

Sierra Range of Light Remedies

ALMOND (*Prunus amygdalus*)

Positive Qualities: Ability of the heart to connect the various aspects of the soul and body to each other—the physical life forces with the light of mental acuity, the warmth of open and balanced emotions, and the vision of spiritual realities.

Patterns of Imbalance: Failure-to-thrive in infants; physical and mental development not keeping pace with each other in a normal manner; poor absorption of nutrients.

ALPINE ASTER (*Aster alpigenus*)

Positive Qualities: Facilitates meditation and spiritual pondering. Can be helpful in freeing the spirit from the physical body as death approaches.

Patterns of Imbalance: Fear of death. Fear of accepting or acting on intuition and spiritual promptings,

BLAZING STAR (*Mentzelia laevicaulis*)

Positive Qualities: Radiant and inwardly vital soul forces. Chakras and meridians are vibrant and free-flowing. A healthy balance of softer feminine water and aggressive masculine fire elements. A remedy that is particularly useful for the kidney meridian.

Patterns of Imbalance: Predominance and overabundance of the water element in the emotions. Fear. Paralysis and weakness of the will (or the opposite of rigid thinking and inflexibility may be true). Insufficient strength in the fire meridian.

CALIFORNIA PEONY (*Paeonia californica*)

Positive Qualities: Enjoying all aspects of life. Magnetism and charisma. Balance in the lower chakras.

Patterns of Imbalance: Living too much in the passivity of Yin forces. Lowered or repressed vitality or libido. Difficulty with money, authority, and power. Inability to give or receive monetary recompense. Overbearing. Authoritative. Unable to accept the instruction or direction of those in authority.

CALIFORNIA VALERIAN (*Valeriana capitata*)

Positive Qualities: Tranquility and inner balance. Confidence in ones self and in the future. Ability to understand past experiences and incorporate the lessons learned into present life. peaceful acceptance of the flow of life.

Patterns of Imbalance: Anxiety attacks. shallow breathing due to anxiety about the future. Nervousness or insomnia. The future is viewed as challenging or scary. Often there is an addiction to tranquilizers or sleeping pills.

CASSIOPE (*Cassiope mertensiana*)

Positive Qualities: Strong solar plexus chakra—ability to take in and give off positive energy. Appreciation for all creation. Great joy in being alive. Derives energy and sustenance from warmth.

Patterns of Imbalance: Lack of appreciation for the physical world that God has created. Lack of appreciation for the amazing physical body. Feeling aloof from the world or the body. Tendency to rely on intellect or technology instead of common sense and intuition.

CHERRY (*Prunus avium*)

Positive Qualities: Feeling the joy and exuberance of youth well into old age. Feelings of innocence, trust, and openness. Looking forward to and moving into adolescence gracefully. Arriving at a place of healing and peace regarding painful experiences in adolescence.

Patterns of Imbalance: Toxicity in the blood with the related skin conditions sometimes seen in adolescence. Loss of innocence. Outlook on life becoming hopeless. Plagued by traumatic experiences that occurred during adolescence.

CHOCOLATE LILY (*Fritillaria biflora*)

Positive Qualities: Peace. Ability to feel, understand, and interpret the signals from the body, especially in the areas of metabolism, reproduction, and elimination.

Patterns of Imbalance: Lack of awareness of the state of the body. Great aversion for and difficulty with the eliminative functions. Poor intestinal function or blockages. Revulsion for menstruation or lactation.

COLUMBINE (*Auilegia formosa*)

Positive Qualities: Distinctive, unique individuality and strength that radiates to others. Inspired words and actions. Creativity. Filled with love, joy, health, happiness, and prosperity. Works with the solar plexus chakra.

Patterns of Imbalance: Hesitation to express personal creativity and individuality. Inability to take risks in social or professional life. Mid-life crisis. Inability or unwillingness to accept responsibility for personal decisions and their outcomes. Great need for self-expression.

CORN LILY (*Veratrum californicum*)

Positive Qualities: Aging well, emotionally. Acceptance, even celebration, of the increasing wisdom and dignity of maturity. Warmth and fullness in the body and in life.

Patterns of Imbalance: Feeling old, dried up, and useless. Despair because youth is passed, the children are grown, “old age” is approaching. Hormone imbalances on the emotional or physical levels. Unrealistic attempts to return to youth physically or emotionally.

DESERT LILY (*Hesperocallis undulata*)

Positive Qualities: Strength in the feminine water element—enough strength in this meridian to act as a balm for the fire imbalance created by modern technology. Ability to be balanced and graceful, radiating peace even within a mechanized urban environment.

Patterns of Imbalance: Feeling oppressed and invaded by technology and urban life. Emotional sensitivity to the environment, especially when the environment is lacking in beauty and harmony. Lack of connection and understanding of own motives and emotions.

DOWNEY AVENS (*Geum triflorum*)

Positive Qualities: Balance and communication between head intelligence and heart intelligence. Wisdom derived from learning “line-upon-line”, “precept-upon-precept”. patience with the learning process. Steady, progressive intellectual, emotional, and spiritual growth.

Patterns of Imbalance: Slow physical development with advanced and precocious intellectual capacities. Easily bored or distracted. Lack of heart connection to others. Lack of imagination. ADHD. Autism.

DUNE PRIMROSE (*Oenothera deltoides*)

Positive Qualities: Connection to a nurturing presence from the spiritual world. Awareness and gratitude for those who have gone before (ancestors and loved ones). Awareness of the blessings and privileges of having been given life

Patterns of Imbalance: Feeling abandoned and disconnected from the spiritual world. Traumas during pregnancy. Especially helpful for pregnancies that seem to be accompanied by difficult social circumstances, or pregnancies which are occurring during monetary difficulties or violent circumstances.

EXPLORER’S GENTIAN (*Gentiana calycosa*)

Positive Qualities: Ability to transform crisis and loss into learning experiences and new opportunities.

Understanding of and moving forward with one’s personal purpose and spiritual destiny. Determination to be all that one can be.

Patterns of Imbalance: Weariness and disinterest in life, especially at the mid-point of life. Loss of connection with one’s personal purpose and callings in life. Profound health crisis. Loss of energy and vitality.

FIESTA FLOWER (*Pholistoma auritum*)

Positive Qualities: Openness and receptivity to spiritual inspiration. Strong and vibrant core spiritual beliefs—the desire, coupled with the ability, to live by one’s principles. Appreciation for the miracles provided by Heaven every day.

Patterns of Imbalance: Dogmatism and rigid spiritual beliefs that are not in alignment with ones own earlier, more balanced, core principles. Authoritarian social, religious, or political viewpoints.

FIREWEED (*Epilobium angustifolium*)

Positive Qualities: This remedy is useful for restoring balance to the fire (#5 and #6) meridians. ability to recover energy and health rapidly after illness or stress. Natural fire and energy. Ability to envision the future, see projects in the mind, then carry them to completion.

Patterns of Imbalance: Emotional pain and physical depletion following adversity or events that have disrupted the normal lifestyle. Emotional wounding. Erratic behavior, and irrationality—often due to events related to fire, heat, light, and technology.

GLOSSY HYACINTH (*Triteleia lilacina*)

Positive Qualities: The ability to transform darkness into light, negative to positive, confusion into understanding. a remedy to assist as one is moving into understanding and peace following a stressful event or relationship meltdown. Recovery and emergence into the light following a “dark night of the soul”.

Patterns of Imbalance: Profoundly upset by trauma, sorrow, and emotional pain. Trauma as the result of coming face-to-face with evil or betrayal. Inability to gain perspective or move on from emotional pain or deep emotional wounding.

GREEN BELLS OF IRELAND (*Moluccella laevis*)

Positive Qualities: Deep appreciation of nature. Ability to use the life forces of nature to re-establish balance. Peace, wisdom, and truth derived from contact with nature. Definitely a remedy for the earth meridian under stress.

Patterns of Imbalance: Lack of appreciation or physical connection to nature. The opposite stance of an overly romanticized relationship to nature.

GREEN CROSS GENTIAN (*Frasera speciosa—Swertia radiata*)

Positive Qualities: Healing and balance despite challenges and setbacks. Able to feel total forgiveness, unconditional love and peace. a desire to serve, help, and heal others. Concern for the welfare of the earth.

Patterns of Imbalance: Deep despair—to the point of depression and inability to function normally—because of man’s inhumanity to man. Discouragement at the depletion or misuse of the earth’s resources.

GREEN NICOTIANA (*Nicotiana glauca*)

Positive Qualities: Alignment of the body and spirit with the seasonal and daily rhythms of the earth. Alert during the day, able to sleep well at night.

Patterns of Imbalance: Hardening of the heart and soul, with lack of concern for the welfare of the world. Materialistic. Egotistical. Militaristic tendencies. Susceptibility to technology and a lifestyle that is disconnected from contact with the earth.

GREEN REIN ORCHID (*Platanthera sparsiflora*)

Positive Qualities: The first and foremost action of this remedy is on the crown chakra and the connection between earth and heaven. Heart conscious connection to the earth. Clear, clean, unbiased perception is a keynote of balance.

Patterns of Imbalance: Confusion, difficulty concentrating. Feeling trapped in an unchanging and unchangeable social environment. Unduly concerned about past mistakes.

GREEN ROSE (*Rosa chinensis viridiflora*)

Positive Qualities: Compassion and connection to all living beings. Ability to love in such a way that your love engenders trust and feels like a warm embrace to those around you.

Patterns of Imbalance: Fear, mistrust, and defensiveness. Fear of being attacked, harmed or annihilated. putting up barriers and heart walls between yourself and others. An uncanny ability to bring others in a group into your fearful perceptions.

HAWTHORN (*Crataegus oxyacantha*)

Positive Qualities: Strongly vital forces which impart power, courage, and bravery. Self-confidence and the ability to assert oneself without being offensive or overly aggressive.

Patterns of Imbalance: Overly strong will that depletes heart and, eventually, kidney balance. Type A personality with an extra touch of aggression and hostility thrown in. Easily frustrated. Becomes agitated and stressed when things do not go their way.

JOSHUA TREE (*Yucca brevifolia*)

Positive Qualities: Insight and compassion for family, culture, and country of one’s birth. Conscious striving for the betterment and unity of the family. Ability to change negative family patterns and grow away from cultural conditioning (while remaining compassionate and peaceful).

Patterns of Imbalance: Inability to break free of family or cultural patterns of dysfunction, such as alcoholism, addiction, depression, violence, or hereditary illnesses. Loss of individual identify and freedom due to lack of insight regarding family and cultural influences that are not serving one well.

LADY'S MANTLE (*Alchemilla vulgaris*)

Positive Qualities: Ability to feel energetic forces with the heart and hands and use them for healing purposes. A radiant healing force in the soul, particularly connected to herbal medicine.

Patterns of Imbalance: Intellectual or technical approach to healing. A remedy for the female reproductive system when the imbalance is hormone based and connected to a lack of ability to absorb sustenance from the plants of the earth.

LEMON (*Citrus limonum*)

Positive Qualities: Mental clarity and organization balanced with imagination and artistic abilities. A remedy with a specific effect on the limbic system of the brain. .

Patterns of Imbalance: Mental fatigue. Sluggish, slow-working nervous system. Dreaminess. Learning and sensory disorders.

LEWISIA (*Lewisia disepala*)

Positive Qualities: Like the delicate, star-shaped petals of this plant, the Positive Qualities: include the gentle radiation of the most tender aspects of human love and sensitivity.

Patterns of Imbalance: Autistic or precocious (“indigo”) children. Demonstrates a deep need for a great deal of freedom and expression (mixed with protection and sustenance), particularly during childhood.

LILAC (*Syringa vulgaris*)

Positive Qualities: Connection to memories that rejuvenate the soul. Memories that connect the soul with joy and life. Understanding through connection to events of the past.

Patterns of Imbalance: Inability to let past experiences teach and inform us—especially those experiences in family life during the growing up years. Sadness, depression, alienation, abandonment. Dysfunction in sensory skills as the precursor to brain disease or dysfunction.

LUNGWORT (*Mertensia ciliata*)

Positive Qualities: Light, warmth, strength, energy, and alignment in the deepest structures of the body. recovery from depression or addiction. New and wonderful feelings of hope and peace.

Patterns of Imbalance: Depression registered in the body as physical heaviness. Feeling listless, languid, or drained—particularly local to the respiratory system. Sense of hopelessness or resignation. Depletion of energy. Depression and low energy associated with drug withdrawal (street or prescription drugs).

LUPINE (*Lupinus latifolium*)

Positive Qualities: Ability to put personal needs or desires aside for the benefit of others. Unselfishness. Integrity. Strength of personal identity and principles within community and group environments.

Patterns of Imbalance: Selfishness. Greed. Intense petty concerns. Narrow interests. Not able to feel part of the community or family. Lack of desire to participate in community or family events and relationships.

MADRONE (*Arbutus menziesii*)

Positive Qualities: Ability to enjoy and absorb physical nourishment. Excellent metabolism—not necessarily high speed, but capable of good absorption. Feeling of fullness and abundance in the body.

Patterns of Imbalance: Non-acceptance of personal body weight and size. Patterns of severe dieting. Eating disorders. Inability to absorb nutrients properly—possibly as a result of issues with mother or related to experiences of nursing as an infant. absence of joy in childhood.

MONKSHOOD (*Aconitum columbianum*)

Positive Qualities: Courage in leadership positions. Ability to work with—and, possibly, see—energy. Comfort and clarity about social and moral values.

Patterns of Imbalance: Repression of spiritual capacities because of fear. Repression may be caused by fear related to trauma or a near-death experience, the result of cult or sexual abuse, fear of being seen as different, or fear of being absolutely amazing and, therefore, responsible for such gifts.

MOUNTAIN FORGET-ME-NOT (*Hackelia micrantha*)

Positive Qualities: Deep spirituality and faith. Ability to feel inspiration. Clarity about the purpose of life and one's place in it.

Patterns of Imbalance: Feelings of isolation due to a lack of connection and guidance from the Spirit. Confusion about life's purpose and direction.

OCOTILLO (*Fouquieria splendens*)

Positive Qualities: Strength in the heart meridians. Balance, fire, and heart intelligence creating a strong core of individuality.

Patterns of Imbalance: A distortion or misinterpretation of spiritual experiences or inspiration. Confusion because of imitation by evil sources of pieces of inspiration or spiritual experiences. Alcoholism or drug addiction tied to a fire meridian imbalance.

PEDICULARIS (*Pedicularis groenlandica*)

Positive Qualities: Emotional insight and wisdom based on connection as a child with God. Confidence.

Patterns of Imbalance: Hypochondria or hyper-sensitivity to environment which has led to seclusion, isolation, and separation. Fits of crying. Water imbalances in the body. Excessive emotional responses to small situations.

PUSSY PAWS (*Calyptridium umbellatum*)

Positive Qualities: Ability to touch and be touched physically. Accepting physical contact as a source of healing. Grace and gentleness. Softening of the soul toward greater receptivity of other people.

Patterns of Imbalance: Fear of being touched. Unable to present your softer, more vulnerable side to others. Hardened and rigid emotional boundaries a heart wall due to sexual abuse or a personal experience with violence.

RED LARKSPUR (*Delphinium nudicaule*)

Positive Qualities: Magnetism and energy that inspires growth and optimum performance in others. Great and positive leadership skills.

Patterns of Imbalance: Lack of radiance and physical energy in the body. Tightened, close to the body, energy aura. Poor leadership skills. Lack of ability to motivate others. Depleted, low-voltage energy that repels or depletes the energy of others.

RED PENSTEMON (*Penstemon rostriflorus*)

Positive Qualities: A great sense of adventure. Willingness to take reasonable risks. Tenacity in the face of physical challenges. Physical health, stamina, and endurance—even late in life.

Patterns of Imbalance: Lack of physical courage. Hesitation. Unwillingness to take any risk at all. Crumbling in the face of physical challenges. Unwillingness to rise to new levels of achievement or put forth extra effort.

REDBUD (*Cercis occidentalis*)

Positive Qualities: Acceptance of the natural processes of maturing and aging. Wisdom, maturity, and majesty. Physical vitality. Potential for growth. Willingness to learn.

Patterns of Imbalance: Such an intense desire to preserve and keep the physical body young and well-preserved that surgery, drugs, or medical interventions are resorted to.

REDWOOD (*Sequoia sempervirens*)

Positive Qualities: Feelings of well-being. Feeling new and rejuvenated. Feeling that each new day is a fresh start. Able to relax and think clearly in tense situations.

Patterns of Imbalance: Feeling of being old, as if the fires of life have burned down and out. Irritability. Desire for solitude. Difficulty concentrating. Lack of physical strength. Hereditary health issues that deplete vitality. Spinal injuries. Spinal or bone deformities or afflictions.

RUE (*Ruta graveolens*)

Positive Qualities: Internal balance and equilibrium. Receptivity to inspiration. Vibrant immune system. Firm, but friendly, personal boundaries. Ability to take professional and personal responsibility.

Patterns of Imbalance: Scattered or confused feelings toward spirituality and inspiration. Connection between spiritual matters and immune malfunctions. Lack of personal boundaries. Need for greater clarity and discrimination in spiritual matters.

SCARLET FRITILLARY (*Fritillaria recurva*)

Positive Qualities: Balance between fire and water, masculine and feminine energy. Vitality in reproductive health and in sexual matters.

Patterns of Imbalance: Exhaustion of vital forces. Anemia. Depletion of energy during pregnancy, childbirth, lactation, and the early days of postpartum.

SHASTA LILY (*Lilium washingtonianum*)

Positive Qualities: Ability to be both strong and tender. Handling the experiences of life with ease. Becoming stronger and more alive every day.

Patterns of Imbalance: Overcompensation with masculine aggressive traits in an attempt to appear strong, invincible, and invulnerable.

SIERRA PRIMROSE (*Primula suffrutescens*)

Positive Qualities: Gratitude for the gift of life regardless of the circumstances of health. Deep soul strength. Vitality, enthusiasm and balance.

Patterns of Imbalance: Lack of gratitude or reverence for the gift of life. Fatigue. Boredom. Depression. Joyless living. Habitually responding dully and with little, if any, enthusiasm.

SPLENDID MARIPOSA LILY (*Calochortus splendens*)

Positive Qualities: Capacity to recognize all people as brothers and sisters. Feelings of nurturing, compassion, and mercy for all mankind and for each individual.

Patterns of Imbalance: Feeling of isolation and abandonment. Soul pain. Not understanding one's place in the universal whole. Tendency to separate self from others due to race, religion, or class.

SPREADING PHLOX (*Phlox diffusa*)

Positive Qualities: Ability to build long lasting and meaningful relationships. Always seems to be a part of, or able to build, a social network of people with like interests.

Patterns of Imbalance: Caught in meaningless social circles. False expectations of having needs met by casual social acquaintances. Constantly joining groups that do not meet ones needs or that have interests much different than ones own.

TALL MT. LARKSPUR (*Delphinium glaucum*)

Positive Qualities: Leadership ability based on a talent for recognizing others needs and listening to the Spirit. Rising above one's natural capacities in leadership positions.

Patterns of Imbalance: Inability to receive or trust spiritual guidance. Lack of leadership. Restriction of true spiritual gifts. Lack of connection to the channels of inspiration.