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ALASKAN FLOWER ESSENCES STEVE JOHNSON and JANE BELL

Examples

FOXGLOVE *Digitalis purpurea*

Releasing emotional tension centered around the heart; seeing through a limiting perspective to the 'heart' of the matter.

NORTHERN LADY'S SLIPPER *Cypripedium passerinum*

Nurturing energy for the healing of core traumas and wounds that are being held very deeply in the body; allowing one's being to be touched and healed by infinite gentleness.

SHOOTING STAR *Dodecatheon frigidum*

Developing one's connection to inner spiritual guidance; understanding cosmic origins and earthly purpose.

FULL MOON REFLECTION

This essence was made on a cold, clear, full moon night, in a canyon overlooking Kachemak Bay. An essence of reflected light - the sun's light reflected by the full moon off the water of Kachemak Bay and into the snow filled canyon. This essence penetrates deep into the subconscious to bring forth that which lies, unresolved, beneath the surface. It offers us the opportunity to consciously bring a part of our shadow self into the light.

GREENLAND ICECAP

An essence of solarized glacier water prepared on the Greenland ice sheet over an area where two of the earth's continental plates come together. This essence contains the intense energy of convergence, the energy of the natural movement of the earth's crust translated upwards through thousands of feet of ice. This essence helps us remain flexible and feel supported as we move through deep inner change.

NORTHERN LIGHTS

This essence was made on a windy sub-zero arctic night under a swirling green display of the Northern Lights. An essence of reaching beyond ourselves into the fundamental creation forces of the universe. For cleansing and re-patterning our energies, especially around the heart. Helps one release energies from the heart which have been allowed to obscure one's original life pattern.

SOLSTICE STORM

An essence of solarized water made during a thunderstorm on solstice day, at Lake Minchumina in the central interior of Alaska. A powerfully charged essence for cleansing and release; helpful in stabilizing the human electrical system; works with discharging static energy being held in the body and in one's environment.

FINDHORN FLOWER ESSENCES *MARION LEIGH*

"The subtle healing properties of flower essences restore equilibrium on all levels of being: physical, emotional, mental and spiritual. They can enhance personal development and are a powerful aid to transformation. They offer us the opportunity to address outworn behaviour patterns and negative states of mind which may contribute to or cause disease, emotional imbalance and spiritual disharmony. By stimulating the body's inherent ability to heal itself, flower essences restore order from a higher level and help to strengthen desirable or positive qualities such as courage, inner peace, love or acceptance."

Examples

BROOM *Cytisus scoparius* Keynote: Clarity

Broom stimulates mental clarity and concentration, facilitating ease in communication and creative thought when in a state of bewilderment: illumination. Indications: Memory loss, dullness, feeble-mindedness, bewilderment, confusion, lack of integration, coordination or communication. Attributes: Mental clarity, concentration, communication, integration, decision making, self-expression, guidance, intuition, creative thought, clarity of purpose. Broom brings light into our minds. When our mental body is clouded or dull or when we are distracted, we are hindered in our expression and communication. Essence of Broom allows the light of the intuition to illuminate our minds, inspiring us with its brilliance and bringing creative thought into outer expression.

DAISY (Common Daisy) *Bellis perennis* Keynote: Innocence

Daisy allows us to remain calm and centered amid turbulent surroundings or overwhelming situations, creating a safe space in which to be vulnerable: grace. Indications: Being overwhelmed, fear of losing control, distraction, confusion, easily swayed, inconsistency, indifference, "up in the clouds", fickleness, oversensitiveness. Attributes: Calm and centered amid intense activity, lightness, presence, being or staying on purpose, protection, ability to enjoy, rediscovering innocence, playfulness. Daisy allows us to maintain that innocence, vulnerability and sensitivity when in our busy lives we fear losing our calm centre within the storm. The essence of Daisy helps us to stay on purpose and on course, and protects us while we do so.

HAREBELL (Scottish Bluebell) *Campanula rotundifolia* Keynote: Prosperity

Harebell is for realigning to the spirit of abundance and releasing material concerns following fear of lack: faith. Indications: Fear of lack, possessiveness, lack of faith, attachment, poverty consciousness, out of alignment with oneself and one's environment. Attributes: Manifesting abundance, re-alignment, affirmation, balance, self-reliance, equilibrium. Harebell is about realigning with Spirit. When we lose faith in ourselves, we may block the flow of spiritual energies. Fear of lack can produce attachment and possessiveness, hindering our ability to give and receive. Essence of Harebell opens our awareness to all that life has to offer and allows us the grace and gratitude to accept it.

THISTLE (Spear Thistle) *Cirsium vulgare* Keynote: Courage

Thistle helps us to find true courage in times of adversity and to respond with positive action: self-empowerment. Indications: Fear, dread, threat, immobility to act, powerlessness, frightening situations, flight/fight syndrome. Attributes: Courage in the face of adversity, empowerment when facing great challenge, strengthening, facilitates confident action, fortitude. When we encounter fear, our performance can be crippled. Thistle essence encourages us to access inner strength and to take appropriate action with confidence and certainty.

CLEAR-LIGHT (Broom, River Findhorn, Wild Pansy, Birch, Scots Pine, Rose Alba) The Clear Light combination brings about a peaceful state of mind, mental clarity and brightness, which greatly aids in meditation. When heart, body and mind are still and aligned, a clear channel is created whereby the intuition, Higher Self and Higher (or Universal) Mind can be contacted. Through highest aspiration one can receive inner guidance and help from the Spiritual World, and live life in accordance with one's purpose and the Divine Plan. Broom stimulates mental clarity and concentration. River Findhorn helps to connect with the Source, freeing the self from personality limitations. Wild Pansy enhances receptivity and the flow of higher wisdom into the heart. Birch brings light to the mind and clarity of inner vision. Scots Pine increases the ability to listen, receive inner guidance and find directions in life. Rose Alba facilitates the positive, active expression of the guidance received.

KARMA-CLEAR (Birch, Rowan, Holy-Thorn, Snowdrop)

This combination aids awareness of the karmic causes of life's predicaments and ailments. Through foresight of future and understanding of past the cause of suffering is illuminated and attachments which bring about pain, unhappiness and dis-ease may be released. Birch helps to gain insight into the past and future, enabling understanding of the cause of the problem. Snowdrop gives new hope and facilitates transition into the light through surrender and detachment. Rowan releases resentment and pain and heals old wounds. It supports the ability to forgive one's self and others. Holy- Thorn opens to true intimacy experienced in the heart: the Self can give birth to the expression of unconditional and universal love.

SPIRITUAL MARRIAGE (Apple, Holy-Thorn, Mallow, Seapink)

This combination facilitates the integration, control of fluidity and synthesis of the dualities found in every human being - between head and heart, mind and love, will and wisdom, male and female.

Stability and balance between the pairs of opposites, achieved through the qualities of cohesion, harmony, expansion and union, releases the potential freedom and joy of right relationship. Apple frees the creative willpower. Holy-Thorn opens the heart to love and intimacy and to the expression of the true self. Seapink brings harmony by balancing the energy flow between all energy centers.

Flower Essence Services - California

RICHARD KATZ and PATRICIA KAMINSKI

Examples

ARNICA *Arnica montana* (yellow)

Positive qualities: Conscious embodiment, especially during shock or trauma; recovery from deep-seated shock or trauma.

Patterns of imbalance: Disconnection of Higher Self from body during shock or trauma; disassociation, unconsciousness.

BASIL *Ocimum basilicum* (white)

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

Patterns of imbalance: Polarization of sexuality and spirituality, often leading to clandestine behavior or marital stress.

BLEEDING HEART *Dicentra formosa* (pink)

Positive qualities: Loving others unconditionally, with an open heart; emotional freedom.

Patterns of imbalance: Forming relationships based on fear or possessiveness; emotional co-dependence.

GARLIC *Allium sativum* (violet)

Positive qualities: Unitive consciousness, sense of wholeness which imparts strength and active resistance.

Patterns of imbalance: Fearful, weak or easily influenced, prone to low vitality.

GOLDEN EAR DROPS *Dicentra chrysantha* (yellow)

Positive qualities: Contacting one's childhood experience as a source of emotional well-being; releasing painful memories from the past.

Patterns of imbalance: Suppressed toxic memories of childhood; feelings of pain and trauma about past events which affect present emotional balance.

IRIS *Iris douglasiana* (blue-violet)

Positive qualities: Inspired artistry, deep soulfulness which is in touch with higher realms; radiant, iridescent vision and perspective.

Patterns of imbalance: Lacking inspiration or creativity; feeling weighed down by the ordinariness of the world; dullness.

MORNING GLORY *Ipomoea purpurea* (blue)

Positive qualities: Sparkling vital force, feeling awake and refreshed, in touch with Life.

Patterns of imbalance: Dull, toxic, or "hung over," inability to fully enter the body, especially in the morning; addictive habits.

MOUNTAIN PENNYROYAL *Monardella odoratissima* (violet)

Positive qualities: Strength and clarity of thought, mental integrity and positivity.

Patterns of imbalance: Absorbing negative thoughts of others, psychic contamination or possession.

POMEGRANA TE *Punica granatum* (red)

Positive qualities: Warm-hearted feminine creativity, actively productive and nurturing at home or in the world.

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

SELF-HEAL *Prunella vulgaris* (violet)

Positive qualities: Healthy, vital sense of Self; healing and beneficent forces arising from within oneself, deep sense of wellness and wholeness. Patterns of imbalance: Inability to take inner responsibility for one's healing, lacking in spiritual motivation for wellness, overly dependent on external help.

SHOOTING STAR *Dodecatheon hendersonii* (violet/pink)

Positive qualities: Humanized spirituality, cosmic consciousness warmed with caring for all that is human and earthly.

Patterns of imbalance: Profound feeling of alienation, especially not feeling at home on Earth, nor a part of the human family.

YERBA SANTA *Eriodictyon californicum* (violet)

Positive qualities: Free-flowing emotion, ability to harmonize breathing with feeling; capacity to express a full range of human emotion, especially pain and sadness.

Patterns of imbalance: Constricted feelings, particularly in the chest; internalized grief and melancholy, deeply repressed emotions.

BLACK COHOSH *Cimicifuga racemosa* (white)

Positive qualities: Courage to confront rather than retreat from abusive or threatening situations.

Patterns of imbalance: Being caught in relationships or lifestyle which are abusive, addictive, violent; dark, brooding emotions.

ECHINACEA *Echinacea purpurea* (pink/purple)

Positive qualities: Core integrity, contacting and maintaining an integrated sense of Self, especially when severely challenged.

Patterns of imbalance: Feeling shattered by severe trauma or abuse which has destroyed one's sense of Self; threatened by physical or emotional disintegration.

YARROW SPECIAL FORMULA *Achillea millefolium* (white) (in a sea salt water base)

Positive: Enhancing integrity of etheric body, of vital formative forces. Patterns of imbalance: Disturbance of life-force and vitality by noxious radiation, pollution, or other geopathic stress; residual effects of past exposure.

Aditi Himalayan Essences by Drs Rupa & Atul Shah

"Our message is 'To Heal Is To Love'. Without true and unconditional love for mankind, no healing can take place. No healing is complete without learning the lessons contained within diseases. Healing is possible only with the participation of both healer and patient. Illness is an opportunity given for a learning and growing. Flower essences are one of the best ways to assist this learning. They impart to us the healing energy needed, and we are able to live life more fully, enabling us to make more purposeful use of this incarnation. "

Examples:

BUTTERFLY LILY (White flowers)

It is a redemptive essence for those who exercise great power over people in an evil or negative way, e.g. dictator or the boss of a large company. It brings true remorse for wrong doing, and peace. It humanizes a person once more, so that one can clearly see what one has done, and would want to be forgiven and to make amends.

CURRY LEAF (White flowers)

It is a healing flower essence for ulcers and hyper acidity caused by an imbalanced diet, which may include a lot of meat and alcohol, and also by mental tension. This essence produces greater relaxation as well as a balanced awareness and concern about our diet and lifestyle.

DRUMSTICK (White flowers)

It is a healing remedy for bronchitis. Bitterness, resentment and other pains can be dispelled as this essence aids in building up positive feelings. It reduces the desire to smoke and resolves difficult emotions.

MALABAR NUT FLOWER (White flowers)

For those who feel they are better than others because of nationality, class or caste. It deals with prejudice and deep-seated pride and snobbery. It brings positivity towards all people and enhances love, tolerance and understanding of other races and social groupings. Excellent for international integration.

MORNING GLORY (Purple flowers)

Helpful for drug addiction to opiates and nicotine. It can benefit anyone trying to give up drugs at any stage of treatment. Also for the discomfort experienced within the nervous system and for the physical withdrawal systems. An important essence in the battle against drug addiction.

WATER LILY (White and pink flowers)

The 'Kama Sutra' essence amongst flowers. Powerful tonic for many people with psychological inhibitions about sexual intimacy. Enhances their enjoyment of love-making by heightening their sensuality. Encourages fulfilling and exciting love-making.

LOTUS

"Lotus is the foremost flower essence on this planet and is king of the flower essences."

The lotus grows in the muddy water of still ponds and lakes. It has its roots deep in the soil under water. The long, cylindrical stalk passes through the water and rises above the water surface.

The magnificent blossom unfolds gradually one petal at a time, till fullbloomed in the morning when the sun's rays touch the flower.

As the lotus awakens and blooms at the first rays of the morning sun, the lotus and sun interdependence is a symbol of love.

The mud in which the lotus roots grow represents material life, while the water through which the stalk passes represents the astral world. When the plant reaches the surface of the water and opens its bud to the sun, it represents spiritual being.

The crown chakra is also called 'The Thousand-Petaled Lotus', which is a symbol of final revelation. It is believed that the transformation of the world into a paradise can occur through the lotus which expounds fully the oneness of all life.

In Buddhist tradition, the fully-opened lotus has a strong solar character and its petals are likened to the rays of the sun. It is a symbol of enlightenment in this tradition.

In Egyptian tradition also the same theme is repeated. The lotus brings harmony into all aspects of our being within and without.

Practical Uses

As a flower essence Lotus has many uses:

- 1. It** is called the spiritual elixir. It helps in meditation by calming the mind and improving concentration. Thus it assists spiritual growth. (Take seven drops before meditation.)
2. Lotus balances and amplifies the effects of other flower essences when used in a combination.
3. Lotus corrects emotional imbalances by allowing gentle release of emotions. For example case of severe backache may be due to a suppression of emotions, storing of negative emotions, and can be helped by release of emotions through dreams.
4. In general, it hastens recovery from illness.
5. It is a very good aid to healers in diagnosing patients' conditions more accurately, and ameliorates the anxiety of a healer about his patient's problems.
6. When in doubt about which therapy to prescribe for a patient or when the patient's condition is confusing, Lotus opens up the case by clearing the picture. So it can be given at the start of therapy. Also, when the therapy is over, it can be given to stabilise the effect of the therapy.
7. When used with crystals, it is very powerful in effect.
8. All the chakras are aligned and balanced by releasing/adding/directing energies to them, thus resulting in better health and harmony.
9. Lotus aids in cleaning up the entire system of toxins, physical or subtle.
10. Lotus is an excellent elixir for balancing, cleansing, and strengthening the aura.