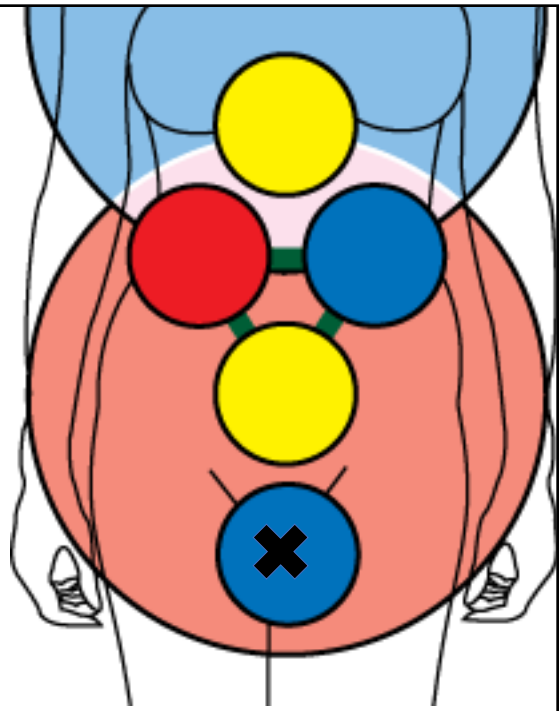




Root Center (11)

- Over pubic area (actually between the legs)
- Physically, this is the pubic area where we have sexual and eliminative functions
- Energetically it represents the ability to “ground” oneself in the physical world, that is to connect to the physical realm
- Emotional sense of safety, security, feeling “protected” and relaxed, establishing “roots” or a home on the earth



Flower Essences for Root Energy

- **Baby Blue Eyes: insecurity, cynical mistrust, father problems.**
- **Basil: polarizing sexuality and spirituality, marriage problems.**
- **Calla Lily: confusion about sexuality, gender.**
- **Fuchsia: false states of emotionality covering pain and trauma.**
- **Scarlet Monkey Flower: fear of intense emotions, sexuality.**
- **Sticky Monkey Flower: confusion about love and sexuality.**
- **Sweet Pea: wandering, social alienation.**
- **Pine – undo guilt and shame from being abused**
- **Golden Ear Drops – uncovering suppressed memories of childhood**

Baby Blue Eyes FE (FES) *Nemophila menziesii*

- **Wounds from a lack of father-child connection**
- **Cynical mistrust of others**
- **Excessive defensiveness**
- **Sense of inner insecurity**
- **Promotes child-like trust and innocence**
- **Helps a person feel at home in the world**
- **Helps one feel supported, especially by male figures**
- **Also promotes a desire to connect with one's spirituality**

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Scarlet Monkeyflower FE (FES) *Mimulus cardinalis*

- Fear of and repression of “scarlet” emotions (lust and anger)
- Allows a person to “face” these emotions within themselves, accept them and incorporate them into the wholeness of their being
- Helps a person resolve issues of powerlessness by getting in touch with anger as a source of personal power
- Helps one face one’s animal nature

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Sticky Monkeyflower (FES) *Mimulus aurantiacus*

- Repressed sexual feelings
- Deep fear of sexuality and intimacy
- Sexuality disconnected from the heart
- Inappropriate sexual behavior
- Superficial sexual relationships
- Helps connect sexuality and love
- Helps create genuine emotional intimacy

Photo © Richard Katz and Flower Essence Services



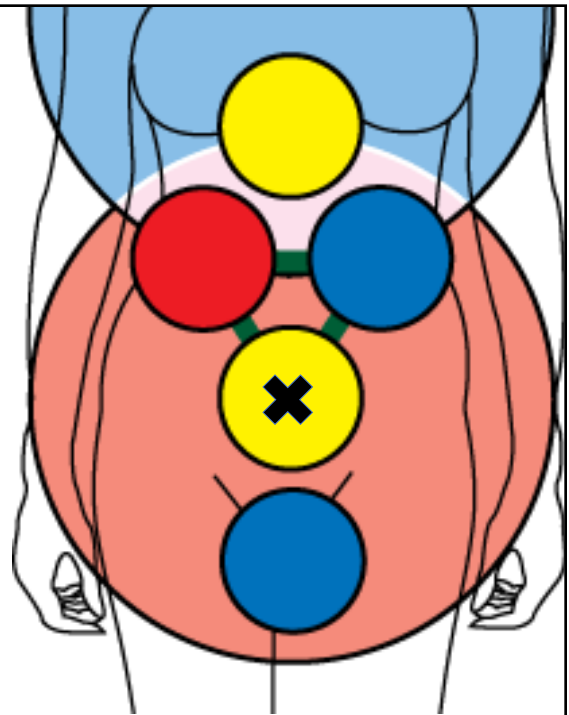
Sweet Pea (FES) *Lathyrus latifolius*

- Wandering, seeking
- Gypsy mentality
- Difficulty finding one's place on earth
- Problems finding community and forming bonds with others
- Helps one find one's place on earth
- Aids ability to find community and social connections



Navel Center (10)

- Over belly button (navel)
- Physically is the place where we either absorb or reject substances – (Chinese “sifters and sorters”)
- Energetically represents the survival instinct, the ability to care for self, get what is needed and avoid what is harmful
- Emotional seat of “mothering” or nurturing energy, the “child” within who needs my adult care



Flower Essences for Navel Energy

- Mariposa Lily: alienated from mother
- Shooting Star: birthing trauma
- Calla Lily: confusion about sexuality, gender
- Easter Lily: conflict about sexuality, prudishness or promiscuity
- Hibiscus: unable to express feminine sexuality
- Pomegranate: confused about femininity
- Quince: unable to reconcile feelings of strength with femininity
- Star Thistle: fear of lack, unable to give
- Star Tulip: feeling hardened or cut off
- Tiger Lily: overly aggressive, competitive

Mariposa Lily FE (FES) *Calochortus leichtlinii*

- The first remedy of choice to (re)establish a positive bond between mother and child
- Supports healing issues with the mothering we received as children and the ability to be a mother and to mother others
- Heals a lack of bonding between mother and child
- Helps a person feel worthy of being loved and cared for
- Also heals feelings of abandonment
- Good for adopted mothers and children



Easter Lily FE (FES) *Lilium longiflorum*

- Helps where there is an inner conflict between sexuality and spirituality
- Aids women who feel “unclean” due to sexual abuse or shame about reproductive functions (periods)
- Tendency to celibacy or promiscuity
- Difficulty with sexuality in the context of love
- Purifies women’s reproductive system both spiritually and physically
- Helps promote a healthy attitude towards sexuality



Tiger Lily FE (FES) *Lilium humboldtii*

- Balances the masculine and feminine energy in people who are overly competitive, aggressive and hostile
- Softens the aggressive energy, helping a person work for more cooperation, rather than dominance
- Fosters the development of relationships on a foundation of inner peace and harmony

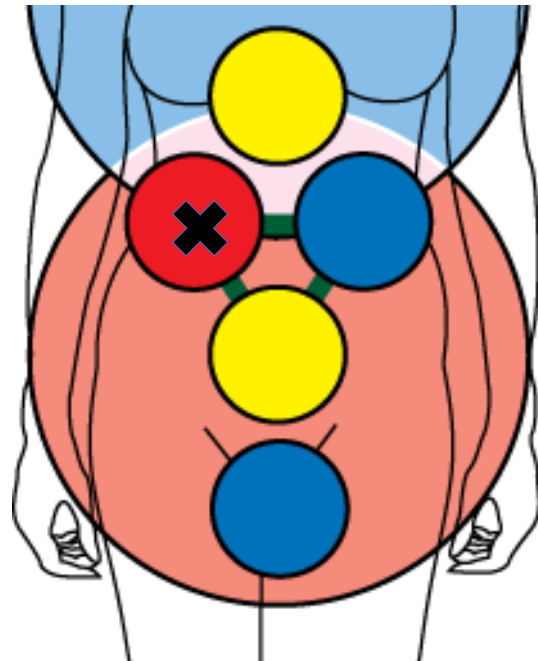
Calla Lily (FES) *Zantedeschia aethiopica*

- Indicated for people whose parents wanted a child of the opposite sex
- This can cause the person to be confused about their gender creating “tom boy” girls and “sissy” boys
- Also helps those who are having a hard time identifying with their gender
- Helps a person gain clarity about their gender
- Aids sexual self-acceptance
- Promotes balance of masculine and feminine qualities



Liver Center (9)

- Under right rib cage
- Physical detoxification center – the ability of the body to eliminate chemical substances that are damaging to the body and synthesize blood
- Energetically represents the ability to “fight back” and defend ourselves physically from those who would cause us harm
- Emotional seat of anger, irritability, hatred, aggression and bitterness



Flower Essences for Liver Energy

- Blackberry: unable to translate goals into action.
- Fuchsia: false states of emotionality covering pain.
- Gorse: discouragement, despair, hopelessness.
- Holly: suspicion, jealousy, anger.
- Impatiens: impatience, irritation, intolerance.
- Mustard: melancholy, gloom, depression.
- Oregon Grape: paranoid, projection of hostile intention.
- Pine: undue guilt, self-blame, self criticism.
- Sagebrush: need to let go of past abuse, old baggage.
- Scarlet Monkey Flower: fear of intense feelings like anger, sexuality.
- Willow: resentment, bitterness.

Fuschia FE (FES) *Fuchsia hybrida*

- For false or hyper emotional states, not being emotionally genuine
- Helpful for psycho-somatic symptoms brought on by emotional repression
- Helps those who cry and feel helpless when confronting their own anger over being abused
- Helps a person connect with and express their genuine emotions
- Aids emotional vitality and the expression of deeply buried feelings



"Brincos De Princesa" by Gold Bernard - Own work.
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Yarrow FE (FES) *Achillea millefolium*

- For the “wounded warrior and the wounded healer” –Mathew Wood
- Helps people with poor personal boundaries, who feel overly responsible for the welfare of others
- Tendency to be a “rescuer” and save other people from their own choices and problems
- Helps a person create strong personal boundaries, a sense of what is, and is not, their responsibility

Photo by Steven Horne



Willow FE (Bach, HH) *Salix vitellina*

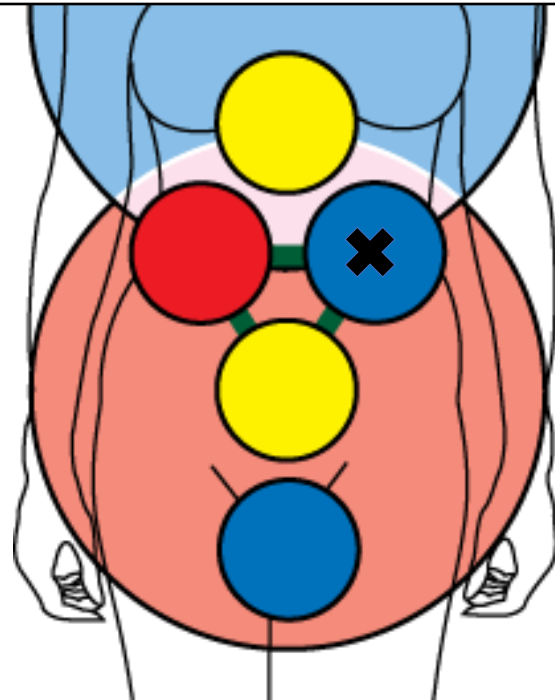
- Feeling resentful or bitter
- Unable to bend or flow with life
- Complaining about life
- Feeling that life is unfair or that one is a victim
- Helps a person loosen up and forgive
- Helps a person take responsibility for their own life and situation
- Helps them move with the flow of life instead of against it

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Pancreatic Center (8)

- Under left rib cage
- Physical center of digestion and assimilation – the ability of the body to digest and metabolize nutrients (Chinese “spleen chi”)
- Energetically represents the ability to receive pleasure, find happiness, joy and fun in life
- Emotional seat of playful inner child, joy, fun, humor, “sugar and spice”



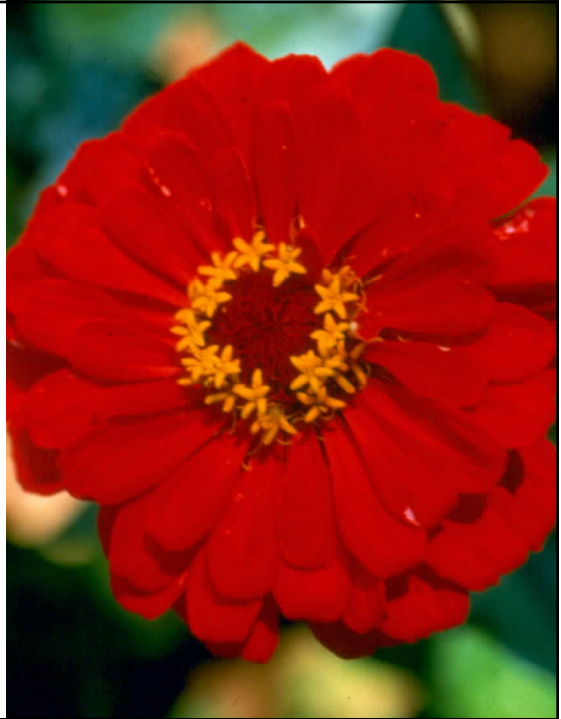
Flower Essences for Pancreatic Energy

- California Poppy: seeking for the false “gold.”
- Canyon Dudleya: inflated psychic life.
- Honeysuckle: nostalgia, living in the past.
- Nasturtium: overly dry and intellectual.
- Zinnia: lack of humor, overly somber.

Zinnia (FES)

Zinnia elegans

- For the overly serious or workaholic person
- Helpful for those who lack a sense of humor
- Helps release one's "playful inner child"
- Helps one delight in the joys of life and find fun and laughter
- One of the best remedies for the pancreatic energy center (8)



Nasturtium (FES)

Tropaeolum majus

- For people who are overly "dry" or intellectual
- They are too left brain (scientific or logical) and lack playfulness, warmth and joy
- They suffer from a depletion of their life- force due to a lack of re-creation time
- Brings warmth and life to the body and opens a person up to pleasure and fun



California Poppy (FES) *Eschscholzia californica*

- Helpful for people who seek “light” outside of themselves, either through the pursuit of wealth, power, glamour or fame, or through spiritual “gurus” or false spiritual paths
- Helps a person learn that “all that glitters isn’t gold” and to find the true light and “gold” within their own heart

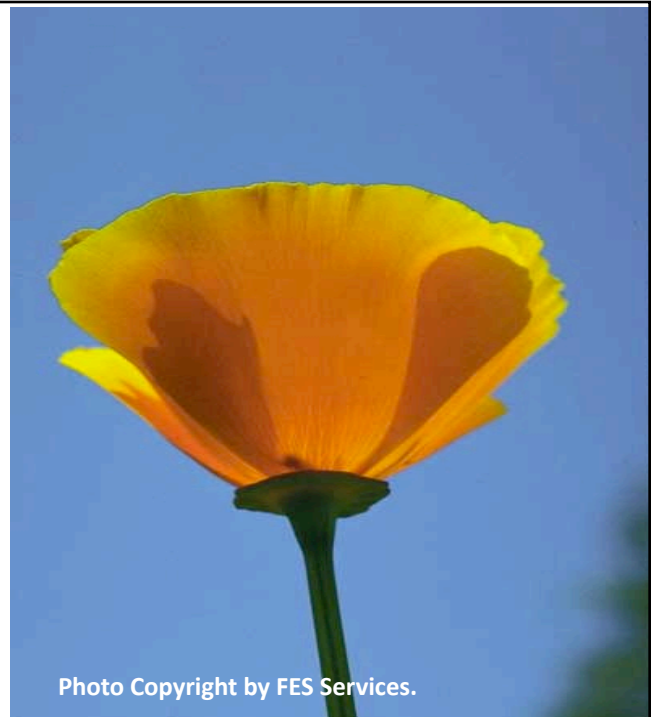


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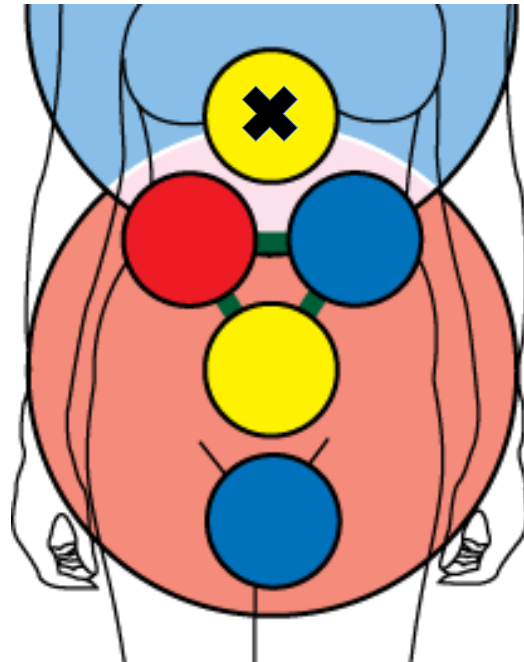
Photo by FES Services

Honeysuckle (FES) *Lonicera caprifolium*

- Helps people who are nostalgic and living in the past of be present and accept current life conditions
- Longing for the “good-old-days” rather than finding joy in the present

Solar Plexus Center (7)

- Just under the breastbone in the inverted V-shaped area
- There is a nerve plexus here that radiates like the spokes of a wheel which regulates autonomic functions
- Energetically it represents the ability to connect to the “inner” world of the self
- Emotional sense being calm, confident, self-aware and “centered”



Flower Essences for Solar Plexus Energy

- Agrimony: anxiety masked by cheerfulness, denial of pain
- Aspen: vague anxiety, hidden fears
- Black-eyed Susan: avoidance or repression of trauma or pain.
- Chamomile: easily upset, moody and irritable, promotes a calm, sunny disposition
- Dandelion: overly tense, over-striving, over-planning.
- Dill: scattered, overwhelmed and overstimulated
- Mimulus: for facing and overcoming fears
- Rock Rose: Terror, panic and deep-seated fears



Chamomile FE (FES)
Matricaria recutita

- Easily upset, moody, peevish, complaining beyond what the situation calls for
- Inability to release emotional tension
- Brings in “sunshine,” promoting a calm, even and “sunny” disposition
- Helps “babies of any age”

Rock Rose (Bach, HH)
Helianthemum nummularium

- Helpful for terror, panic and deep-seated fears
- Helps fear of death or annihilation
- Promotes feelings of courage and inner peace
- Helps a person face challenging circumstances with inner peace and tranquility

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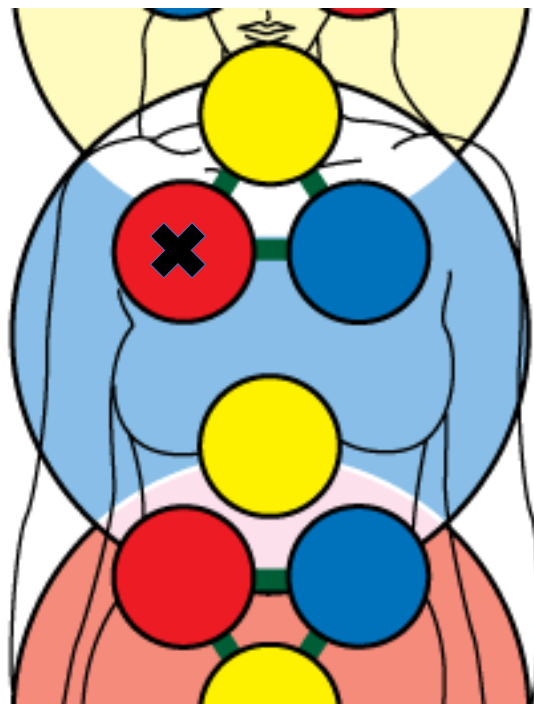
Dandelion *Taraxacum officinale*

- For people who are always doing and striving, over-achievers
- They carry tension in their bodies because they are always pushing themselves
- Dandelion helps them relax and go with the flow of life
- It releases tension and stress in the body, particularly at the solar plexus



Thymus Center (6)

- Just above right breast
- Physically is seat of immunity – distinguishing what “living things” are beneficial to self and destroying what is not
- Energetically represents the ego or self-image, how I view self, what I put after “I am”
- Emotional seat of self-respect, my sense of self-worth, and sense of what is socially appropriate or inappropriate



Flower Essences for Thymus Energy

- **Buttercup:** low self-esteem.
- **Centaury:** weak-willed, dominated by others, self-neglect.
- **Echinacea:** shattered sense of self due to trauma or abuse.
- **Garlic:** fearful, weak or easily influenced.
- **Goldenrod:** Unable to maintain self-integrity in groups
- **Mt. Pride:** unassertive, withdrawal in the face of challenge.
- **Penstamon:** self-pity, feeling of being persecuted.
- **Pink Yarrow:** overly sympathetic, undue merging with others.
- **Scleranthus:** hesitation, indecision, wavering between choices.
- **Sunflower:** distorted sense of self, low self-esteem or vanity.
- **Yarrow:** protection against environment, easily depleted.

Sunflower FE (FES) *Helianthus annuus*

- Distorted sense of self-worth
- Tendency to go from self-aggrandizement, boasting and egotism to self-effacement and feelings of low self esteem
- Promotes a balanced sense of self esteem
- Helps a person have a positive, sunny, radiant personality



Photo by Percy Martin Horne

Buttercup FE (FES) *Ranunculus occidentalis*

- A primary remedy for people who feel small and worthless, suffering from low self-esteem
- They are unable to see or acknowledge their own light and uniqueness
- Helps boost their self-esteem
- Helps them learn to let their "little light shine," realizing they can make a contribution to the world
- Promotes a radiant inner light not attached to external recognition



Photo © Richard Katz and Flower
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Echinacea FE (FES) *Echinacea purpurea*

- Helpful when a person's self-esteem has been shattered by trauma or abuse
- Loss of thymus (immune) energy to create healthy self-interest
- Poor immune function associated with low sense of self worth
- Helps to promote core integrity and rebuild a person's positive sense of self
- Important remedy for healing from trauma

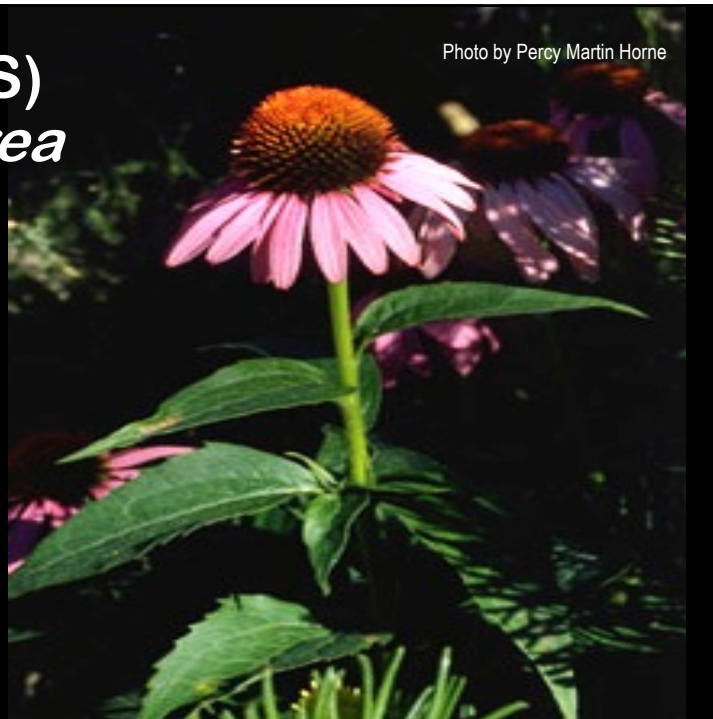


Photo by Percy Martin Horne

Pink Yarrow FE (FES)

Achillea millefolium var. rubra

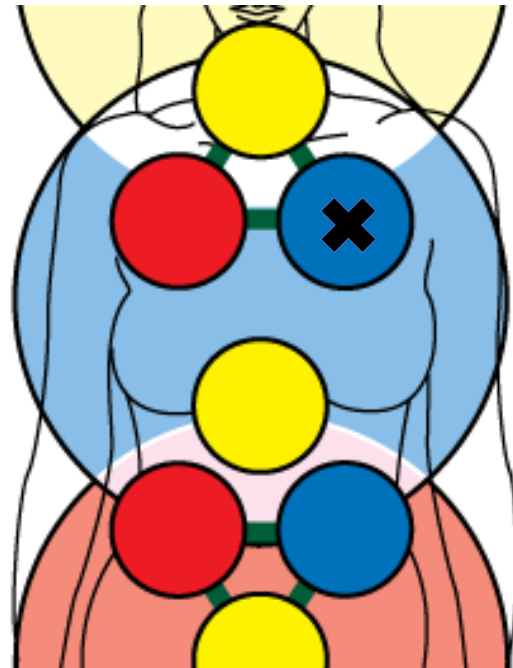
- For people who are overly sympathetic to the point that they absorb the emotions of others, emotional “sponges”
- They are highly influenced by other people’s negative emotions and can’t tell the difference between their own emotions and the emotions of others
- They may even become ill due to absorbing negative energy from others
- Helps create clear emotional boundaries and a recognition of what is not my “stuff” emotionally



Photo by Steven Horne

Heart Center (5)

- Just above left breast
- Physically is the area where life-giving blood is distributed to all tissues of the body, emotional “brain”
- Energetically represents ability to connect with others, to form social relationships and to care for other people or things
- Emotional seat of love, mercy, kindness, compassion, empathy



Flower Essences for Heart Energy

- Beech: critical, judgmental, intolerant.
- Bleeding Heart: possessiveness, need to let go.
- California Wild Rose: apathy, unable to catalyze forces of heart.
- Chicory: possessive, needy, demanding, self-centered.
- Fuchsia: false states of emotionality.
- Holly: feeling cut off from love, jealousy.
- Love-Lies-Bleeding: Intense personal suffering, loneliness
- Mallow: socially insecure, afraid to reach out.
- Poison Oak: fear of intimate contact, overprotective.
- Sweet Chestnut: profound despair and anguish.
- Yerba Santa: constriction in chest, internalized grief.

Holly (Bach, HH) *Ilex aquifolium*

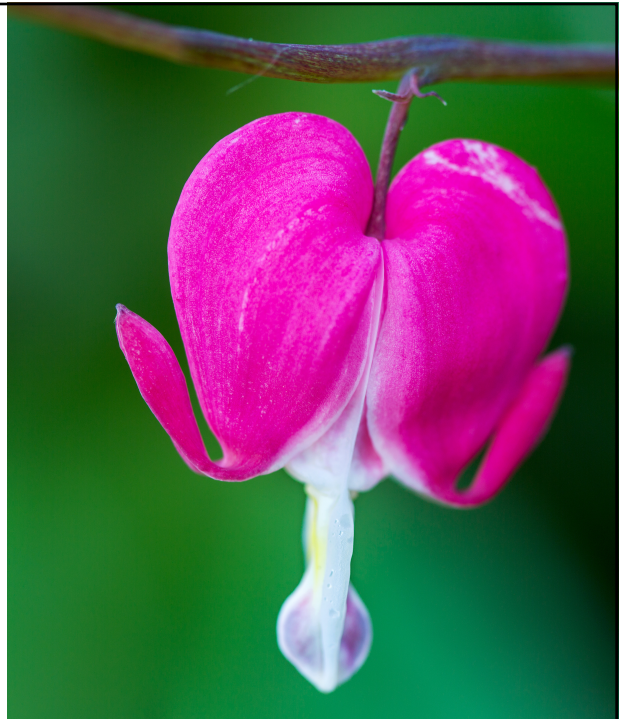
- Feeling deprived of or “cut off” from love
- Seeing love as limited giving rise to jealousy, envy, suspicion and anger
- Helps a person feel love (from others) and extend love to others
- Helps a person find a more universal sense of love through the experience of compassion and openness of heart



Bleeding Heart (FES) *Dicentra formosa*

- Forming of relationships based on fear or possessiveness
- Emotional co-dependence
- Helps a person “let go” in death, divorce and breakups (especially when blended with rose)
- Helps a person learn to love unconditionally
- Teaches the lesson that love only exists in freedom, not in control

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Chicory (Bach, HH) *Cichorium intybus*

- Expressing love by being possessive and needy
- Demanding attention and seeking attention through negative behavior
- Selfish, self-centered idea of love
- Sense of inner neediness
- Promotes self-less love and the giving of self
- Helps a person respect the freedom, boundaries and individuality of those they love (desire)





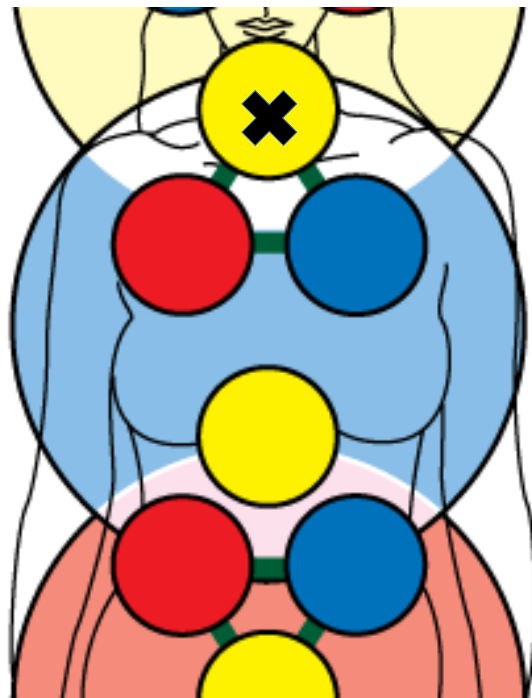
Love Lies Bleeding *Amaranthus caudatus*

- Helps people who are suffering intensely due to feeling alone in their suffering
- It helps a person find meaning in their suffering and to recognize that they are not alone in their suffering
- Helps a person move past personal pain to create more compassionate awareness, that is understanding the pain of others

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Throat Center (4)

- Over thyroid and voice box (base of throat)
- Physically is the home of the thyroid and voice box, connects the head to to the chest
- Energetically represents the ability to communicate, to connect reason with emotion, to express one's thoughts and feelings to others
- Emotional seat of the sense of communion and "knowing" someone



Flower Essences for Throat Energy

- **Calendula:** tendency to use sharp or cutting words, argumentative.
- **Cerato:** doubting self, uncertainty.
- **Cosmos:** unorganized, unfocused in communication.
- **Forget-me-not:** lack of awareness of spiritual connections to others.
- **Heather:** overly talkative in self-concerned manner.
- **Larch:** self-censorship, lack of communication.
- **Larkspur:** self-aggrandizing leadership.
- **Snapdragon:** verbally abusive and hostile.
- **Trumpet Vine:** lack of vitality or force in self-expression.

Larch (Bach, HH) *Larix decidua*

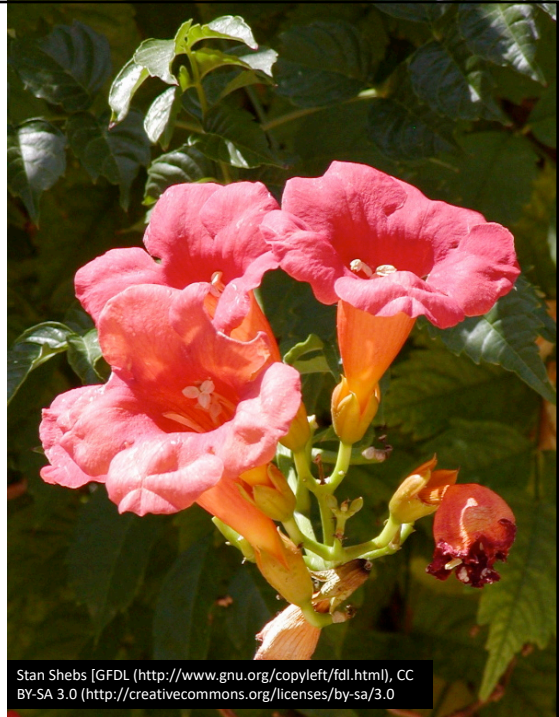
- Self doubt and poor self esteem
- Expectation of failure that inhibits a person from even trying
- Self-censorship, afraid to speak up for fear of being criticized or being wrong
- Helps with confidence and self expression
- Opens the throat energy center
- Aids spontaneity and creative expression

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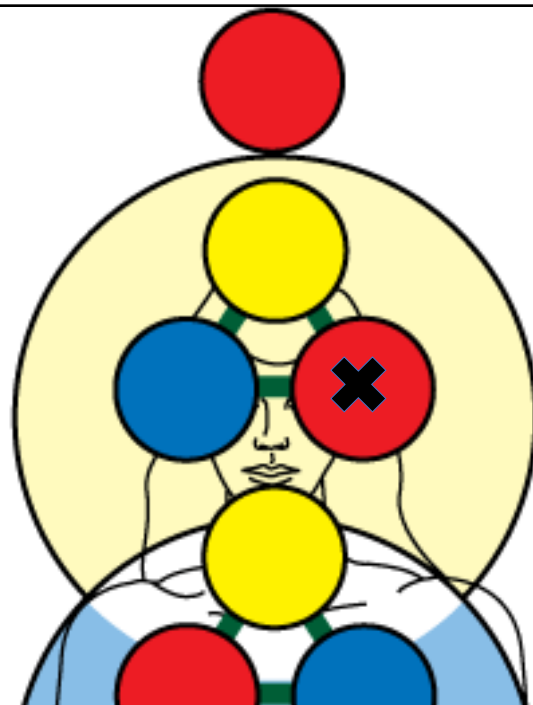
Trumpet Vine (FES) *Campsis radicans*

- Lack of vitality and passion in self-expression
- Mechanical, dull speech
- Speech impediments like stuttering
- Inability to be speak up and express oneself with passion
- Difficulty speaking clearly
- Helps a person become more articulate and passionate in verbally expressing themselves



Left Brain Center (3)

- Over left temple (left brain controls right side of the body)
- Physically is the home of rational thought, mathematical and logical skills, classification, language, reasoning and observation
- Energetically represents the ability to discard what does not make "sense," and to organize things we observe and learn
- Mental "control" of emotions (self-discipline)



Flower Essences for Left Brain

- **Blackberry:** Enhances ability to take action on one's goals
- **Chestnut Bud:** repeating errors, unable to learn from experience
- **Cosmos:** inability to focus, integrates thought and speech
- **Madia:** overcomes distraction, helps a person pay attention to details
- **Peppermint:** promotes general mental alertness and focus
- **Rabbitbrush:** ability to master handling many details at the same time
- **Rosemary:** enhances memory

Chestnut Bud (Bach, HH) *Aesculus hippocastanum*

- Poor observation of life
- Failure to learn from life's experiences
- Repeating old behavior patterns which retard personal development
- Helps a person learn from experience
- Helps with understanding the law of karma
- Aids in acquiring wisdom from life



Madia (FES) *Madia elegans*

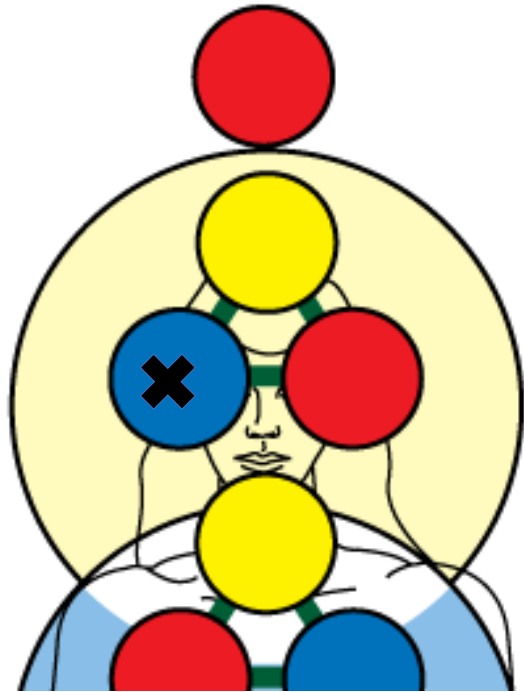
- For people who are easily distracted
- Difficulty concentrating
- Being “spacey”
- Can be helpful for season distress, particularly in the summer
- Feeling listless and distracted in hot weather
- Helps a person become more centered and focused
- Aids precise thinking and concentration

Photo © Richard Katz and Flower Essence Services



Right Brain Center (2)

- Over right temple (right brain controls left side of the body)
- Physically is the home of creative thought, artistic and body skills, the ability to see connections, emotion and intuition
- Energetically represents the ability to see the big picture, how things are connected, to receive new information and ideas
- Mental understanding of emotions (creative expression)



Flower Essences for Right Brain

- Aloe Vera: Feeling burned out from intense activity, overuse of creative energies
- Dogwood: Helps promote graceful movement in the body,
- Hound's Tongue: materialistic view of the world, combines thinking and imagination, helps a person use both hemispheres of the brain
- Indian Paintbrush: Enhances creative energy, brings vitality to creative expression
- Nasturtium: For those who tend to be overly dry and intellectual
- Shasta Daisy: Enhances ability to synthesize ideas into a meaningful whole

Indian Paintbrush (FES) *Castilleja miniata*

- Creative people who suffer from exhaustion and low vitality
- Helps bring artistic forces into physical expression
- Restores creativity and vitality
- Promotes artistic, creative activity

Photo by Steven Horne



Aloe Vera (FES)

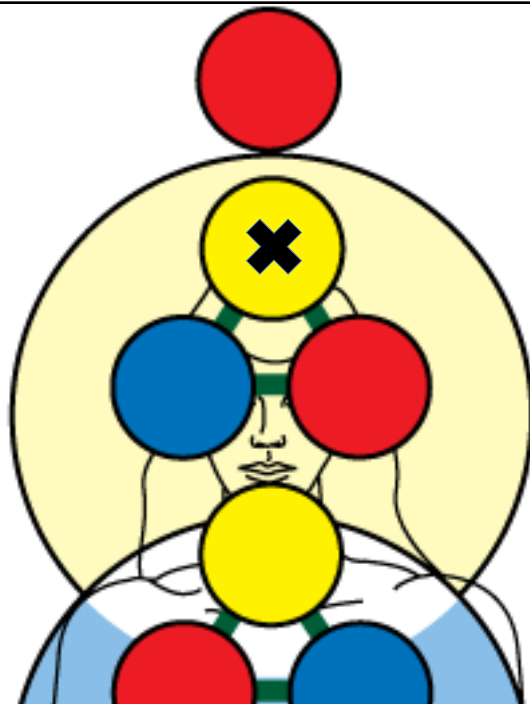
Aloe vera

- Burning the candle at both ends
- Overusing fiery, creative energy
- Workaholic tendencies that deplete emotional energy
- Not taking care of one's physical and emotional needs due to being "driven" by work
- Helps a person balance their strong will with feelings of the heart
- Helps one feel "juicy" and full of life, rather than dried out in their work



Third Eye Center

- Center of the forehead
- This area has been connected to the pineal gland and has been called the "third eye" or "inner eye"
- Energetically it represents the ability to receive knowledge from a "higher source" than the senses, it is the ability to see the part and the whole (both the forest and the trees) at once
- Mental integration of emotions (inspiration, intuition)



Flower Essences for the Third Eye

- **Angelica:** feeling cut off and lacking spiritual guidance
- **Black-eyed Susan:** avoidance or repression of painful or traumatic parts of the personality
- **Chaparral:** clears psychic toxins, relieves nightmares
- **Golden Ear Drops:** helps access and release trauma from childhood
- **Monkshood:** repression of spiritual nature
- **Mullein:** unable to hear inner voice of conscience
- **Purple Monkeyflower:** fear of occult or spiritual experiences, ritualistic abuse victims
- **Queen Anne's Lace:** not wanting to see what is, harmonizes third eye and navel energy centers
- **Sage:** unable to see higher meaning/purpose/wisdom in life
- **Star Tulip:** feeling hardened or cut off, unable to meditate or pray

Purple Monkeyflower (FES) *Mimulus kelloggii*

- **Fear of the occult or spiritual experiences**
- **Fear of "going astray," departing religious conventions of the family**
- **Helpful for healing the terror associated with ritualistic abuse**
- **Helpful for hallucinations, fear or paranoia associated with drug abuse**
- **Promotes inner calm and clarity about spiritual experiences**
- **Helps one trust one's own spiritual guidance**
- **Promotes love-based, rather than fear-based spirituality**

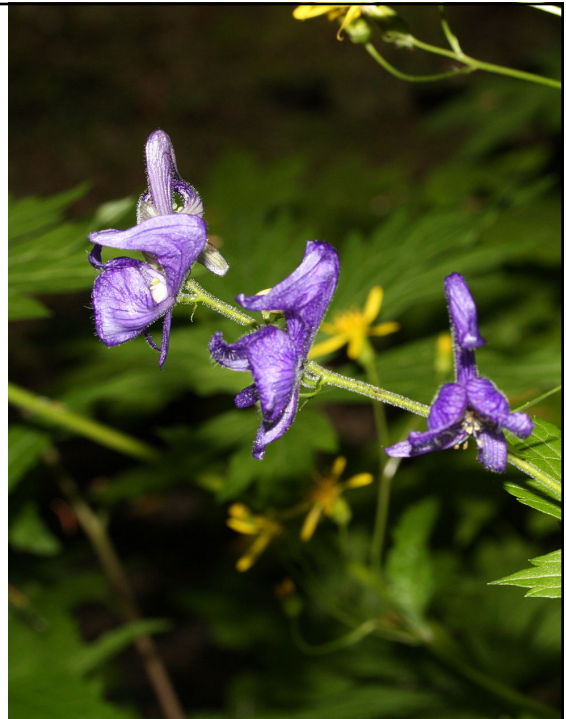
By Eric in SF (Own work) [CC BY-SA 3.0 (<http://creativecommons.org/licenses/by-sa/3.0/>) or GFDL (<http://www.gnu.org/copyleft/fdl.html>)], via Wikimedia Commons



Monkshood (RL) *Aconitum columbianum*

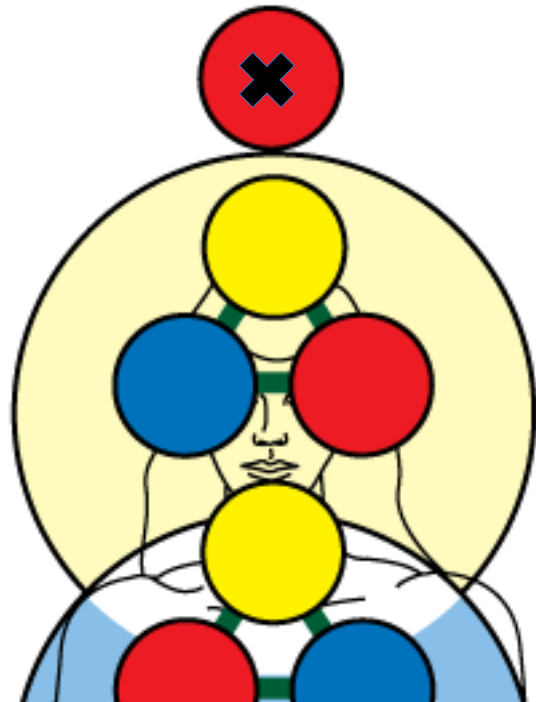
- Repression of spiritual capacities due to fear
- Traumatic memories, due to trauma or ritualistic abuse
- Hidden cultic or sexual behavior
- Fear of spiritual experiences
- Cultivates positive and courageous spiritual leadership
- Helps open one to spiritual experiences that are well integrated with social and moral values

"Aconitum columbianum 6017" by Walter Siegmund (talk)
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Crown Center (0, 12)

- On the top of the head, over where the hair swirls on top
- There is a soft spot or opening here in the skull here in the infant, which closes after birth
- Energetically it represents the ability to connect to the "higher" or spiritual realms
- Emotional sense being alive, awakened, alert, focused and present



Flower Essences for Crown Energy

- Angel's Trumpet – fear of death, denial of the spiritual world
- Arnica – unconsciousness, shock, disconnection
- Fringed violet – damage to the aura, lingering effects of trauma
- Manzanita – feeling estranged from the earthly world, half dead, half alive, aids embodiment
- Mariposa Lily – Heals mother/infant bonding
- Shooting Star Pre-eminent flower essence for birth or early childhood trauma, helps embodiment and grounding



Manzanita FE (FES) *Arctostaphylos viscida*

- For people who feel disconnected from their body and the physical world
- They may feel their body is ugly or “bad”
- Tendency to eating and sleeping disorders (bulimia or anorexia)
- Person is “half-dead, half-alive”
- Helps a person connect to their body in a joyful, sacred way
- Aids embodiment

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Shooting Star *Dodecatheon hendersonii*

- This is a remedy for birthing trauma, not feeling wanted, or other issues that make one afraid to be fully live
- It helps bring a person into their body and accept earth life
- It's helpful for people who are "spaced out," "beside themselves" or just plain "out of it"
- Combines well with mariposa lily

Photo: FES Services

