

	Positive Qualities	Patterns of Imbalance
Aloe Vera	Creative activity integrated with vital life-energy, active expression of soul fire	Over-emphasis of will forces or creative fervor; "burned-out" or workaholic syndrome
Alpine Lily	Radiant and self-assured feminine identity, physical presence grounded in the female body	Artificial or disembodied feminine self, lack of connection and awareness of female body, rejection of female organs as "lower"
Angelica	Feeling protection and guidance from spiritual beings, especially during threshold experiences such as birth and death, or other life passages	Feeling cut off, bereft of spiritual guidance and protection; spiritual orphan
Arnica	Conscious embodiment, despite emergency or stress; recovery from deep-seated strain, post-trauma, or scarring	Disconnection of Higher Self from body during shock or trauma; disassociation, unconsciousness, dysfunction or latent illness deriving from past trauma
Baby Blue Eyes	Childlike innocence and trust; feeling supported and loved, especially by male figures; faith in the providence of spiritual beings	Defensiveness, insecurity, mistrust of others; estrangement from higher spiritual authority; lack of support from the father or other masculine influences in childhood
Basil	Integration of sexuality and spirituality into a sacred wholeness	Polarization of sexuality and spirituality, typically leading to clandestine behavior, bifurcated relationships or sexual addiction
Black Cohosh	Courage to confront rather than retreat from abusive or threatening relationships or situations; clear and contained psychic forces	Enmeshed in a relationship or lifestyle that is abusive, addictive, or violent; dark, brooding emotions, congested or toxic psychic forces
Black-Eyed Susan	Awake consciousness capable of acknowledging all aspects of the Self; penetrating insight and self-aware behavior	Avoidance or repression of traumatic or shadow aspects of the personality, addictive or hypnotic behavior due to loss of consciousness
Blackberry	Competent manifestation in the world; clearly directed forces of will, intentional and decisive action	Inability to translate goals and ideals into concrete action or viable activities; procrastination
Bleeding Heart	Ability to love others unconditionally, with an open heart; emotional freedom	Entangled in relationships based on grief, lack of confidence in facing difficult circumstances; depressive behavior
Borage	Ebullient heart forces, buoyant courage and optimism	Heavy-heartedness or grief, lack of confidence in facing difficult circumstances; depressive behavior
Buttercup	Radiant inner light, unattached to outer recognition or fame; self-assured	Feelings of low self-worth, inability to acknowledge or experience one's inner light and uniqueness; self-deprecating
Calendula	Healing warmth and receptivity, especially in the use of the spoken word and in dialogue with others	Argumentative, lack of receptivity in communication with others; verbal abuse
California Pitcher Plant	Earthy vitality, healthy bodily instincts	Listless or anemic; disassociated from or fearful of the instinctual aspects of the Self, poor digestion and assimilation
California Poppy	Radiant heart-centered spirituality; strong interior alignment for values and choices	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	Love for the Earth and for human life, enthusiasm for doing and serving	Apathy, resignation, pronounced passivity; inability to catalyze will forces through the heart
Calla Lily	Clarity about sexual identity, sexual self-acceptance; individualized integration of masculine and feminine qualities	Confusion or ambivalence about sexual identity or gender; wounding due to cultural gender bias
Canyon Dudleya	Balanced psychic and physical energies; grounded presence in everyday life; positive charisma	Distorted psychic experiences; inflated involvement in psychic or charismatic experiences; addiction to "trauma-drama" lifestyle
Cayenne	Fiery and energetic, inwardly mobile, capable of change and transformation	Stagnation, inability to move forward toward change
Chamomile	Serene, sun-like disposition, emotional balance	Easily upset, moody and irritable, inability to release emotional tension, especially in the stomach or solar plexus
Chaparral	Balanced psychic awareness, deep penetration and understanding of the transpersonal aspects of oneself	Psychic and physical toxicity, disturbed dreams and chaotic inner life, toxicity due to drugs, violence, or post-traumatic stress
Chrysanthemum	Able to distinguish higher spiritual identity from temporal personality; transpersonal and transcendent soul expression	Fear of aging and mortality, over-attachment to temporal personality; healing crisis due to materialistic focus of soul
Corn	Alignment with the Earth, especially through the body and feet; grounded presence	Inability to stay centered in the body; disorientation and stress, particularly in urban or crowded environments
Cosmos	Integration of ideas and speech; coherent thinking; mercurial expression	Unfocused, disorganized communication; overexcited speech, overwhelmed by too many ideas
Dandelion	Dynamic physical energy and expressive life force; inner ease in work and play	Tense, rigid or stiff, especially in the musculature of the body; over-striving and hard-driving

Deerbrush	Gentle purity and clarity of purpose; motives and actions that are allied with one's true feelings	Mixed or conflicting motives; dishonest or polite responses not based upon genuine feelings
Dill	Ability to experience and absorb a wide variety of sensory experiences, heightened awareness of taste, touch, hearing, sight, smell, etc.	Overwhelm due to excess stimulation, hypersensitivity to environment or to outer activity, sensory congestion
Dogwood	Grace-filled movement, physical and etheric harmony in the body	Awkward and painful awareness of the body; latent emotional trauma or abuse affecting the body, accident prone
Easter Lily	Soul purity which embraces all aspects of life and body, especially sexual identity	Tension in sexual identity; conflicting sexual values or experiences; virgin/whore split in psyche
Echinacea	Core integrity and immunity, maintaining a strong sense of Self, especially when challenged by stress or disease	Shattered by severe trauma or abuse; physical or emotional disintegration of Self Identity; poor immune function; vacant presence
Evening Primrose	Awareness and healing of painful early emotions absorbed from parents; ability to open emotionally and form deep, committed relationships	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	Healthy maturation; acceptance of adult responsibilities, positive integration of "child" identity	Immaturity, helplessness, neediness, childish dependency; unable to take responsibility
Fawn Lily	Involvement in the social fabric of the world; ability to share one's spiritual gifts with others	Withdrawal, isolation, self-protection; overly delicate or mystical, lacking the inner strength to participate in community and family
Filaree	Star-like vision, a cosmic overview which holds the events of ordinary life in perspective	Obsessive worry and compulsion about minor events; unable to gain a wider perspective in daily life; hyper-focus on small details
Forget-Me-Not	Awareness of karmic connections in one's personal relationships; perceptive mindfulness of subtle realms and transpersonal relationships	Lack of connection with souls in the spiritual world; loneliness and isolation due to death of a loved one; soul myopia
Fuchsia	Genuine emotional vitality, ability to express intense feelings	Hyper-emotionality or hysteria that masks deeply-seated pain and trauma; misdirected psychosomatic responses to pain and stress
Garlic	Resilient and vital response to life, active resistance to adverse influences	Fearful or weak due to parasitic influence, prone to low vitality; mediumistic
Golden Ear Drops	Ability to remember and understand core experiences that define emotional history; nourishment and insight from past experiences	Suppressed toxic memories of childhood; feelings of pain and trauma about past events, affecting present emotional identity
Golden Yarrow	Remaining open to others while staying self-contained; active social involvement which preserves inner equilibrium	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	Strong and secure sense of individuality, balanced with group or social consciousness	Overly influenced by group or cultural ties; inability to be true to oneself, easily susceptible to peer pressure or external social demands
Hibiscus	Warmth and responsiveness in sexuality; integration of soul warmth and bodily passion	Inability to enjoy sexual experience; lack of warmth and vitality, often due to prior exploitation, false cultural expectations or abuse
Hound's Tongue	Holistic thinking; perception of physical reality united with lively thoughts, integration of imagination and intellect	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	Lively, energetic creativity, exuberant artistic activity	Low vitality and exhaustion, difficulty rousing physical forces to sustain the intensity of creative work; inability to bring creative forces into physical expression
Indian Pink	Ability to remain centered and focused, even under stress or high levels of activity; managing and coordinating diverse tasks	Psychic forces which are easily fragmented by too much movement; frayed and overwhelmed during multi-leveled activity
Iris	Inspired artistry, soulful creativity in touch with higher realms; radiant, iridescent vision in all aspects of life	Lacking inspiration or creativity; feeling weighed down by the ordinariness of the world; dullness or spectator consciousness
Lady's Slipper	Higher purpose aligned with daily work, integration of spiritual vision with vital forces in the root and creative chakras	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	Charismatic leadership, contagious enthusiasm, joyful service	Leadership distorted by self-aggrandizement or burdensome dutifulness; inability to motivate or inspire others
Lavender	Spiritual sensitivity, highly refined awareness intact with stable bodily health	Nervous or high-wired energy states, over-stimulation of mental or spiritual forces, depletion of physical forces; insomnia
Lotus	Expansive and inclusive spirituality, ability to synthesize diverse life experience in service to the spiritual world	Spiritual pride, inflated sense of Self, out of touch with ordinary personality and humble tasks
Love-Lies-Bleeding	Transcendent consciousness, the ability to move beyond personal pain, suffering or mental anguish; transpersonal vision; compassionate acceptance of life karma	Intensification of pain and suffering due to isolation; profound melancholia or despair due to the over-personalization of one's pain
Madia	Precise thinking, disciplined focus and concentration	Easily distracted, inability to concentrate, splintered activity that is unproductive
Mallow	Warm and personable, open-hearted sharing, trust in social process	Insecure in relationships, paralysis in reaching out to others, resulting in social barriers

Manzanita	Joyous embodiment, spiritual identity integrated with the physical body	Estranged from the earthly world; aversion or revulsion toward the body and physical world; eating and sleeping disorders
Mariposa Lily	Maternal consciousness, warm, feminine and nurturing; mother-child bonding, positive connection to mother and similar female figures	Alienated from mother or from mothering role, feelings of childhood abandonment or abuse; orphan state of consciousness
Milkweed	Healthy ego strength; independence and self-reliance	Neediness and emotional regression, dulling the consciousness through drugs, alcohol, overeating; creating dependency or sickness to receive attention
Morning Glory	Sparkling vital force, awake and refreshed; in touch with natural life rhythms	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	Strength and clarity of thought, mental integrity and positivity	Unconscious absorption of negative programming, psychic contamination or possession
Mugwort	Integration of psychic or dream experiences with daily life; flexible, multi-dimensional consciousness, warm and expansive soul qualities	Tendency to hysteria, fantasy, or projection, overactive psychic life unable to distinguish or integrate trans-physical experiences
Mullein	Strong sense of inner conscience, truthfulness, uprightness	Inability to hear one's inner voice; moral weakness and confusion, indecisiveness; lying or deception to oneself or others
Nasturtium	Glowing vitality, radiant warmth; living thinking	Overly "dry" or intellectual consciousness; depletion of life-force and emotional verve from too much study
Nicotiana	Inner peace centered in the heart and breath; physical and emotional well-being through harmonious connection with rhythmic pulsations in the Earth	Rigid or mechanized qualities in the body; blunted feelings, shallow breathing; over-use of hard-edge masculine forces
Oregon Grape	Loving inclusion of others, positive expectation of good will from others, ability to trust	Paranoid or defensive behavior; expectation of hostility from others; antagonistic projection
Penstemon	Inner fortitude despite outer hardships; perseverance; ability to endure and forbear adversity	Feeling persecuted or sorry for oneself; inability to bear life's difficult circumstances
Peppermint	Mindful and wakeful clarity, warm metabolism balanced with cool head forces	Dull or sluggish, especially mental lethargy; under-active metabolism which depletes mental forces
Pink Monkeyflower	Emotional transparency; courage to take emotional risks with others	Feelings of shame, guilt, or unworthiness; fear of exposure and rejection due to prior abuse or trauma
Pink Yarrow	Loving awareness of others within a field of self-contained consciousness; appropriate emotional boundaries	Unbalanced sympathetic forces, overly absorbent auric field, lack of emotional clarity, dysfunctional merging with others.
Poison Oak	Positive vulnerability, ability to make contact with others through touch	Fear of intimate contact, protective of personal boundaries; reactive or rejecting in relationships
Pomegranate	Joyful expression of feminine creativity, actively productive and nurturing at home or in the world	Ambivalent or confused about the focus of creativity, especially between values of career and home, creative and procreative, personal and global
Pretty Face	Radiant inner beauty; self-acceptance in relation to personal appearance despite handicaps or blemishes	Feeling ugly or rejected because of personal appearance; over-identified with physical appearance
Purple Monkeyflower	Love-based rather than fear-based spirituality, calm and clarity when experiencing spiritual phenomena; the courage to trust in one's own spiritual experience or guidance	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	Harmonious community consciousness, flexible and receptive in group work	Dysfunctional in group settings, inability to compromise, over-attachment to personal will and desire in social situations
Queen Anne's Lace	Spiritual insight and vision; integration of psychic faculties with sexual and emotional aspects of Self	Projection or lack of objectivity in psychic awareness; distortion of psychic perception or physical eyesight due to sexual or emotional imbalances
Quince	Loving strength and firm loving; integration of masculine initiating power and feminine nurturing qualities	Inability to catalyze or reconcile strength and power with affection and tenderness; dysfunctional or inconsistent parenting or leadership behavior
Rabbitbrush	Lively and alert mental field; acute sensory perception and mobile state of mind	Easily overwhelmed by details; unable to cope with simultaneous events, "fuzzy" consciousness that is unable to register details
Red Clover	Calm and steady presence, especially in emergency situations, internally generated behavior	Susceptible to mass hysteria and anxiety, easily influenced by panic or other forms of group thought
Rosemary	Warm physical presence and mental vitality; healthy embodiment	Forgetfulness or poor learning ability, loosely incarnated in body, lacking physical/etheric warmth, especially in bodily extremities; traumatic out-of-body spiritual experiences
Sage	Wisdom derived from life experience; ability to assess and understand life process from a higher perspective	Seeing life as ill-fated or undeserved; inability to perceive higher purpose and meaning in life events
Sagebrush	Essential awareness that releases what is extraneous, receptive "emptiness" capable of transformation and change	Over-identification with illusory parts of oneself; cluttered and chaotic attachments; need to release dysfunctional and stifling aspects within the personality or surroundings

Saguaro	Awareness of what is ancient and sacred, a sense of tradition or lineage; ability to learn from elders	Conflict with images of authority, sense of separateness or alienation from the past
Saint John's Wort	Illumined consciousness, light-filled awareness; solar strength	Psychic and physical vulnerability; fearful or disturbed dreams; depression due to lack of contact with spiritual world
Scarlet Monkeyflower	Direct and clear communication of deep feelings, especially anger or disappointment, integration of the emotional "shadow"	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	Positive and optimistic feelings about future events; sun-like forces of action and connection in the world	Disheartened and depressed; overcome with pessimism and despair, especially regarding one's personal relationship to world events
Self-Heal	Ability to tap into health-giving forces for body and soul; lifestyle choices that lead to wellness and wholeness	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	Holistic consciousness, ability to synthesize disparate ideas into a living wholeness	Over-intellectualization of reality, especially seeing information as bits and pieces rather than parts of a whole; artificial or mechanized intelligence
Shooting Star	Humanized spirituality, cosmic consciousness warmed with caring for all that is human and earthly	Profound feeling of alienation, especially not feeling at home on Earth, nor a part of the human family; disturbed birth trauma
Snapdragon	Lively, dynamic energy; healthy libido; verbal communication which is emotionally balanced	Verbal aggression and hostility; repressed or misdirected libido; mouth and jaw tension, misplaced snapping, biting, or eating behaviors
Star Thistle	Generous and inclusive, ability to share with others due to an inner feeling of abundance	Fear of lack, inability to give freely and spontaneously, miserly or hoarding tendencies
Star Tulip	Sensitive and receptive attunement; serene soul disposition, inner listening to others and to higher worlds, especially in dreams or meditation	Inability to cultivate quiet inner presence, lack of attunement or soul insight, unable to meditate or pray
Sticky Monkeyflower	Balanced integration of human warmth and sexual intimacy; ability to express deep feelings of love and connectedness in sexual relationships	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	Unique individuality, spiritualized ego forces infused into a sun-radiant personality	Distorted or vacillating sense of Self; inflation or self-effacement, low self-esteem or arrogance; poor relation to father or solar aspects of Self
Sweet Pea	Commitment to community, a sense of one's place on Earth, ability to form social roots	Inability to form bonds with social community or to find one's place on Earth; homelessness, dislocation or frequent travel and moving
Tansy	Decisive and goal-oriented, purposeful in action, self-directed mastery and achievement	Lethargy, procrastination, inability to take straightforward action; habits which undermine or subvert real abilities and talents
Tiger Lily	Positive social interaction; collaboration derived from dynamic balance of feminine and masculine soul forces	Overly aggressive "yang" forces, excessive competition rather than cooperation
Trillium	Secure sense of personal welfare and financial well-being; ability to serve and give to others	Distortions in survival chakra, fear due to materialistic emphasis, greed for possessions and power; poverty consciousness that leads to overly-materialistic focus
Trumpet Vine	Articulate and colorful in verbal expression; active, dynamic projection of oneself in social situations	Lack of vitality or soul force in expression; inability to be assertive or to speak clearly, speech impediments
Violet	Delicate, highly perceptive sensitivity, elevated spiritual perspective; socially responsive but self-contained	Profound shyness, cool and aloof, fear of being submerged in groups
Yarrow	Luminous and strong auric field, compassionate and inclusive sensitivity, refined and flexible psychic forces	Extreme vulnerability to others and to the environment; easily depleted, overly absorbent of negative influences, psychic toxicity
Yarrow Environmental Solution*	Physical and etheric vitality, self-regulating and adaptive immune response to environmental stresses	Disturbance of life-force and vitality by noxious radiation, pollution, or other geopathic stress; residual effects of past exposure; dysfunctional immune response; allergic hypersensitivity
Yellow Star Tulip	Empathetic receptivity to the feelings and experiences of others; compassionate response based upon social awareness	Insensitivity to the sufferings of others; lack of perception for the consequences of one's actions on others
Yerba Santa	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	Constricted feelings, particularly in the heart and lungs; internalized grief and melancholy, deeply repressed emotions
Zinnia	Childlike playfulness and curiosity, detached perspective on Self, sense of humor	Over-serious and dull, lack of spontaneity or humor; overly somber self-identity; workaholic tendencies

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

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