

ALASKA FLOWER ESSENCES

ALDER (*Alnus crispa*)

Indications: taking life at surface value; unable to see what one senses to be true.

Healing Qualities: promotes clarity of perception on all levels: helps us integrate seeing with knowing so that we can recognize our highest truth in each life experience

Emotional Considerations: Awareness, Clarity, Knowing, Observance, Perception, Sight, Vision

ALPINE AZALEA (*Loiseleuria procumbens*)

Indications: self-doubt; withholding love from ourselves; unable to have compassion for ourselves.

Healing Qualities: helps us achieve unconditional self-acceptance through the release of self-doubt; opens our hearts to the spirit of love: teaches us compassion through understanding.

Emotional Considerations: Acceptance, Compassion, Energy, Forgiveness, Heart, Judgement, Love, Nature, Opening, Release, Vitality

BALSAM POPLAR (*Populus balsamifera*)

Indications: inconsistent emotional and sexual response, often resulting from shock and trauma or a lack of grounding.

Healing Qualities: for the release of physical and emotional tension associated with sexual trauma; balances the circulation of life force energy in the body; helps to ground and synchronize our sexual energy with planetary cycles and rhythms.

Emotional Considerations: Abuse, Alignment, Animals/Animal Care, Balancing, Childbirth, Flow, Massage Therapy/Body Work, Premenstrual, Release, Sensuality/Sexuality, Stabilize, Strengthening, Synchronize

BLACK SPRUCE (*Picea mariana*)

Indications: contracted view of life; tendency to forget information learned from past experiences: out of touch with the wisdom of the soul family.

Healing Qualities: promotes the integration of information from past lessons and experiences into present time awareness; helps us access eternal and archetypal wisdom from the collective consciousness of the Earth.

Emotional Considerations: Ancestral Healing, Attunement, Consciousness, Integration, Remembering, Wisdom

BLADDERWORT (*Utricularia vulgaris*)

Indications: caught up in illusion; unable to make decisions that support one's highest good; often deceived or taken advantage of; lack of discernment.

Healing Qualities: helps us shatter illusion through clear inner knowing; promotes discernment when faced with dishonesty in others; strengthens our ability to perceive the truth regardless of the confusion that surrounds it.

Emotional Considerations: Awareness, Certainty, Death & Dying, Discernment, Honesty, Insight, Seeing, Truth, Vision

BLUE ELF VIOLA (*Viola sp.*)

Indications: unable to express anger in a clear and nonviolent way; difficulty resolving conflict, especially in group situations.

Healing Qualities: dissipates the protective energy that has been built up around our anger, rage, and frustration: helps us understand the issues at the root of these emotions so they can be expressed in a clear and heart centered way.

Emotional Considerations: Ancestral Healing, Anger, Centering, Death & Dying, Expression, Forgiveness, Frustration, Heart, Inner Child, Releasing, Resentment, Resolution

BLUEBERRY POLLEN

Indications: lack of belief in our ability to manifest abundance; low prosperity consciousness; difficulty receiving from others and from the Earth.

Healing Qualities: helps us expand on all levels to accommodate abundance; facilitates the release of mental and emotional attachments that limit our ability to manifest higher purpose in physical form.

Emotional Considerations: Abundance, Allowing, Attraction, Clutter Clearing, Gratitude, Limitation, Manifesting, Opening, Perception, Potential, Realize, Releasing, Renew

BOG BLUEBERRY (*Vaccinium uliginosum*)

Indications: conditional acceptance of abundance; attachment to the form in which anything manifests in one's life.

Healing Qualities: for neutralizing the beliefs that limit the experience of abundance on all levels; encourages us to open to the abundance that is offered with acceptance and gratitude.

Emotional Considerations: Abundance, Acceptance, Attachment, Circulation, Clutter Clearing, Interaction, Limitation, Manifesting, Potential

BOG ROSEMARY (*Andromeda polifolia*)

Indications: lacking trust; immobilized by a fear of the unknown; inability to take risks in order to grow or heal.

Healing Qualities: promotes the release of fear and resistance held deep in the heart; strengthens trust in Divine healing and support.

Emotional Considerations: Accommodate, Belief, Death & Dying, Fear, Guidance, Intuit, Opening, Resistance, Strengthening, Support, Transcend, Trust

BUNCHBERRY (*Camus canadensis*)

Indications: lack of mental focus; easily distracted by or caught up in the emotional turmoil of others; sense of not having enough time to complete tasks.

Healing Qualities: promotes coherent thinking; helps us become aware of and then release our attachment to distraction; promotes mental steadfastness, focus, and emotional clarity in demanding situations.

Emotional Considerations: Alignment, Attachment, Boundaries, Children, Clarity, Concentration, Confusion, Emergency, Focus, Patience, Releasing, Will

CASSANDRA (*Chamaedaphne caryoculata*)

Indications: anxiousness: difficulty shifting one's attention to an inner focus; unable to relax into deeper levels of meditation.

Healing Qualities: calming; encourages stillness of mind; enables us to perceive life from a quiet inner perspective.

Emotional Considerations: Attunement, Communication, Insight, Listening, Meditation, Realization, Stillness

CATTAIL POLLEN (*Typha latifolia*)

Indications: weakened by connections and involvements which no longer serve one's highest truth; difficulty standing up for oneself; feeling unsupported by others.

Healing Qualities: helps one connect with the personal truth that illuminates one's chosen life path, and with the inner strength to act in alignment with this truth.

Emotional Considerations: Alignment, Attraction, Communication, Courage, Death & Dying, Empowerment, Life-Purpose, Protection, Stability, Truth

CHIMING BELLS (*Mertensia paniculata*)

Indications: depressed; despondent; disheartened; no joy in one's day-to-day existence; feeling a lack of support and stability at a basic level.

Healing Qualities: encourages the experience of joy, peace, and stability at the physical level of our beings; helps us open our hearts to the loving energy of the Divine Mother.

Emotional Considerations: Death & Dying, Depression, Fear, Hope, Inspiration, Joy, Mother, Nourishment, Optimism, Peace, Receptivity, Regeneration, Renewal, Sadness, Space Clearing, Support, Transformation

COLUMBINE (*Aquilegia formosa*)

Indications: weak sense of self; judging one's appearance in comparison to others; unable to appreciate one's own unique or distinctive beauty.

Healing Qualities: helps us appreciate our own unique and personal beauty, regardless of how it differs from others; strengthens our sense of self and helps us project ourselves outward for others to see.

Emotional Considerations: Abundance, Acceptance, Identity, Image, Individuality, Integrity, Radiance, Release, Self-Acceptance, Self-Appreciation, Strengthening

COMANDRA (*Geocaulon lividum*)

Indications: visionary abilities undeveloped or ungrounded and therefore of no practical use; focus of one's perceptions limited to the gross, material aspects of the physical world.

Healing Qualities: support for maintaining the necessary perspective on both the seen and unseen worlds as we move through the current dimensional shift; opens the heart to be a bridge between the third and fourth dimensions; helps us develop our potential to see the physical world from a higher perspective.

Emotional Considerations: Awareness, Communication, Focus, Gardening, Intuition, Nature, Opening, Perception, Sensitivity, Understanding, Vision

COTTON GRASS (*Eriophorum sp.*)

Indications: shock and trauma resulting from an accident or injury of any kind; fixating on one's discomfort rather than on the healing process; unable to completely heal an old injury because of a lack of awareness of what led to its creation.

Healing Qualities: helps a person come to an understanding of the core issues that led to an accident or injury so that they can release the physical, emotional, and mental trauma associated with it.

Emotional Considerations: Abuse, Accidents, Ancestral Healing, Animals/Animal Care, Assimilation, Attachment, Children, Completion, Death & Dying, Dental Care, Earth Healing, Grief, Grounding, Inner Child, Perspective, Recovery, Regeneration, Regrowth, Release, Renewal, Restoration, Shock, Suffering, Surrendering, Trauma

COW PARSNIP (*Heracleum lanatum*)

Indications: ungrounded: feeling cut off from one's roots; unsure of one's inner direction; difficulty connecting with or adapting to new surroundings after a move.

Healing Qualities: promotes inner strength; assists with the process of adapting to a new environment: encourages peace of mind and contentment with present circumstances, even during times of intense transition and change.

Emotional Considerations: Belonging, Change, Connection, Grounding, Homeless, Peace, Transition, Travel

DANDELION (*Taraxacum officinale*)

Indications: lack of awareness of the deeper mental attitudes that lead to chronic muscular tension; difficulty releasing emotional energy stored in the body.

Healing Qualities: promotes awareness and release of emotional tension held in muscle tissue; increases bodymind communication so we are better able to identify the underlying issues and attitudes that lead to the creation and holding of tension in our bodies.

Emotional Considerations: Agitation, Awareness, Communication, Ease, Flexibility, Integration, Massage Therapy/Body Work, Relaxation. Release. Resilience, Stress, Travel

FIREWEED (*Epilobium angustifolium*)

Indications: shock or trauma; energy stagnation on any level; feeling burned out; weak connection to the earth.

Healing Qualities: strengthens the grounding connection to the earth; helps break up and move out old energy patterns that are being held in the etheric body so that new cycles of revitalization and renewal can be initiated.

Emotional Considerations: Abuse, Alignment, Ancestral Healing, Animals/Animal Care, Balance, Cleansing, Earth Healing, Emergency, Energy, Etheric, Grounding, Loss, Overwhelmed, Recover, Regenerate, Rejuvenation, Release, Restoration, Revitalize, Shock, Transformation, Trauma

FORGET-ME-NOT (*Myosotis alpestris*)

Indications: feeling separate; difficulty connecting to the spiritual dimension; deeper connections with others blocked by subconscious fears; feeling guilty about past actions.

Healing Qualities: facilitates the release of fear, guilt, and pain held in the subconscious; enables us to regain respect and compassion for ourselves and for others.

Emotional Considerations: Fear, Guidance, Inner Child, Innocence, Joy, Presence, Releasing, Remembering, Respect, Spiritual, Unification

FOXGLOVE (*Digitalis purpurea*)

Indications: fear of the unknown; lack of perspective on how to deal with a challenging situation; unable to see the lesson or issue at the heart of a conflict or difficulty.

Healing Qualities: stimulates the release of fear and emotional tension; enables our perceptions to expand to connect with the truth of the situation.

Emotional Considerations: Cleansing, Compassion, Courage, Energy, Fear, Flow, Heart, Insight, Limitation, Love, Perception, Perspective, Releasing, Seeing

GOLDEN CORYDALIS (*Corydalis aurea*)

Indications: cannot get all of one's talents and skills to work together in a focused way; overwhelmed by new experiences; cannot make sense of how one's life fits together.

Healing Qualities: supports the reintegration of identity after an experience of deep transformation: helps us establish and maintain a link with the higher self that facilitates the integration of life experience according to the needs of the soul.

Emotional Considerations: Ancestral Healing, Assimilation, Clutter Clearing, Communication, Cooperation, Creativity, Focus, Integration, Overwhelmed, Synthesis

GRASS OF PARNASSUS (*Pamassia palustris*)

Indications: difficulty maintaining one's energy level in toxic or crowded environments; subtle bodies need to be cleansed and reenergized.

Healing Qualities: showers all levels of the energy system with the cleansing and nourishing benefits of Light; helps us bring past experiences to completion on all levels.

Emotional Considerations: Completion, Energize, Environment, Light, Massage Therapy/Body Work, Meditation, Nourish, Purify, Recharge, Rejuvenate, Space Clearing

GREEN BELLS OF IRELAND (*Molucella taevis*)

Indications: ungrounded; lacking a conscious heart connection to the natural world; unaware of the light and intelligence present in nature.

Healing Qualities: opens our conscious awareness to the light and intelligence present in nature; helps the newly born greet the earth; strengthens the energetic connection between the physical body and the earth.

Emotional Considerations: Animals/Animal Care, Attunement, Awareness, Belonging, Birth, Bonding, Childbirth, Children, Communication, Connection, Grounding, Heart, Nature, Newborn

GREEN BOG ORCHID (*Platanthera obtusata*)

Indications: sensitivity to the self and others blocked by pain and fear held deep in the heart; lack of trust in one's deeper motivations; difficulty communicating from the heart.

Healing Qualities: stimulates the gentle release of pain and fear from deep levels of the heart; expands awareness of one's inner nature: supports the development of a heart connection with others and with the nature kingdoms.

Emotional Considerations: Awareness, Compassion, Devotion, Earth, Energy, Gardening, Harmony, Heart, Love, Non-Judgment, Open-Hearted, Perception, Presence, Releasing, Seeing

GREEN FAIRY ORCHID (*Hammaroya paludosa*)

Indications: core imbalance between the masculine and feminine aspects of the self; difficulty resolving conflicts within the heart; maintains separation through defensiveness.

Healing Qualities: helps us create a level of honesty in the heart where nothing is hidden: expands the heart so that it may contain the fullness of the inner male and inner female.

Emotional Considerations: Acceptance, Affinity, Balance, Embodiment, Energy, Harmony, Heart, Mastery, Oneness, Unification, Vision

GROVE SANDWORT (*Moehringia lateriflora*)

Indications: feeling a lack of physical and emotional nurturing; weak bonding connections between mother and child; feeling unsupported by the earth.

Healing Qualities: helps us establish clear energetic communication with the earth; supports a nurturing relationship between the earth and all living beings; strengthens physical and emotional bonds between mothers and children.

Emotional Considerations: Animals/Animal Care, Awareness, Bonding, Childbirth, Children, Communication, Connection, Gardening, Inner Child, Mother, Newborn, Nourishment, Nurturing, Separation, Travel

HAIRY BUTTERWORT (*Pinguicula villosa*)

Indications: unable to acknowledge or trust in higher guidance and support, especially when confronted with a challenging situation or life lesson; lack of awareness of the core issues that need to be addressed in order to resolve a situation.

Healing Qualities: helps us consciously access the support and guidance we need in order to move through transition, conflict, or difficulty with ease, grace, and deep understanding, and without the creation of crisis or illness.

Emotional Considerations: Acceptance, Acknowledge, Authority, Change, Childbirth, Communication, Faith, Grace, Guidance, Higher Self, Listen, Peace, Support, Surrender, Transformation, Transition, Trust

HAREBELL (*Campanula lasiocarpa*)

Indications: feeling unloved and cut off from the Source; looking for love outside of oneself.

Healing Qualities: helps us remove self-imposed limitations to opening all areas of our life to Universal Love and the presence of the Divine.

Emotional Considerations: Allowing, Balance, Energy, Heart, Independence, Integrity, Limitation, Love, Perseverance, Resistance, Safety

HORSETAIL (*Equisetum arvense*)

Indications: distorted communication with other levels of one's consciousness; difficulty communicating with the higher selves of others, including animals.

Healing Qualities: connectedness; opens and expands channels of communication between the conscious, subconscious, and super-conscious levels of our beings; improves inter-species communication.

Emotional Considerations: Animals/Animal Care, Communication, Consciousness, Guidance, Meditation, Nature, Network, Resonance

ICELANDIC POPPY (*Papaver islandica*)

Indications: conditional about how we welcome spirit into our lives; survival, sexual, and spiritual aspects of life not integrated.

Healing Qualities: supports the gentle unfoldment of spiritual receptivity: strengthens our capacity to integrate and radiate spiritual energy into all aspects of our lives.

Emotional Considerations: Focus, Glow, Identity, Light, Opening, Radiance, Receptivity, Spiritual, Truth

JACOB'S LADDER (*Polemonium pulcherrimum*)

Indications: unclear about intention or motivation: lacking trust in the spiritual world: attempting to mentally control life in order to fulfill needs and desires.

Healing Qualities: aligns intention and motivation with the higher self; helps us move from trying to “figure things out” to a place of opening to receive the wisdom that is available in each moment.

Emotional Considerations: Acceptance, Control, Discipline, Inspiration, Intention, Openness, Releasing, Stress, Surrender, Trust

LABRADOR TEA (*Ledum palustre*)

Indications: addictions: attempting to balance one extreme with another; extreme imbalance in any area of life; difficulty coming back to center after a traumatic or unsettling experience.

Healing Qualities: centers energy-in the body-in the moment: relieves stress associated with the experience of extremes; helps us continually learn a new perspective of balance.

Emotional Considerations: Addictions, Balance, Centering, Death & Dying, Emergency, Energy, Exhaustion, Harmony, Overwhelmed, Perspective, Recovery, Stability, Stress, Trauma, Travel, Unity

LACE FLOWER (*Tiarella trifoliata*)

Indications: lack of awareness, acceptance or appreciation of our own natural beauty and intrinsic value; feeling insignificant; unsure of how our personal or professional contributions fit into the whole.

Healing Qualities: strengthens self-acceptance and our sense of self-worth: promotes the realization of how each person's unique contribution enriches the whole.

Emotional Considerations: Abundance, Dignity, Grace, Individuality, Poise, Release, Self-Appreciation, Value

LADIES' TRESSES (*Spiranthes romanzoffiana*)

Indications: lack of awareness of the connection between our life lessons and our life purpose: difficulty reconnecting with the body after a serious injury or traumatic experience.

Healing Qualities: promotes deep internal realignment with life purpose through the release of trauma held at the cellular level; helps us reconnect energetically with parts of the body that have been injured or traumatized.

Emotional Considerations: Alignment, Awareness, Childbirth, Children, Clarity, Death & Dying, Enthusiasm, Interest, Life-Purpose, Potential, Rebirth, Releasing, Shock, Transformation, Trauma

LADY'S SLIPPER (*Cypripedium guttatum*)

Indications: lack of sensitivity to the flow of energy in and around the body; resistance to receiving healing energy from others.

Healing Qualities: regulates circulation in all of the major energy pathways; increases awareness of the flow of subtle energy in and around the body; helps us receive, focus and direct healing energy for ourselves and others.

Emotional Considerations: Awareness, Balance, Circulation, Energy, Flow, Focus, Inner Child, Massage Therapy/ Body Work, Opening, Regulate, Space Clearing

LAMB'S QUARTERS (*Chenopodium album*)

Indications: perspective limited to what we can understand with the mind: lacking balance and harmony between the mind and heart, the rational and the intuitive.

Healing Qualities: heals separation between the heart and mind; balances the power of the mind with the joy of the heart.

Emotional Considerations: Balance, Flexible, Heart, Heart-Centered, Inspired, Integration, Intention, Intuitive, Open-Minded, Perspective, Surrendering

MONKSHOOD (*Aconitum delphinifolium*)

Indications: difficulty being in close physical contact with others; confused sense of spiritual identity; fearful of contacting the shadow self.

Healing Qualities: provides protection and support for getting in touch with the deepest levels of the inner self: strengthens our ability to interact with others by fostering a clear recognition of our own divine identity.

Emotional Considerations: Animals/Animal Care, Awareness, Boundaries, Courage, Fear, Fearlessness, Guidance, Identity, Light, Oversensitive, Presence, Protection

MOSCHATEL (*Adoxa moschatelina*)

Indications: overly intellectual focus on life; believing that everything must come through struggle; creating without joy.

Healing Qualities: teaches us how to accomplish more by grounding our mental focus into the earth; helps us learn how to co-create with nature through celebration and play.

Emotional Considerations: Attunement, Celebrate, Co-Create, Communication, Cultivate, Exhaustion, Gardening, Harmonize, Intuition, Nurture, Opening, Perception, Play

MOUNTAIN WORMWOOD (*Artemisia tilesii*)

Indications: unresolved anger and resentment; cannot easily forgive the self or others for past actions regardless of the intent behind them.

Healing Qualities: stimulates the healing of old wounds and the release of resentment; supports us in surrendering unforgiven areas within ourselves and in our relationships with others.

Emotional Considerations: Anger, Attachment, Compassion, Contentment, Death & Dying, Father, Forgiveness, Freedom, Peace, Relationships, Releasing, Resentment, Resolution, Surrender

NORTHERN LADY'S SLIPPER (*Cypripedium passerinum*)

Indications: weak body/soul connection; traumatic birth experience; pain and trauma held very deeply in the body.

Healing Qualities: nurturing energy for the healing of core traumas and wounds that are being held very deeply in the body; helps us allow our beings to be touched and healed by infinite gentleness.

Emotional Considerations: Abuse, Animals/Animal Care, Belonging, Birth, Children, Feminine, Focus, Inner Child, Life-Purpose, Nurturing, Opening, Purpose, Resistance, Safety, Suffering, Trauma

NORTHERN TWAYBLADE (*Listera borealis*)

Indications: resistance to opening to the subtle aspects of our own consciousness; unable to integrate our spiritual wisdom and divine nature with our most basic needs.

Healing Qualities: helps us ground our sensitivity to the subtle realms more fully into our physical body and life experience; helps us enlighten our most basic needs, instincts, and mundane realities with the finest aspects of our spiritual wisdom.

Emotional Considerations: Attunement, Awareness, Focus, Heart, Integration, Nature, Perception, Seeing, Sensitivity, Sight

ONE-SIDED WINTERGREEN (*Pyrola secunda*)

Indications: dysfunctional energy boundaries; strongly influenced by other people's energy; unaware of how one's energy and actions affect others.

Healing Qualities: helps sensitive people become aware of how they impact and are impacted by others; teaches us how to work in close proximity with others without losing our center; helps us create functional energy boundaries based on an awareness of our own sensitivities.

Emotional Considerations: Attraction, Awareness, Boundaries, Clutter Clearing, Embodiment, Individuality, Life-Purpose, Protection, Resonance, Sensitivity, Truth

OPIUM POPPY (*Papaver somnifera*)

Indications: unable to find balance between activity and rest; deep exhaustion; unaware of past accomplishments; difficulty understanding and integrating lessons and experiences.

Healing Qualities: for finding a balance between doing and being; helps us integrate previous experiences so we may live more fully in the present.

Emotional Considerations: Balance, Exhaustion, Integration, Motivation, Peace, Perspective, Rest, Stillness, Wisdom

PAPER BIRCH (*Betula papyrifera*)

Indications: confusion or disorientation about the direction life should take; unable to connect with deeper levels of insight regarding life purpose.

Healing Qualities: encourages a gentle unveiling of the true and essential self that is present within; helps us gain a clearer perspective of our life purpose and how to live it.

Emotional Considerations: Alignment, Anxiety, Awareness, Clarify, Commitment, Confidence, Continuity, Decision, Determination, Feminine, Honesty, Intention, Life-Purpose, Meditation, Motivation, Perspective

PINEAPPLE WEED (*Matricaria matricarioides*)

Indications: lack of harmony with our physical environment; unaware of the support and nurturing that is available from nature; weak nurturing bond between mother and child.

Healing Qualities: helps us maintain a calm awareness of ourselves and our surroundings so that we can remain free from injury and risk; promotes harmony between mothers and children, and between humans and the earth.

Emotional Considerations: Animals/Animal Care, Awareness, Children, Communication, Connection, Freedom, Grace, Harmony, Mothering, Newborn, Safe, Safety, Synchronized

PRICKLY WILD ROSE (*Rosa acicularis*)

Indications: lacking trust and faith; feeling hopeless; apathetic and disinterested in life; unable to keep the heart open when involved in adverse circumstances.

Healing Qualities: helps us remain openhearted when we are faced with conflict and struggle; builds trust; encourages openness and a courageous interest in life.

Emotional Considerations: Apathy, Courage, Excitement, Hope, Hopelessness, Interest, Joy, Optimism, Restoration, Trust, Vulnerability, Wonder

RIVER BEAUTY (*Epilobium latifolium*)

Indications: emotional devastation; overwhelmed by grief, sadness, or a sense of loss; shock and trauma from emotional or sexual abuse.

Healing Qualities: an essence of emotional recovery, reorientation and regeneration; helps us start over after emotionally devastating experiences; empowers us to use adverse circumstances as incentive for cleansing and growth.

Emotional Considerations: Abuse, Agitation, Animals/Animal Care, Attachment, Calm, Completion, Earth Healing, Emergency, Grief, Joy, Loss, Premenstrual, Recovery, Regeneration, Renewal, Sadness, Shock, Suffering, Transformation, Trauma

ROUND-LEAVED SUNDEW (*Drosera rotundifolia*)

Indications: attachment to the known; fearful of the unknown; would rather struggle than change; over identification with the ego; lack of communication between the lower and higher self.

Healing Qualities: for surrendering attachment to the known and letting go of resistance to the unknown; helps us bring the strength of the ego into alignment with divine will.

Emotional Considerations: Attachment, Change, Death & Dying, Detachment, Ego, Guidance, Higher Self, Perspective, Surrender, Trust, Vision, Will, Wisdom

SHOOTING STAR (*Dodecalheon frigidum*)

Indications: sense of not belonging on the earth; homesickness for a place that cannot be identified; unable to consciously understand why one is here.

Healing Qualities: strengthens one's connection to inner spiritual guidance; brings a deeper understanding of cosmic origins and earthly purpose.

Emotional Considerations: Alienation, Ambivalence, Balance, Belonging, Childbirth, Death & Dying, Embodiment, Guidance, Isolation, Life-Purpose, Meditation, Rebirth, Support

SINGLE DELIGHT (*Moneses uniflora*)

Indications: feeling isolated and alone, especially during a dark or depressing time; cloudy inner vision; unable to sense or feel the connection with one's soul family.

Healing Qualities: for those suffering from feelings of isolation; helps us open to and link energetically with other members of our soul family.

Emotional Considerations: Awareness, Belonging, Connectedness, Depression, Isolation, Light, Network, Opening, Partnership, Perception, Vision

SITKA BURNET (*Sanguisorba stipulata*)

Indications: feelings of internal discord from unknown origins; unable to locate the source of our problems in life; difficulty understanding the lessons contained within our learning experiences.

Healing Qualities: for healing the past on all levels; helps us identify issues that are contributing to internal conflict; works with an individual to bring forth the full potential for healing that lies within a given process.

Emotional Considerations: Ancestral Healing, Cleansing, Completion, Comprehension, Continuity, Death & Dying, Freedom, Illumination, Release, Remembrance, Understanding

SITKA SPRUCE POLLEN (*Picea sitchensis*)

Indications: lack of humility in one's relationship to the earth; imbalance between the masculine and feminine expressions of power within an individual; reluctance to express or exercise one's power for fear of hurting someone.

Healing Qualities: balances the masculine and feminine expressions of power within an individual; supports right action in the present moment.

Emotional Considerations: Abuse, Balance, Balancing, Ego, Father, Feminine, Higher Self, Masculine, Mastery, Power, Responsibility, Strength, Unity, Wisdom

SOAPBERRY (*Sheperdia canadensis*)

Indications: fear of the power of nature: fear of one's own power; using one's power in irresponsible, inappropriate, or unbalanced ways.

Healing Qualities: stimulates the release of tension from the heart associated with a fear of nature: helps us move through fear with an open heart: supports us in channeling the expression of power through our hearts.

Emotional Considerations: Abuse, Animals/Animal Care, Balancing, Children, Courage, Fear, Fearlessness, Harmony, Heart, Nature, Power, Release, Releasing, Respect, Responsibility

SPHAGNUM MOSS (*Sphagnum sp.*)

Indications: overly critical and judgmental of the healing journey; obsessing about the day-to-day details of one's healing process; unable to see the positive side of transformational experiences.

Healing Qualities: helps us release the need for harsh judgment or criticism of our healing journey; enables us to create a space of unconditional acceptance in the heart so that core issues can be brought there for healing.

Emotional Considerations: Abundance, Acceptance, Ancestral Healing, Compassion, Critical, Death & Dying, Emergence, Energy, Irritation, Judgement, Non-Judgement, Releasing, Seeing, Self-Acceptance, Self-Love, Support, Vision

SPIRAEA (*Spiraea beauverdiana*)

Indications: feeling unsupported by life; placing limitations on how support will be allowed into our lives; attachment to the way things are, even if they are not to our liking.

Healing Qualities: encourages unconditional acceptance of support from all sources; teaches us how to nurture and be nurtured by life through openness and gratitude.

Emotional Considerations: Acceptance, Animals/Animal Care, Attachment, Awareness, Change, Childbirth, Death & Dying, Detachment, Gratitude, Nature, Nourishment, Nurturing, Openness, Resistance, Support, Transformation

STICKY GERANIUM (*Geranium erianthum*)

Indications: feeling unfocused, lethargic, or indecisive; resistance to moving on to the next level or stage of an experience: lacking energy to reach our goals; attached to our current level of consciousness and identity.

Healing Qualities: for getting un-stuck; supports decisive and focused action; helps us move beyond previous stages of growth and self-identity.

Emotional Considerations: Activation, Childbirth, Clutter Clearing, Creativity, Efficiency, Energy, Enthusiasm, Focus, Intention, Lethargy, Limitation, Potential, Releasing, Space Clearing, Transformation

SUNFLOWER (*Helianthus annua*)

Indications: unbalanced expression of masculine energy in men or women; weak or dysfunctional relationship to the father, or to one's own identity as a father.

Healing Qualities: strengthens radiant expression of self; encourages a balanced expression of masculine energy in men and women; promotes a functional relationship with authority.

Emotional Considerations: Acceptance, Authority, Balance, Energy, Father, Gardening, Identity, Light, Masculine, Opening, Potential, Power, Strength

SWEETGALE (*Myrica gale*)

Indications: emotional energies blocked in lower chakras; emotional communication with others is defensive, lacking clarity, and is characterized by conflict, blame, and the assignment of guilt.

Healing Qualities: helps us identify and release deep emotional pain and tension that undermines the quality of our communication and interactions with others, especially in male/female relationships.

Emotional Considerations: Abuse, Attachment, Clarity, Cleansing, Communication, Defensiveness, Frustration, Inner Child, Integration, Lethargy, Receptivity, Relationships, Release, Sensitivity, Sincerity

SWEETGRASS (*Hierochfoe odorata*)

Indications: energy blockages in the etheric body; low energy flow during the day; difficulty bringing a healing process to final completion; needing to remove disharmonious energies from the home or work environment.

Healing Qualities: cleanses and rejuvenates the etheric body; brings lessons and experiences to completion on the etheric level; removes disharmonious energies from our home or work environments.

Emotional Considerations: Animals/Animal Care, Benevolence, Blessings, Cleansing, Completion, Energy, Environment, Etheric, Exhaustion, Freedom, Meditation, Purification, Regeneration, Shock, Space Clearing

TAMARACK (*Larix faricina*)

Indications: no confidence in one's unique skills and potentials; weak sense of self-identity; lacks awareness of what one is capable of.

Healing Qualities: promotes self-confidence by helping us reach a deeper understanding of our unique strengths and abilities; encourages the conscious development of individuality.

Emotional Considerations: Ability, Awareness, Confidence, Determination, Identity, Individuality, Knowing, Release, Self-Esteem

TUNDRA ROSE (*Potentiffa fruticosa*)

Indications: hopelessness: lack of inspiration and motivation; overwhelmed by the responsibilities one has taken on.

Healing Qualities: restores hope, courage and inspiration to those who have much to offer but are close to giving up; strengthens the ability to bring a more robust expression of joy and enthusiasm to the fulfillment of one's responsibilities.

Emotional Considerations: Apathy, Communication, Confidence, Courage, Death & Dying, Devotion, Fear, Higher Self, Hope, Hopelessness, Inspiration, Joy, Love, Motivation, Opening, Public Speaking, Restoration, Trust

TUNDRA TWAYBLADE (*Listera cordata*)

Indications: deep pain and anguish resulting from wounds suffered in the past; heart closed in an attempt to avoid feeling the pain that is stored there.

Healing Qualities: opens the heart to allow unconditional love complete access to areas of the body that are in need of healing; supports the clearing of trauma held at the cellular level of the body.

Emotional Considerations: Abuse, Animals/Animal Care, Confusion, Energy, Freedom, Heart, Kindness, Light, Love, Release, Sadness, Shock, Suffering

TWINFLOWER (*Linnaea borealis*)

Indications: defensive or reactive communication; unable to clearly communicate from different aspects of the self; has difficulty understanding what others are saying.

Healing Qualities: promotes balance in communication; helps us learn to listen and speak to others from a place of inner calm and focused neutrality.

Emotional Considerations: Balance, Balancing, Clarity, Communication, Critical, Defensiveness, Devotion, Heart, Listening, Neutrality, Objectivity, Overwhelmed, Presence, Public Speaking, Relationships

WHITE FIREWEED (*Epilobium angustifolium*)

Indications: deep emotional shock and trauma; profound alienation from the body after an experience of sexual or emotional abuse.

Healing Qualities: calms the emotional body after a traumatic or shocking experience; helps us release the imprint of painful emotional experiences from the cellular memory so that rejuvenation can begin.

Emotional Considerations: Abuse, Alienation, Animals/Animal Care, Ascension, Completion, Dental Care, Earth Healing, Fulfillment, Grief, Premenstrual, Recovery, Release, Resolution, Sensuality/Sexuality, Shock, Suffering, Trauma

WHITE SPRUCE (*Picea glauca*)

Indications: information overload; feeling dis-integrated; unable to apply knowledge to life's challenges; difficulty integrating how one feels with how one thinks.

Healing Qualities: grounds spiritual wisdom into the body; helps us bring logic, intuition and emotion together into unified action in the present moment.

Emotional Considerations: Attunement, Balance, Balancing, Consciousness, Integration, Remembering, Unification, Wholeness, Wisdom

WHITE VIOLET (*Viola renifolia*)

Indications: uncomfortable in closed spaces and constrained environments; fearful of losing one's identity in a group; unable to embody one's sensitivity in a comfortable way.

Healing Qualities: builds trust in the protection of the higher Self and benevolent spiritual forces; helps those who are highly sensitive or acutely aware of their surroundings maintain a strong sense of self regardless of the dynamics of their environment.

Emotional Considerations: Boundaries, Children, Comfort, Communication, Higher Self, Newborn, Oversensitive, Protection, Public Speaking, Receptivity, Safety, Security, Sensitivity, Trust, Vulnerability

WILD IRIS (*Iris setosa*)

Indications: lack of belief in one's own capacity to create; blocking creative expression because of an unwillingness to share it with others; feeling disconnected from the source of one's creativity.

Healing Qualities: opens awareness of our inherent creative potential; helps us recognize the beautiful expression of Divine creativity that we are; encourages us to share our inner beauty and creative energy freely with others.

Emotional Considerations: Creativity, Flow, Focus, Frustration, Inspiration, Manifesting, Potential, Self-Appreciation, Sharing

WILD RHUBARB (*Polygonum alaskanum*)

Indications: mental resistance and inflexibility; mind influenced by the ego; communication between the heart and mind blocked or undeveloped.

Healing Qualities: promotes mental flexibility; brings the mind into alignment with Divine Will through the heart; encourages a relaxation of inappropriate mental control; balances the rational and the intuitive.

Emotional Considerations: Balance, Cleansing, Communication, Flexibility, Heart, Knowing, Receptivity, Resilience, Stress, Trust

WILLOW (*Salix bebbiana*)

Indications: resistance to taking responsibility for one's actions or for the life one has created; unaware of how thoughts create reality.

Healing Qualities: stimulates mental receptivity, flexibility, and resilience; helps us remove our resistance to consciously creating our lives.

Emotional Considerations: Creativity, Flexibility, Joy, Manifesting, Releasing, Resilience, Resistance, Responsibility, Tenacity, Yielding

YARROW (*Achillea borealis*)

Indications: oversensitive to the environment; looking for protection from outside rather than from within the self; integrity of the aura has been compromised by injury or trauma in this or another lifetime.

Healing Qualities: seals energy breaks in the aura; strengthens the overall integrity of the energy field; helps us know and be the source of our own protection.

Emotional Considerations: Boundaries, Children, Environment, Integrity, Light, Massage Therapy/Body Work, Newborn, Oversensitive, Overwhelmed, Protection, Security, Sensitivity, Strengthening, Vulnerability

YELLOW DRYAS (*Dryas drummondii*)

Indications: feeling estranged from one's soul family; unable to sense the connective thread that links one's experiences into a coherent and understandable whole.

Healing Qualities: support for those who are exploring the edge of the known; helps one maintain an energetic connection to one's soul family during dynamic cycles of growth and change.

Emotional Considerations: Ancestral Healing, Change, Connectivity, Courage, Family, Identity, Individuality, Soul, Support, Vision