

FES Flower Essence Indications

Aloe Vera – *Aloe vera* (yellow)

Positive qualities: Creative activity integrated with vital life-energy, active expression of soul fire.
Patterns of imbalance: Over-emphasis of will forces or creative fervor; "burned-out" or workaholic syndrome.

Alpine Lily – *Lilium parvum* (red-orange)

Positive qualities: Radiant and self-assured feminine identity, physical presence grounded in the female body.
Patterns of imbalance: Artificial or disembodied feminine self, lack of connection and awareness of female body, rejection of female organs as "lower."

Angel's Trumpet – *Datura candida* (white)

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

Angelica – *Angelica archangelica* (white)

Positive qualities: Feeling protection and guidance from spiritual beings, especially during threshold experiences such as birth and death, or other life passages.
Patterns of imbalance: Feeling cut off, bereft of spiritual guidance and protection; spiritual orphan.

Arnica – *Arnica mollis* (yellow)

Positive qualities: Conscious embodiment, despite emergency or stress; recovery from deep-seated strain, post-trauma, or scarring.
Patterns of imbalance: Disconnection of Higher Self from body during shock or trauma; disassociation, unconsciousness, dysfunction, or latent illness deriving from past trauma.

Baby Blue Eyes – *Nemophila menziesii* (light blue)

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

Basil – *Ocimum basilicum* (white)

Positive qualities: Integration of sexuality and spirituality into a sacred wholeness.
Patterns of imbalance: Polarization of sexuality and spirituality, typically leading to clandestine behavior, bifurcated relationships, or sexual addiction

Black Cohosh – *Cimicifuga racemosa* (white)

Positive qualities: Courage to confront rather than retreat from abusive or threatening relationships or situations; clear and contained psychic forces.
Patterns of imbalance: Enmeshed in a relationship or lifestyle that is abusive, addictive, or violent; dark, brooding emotions, congested or toxic psychic forces.

Black-Eyed Susan – *Rudbeckia hirta* (yellow/black center)

Positive qualities: Awake consciousness capable of acknowledging all aspects of the Self; penetrating insight and self-aware behavior.
Patterns of imbalance: Avoidance or repression of traumatic or shadow aspects of the personality, addictive or hypnotic behavior due to loss of consciousness.

Blackberry – *Rubus ursinus* (white-pink)

Positive qualities: Competent manifestation in the world; clearly directed forces of will, intentional and decisive action.
Patterns of imbalance: Inability to translate goals and ideals into concrete action or viable activities; procrastination.

Bleeding Heart – *Dicentra formosa* (pink)

Positive qualities: Ability to love others unconditionally, with an open heart; emotional freedom.
Patterns of imbalance: Forming relationships based on fear, possessiveness, or neediness; emotional co-dependence.

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Borage – *Borago officinalis* (blue)

Positive qualities: Ebullient heart forces, buoyant courage and optimism.

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

Buttercup – *Ranunculus occidentalis* (yellow)

Positive qualities: Radiant inner light, unattached to outer recognition or fame; self-assured.

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

Calendula – *Calendula officinalis* (orange)

Positive qualities: Healing warmth and receptivity, especially in the use of the spoken word and in dialogue with others.

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

California Pitcher Plant – *Darlingtonia californica* (green/purple)

Positive qualities: Earthy vitality, healthy bodily instincts.

Patterns of imbalance: Listless or anemic; disassociated from or fearful of the instinctual aspects of the Self, poor digestion and assimilation.

California Poppy – *Eschscholzia californica* (gold)

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

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

California Wild Rose – *Rosa californica* (pink)

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

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

Calla Lily – *Zantedeschia aethiopica* (white/yellow)

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

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

Canyon Dudleya – *Dudleya cymosa* (orange)

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

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

Cayenne – *Capsicum annuum* (white)

Positive qualities: Fiery and energetic, inwardly mobile, capable of change and transformation.

Patterns of imbalance: Stagnation, inability to move forward toward change.

Chamomile – *Matricaria recutita* (white/yellow center)

Positive qualities: Serene, sun-like disposition, emotional balance.

Patterns of imbalance: Easily upset, moody and irritable, inability to release emotional tension, especially in the stomach or solar plexus.

Chaparral, also known as Creosote Bush – *Larrea tridentata* (yellow)

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

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

Chrysanthemum – *Chrysanthemum morifolium* (red-brown)

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

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

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Corn – *Zea mays* (yellow-white)

Positive qualities: Alignment with the Earth, especially through the body and feet; grounded presence.

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

Cosmos – *Cosmos bipinnatus* (red-purple/yellow)

Positive qualities: Integration of ideas and speech; coherent thinking; mercurial expression.

Patterns of imbalance: Unfocused, disorganized communication; overexcited speech, overwhelmed by too many ideas.

Dandelion – *Taraxacum officinale* (yellow)

Positive qualities: Dynamic physical energy and expressive life force; inner ease in work and play.

Patterns of imbalance: Tense, rigid or stiff, especially in the musculature of the body; over-striving and hard driving.

Deerbrush – *Ceanothus integerrimus* (white)

Positive qualities: Gentle purity and clarity of purpose motives and actions that are allied with one's true feelings.

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

Dill – *Anethum graveolens* (yellow)

Positive qualities: Ability to experience and absorb a wide variety of sensory experiences, heightened awareness of taste, touch, hearing sight, smell, etc..

Patterns of imbalance: Overwhelmed due to excess stimulation, hypersensitivity to environment or to outer activity, sensory congestion.

Dogwood – *Cornus nuttallii* (yellow/white bracts)

Positive qualities: Grace-filled movement, physical and etheric harmony in the body.

Patterns of imbalance: Awkward and painful awareness of the body; latent emotional trauma or abuse affecting the body, accident prone.

Easter Lily – *Lilium longiflorum* (white)

Positive qualities: Soul purity which embraces all aspects of life and body, especially sexual identity.

Patterns of imbalance: Tension in sexual identity; conflicting sexual values or experiences; virgin/whore split in psyche.

Echinacea – *Echinacea purpurea* (pink/purple)

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

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

Evening Primrose – *Oenothera hookeri* (yellow)

Positive qualities: Awareness and healing of painful early emotions absorbed from parents; ability to open emotionally and form deep, committed relationships.

Patterns of imbalance: Profound feeling of rejection stemming from in utero or early childhood experience; avoidance of commitment in relationships, fear of parenthood; sexual and emotional coldness or repression.

Fairy Lantern – *Calochortus albus* (white)

Positive qualities: Healthy maturation; acceptance of adult responsibilities, positive integration of "child" identity.

Patterns of imbalance: Immaturity, helplessness, neediness, childish dependency; unable to take responsibility.

Fawn Lily – *Erythronium purpureascens* (yellow with purple)

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

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

Filaree – *Erodium cicutarium* (violet)

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

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

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Forget-Me-Not – *Myosotis sylvatica* (blue)

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

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

Fuchsia – *Fuchsia hybrida* (red/purple)

Positive qualities: Genuine emotional vitality, ability to express deep feelings.

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

Garlic – *Allium sativum* (violet)

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

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

Golden Ear Drops – *Dicentra chrysantha* (yellow)

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

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

Goldenrod – *Solidago californica* (yellow)

Positive qualities: Strong and secure sense of individuality, balanced with group or social consciousness.

Patterns of imbalance: Overly influenced by group or cultural ties; inability to be true to oneself, easily susceptible to peer pressure or external social demands.

Golden Yarrow – *Achillea filipendulina* (yellow)

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

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

Hibiscus – *Hibiscus rosa-sinensis* (red)

Positive qualities: Warmth and responsiveness in sexuality; integration of soul warmth and bodily passion.

Patterns of imbalance: Inability to enjoy sexual experience; lack of warmth and vitality, often due to prior exploitation, false cultural expectations or abuse.

Hound's Tongue – *Cynoglossum grande* (blue/white)

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

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

Indian Paintbrush – *Castilleja miniata* (red)

Positive qualities: Lively, energetic creativity, exuberant artistic activity.

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

Indian Pink – *Silene californica* (red)

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

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

Iris – *Iris douglasiana* (blue-violet)

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

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

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Lady's Slipper – (Yellow) *Cypripedium parviflorum* (yellow)

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

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

Larkspur – *Delphinium nuttallianum* (blue-violet)

Positive qualities: Charismatic leadership, contagious enthusiasm, joyful service.

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

Lavender – *Lavandula officinalis* (violet)

Positive qualities: Spiritual sensitivity, highly refined awareness intact with stable bodily health.

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

Lotus – *Nelumbo nucifera* (pink)

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

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

Love-Lies-Bleeding – *Amaranthus caudatus* (red)

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

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

Madia – *Madia elegans* (yellow/red spots)

Positive qualities: Precise thinking, disciplined focus and concentration.

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

Mallow – *Sidalcea glauca* (pink-violet)

Positive qualities: Warm and personable, open-hearted sharing, trust in social process.

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

Manzanita – *Arctostaphylos viscida* (white-pink)

Positive qualities: Joyous embodiment, spiritual identity integrated with the physical body.

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

Mariposa Lily – *Calochortus leichtlinii* (white/ yellow center/ purple spots)

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

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

Milkweed – *Asclepias cordifolia* (red-purple)

Positive qualities: Healthy ego strength; independence and self-reliance.

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

Morning Glory – *Ipomoea purpurea* (blue)

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

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

Mountain Pennyroyal – *Monardella odoratissima* (violet)

Positive qualities: Strength and clarity of thought, mental integrity and positivity.

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

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Mountain Pride – *Penstemon newberryi* (magenta)

Positive qualities: Fortright masculine energy; warrior-like spirituality which confronts and transforms.

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

Mugwort – *Artemisia douglasiana* (yellow)

Positive qualities: Integrating psychic and dream experiences with daily life; multi-dimensional consciousness, warm and expansive soul qualities.

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

Mullein – *Verbascum thapsus* (yellow)

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

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

Nasturtium – *Tropaeolum majus* (orange-red)

Positive qualities: Glowing vitality, radiant warmth; living thinking.

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

Nicotiana (Flowering Tobacco) – *Nicotiana glauca* (white)

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

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

Oregon Grape – *Berberis aquifolium* (yellow)

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

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

Penstemon – *Penstemon davidsonii* (violet-blue)

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

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

Peppermint – *Mentha piperita* (violet)

Positive qualities: Mindfulness, wakeful clarity, warm metabolism balanced with cool head forces.

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

Pink Monkeyflower – *Mimulus lewisii* (pink)

Positive qualities: Emotional transparency; courage to take emotional risks with others.

Patterns of imbalance: Feelings of shame, guilt, unworthiness; fear of exposure and rejection due to prior abuse or trauma.

Pink Yarrow – *Achillea millefolium* var. *rubra* (pink-purple)

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

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

Poison Oak – *Rhus diversiloba* (greenish-white)

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

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

Pomegranate – *Punica granatum* (red)

Positive qualities: Joyful expression of feminine creativity, actively productive and nurturing at home or in the world.

Patterns of imbalance: Ambivalent or confused about the focus of creativity, especially between values of career and home, creative and procreative, personal and global.

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Pretty Face – *Triteleia ixioides* (yellow, brown stripes)

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

Purple Monkeyflower – *Mimulus kelloggii* (purple)

Positive qualities: 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.
Patterns of imbalance: Fear of retribution or censure if one departs from religious conventions of family or community; apprehension or avoidance of threshold experiences due to fear-based beliefs or ritual abuse.

Quaking Grass – *Briza maxima* (green)

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

Queen Anne's Lace – *Daucus carota* (white)

Positive qualities: Spiritual insight and vision; integration of psychic faculties with sexual and emotional aspects of Self.
Patterns of imbalance: Projection and lack of objectivity in psychic awareness; distortion of psychic perception or physical eyesight due to sexual or emotional imbalances.

Quince – *Chaenomeles speciosa* (red)

Positive qualities: Loving strength and firm loving; integration of masculine initiating power and feminine nurturing qualities.
Patterns of imbalance: Inability to catalyze or reconcile feelings of strength and power with affection and tenderness; dysfunctional or inconsistent parenting or leadership behavior.

Rabbitbrush – *Chrysothamnus nauseosus* (yellow)

Positive qualities: Lively and alert mental field; acute sensory perception and mobile state of mind.
Patterns of imbalance: Easily overwhelmed by details; unable to cope with simultaneous events, "fuzzy" consciousness that is unable to register details.

Red Clover – *Trifolium pratense* (pink-red)

Positive qualities: Calm and steady presence, especially in emergency situations, internally generated behavior.
Patterns of imbalance: Susceptible to mass hysteria and anxiety, easily influenced by panic or other forms of group thought.

Rosemary – *Rosmarinus officinalis* (violet-blue)

Positive qualities: Warm physical presence and mental vitality; healthy embodiment.
Patterns of imbalance: Forgetfulness or poor learning ability, loosely incarnated in body, lacking physical/etheric warmth, especially in bodily extremities; traumatic out-of-body spiritual experiences.

Sage – *Salvia officinalis* (violet)

Positive qualities: Wisdom derived from life experience; ability to assess and understand life process from a higher perspective.
Patterns of imbalance: Seeing life as ill-fated or undeserved; inability to perceive higher purpose and meaning in life events.

Sagebrush – *Artemisia tridentata* (yellow)

Positive qualities: Essential awareness that releases what is extraneous, receptive "emptiness" capable of transformation and change.
Patterns of imbalance: Over-identification with the illusory parts of oneself; cluttered and chaotic attachments; need to release dysfunctional and stifling aspects within the personality or surroundings.

Saguaro – *Cereus giganteus* (white, yellow center)

Positive qualities: Awareness of what is ancient and sacred, a sense of tradition or lineage; ability to learn from elders.
Patterns of imbalance: Conflict with images of authority, sense of separateness or alienation from the past.

Saint John's Wort – *Hypericum perforatum* (yellow)

Positive qualities: Illumined consciousness, light-filled awareness; solar strength.
Patterns of imbalance: Psychic and physical vulnerability; fearful or disturbed dreams; depression due to lack of contact with spiritual world.

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Scarlet Monkeyflower – *Mimulus cardinalis* (red)

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

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

Scotch Broom – *Cytisus scoparius* (yellow)

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

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

Self-Heal– *Prunella vulgaris* (violet)

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

Patterns of imbalance: Inability to take inner responsibility for one's healing, lacking in spiritual motivation for wellness, overly dependent on external advice for health choices.

Shasta Daisy – *Chrysanthemum maximum* (white/yellow center)

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

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

Shooting Star – *Dodecatheon hendersonii* (violet/pink)

Positive qualities: Humanized spirituality, cosmic consciousness warmed with caring for all that is human and earthly.

Patterns of imbalance: Profound feeling of alienation, especially not feeling at home on Earth, nor a part of the human family; disturbed birth trauma.

Snapdragon – *Antirrhinum majus* (yellow)

Positive qualities: Lively, dynamic energy; healthy libido; verbal communication which is emotionally balanced.

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

Star Thistle – *Centaurea solstitialis* (yellow)

Positive qualities: Generous and inclusive, ability to share with others due to and inner feeling of abundance.

Patterns of imbalance: Fear of lack, inability to give freely and spontaneously, miserly or hoarding tendencies.

Star Tulip – *Calochortus tolmiei* (white/purple)

Positive qualities: Sensitive and receptive attunement; serene soul disposition, inner listening to others and to higher worlds, especially in dreams and meditation.

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

Sticky Monkeyflower – *Mimulus aurantiacus* (orange)

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

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

Sunflower – *Helianthus annuus* (yellow)

Positive qualities: Balanced sense of individuality, spiritualized ego forces infused into a sun-radiant personality.

Patterns of imbalance: Distorted or vacillating sense of Self; inflation or self-effacement, low self-esteem or arrogance; poor relation to father or solar aspects of Self.

Sweet Pea – *Lathyrus latifolus* (red-purple)

Positive qualities: Commitment to community, a sense of one's place on Earth, ability to form social roots.

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

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Tansy – *Tanacetum vulgare* (yellow)

Positive qualities: Decisive and goal-oriented, deliberate and purposeful in action, self-directed mastery and achievement.
Patterns of imbalance: Lethargy, procrastination, inability to take straightforward action; habits which undermine or subvert real abilities and talents.

Tiger Lily – *Lilium humboldtii* (orange/brown spots)

Positive qualities: Positive social interaction; collaboration derived from dynamic balance of feminine and masculine soul forces.
Patterns of imbalance: Overly aggressive "yang" forces excessive competition rather than cooperation.

Trillium – *Trillium chloropetalum* (purple)

Positive qualities: Secure sense of personal welfare and financial well-being; ability to serve and give to others.
Patterns of imbalance: Distortions in survival chakra, fear due to materialistic emphasis, greed for possessions and power; poverty consciousness that leads to overly-materialistic focus.

Trumpet Vine – *Campsis tagliabuana* (red-orange)

Positive qualities: Articulate and colorful in verbal expression; active, dynamic projection of oneself in social situations.
Patterns of imbalance: Lack of vitality or soul force in expression; inability to be assertive or to speak clearly, speech impediments.

Violet – *Viola odorata* (violet-blue)

Positive qualities: Delicate, highly perceptive sensitivity, elevated spiritual perspective; socially responsive but self-contained.
Patterns of imbalance: Profound shyness, reserve, aloof, fear of being submerged in groups.

Yarrow – *Achillea millefolium* (white)

Positive qualities: Luminous and strong auric field, compassionate and inclusive sensitivity, refined and flexible psychic forces.
Patterns of imbalance: Extreme vulnerability to others and to the environment; easily depleted, overly absorbent of negative influences, psychic toxicity.

Yarrow Environmental Solution – *Achillea millefolium* (white)

Positive qualities: Physical and etheric vitality, self-regulating and adaptive immune response to environmental stresses.
Patterns of imbalance: 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 – *Calochortus monophyllus* (yellow)

Positive qualities: Empathetic receptivity to the feelings and experiences of others; compassionate response based upon social awareness.
Patterns of imbalance: Insensitivity to the sufferings of others; lack of perception for the consequences of one's actions on others.

Yerba Santa– *Eriodictyon californicum* (violet)

Positive qualities: Free-flowing emotion, ability to harmonize breathing with feeling; capacity to express a full range of human emotion, especially pain and sadness; positive melancholy and soul depth.
Patterns of imbalance: Constricted feeling, particularly in the heart and lungs; internalized grief and melancholy, deeply repressed emotions.

Zinnia – *Zinnia elegans* (red)

Positive qualities: Childlike playfulness and curiosity, detached perspective on Self, sense of humor.
Patterns of imbalance: Over-serious and dull, lack of spontaneity or humor: overly somber self-identity; workaholic tendencies.