FES Quintessentials™





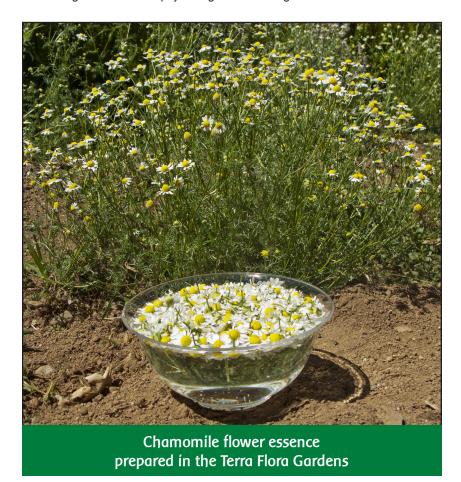
"Your Indian Pink flower essence is working great! I am juggling three different careers and can stay focused in the midst of several tasks at all times."

M.F., San Francisco, California

What are Flower Essences?

Flower essences are liquid, potentized plant preparations which convey a distinct imprint, or etheric pattern, of a specific flower. Originally developed in the 1930s by the English physician, Dr. Edward Bach, flower essences enjoy a reputation of being highly beneficial and safe to use. Because they contain only minute traces of physical substance, flower essences are not classified as biochemical medicine. They belong to a new modality of *potentized remedies* which derive their active powers from *life forces within substances*.

Flower essences expand our understanding of health care, recognizing a relationship between body and soul, and the interweaving of spiritual, mental, emotional, and physical aspects of wellness. They address the subtle but very important realm of the human psyche, where thoughts and feelings emanate. Just as food sustains the human body, *flowers nourish the human soul*, enhancing emotional and psychological well-being.



How are the FES Flower Essences Made?

FES Quintessentials™ are made through the careful orchestration of the four elements of Earth, Water, Air, and Fire, as well as environmental and astronomical indications. The flowers are hand-collected at the precise peak of blossom in carefully selected wild habitats or in our Biodynamic® gardens. They are infused with pure water that is derived from the same habitat as each flower, and made in the open, undisturbed air with the gentle fire of the morning sun. The fifth quintessential element requires the attunement and sensitivity of the preparer to the plant, the environment, and cosmic forces. After the plant's archetypal, vibrational pattern is infused into the water, the liquid is hand-potentized and prepared as a mother essence, and then diluted into stock, with Biodynamic® grape alcohol added as a natural preservative. FES Quintessentials™ are sold at this stock level of dilution.

How are the FES Essences Used?

There are many equally successful ways to take flower essences. They can be taken directly from the stock bottle, a few drops at a time; or three to four drops of stock can be stirred into a small amount of water, and then sipped throughout the day. Also, a one-ounce dosage bottle can be filled three-quarters full with spring water, and two to four drops of stock from each flower essence selected for the formula, then topped with one tablespoon of brandy preservative. Apple cider vinegar or vegetable glycerin may be used as alternative preservatives, in quantities of one-third to one-half of the bottle.

The standard dosage for flower essences is **four drops under the tongue four times per day**. Potency is increased not by taking more drops at one time, but by increasing the **frequency** in emergency or acute situations. Children or highly sensitive individuals may need to decrease frequency of use to once or twice daily.

Flower essences can also be used in a misting bottle that is sprayed directly in the mouth, or the surrounding environment.





Above: our Professional Kit of 103 1/4 oz (7.5 ml) essences, also available in the 1 oz (30 ml) size. At left, 1/4 oz bottle of Yarrow.



Stock bottles in the one-ounce (30 mL) size. YES also comes in a convenient spray bottle.

How are Flower Essences Selected?

Through reflection, meditation, self-observation, and consulting with others, it is possible to become aware of key issues and challenges related to one's work, relationships, or self-image. Consult the list of positive qualities and patterns of imbalance in this brochure, or review other flower essence literature such as the *Flower Essence Repertory* to select the essences most closely related to your key issues. It is important to be aware of positive transformative goals as well as areas of pain and distress when making a selection. Generally, it is best to choose approximately three to six essences at a time, or even just one or two essences, in order to focus clearly on the main issues. *Note: individuals with profound therapeutic issues should consult a health professional who is an experienced flower essence practitioner. Please access the FES Practitioner Referral Network at www.flowersociety.org/practitioner.*

What Results Do Flower Essences Bring?

Some users report immediate or dramatic changes when taking flower essences. Others may have difficulty perceiving any changes. The most typical pattern is to discover the gradual effect of the essences over a period of time. These changes can include shifts in relationships, life-style, self-image, stress level, attitude toward work, state of well-being, enhanced dream activity or other internal shifts of cognition and emotional awareness.

Flower essences are not panaceas, rather they are catalysts that stimulate the ability to respond, or take responsibility for life challenges. They augment and support meditation and prayer, moral development, social responsibility, physical exercise, and good diet and hygiene; but they do not replace those therapies which may be medically indicated. The flower essences are intended to stimulate greater awareness of thoughts and feelings which contribute to health and well-being, thus building a vital bridge between body and soul consciousness.

FES Remedies have been the most potent, most effective, and most pointed remedies I have ever used in my life — equally as effective as any and all homeopathic and Chinese patent remedies I've ever used.

Elizabeth Wolf, LMT, NTS, Sante Fe, New Mexico

I have found FES products to be highly effective.... I wholeheartedly recommend them for professional therapeutic use, and invite other practitioners to use them personally to experience their healing qualities firsthand.

Dr. Thomas Worden, DC, Danbury, Connecticut



Richard and Patricia in the Terra Flora Biodynamic® Gardens

Professional Quality for Four Decades

FES Quintessentials™ are produced by Flower Essence Services, co-directed by Richard Katz and Patricia Kaminski, who are married and professional partners. Established four decades ago, FES is based in the foothills of California's Sierra Nevada mountains, a tree-studded land of granite peaks, sparkling rivers, and gold-embedded quartz. Our private workplace and residence, Terra Flora, encompasses 27 acres of Biodynamic® organic gardens, ponds, and natural areas. This environment is ideally suited for preparing the pure and potent plant products which we send to customers throughout the world.

FES is respected as a leading company in the field of etheric plant remedies, with an international reputation for quality and efficacy. *FES Quintessentials*™ have been developed carefully through research and case reports by qualified practitioners around the world. Today, FES products are used in more than 50 countries by hundreds of thousands of health care professionals and family caretakers.

We urge you to become a member of our non-profit educational and research organization, the *Flower Essence Society*. Membership in the Society supports our training programs, educational publications and lectures, pioneering research, and protection and development of wildflower habitats. Members receive class announcements the online *FES International Research Journal*, and have access to special research information and the *Members' Online Repertory*.

Please contact the Flower Essence Society, P.O.Box 459, Nevada City, CA 95959 USA, 530-265-9163 or 800-736-9222, www.flowersociety.org.

Prepared from Vibrant Plant Populations in Unique & Pristine Habitats

Each flower essence is a highly specific expression of its unique environment. FES takes great care to make its medicines from the most vibrant plant populations, where the strongest archetypal signature of each plant resonates. There is enormous variety in these plant habitats - some of the most basic include coastal, high alpine, open meadows and dense forests, riparian streams and drylands. Other flowers are carefully naturalized in our pristine Biodynamic®/organic certified gardens.

California's Pacific Coast



The elegant and regal Douglas Iris flourishes in moist lowlands along the



The sensitive Star Tulip (also known as "Cat's Ears") is made along coastal bluffs bathed in ocean mist and fog.



Gently swaying in the wind, native Quaking Grass grows on coastal hillsides.

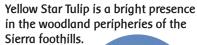
Stícky Monkeyflower shrubs grace the coastal hillsides with their orange flowers in pairs.



Foothill and Valley Meadows



Baby Blue Eyes (above) and Forget-Me-Not (below) love the moist meadows of early spring.





The California Poppy "Cup of Gold" glistens on hillsides in the spring.

Delicate yet strong, the California



The radiant Buttercup creates rivers of shimmering yellow light in early spring meadows.



Wild Rose emerges with wafts of perfume in the mid-spring.

Alpine





The majestic Alpine Lily graces high mountain meadows.

Indian Paintbrush adds a vibrant accent to a moist mountain meadow.



Sun-kissed Arnica blooms along the streams of freshly melting snow.



Penstemon grows sturdily above the tree-line in the crevices of volcanic rock.



Mountain Pennyroyal wafts its cleansing aroma from mountain sentinels.

Flowers



Pretty Face shines its luminous star in alpine meadows.



The gentle chalices of Mariposa Lily flourish in the granite rocks of the high Sierras.

Mountain Pride flames from its rocky ledge perch.



Fawn Lily appears just as the crystals of snow melt into rivulets of water.

Pink Monkeyflower nestles into the curving streams of mountain snowmelt.

Woodlands and Riversides





Home to butterflies, the Milkweed grows in the forests near riverbanks.

The bright blue Hound's Tongue emerges from the dense vegetation of the forest floor in early spring.



The delicate and sweetly scented Bleeding Heart is a woodland delight.



The pulsating red Indian Pink (left) is a springbloomer in the forests.

The exquisite Fairy
Lantern (right) displays
its nodding blossom
along wooded
riverbanks, but never
fully opens its inner
secret.

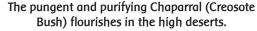


The strong Manzanita brings life to disturbed habitats.



Desert and Other Dry Habitats







Filled with oily resin, the delicate lavender Yerba Santa (above) favors dry, exposed hillsides.

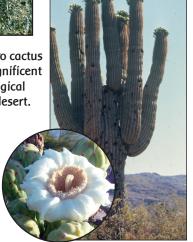
Sagebrush (left) prefers the dry and sparse conditions of the clear and open desert.



The towering Saguaro cactus (right) offers its magnificent blooms in the magical moonlight of the desert.

The fiery Canyon Dudleya (left) attaches itself to sun-baked ledges in river canyons and mountain hillsides.

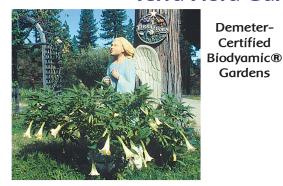




Terra Flora Gardens

Demeter-Certified

Gardens



Angel's Trumpet growing by the Terra Flora angel.



Golden curving cups of Calendula grace the garden most of the year.



The bright white globes of Angelica offer a prayer to the sky.



The towering Sunflower celebrates the high summer sun.



Abundant Shasta Daisies shine at summer solstice.



Strong and radiant Echinacea rays its mantle of magenta light into the garden.



Zinnia blossoms with red exuberance.



Brilliant blue Borage flowers bring a cheerful uplifting presence to the garden.

FES Quintessentials™ Overview of Qualities and Healing Patterns

The following 103 essences are our best known remedies, used for many years by practitioners throughout the world. For more detailed profiles please refer to the *Flower Essence Repertory*, available in print. An *online Repertory* with data base resourcing and plant pictures is available to members of the *Flower Essence Society* at www.flowersociety.org.

Aloe Vera Aloe vera

Positive qualities: Creative activity integrated with vital life-

energy, active expression of soul fire

Patterns of imbalance: Over-emphasis of will forces or

creative fervor; "burned-out" or workaholic syndrome



Alpine Lily Lilium parvum

Positive qualities: Radiant and self-

assured feminine identity, physical presence grounded in

the female body

Patterns of imbalance: Artificial or disembodied feminine self, lack of connection and awareness of female body, rejection of female organs as "lower"

Angel's Trumpet Brugmansia candida

Positive qualities: Spiritual surrender at death or at times of deep transformation; opening the soul to the spiritual world Patterns of imbalance: Fear of death, resistance to letting go of material life and crossing the spiritual threshold; denial of the reality of the spiritual world or the soul's need for change



Angelica Angelica archangelica



Positive qualities: Feeling protection and guidance from spiritual beings,

especially during threshold experiences such as birth and death, or other life passages

Patterns of imbalance: Feeling cut off, bereft of spiritual guidance and protection; spiritual orphan

"I fully appreciate and feel your passion, love and respect for the flowers. Also, I admire your organization for their dedication to maintain integrity and the high standards you have established in regard to the use of the flower essences and the research based on practical experience."

Sherry Moore, Natural Health Practitioner, Big Pine, California

Arnica Arnica mollis

Positive qualities: Conscious embodiment, despite emergency or stress; recovery from deep-seated strain, post-trauma, or scarring

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

unconsciousness, dysfunction or latent illness deriving from past trauma



Baby Blue Eyes Nemophila menziesii

Positive qualities: Childlike innocence and trust; feeling supported and loved, especially by male figures; faith in the providence of spiritual beings Patterns of imbalance: Defensiveness, insecurity, mistrust of others; estrangement from higher spiritual authority; lack of support from the father or other masculine influences in childhood



Positive qualities: Integration of sexuality and

spirituality into a sacred wholeness

Patterns of imbalance: Polarization of sexuality and spirituality, typically leading to clandestine behavior, bifurcated relationships or sexual addiction



Black Cohosh Actaea racemosa (Cimicifuga racemosa)

Positive qualities: Courage to confront rather than retreat from abusive or threatening relationships or situations; clear and contained psychic forces

Patterns of imbalance: Enmeshed in a relationship or lifestyle that is abusive, addictive or violent; dark, brooding emotions, congested or toxic psychic forces

Black-Eyed Susan Rudbeckia hirta

Positive qualities: Awake consciousness capable of acknowledging all aspects of the Self; penetrating insight and self-aware behavior

Patterns of imbalance: Avoidance or repression of traumatic or shadow aspects of the personality, addictive or hypnotic behavior due to loss of consciousness



Your contribution to flower essences and ethical approach are very much respected and admired.

Caroline Van der Mey, Naturopath, Australia



Blackberry Rubus armeniacus

Positive qualities: Competent manifestation in the world; clearly directed forces of will, intentional and decisive action

Patterns of imbalance: Inability to translate goals and ideals into concrete action or viable activities; procrastination

Bleeding Heart Dicentra formosa

Positive qualities: Ability to love others unconditionally, with

an open heart; emotional freedom

Patterns of imbalance: Entangled in relationships based on fear, possessiveness or neediness; emotional co-dependence



Borage Borago officinalis

Positive qualities: Ebullient heart forces, buoyant courage and optimism

Patterns of imbalance: Heavy-heartedness or grief, lack of confidence in facing difficult circumstances; depressive behavior

Buttercup Ranunculus occidentalis

Positive qualities: Radiant inner light, unattached to

outer recognition or fame; self-assured

Patterns of imbalance: Feelings of low self-worth, inability to acknowledge or experience one's inner light and uniqueness; self-deprecating





Calendula Calendula officinalis

Positive qualities: Healing warmth and receptivity, especially in the use of the spoken word and in

dialogue with others

Patterns of imbalance: Argumentative, lack of receptivity in communication with others; verbal abuse

"Thank you from deep in our hearts! Your flower essences have been lifesavers (literally) helping in deep soul healing for all in our family for years. Bless you all, for your heart offering to the world! Namaste!".

Lizette Andujar, Educator, Culebra, Puerto Rico



California Pitcher Plant Darlingtonia californica

Positive qualities: Earthy vitality, healthy bodily instincts
Patterns of imbalance: Listless or anemic; disassociated
from or fearful of the instinctual aspects of the Self, poor
digestion and assimilation

California Poppy Eschscholzia californica

Positive qualities: Radiant heart-centered spirituality; strong interior alignment for values and choices

Patterns of imbalance: Attachment to illusion or grandeur, superficial spirituality or fantasy, external glamour or escapism through psychedelic drugs or other out-of-body activities



California Wild Rose Rosa californica

Positive qualities: Love for the Earth and for human life, enthusiasm for doing and serving

Patterns of imbalance: Apathy, resignation, pronounced passivity; inability to catalyze will forces through the heart

Calla Lily Zantedeschia aethiopica

Positive qualities: Clarity about sexual identity, sexual self-acceptance; individualized integration of masculine and feminine qualities

Patterns of imbalance: Confusion or ambivalence about sexual identity or gender; wounding due to cultural gender bias





Canyon Dudleya Dudleya cymosa

Positive qualities: Balanced psychic and physical energies; grounded presence in everyday life; positive charisma

Patterns of imbalance: Distorted psychic experiences; inflated involvement in psychic or charismatic experiences; addiction to "trauma-drama" lifestyle

I acknowledge FES for your strong moral accountability in developing flower essences. In order to advance this modality for healing, we must develop the discipline to carefully track what is happening when we use essences.

Jeanne Peters, RD, American Dietetic Association, El Segundo, California

Cayenne Capsicum annuum

Positive qualities: Fiery and energetic, inwardly mobile,

capable of change and transformation

Patterns of imbalance: Stagnation, inability to move

forward toward change



Chamomile Matricaria chamomilla

Positive qualities: Serene, sunlike disposition, emotional balance Patterns of imbalance: Easily

upset, moody and irritable, inability to release emotional tension, especially in the stomach or solar plexus

Chaparral Larrea tridentata (also known as Creosote Bush)

Positive qualities: Balanced psychic awareness, deep penetration and understanding of the transpersonal aspects of oneself

Patterns of imbalance: Psychic and physical toxicity, disturbed dreams and chaotic inner life, toxicity due to drugs, violence or post-traumatic stress



Chrysanthemum

Chrysanthemum morifolium

Positive qualities: Able to distinguish higher spiritual identity from temporal personality; transpersonal and transcendent soul expression

Patterns of imbalance: Fear of aging and mortality, over-attachment to temporal personality; healing crisis due to materialistic focus of the soul

Corn Zea mays

Positive qualities: Alignment with the Earth, especially

through the body and feet; grounded presence

Patterns of imbalance: Inability to stay centered in the body; disorientation and stress, particularly in urban or crowded environments



Cosmos Cosmos bipinnatus Positive qualities: Integration of ideas and speech; coherent

Patterns of imbalance:

thinking; mercurial expression

Unfocused, disorganized communication; overexcited speech, overwhelmed by too many ideas



Dandelion Taraxacum officinale

Positive qualities: Dynamic physical energy and expressive life force; inner ease in work and play Patterns of imbalance: Tense, rigid or stiff, especially in

the musculature of the body; over-striving and hard-driving





Deerbrush Ceanothus integerrimus

Positive qualities: Gentle purity and

clarity of purpose; motives and actions that are allied with one's true feelings

Patterns of imbalance: Mixed or conflicting motives: dishonest or polite responses not based upon genuine feelings

Dill Anethum graveolens

Positive qualities: Ability to experience and absorb a wide variety of sensory experiences, heightened awareness of taste, touch, hearing, sight, smell, etc. Patterns of imbalance: Overwhelm due to excess stimulation, hypersensitivity to environment or to outer activity, sensory congestion





Dogwood Cornus nuttallii

Positive qualities: Grace-filled movement. physical and etheric harmony in the body Patterns of imbalance: Awkward and painful awareness of the body; latent emotional trauma or abuse affecting the body, accident prone

Easter Lily (see White Trumpet Lily)

Echinacea Echinacea purpurea

Positive qualities: Core integrity and immunity, maintaining a strong sense of Self, especially when challenged by stress or disease

Patterns of imbalance: Shattered by severe trauma or abuse; physical or emotional disintegration of Self Identity; poor immune function; vacant presence



Evening Primrose Oenothera elata



Positive qualities: Awareness and healing of painful early emotions absorbed from parents; ability to open emotionally and form deep, committed relationships Patterns of imbalance: Profound feeling of rejection stemming from in utero or early childhood experience; avoidance of commitment in relationships, fear of parenthood; sexual and emotional coldness or repression

Fairy Lantern Calochortus albus

Positive qualities: Healthy maturation; acceptance of adult responsibilities, positive integration of "child" identity Patterns of imbalance: Immaturity, helplessness, neediness, childish dependency; unable to take responsibility

Fawn Lily Erythronium purpurascens



Positive qualities: Involvement in the social fabric of the world; ability to share one's spiritual gifts with others

Patterns of imbalance: Withdrawal, isolation, selfprotection; overly delicate or mystical, lacking the inner strength to participate in community and family

Filaree Erodium cicutarium

Positive qualities: Star-like vision, a cosmic overview which holds the events of ordinary life in perspective

Patterns of imbalance: Obsessive worry and compulsion about minor events; unable to gain a wider perspective in daily life; hyper-focus on small details



Forget-Me-Not Myosotis sylvatica

Positive qualities: Awareness of karmic connections in one's personal relationships; perceptive mindfulness of subtle realms and transpersonal relationships

Patterns of imbalance: Lack of connection with souls in the spiritual world; loneliness and isolation due to death of a loved one; soul myopia

"I am a medical doctor with a family practice serving patients primarily of Mexican descent. We have been using flower essences in our medical practice for the past four years - our patients LOVE them! In addition to being a medical clinic, we are a community resource. We teach our patients how to use the Flower Essence Repertory so they can determine for themselves which flower essences they wish to use in their healing. ... The flower essences make available natural healing for anxiety, stress and depression and are an alternative to [psychiatric] medicines."

Fuchsia Fuchsia magellanica

Positive qualities: Genuine emotional vitality, ability to express intense feelings

Patterns of imbalance: Hyper-emotionality or hysteria that masks deeply-seated pain and trauma; misdirected psychosomatic responses to pain and stress



Garlic Allium sativum

Positive qualities: Resilient and vital response to life, active resistance to adverse influences

Patterns of imbalance: Fearful or weak due to parasitic influence, prone to low vitality; mediumistic

Golden Ear Drops Ehrendorferia chrysantha

Positive qualities: Ability to remember and understand core experiences that define emotional history; nourishment and insight from past experiences

Patterns of imbalance: Suppressed toxic memories of childhood; feelings of pain and trauma about past events, affecting present emotional identity



Golden Yarrow Achillea filipendulina

Positive qualities: Remaining open to others while staying self-contained; active social involvement which preserves inner equilibrium

Patterns of imbalance: Over-sensitivity to one's social surroundings, resulting in social isolation, or a false social persona; dependence on drugs for protection or social masking

Goldenrod Solidago velutina

ssp. californica

Positive qualities: Strong and secure sense of individuality, balanced with group or social consciousness Patterns of imbalance: Overly influenced by group or cultural ties; inability to be true to oneself, easily susceptible to peer pressure or external social demands



Hibiscus Hibiscus moscheutos

Positive qualities: Warmth and responsiveness in sexuality; integration of soul warmth and bodily passion Patterns of imbalance: Inability to enjoy sexual experience; lack of warmth and vitality, often due to prior exploitation, false cultural expectations or abuse



Hound's Tongue Cynoglossum grande

Positive qualities: Holistic thinking; perception of physical reality united with lively thoughts, integration of imagination and intellect

Patterns of imbalance: Materialistic world view, weighed down or dulled by a mundane or overly analytical viewpoint; can be accompanied by heaviness or torpor in the physical body

Indian Paintbrush Castilleja miniata

Positive qualities: Lively, energetic creativity, exuberant artistic activity

Patterns of imbalance: Low vitality and exhaustion, difficulty rousing physical forces to sustain the intensity of creative work; inability to bring creative forces into physical expression



Indían Pink *Silene laciniata* ssp *californica*

Positive qualities: Ability to remain centered and focused, even under stress or high levels of activity; managing and coordinating diverse tasks

Patterns of imbalance: Psychic forces which are easily fragmented by too much movement; frayed and overwhelmed during multi-leveled activity

Iris Iris douglasiana

Positive qualities: Inspired artistry, soulful creativity in touch with higher realms; radiant, iridescent vision in all aspects of life

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



FES invests time, effort and money in research work, in obtaining the feedback of therapists from all over the world with regard to their experiences and results. ... I have absolute trust in their research, and development of the therapeutic work. I deeply thank them for their evident dedication.

Dr. Claudia Stern, Director, Centro de Estudios Florales, Buenos Aires, Argentina

Lady's Slipper (Yellow) Cypripedium parviflorum

Positive qualities: Higher purpose aligned with daily work, integration of spiritual vision with vital forces in the root and creative chakras

Patterns of imbalance: Life purpose and direction not aligned with outer activity; nervous exhaustion or sexual depletion due to inability to access life force in the lower chakras





Larkspur Delphinium variegatum

Positive qualities: Charismatic leadership, contagious

enthusiasm, joyful service

Patterns of imbalance: Leadership distorted by self-aggrandizement or burdensome dutifulness; inability to motivate or inspire others

Lavender Lavandula angustifolia

Positive qualities: Spiritual sensitivity, highly refined

awareness intact with stable bodily health

Patterns of imbalance: Nervous or high-wired energy states, over-stimulation of mental or spiritual forces, depletion of physical forces; insomnia





Lotus Nelumbo nucifera

Positive qualities: Expansive and inclusive spirituality, ability to synthesize diverse life experience in service to the spiritual world

Patterns of imbalance: Spiritual pride, inflated sense of Self, out of touch with ordinary personality and

humble tasks

Love-Lies-Bleeding Amaranthus caudatus

Positive qualities: Transcendent consciousness, the ability to move beyond personal pain, suffering or mental anguish; transpersonal vision; compassionate acceptance of life karma

Patterns of imbalance: Intensification of pain and suffering due to isolation; profound melancholia or despair due to the over-personalization of one's pain





Madia Madia elegans

Positive qualities: Precise thinking, disciplined focus and

concentration

Patterns of imbalance: Easily distracted, inability to concentrate, splintered activity that is unproductive

Mallow Sidalcea glauscens

Positive qualities: Warm and personable, open-hearted

sharing, trust in social process

Patterns of imbalance: Insecure in relationships, paralysis in reaching out to others, resulting in social barriers



Manzanita Arctostaphylos viscida

Positive qualities: Joyous embodiment, spiritual identity

integrated with the physical body

Patterns of imbalance: Estranged from the earthly world; aversion or revulsion toward the body and physical world; eating and sleeping disorders

Mariposa Lily Calochortus leichtlinii

Positive qualities: Maternal consciousness, warm, feminine and nurturing; mother-child bonding, positive connection to mother and similar female figures

Patterns of imbalance: Alienated from mother or from mothering role, feelings of childhood abandonment or abuse; orphan state of consciousness



Milkweed Asclepias cordifolia

Positive qualities: Healthy ego strength;

independence and self-reliance

Patterns of imbalance: Neediness and emotional regression, dulling the consciousness through drugs, alcohol, overeating; creating dependency or sickness

to receive attention



Positive qualities: Sparkling vital force, awake and refreshed; in touch with natural life rhythms

Patterns of imbalance: Dull, toxic, or "hung over," inability to fully enter the body, especially in the morning; addictive or erratic living habits that deplete life force





Mountain Pennyroyal Monardella odoratissima Positive qualities: Strength and clarity of thought, mental integrity and positivity

Patterns of imbalance: Unconscious absorption of negative programming, psychic contamination or possession

Mountain Pride Penstemon newberryi

Positive qualities: Forthright masculine energy; warrior-

like spirituality which confronts and transforms

Patterns of imbalance: Vacillation and withdrawal in the face of challenge; lack of assertiveness, inability to take a stand for one's convictions



Mugwort Artemisia douglasiana

Positive qualities: Integration of

psychic or dream experiences with daily life; flexible, multidimensional consciousness, warm and expansive soul qualities

Patterns of imbalance: Tendency to hysteria, fantasy or projection, overactive psychic life unable to distinguish or integrate trans-physical experiences

Mullein Verbascum thapsus

Positive qualities: Strong sense of inner conscience, truthfulness, uprightness

Patterns of imbalance: Inability to hear one's inner voice; moral weakness and confusion, indecisiveness; lying or deception to oneself or others



Nasturtium *Tropaeolum majus*

Positive qualities: Glowing vitality,

radiant warmth; living thinking

Patterns of imbalance: Overly "dry" or intellectual consciousness; depletion of life-force and emotional verve from too much study

Nicotiana Nicotiana alata (Flowering Tobacco)

Positive qualities: Inner peace centered in the heart and breath; physical and emotional well-being through harmonious connection with rhythmic pulsations in the Earth

Patterns of imbalance: Rigid or mechanized qualities in the body; blunted feelings, shallow breathing; overuse of hard-edge masculine forces



Oregon Grape Berberis aquifolium



Positive qualities: Loving inclusion of others, positive expectation of good will from others, ability to trust

Patterns of imbalance: Paranoid or defensive behavior; expectation of hostility from others; antagonistic projection



Penstemon Penstemon davidsonii

Positive qualities: Inner fortitude despite outer hardships; perseverance; ability to endure and forbear adversity

Patterns of imbalance: Feeling persecuted or sorry for oneself; inability to bear life's difficult circumstances

Peppermint Mentha piperita

Positive qualities: Mindful and wakeful clarity, warm metabolism balanced with cool head forces

Patterns of imbalance: Dull or sluggish, especially mental lethargy; under-active metabolism which depletes mental forces



Pink Monkeyflower *Mimulus lewisii* new name: *Erythranthe lewisii*

Positive qualities: Emotional

transparency; courage to take emotional risks with others **Patterns of imbalance:** Feelings of shame, guilt, or unworthiness; fear of exposure and rejection due to prior abuse or trauma

Pink Yarrow Achillea millefolium var. rubra

Positive qualities: Loving awareness of others within a field of self-contained consciousness; appropriate emotional boundaries

Patterns of imbalance: Unbalanced sympathetic forces, overly absorbent auric field, lack of emotional clarity, dysfunctional merging with others





Poison Oak Toxicodendron diversiloba

Positive qualities: Positive vulnerability, ability to make contact with others through touch

Patterns of imbalance: Fear of intimate contact, protective of personal boundaries; reactive or rejecting in relationships

Pomegranate Punica granatum

Positive qualities: Joyful expression of feminine creativity, actively productive and nurturing at home or in the world Patterns of imbalance: Ambivalent or confused about the focus of creativity, especially between values of career and home, creative and procreative, personal and global





Pretty Face Triteleia ixioides

Positive qualities: Radiant inner beauty; self-acceptance in relation to personal appearance despite handicaps or blemishes Patterns of imbalance: Feeling ugly or rejected because of personal appearance; over-identified with physical appearance

Purple Monkeyflower Mimulus kelloggii

new name: Diplacus kelloggii

Positive qualities: Love-based rather than fearbased spirituality, calm and clarity when experiencing spiritual phenomena; the courage to trust in one's own spiritual experience or guidance

Patterns of imbalance: Fear of retribution or censure if one departs from religious conventions of family or community; apprehension or avoidance of

threshold experiences due to fear-based beliefs or ritual abuse





Quaking Grass Briza maxima

Positive qualities: Harmonious community consciousness, flexible and receptive in group work Patterns of imbalance: Dysfunctional in group settings, inability to compromise, over-attachment to personal will and desire in social situations

Oueen Anne's Lace Daucus carota

Positive qualities: Spiritual insight and vision; integration of psychic faculties with sexual and emotional aspects of

Self

Patterns of imbalance: Projection or lack of objectivity in psychic awareness; distortion of psychic perception or physical eyesight due to sexual or emotional imbalances





Quince Chaenomeles speciosa

Positive qualities: Loving strength and firm loving; integration of masculine initiating power and feminine nurturing qualities

Patterns of imbalance: Inability to catalyze or reconcile strength and power with affection and tenderness; dysfunctional or inconsistent parenting or leadership behavior



Positive qualities: Lively and alert mental field; acute sensory perception and mobile state of mind Patterns of imbalance: Easily overwhelmed by details;

unable to cope with simultaneous events, "fuzzy" consciousness that is unable to register details





Red Clover *Trifolium pratense*

Positive qualities: Calm and steady presence, especially in emergency situations, internally generated

Patterns of imbalance: Susceptible to mass hysteria and anxiety, easily influenced by panic or other forms of group thought

Rosemary *Rosmarinus* officinalis

Positive qualities: Warm physical presence and

mental vitality; healthy embodiment

Patterns of imbalance: Forgetfulness or poor learning ability, loosely incarnated in body, lacking physical/etheric warmth, especially in bodily extremities; traumatic out-of-body spiritual experiences



Sage Salvia officinalis

Positive qualities: Wisdom derived from life experience; ability to assess and understand life process from a higher perspective

Patterns of imbalance: Seeing life as ill-fated or undeserved; inability to perceive higher purpose and meaning in life events

Sagebrush *Artemisia tridentata*

Positive qualities: Essential awareness that releases what is extraneous, receptive "emptiness" capable of transformation and change

Patterns of imbalance: Over-identification with illusory parts of oneself: cluttered and chaotic attachments; need to release dysfunctional and stifling aspects within the personality or surroundings





Saguaro Carnegiea gigantea

Positive qualities: Awareness of

what is ancient and sacred, a sense of tradition or lineage; ability to learn from elders

Patterns of imbalance: Conflict with images of authority, sense of separateness or alienation from the past

Saint John's Wort Hypericum perforatum

Positive qualities: Illumined consciousness, light-

filled awareness; solar strength Patterns of imbalance: Psychic and physical

vulnerability; fearful or disturbed dreams; depression due to lack of contact with spiritual world



Scarlet Monkeyflower Mimulus cardinalis new name: Ervthranthe cardinalis

Positive qualities: Direct and clear communication of deep feelings, especially anger or disappointment, integration of the emotional "shadow"

Patterns of imbalance: Fear or repression of intense feelings: inability to act upon issues of anger and powerlessness; need to be seen as "nice" rather

than "real"



Scotch Broom Cytisus scoparius

Positive qualities: Positive and optimistic feelings about future events: sun-like forces of action and connection in the world

Patterns of imbalance: Disheartened and depressed: overcome with pessimism and despair, especially regarding one's personal relationship to world events

Self-Heal Prunella vulgaris

Positive qualities: Ability to tap into health-giving forces for body and soul; lifestyle choices that lead to 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 advice for health choices





Shasta Daisy *Leucanthemum x superbum*

Positive qualities: Mandalic or holistic consciousness, ability to synthesize disparate ideas into a living wholeness

Patterns of imbalance: Over-intellectualization of reality. especially seeing information as bits and pieces rather than parts of a whole; artificial or mechanized intelligence

Shooting Star *Primula hendersonii*

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; disturbed birth trauma



Snapdragon *Antirrhinum majus*

Positive qualities: Lively, dynamic energy; healthy libido; verbal

communication which is emotionally balanced

Patterns of imbalance: Verbal aggression and hostility; repressed or misdirected libido; mouth and jaw tension, misplaced snapping, biting or eating behaviors



Star Thistle Centaurea solstitialis

Positive qualities: Generous and inclusive, ability to share

with others due to an inner feeling of abundance

Patterns of imbalance: Fear of lack, inability to give freely

and spontaneously, miserly or hoarding tendencies

Star Tulip Calochortus tolmiei

Positive qualities: Sensitive and receptive

attunement; serene soul disposition, inner listening to others and to higher worlds, especially in dreams and

meditation

Patterns of imbalance: Inability to cultivate quiet inner presence, lack of attunement or soul insight, unable to

meditate or pray



Sticky Monkeyflower Mimulus aurantiacus new name: Diplacus aurantiacus

Positive qualities: Balanced integration of human warmth and sexual intimacy; ability to express deep feelings of love and connectedness in sexual relationships

Patterns of imbalance: Repressed sexual feelings. inappropriate sexual behavior divorced from human love; inability to experience human warmth in sexual experiences; deep fear of sexuality and intimacy

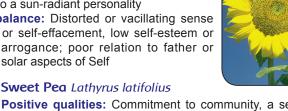
Sunflower Helianthus annuus

Positive qualities: Unique individuality, spiritualized ego

forces infused into a sun-radiant personality

Patterns of imbalance: Distorted or vacillating sense of Self; inflation or self-effacement, low self-esteem or

arrogance; poor relation to father or



Sweet Pea Lathyrus latifolius

Positive qualities: Commitment to community, a sense of

one's place on Earth, ability to form social roots

Patterns of imbalance: Inability to form bonds with social community or to find one's place on Earth; homelessness, dislocation or frequent travel and moving



Positive qualities: Decisive and goal-oriented, purposeful

in action, self-directed mastery and achievement

Patterns of imbalance: Lethargy, procrastination, inability to take straightforward action; habits which undermine or subvert real abilities and talents



Tiger Lily Lilium humboldtii

Positive qualities: Positive social interaction; collaboration derived from dynamic balance of feminine and masculine soul forces

Patterns of imbalance: Overly aggressive "yang" forces, excessive competition rather than cooperation

Trillium *Trillium chloropetalum*



Positive qualities: Secure sense of personal welfare and financial well-being; ability to serve and give to others

Patterns of imbalance: Distortions in survival chakra, fear due to materialistic emphasis, greed for possessions and power; poverty consciousness that leads to overly-materialistic focus

Trumpet Vine Campsis tagliabuana

Positive qualities: Articulate and colorful in verbal expression; active, dynamic projection of oneself in social situations

Patterns of imbalance: Lack of vitality or soul force in expression; inability to be assertive or to speak clearly, speech impediments



Violet Viola odorata

Positive qualities: Delicate, highly perceptive sensitivity, elevated spiritual perspective; socially responsive but self-contained

Patterns of imbalance: Profound shyness, cool and aloof, fear of being submerged in groups

White Trumpet Lily (Easter Lily) Lilium longiflorum

Positive qualities: Soul purity which embraces all aspects of life and body, especially sexual identity Patterns of imbalance: Tension in sexual identity; conflicting sexual values or experiences; virgin/ whore split in psyche





Yarrow Achillea millefolium

Positive qualities: Luminous and strong auric field, compassionate and inclusive sensitivity, refined and flexible psychic forces

Patterns of imbalance: Extreme vulnerability to others and to the environment; easily depleted, overly absorbent of negative influences, psychic toxicity

Yarrow Environmental Solution:

flower essences of Yarrow, Pink Yarrow, Golden Yarrow, Arnica and Echinacea, with Yarrow and Echinacea tinctures, in a sea saltwater base

Positive qualities: Physical and etheric vitality, self-regulating and adaptive immune response to environmental stresses

Patterns of imbalance: Disturbance of lifeforce and vitality by noxious radiation, pollution, or other geopathic stress; residual effects of past exposure; dysfunctional immune response; allergic hypersensitivity





Yellow Star Tulip Calochortus monophyllus

Positive qualities: Empathetic receptivity to the feelings and experiences of others; compassionate response based upon social awareness

Patterns of imbalance: Insensitivity to the sufferings of others; lack of perception for the consequences of one's actions on others

Yerba Santa *Eriodictyon californicum*

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

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





Zinnia Zinnia elegans

Positive qualities: Childlike playfulness and curiosity, detached perspective on Self, sense of humor

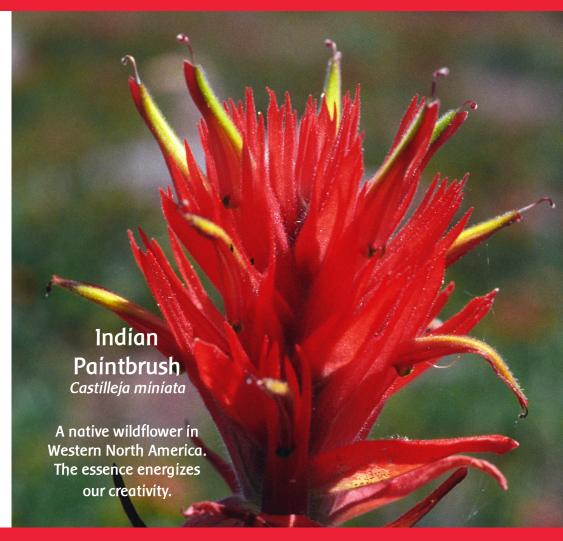
Patterns of imbalance: Over-serious and dull, lack of spontaneity or humor; overly somber self-identity; workaholic tendencies

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I cannot speak highly enough of the FES flower essences. ...They gently unlock deeply ingrained patterns in the psyche, which even counseling, affirmations and positive thinking sometimes are unable to shift...so we can assist the patient to move on. You are bringing great blessings to many people.

Dr. Sally Dawson, New Zealand



FES Quintessentials[™]

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made with organic and wildharvested flowers