environment or planet are relieved with this essence. As one tunes into the great loving energy of the Earth, self-forgiveness may become easier. Ylang Ylang blends nicely with Sirius elixir.

Yucca (Y. filamentosa) - Transforms Anger

This plant, solitary in nature, assists one in working out issues on one's own. When there is a tendency to get stuck in anger or isolation, Yucca can bring greater insight into ways of interacting with others more appropriately. The ability to release anger is brought about by understanding the purpose of anger, working with its transforming possibilities, and shifting it into an energy of enthusiasm and creativity. With Yucca, there can also be improved communication with other life forms, guides, and helpers.

Zinnia (Zinnia elegans) - Laughter

Teaches that laughter is a superior form of medicine. Uplifts a person's outlook on life. Aligns the etheric and emotional bodies. General tensions are alleviated.

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Fred Rubenfeld, President of Pegasus Products, Inc.
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